



Re-entry

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EuroTCK



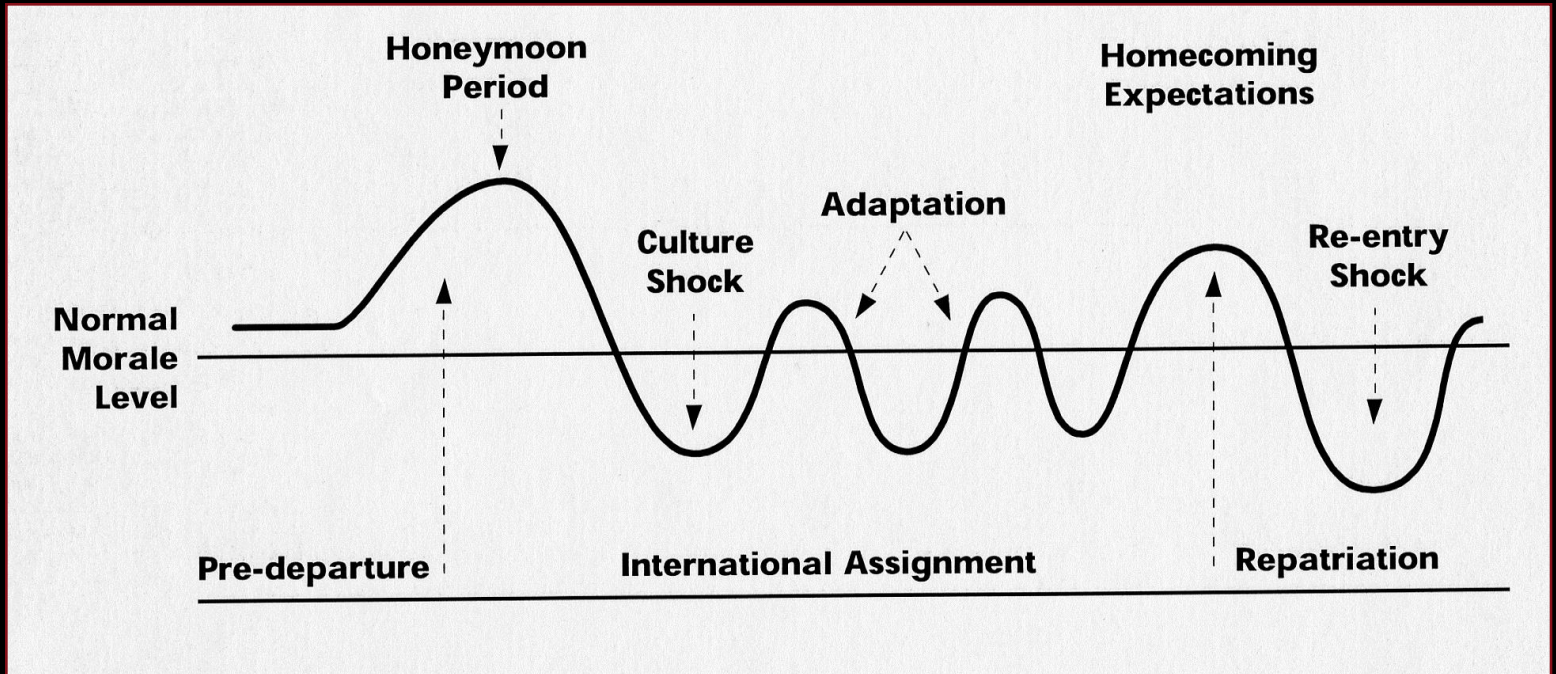
Re-entry

(Reverse)Culture Shock

“Primarily an emotional reaction that follows from not being able to understand, control and predict another’s behaviour”

John Cox

Typical Expatriate Morale Curve





Re-entry – a big issue?

