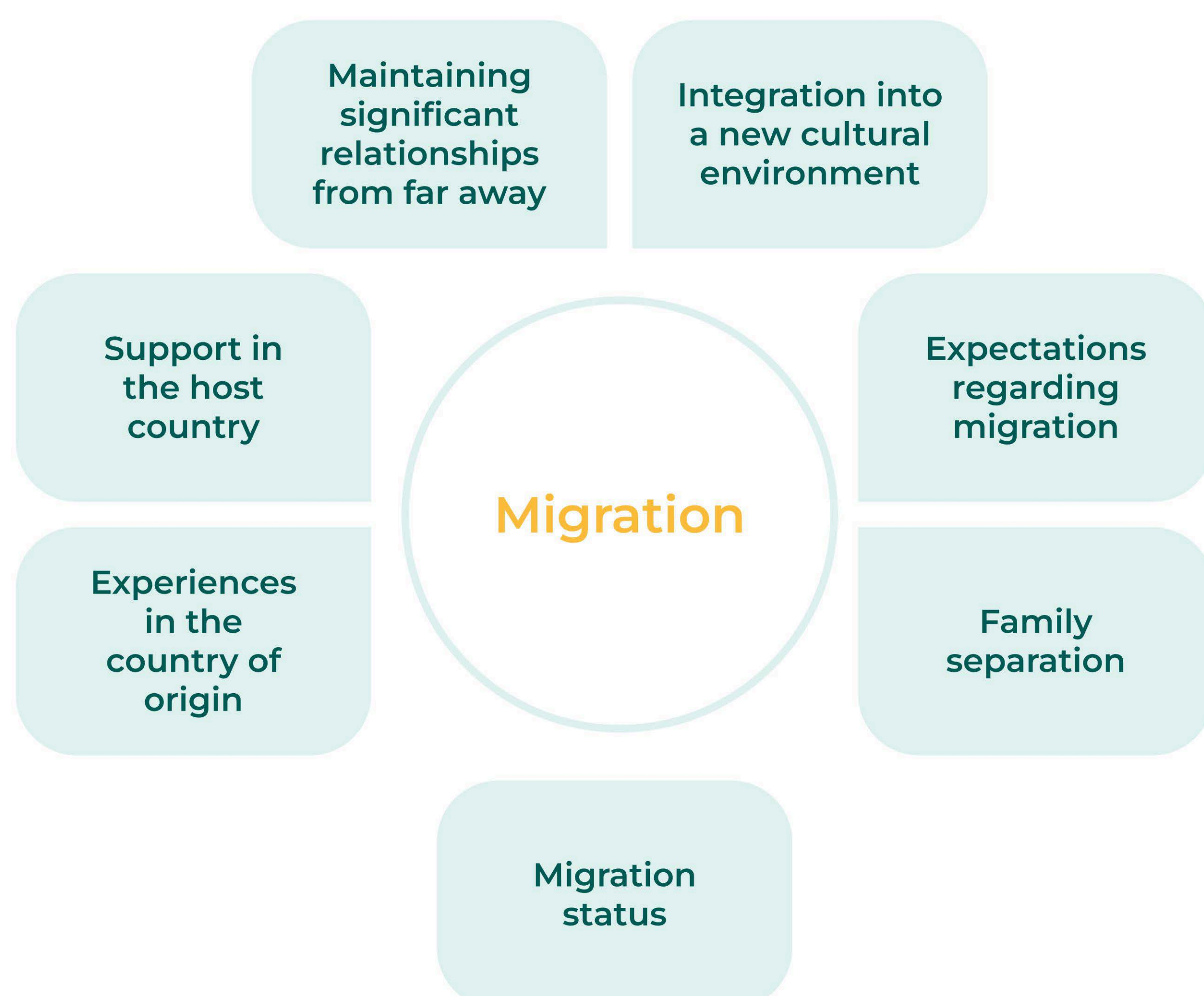


Exploring dimensions of lived experience related to culture and migration



TROUSSE
horizons

This sheet addresses four dimensions of lived experience. For each of these, various elements may be explored with the person.

