

Complicated Grief in Immigration: Drawing in “Mourning and Melancholia” by Freud

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Abstract : This study focuses on the analysis of immigration through the lens of Sigmund Freud's conceptual framework on mourning and melancholia. The immigration process, being complicated, involves numerous losses and carries significant psychological consequences. By delving into specific loss experiences within immigration, this work aims to unravel the intricacies of grief in the context of immigration and shed light on why such experiences often tend to manifest as melancholic. The discussion introduces losses in immigration, including unrecognized departure from a love object, identity loss, racial and cultural melancholy, language loss, regressive positioning, and loss of an ideal object. Following this, it explores manic defense mechanisms in immigration, concluding with a mention of successful immigration processes.

Keywords : immigration, melancholia, melancholic immigration, mourn

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