- ◆ Expectations
 - Things have changed
 - You have changed
 - Others have changed
- ◆ Emotions
 - Unanticipated
 - Powerful
 - Incomprehensible



Re-entry

Re-entry is a process involving stress, loss, grief, identity issues and loneliness together with feelings of isolation, anxiety and rejection



Re-entry

- ◆ Emotions:
 - **Loss**
 - Grief
 - Anger
 - Alienation
 - Frustration
 - Exhaustion
 - Depression
 - Confusion
 - Spiritual Crisis



Emotions

- ◆ Loss
 - Identity
 - Relationships
 - Place
 - Community
 - Status
 - History



Australian survey

- ◆ Loss
 - Multiple varied losses (all personal domains)
 - Mechanisms of loss
 - Loss of control
- ◆ Risk factors for complications:
 - Depression
 - Anxiety
 - Prolonged grief disorder



Australian survey

Disenfranchised Grief:

The grief that persons experience when they incur a loss that is not or cannot be openly acknowledged, publicly mourned or socially supported
(Doka, 1989, p4)



Disenfranchised grief

- ◆ There are circumstances in which a person experiences a sense of loss but does not have a socially recognised right, role, or capacity to grieve. In these cases, the grief is disenfranchised”

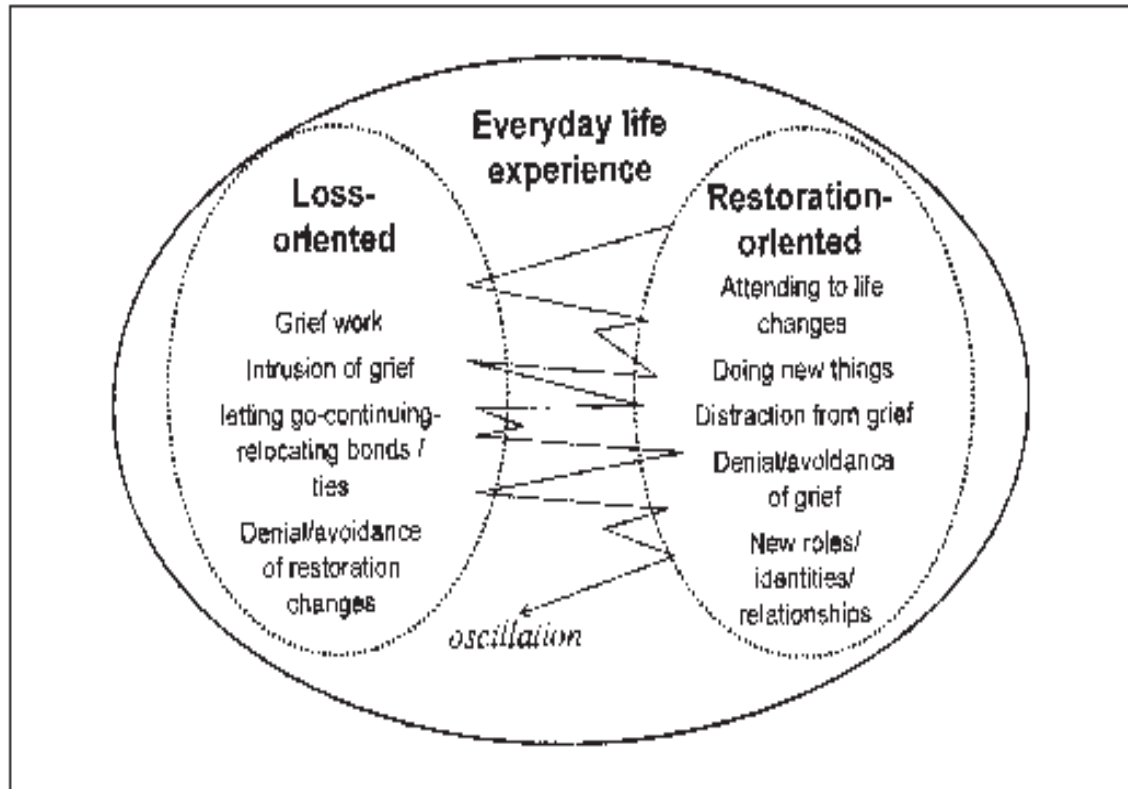
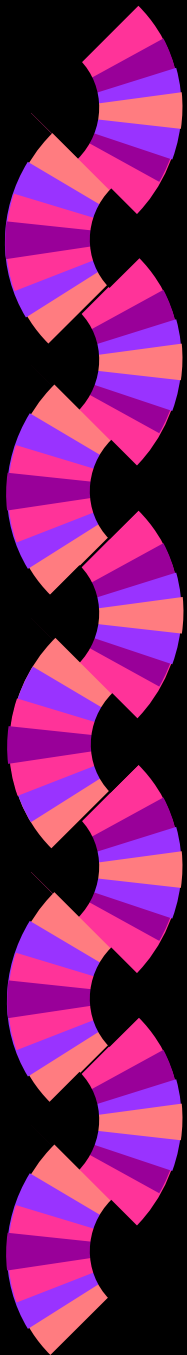


Figure 1. The Dual Process Model of Coping with Bereavement (Stroebe & Schut, 1999).