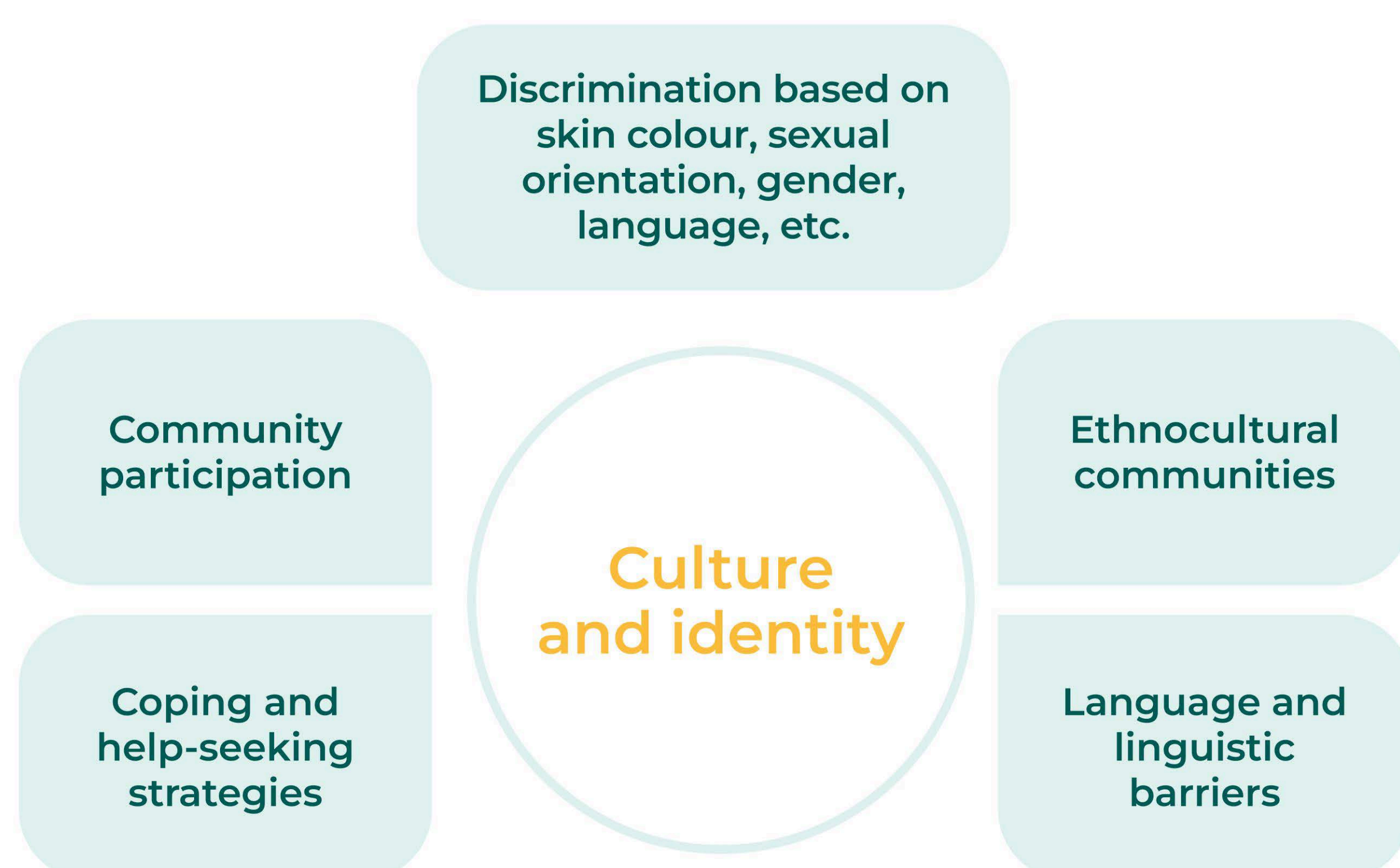


Example questions

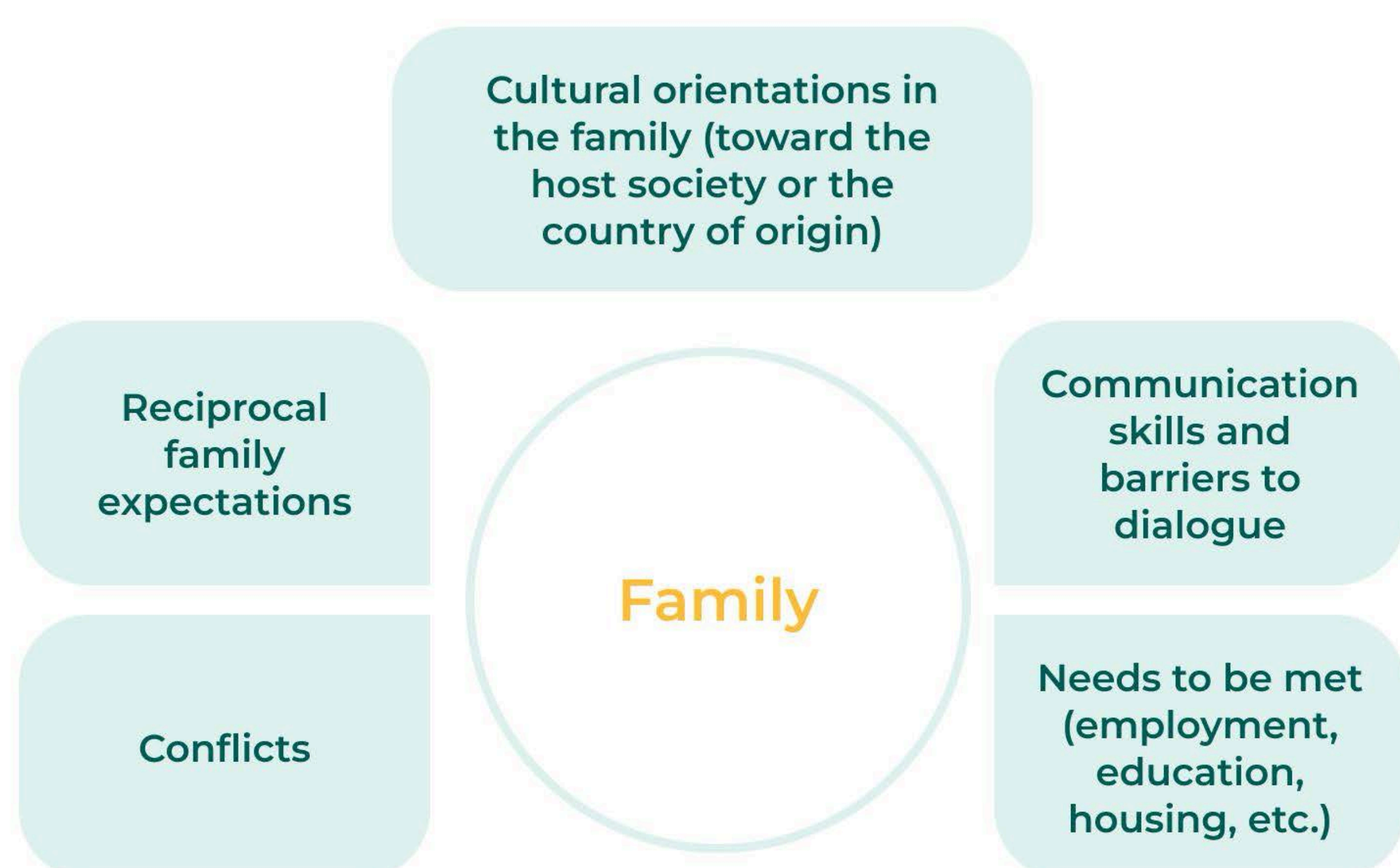
- You mentioned that you arrived in Quebec ten years ago. Tell me about the experiences, beliefs, or values that helped you cope with difficult times since your arrival.
- Which activities help you stay connected to your country of origin?
- Immigrating requires a lot of courage and resources. What kind of support did you receive to settle in Quebec?
- What are your hopes and plans for yourself and your family in the years to come?
- How has your migration experience positively affected your [SITUATION]?
- How has your migration experience helped you get help for your [SITUATION]?
- How have you overcome barriers to getting the help you need?
- What will be different once you have received the help you need?

Example questions

Example lead-in: Everyone develops strengths and skills to live in society while navigating their cultural or identity-related differences.



- In your opinion, what are the most important aspects of your cultural background or identity?*
- What helps you cope with difficult times?
- What aspects of your identity are you proud of?
- Who have you talked to about your [SITUATION]? How has this person helped you?
- You mentioned that integrating into your [SCHOOL, WORK, etc.] context has been difficult. Can you give me an example of a challenge that you have overcome despite how hard it is?



Example questions

- What do your family and friends think about your [SITUATION]? How do they understand or interpret your [SITUATION]?
- What would encourage you to talk about what you are going through with a loved one?
- Imagine that you are able to talk about your [SITUATION] with a loved one and that they respond in an ideal way. What would be the most helpful response?
- What types of help or support do you expect from your family and friends?
- How could your family or friends' involvement help your recovery?
- You seem proud of your relationships. If I were to ask someone close to you to describe you, what qualities would they mention?
- How does your family help you keep going day to day?



Example questions

- Do you identify with any spiritual, religious, or moral tradition? Can you tell me more about it?*
- What spiritual, moral, or religious beliefs help your family get through difficult times? How are those beliefs helpful to you?
- How have your spiritual, religious, or moral tradition helped you cope with your [SITUATION]?*
- Which spiritual, religious or traditional practices, on your own or with others, help you cope with your [SITUATION]? For example, prayer, meditation, attending mass, etc. How have these practices helped you feel better?*
- People often seek help from various sources, including doctors, caregivers, or healers. Have you ever received or sought treatments, advice, or healing techniques that were helpful to you?*
- Have you spoken with a leader, teacher, or anyone else in your community about your [SITUATION]? If so, how did it help you?*

* Adapted from the Cultural Formulation Interview