

BHWell

Center for Behavioral Health & Well-Being Research

Dr. Lynn Michalopoulos

What is the goal of your research in the work that you are doing in Zambia?

The goal of my research is to address the health and mental health needs of migrant populations from non-western contexts.

How does your research affect international social work practice?

My research emphasizes the importance of understanding multi-level risk factors among migrant populations.

Does your research affect social work in the United States? If so, how?

I am currently working on a US-based project among Afghan refugees. We are examining the feasibility and acceptability of utilizing the martial art of Muay Thai as an adjunct to talk therapy among Afghan refugees.



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How can early career social workers or social work students enter the field of international social work?

The best way is to talk to folks doing international work and become involved with their projects. It's also important to take advantage of opportunities whether they include travel or are virtual that has a global component.

What is one thing you would like social work practitioners to take away from your research?

I would like practitioners understand the importance of developing and maintaining partnerships with folks from multi-levels in order to be impactful with sustainability.



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