Difference or Congruity?

Daring to be different

What's important to me?

Learning to belong

What do we share?



Processing the TCK experience

Dealing with –

- ◆ Anger
- ◆ Grief
- ◆ Bitterness
- ◆ Separation

All occasioned by loss



Anger Signals

- ◆ Cynicism
- ◆ Critical spirit
- ◆ Defensiveness
- ◆ Depression
- ◆ Chronic negativity
- ◆ Arrogance
- ◆ Uncontrolled habits
- ◆ Brittleness
- ◆ Over-reaction
- ◆ Negative response to authority



Processing the TCK experience

By –

- ◆ Permission to feel pain
- ◆ Permission to express feelings
- ◆ Pathways to say goodbye
- ◆ People to share experience



Issues for Teens

- ◆ Being invisible
- ◆ Being highly visible
- ◆ Not belonging
- ◆ Feeling rootless
- ◆ Experiencing repeated ;loses
- ◆ Injustice and inequity
- ◆ Hypocrisy
- ◆ High expectations
- ◆ Lack of individual affirmation
- ◆ Being abandoned



Lifetime Issues for MKs

- ◆ Identity
- ◆ Home
- ◆ Relationships
- ◆ Mobility
- ◆ Choice and Control
- ◆ Continuity
- ◆ Trust



Identity

“When you have a sense of your own identity and a vision of where you want to go in your life, you then have the basis of reaching out to the world and going after your dreams for a better life”

Stedman Graham (AW 2003)



Identity

- ◆ Personal identity is often viewed as referring to a sense of sameness or permanence whilst negotiating change and diversity (Ching, 1995)



Identity

“We know that there is no one, right way to live, think or feel. We revel in differences, seeing them as potential opportunities for exploring and bridge-building, not for fear.”

Deborah Kartheiser (AW 2003)



Identity

- ◆ Dangers of a negative identity – “I am not”
- ◆ Need to find bridges, places of sameness



TCKs -Where is 'Home'?

- ◆ I don't know
- ◆ It's too difficult
- ◆ Heaven
- ◆ Wherever my parents are living



TCKs – Where is Home?

- ◆ Roots are in Relationships
 - Primary responsibility of parents is to nourish their relationship
- ◆ What happens when that relationship is deficient?
- ◆ How do you give rootless TCKs a sense of belonging in a sea of change?



Relationships

“Even as an adult, I was always mentally steeling myself for the next move. So I didn’t invest too deeply in relationships. After all, who knew if I would be around?”

Deborah Kartheiser (AW2004)



Relationships

“Real relationships are a lot of work and very messy! At least when you are sticking them out for the long haul”

Deborah Kartheiser (AW 2004)



Relationships

“Certainly on the mission field, you go deep fast, and you know you’re going to lose it so you make the most of every minute.”



Levels in Friendship

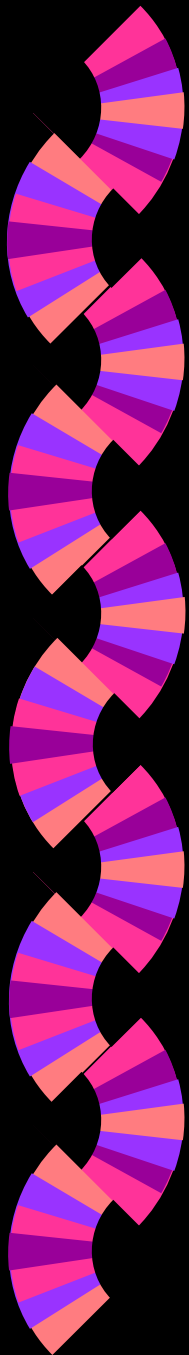
- ◆ Superficial level: small talk
- ◆ ‘Still safe’ level: exchange of no risk facts
- ◆ Judgemental level: giving opinions which friends might disagree with
- ◆ Emotional level: sharing feelings about ourselves and others
- ◆ Disclosure level: revealing our most private thoughts and feelings – intimacy



