

Biases causing and affecting Psychiatric care: Microaggressions towards Muslims

Fatten Elkomy

New Horizon Institute, USA



Abstract

Although thought to be trivial, microaggressions have severe mental and physical impact on the individuals of the targeted groups or populations. The fact that this form of discrimination is mostly hidden, common and hard to identify makes it extremely difficult for the victims to protect themselves or respond appropriately to its occurrences.

Microaggressions are covert discriminatory verbal, visual, or societal/individual attitudes embedded in everyday life communications whether intentional or unintentional against a person or a group based on religious, ethnic or gender affiliations. Microaggressions de-grade, marginalize, and alienate the target group or person causing significant mental and physical harm to the victim. Microaggressions have three types: micro assault, microinsult, and micro-invalidation. The continuous exposure to these aggressive acts increases the risk for serious mental disorders with increased need for psychiatric care.

At many societies, Muslim are a main target for microaggressions that is specifically intensified with the propagation of Islamophobia. Mental health professionals have to ensure culture sensitive care by first and far most face their own biases and the societal influences on their practices, beliefs and ethics. Literature review of online data and research was conducted. Three books directly related to the subject were reviewed. The main objectives were to understand the forms of racial/religion discrimination impeded in society targeting Muslim, the psychological impact of microaggressions, biases in psychiatric care, and ways to help this particular group. Healthcare systems and mental health providers are not immune from engaging in microaggressions. They are required to understand these patterns of insults as it will cause farther confusion to their patients and increase resentment and mistrust to the care they provide to this group.

Biography

Fatten Elkomy has completed her Medical Degree from the University of Alexandria, Egypt. She has finished three master's degrees in health administration, Health Informatics and Mental Health Nursing as well as the Doctoral Degree of Mental health nursing practice all from University of Missouri-Columbia, USA. She is a mental health provider at New Horizon's community mental health office. She is a national and international speaker.

Publications

Microaggressions in the US: The case of American Muslims



7th International Conference on Brain Disorders and Therapeutics | Rome, Italy | February 28-29, 2020

Citation: Fatten Elkomy, *Biases causing and affecting Psychiatric care: Microaggressions towards Muslims*, Brain Disorders 2020, 7th International Conference on Brain Disorders and Therapeutics, Rome, Italy, February 28-29, 2020, 08