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Workshop on young Iranian women immigrants; facing relationship issues

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Abstract:

The purpose of this graduate project is to design a four-hour Workshop, which educates newly arrived Iranian women who immigrated to the United States on the challenges they could face in dating and relationship, and provide them with the resources and information. Along with the goal of achieving educational and professional ambitions, Iranian women in their twenties face the challenges of engaging successfully in westernized American society and developing intimate romantic relationships. While individuals in their twenties have developed integral elements of their personality and methods of interpersonal interaction, partially established based upon the cultural norms of their country of origin, immigrating to a foreign culture generates additional obstacles in their quest to finding the appropriate romantic match with corresponding cultural checkpoints. As the Iranian culture maintains a traditional view of relationships and marriage, there is an adherence to arranging relationships within class and educational levels, as well as within the hometown. Considering these factors, the purpose of this study is to demonstrate the effects of these cultural factors on female Iranian Immigrants as they establish and maintain interpersonal relationships. From the relationship standpoint the Persian culture has a very set approach - fairly traditional - towards relationship and marriage. They believe in matching the class levels, education, and even family's home town, etc. This study aims to design a workshop that proposes to educate Iranian women immigrants on engaging in successful interpersonal relationships within American culture. This workshop will be conducted over four-hour and will include psychoeducation that will develop participant's skills required to engage in healthy interpersonal relationships, as well as cope with cultural conflicts that may manifest.

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