Relationships

“If the TCK feels that their mate does not appreciate their unique experience, or encourage the expression of their emotions, or accept them deeply in spite of their ‘strangeness’, then the marriage will struggle and may not flourish”

Matt Neigh (AW 2004)

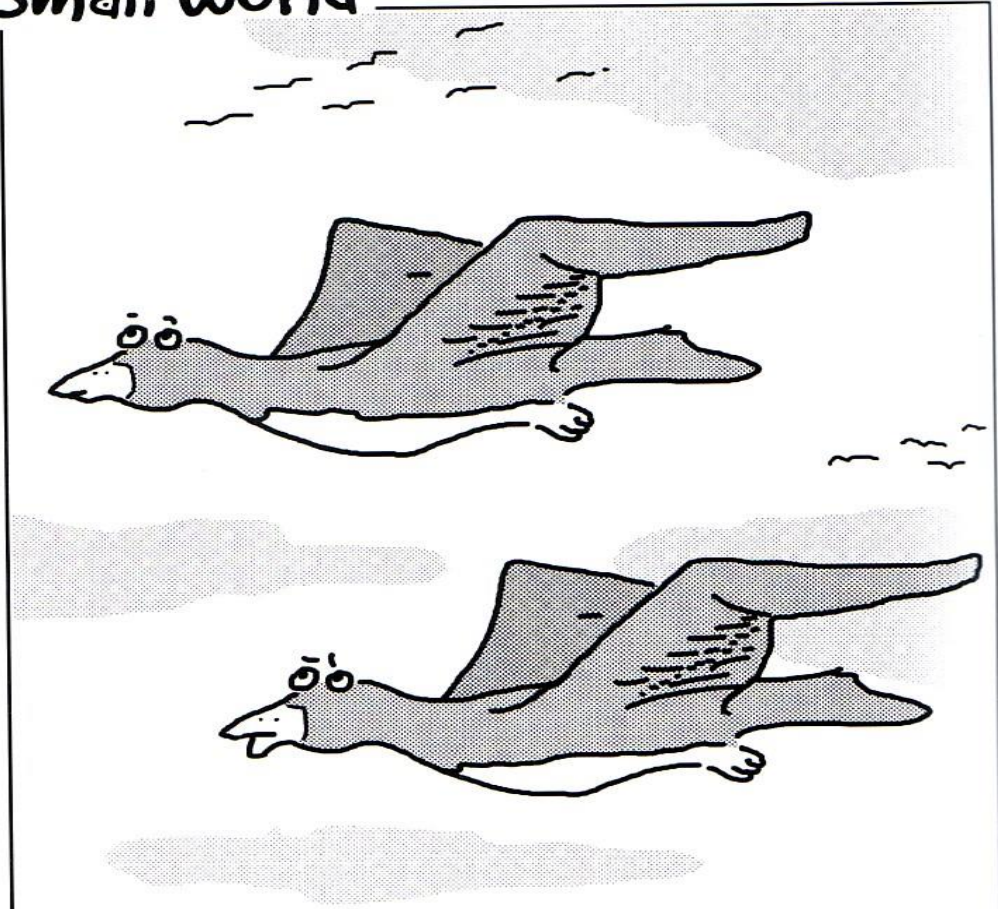


TCKs

April 2013

Small world

Andy Kerr



Aw, mom, do we *have* to migrate? Couldn't we just, you know, stay in one place, and keep all the same friends, and just stop *moving* so often? I mean, I know we get these urges to move every so often, but man, that doesn't mean we have to pack up and leave...

EuroTCK



Mobility

“I just got bored seeing the same face, shopping at the same supermarket, going to the same post office. I needed that stimulus to experience fresh air and new neighbourhoods. It was almost like an addiction”

Nora Kohri (AW 2004)



Reasons for Mobility

- ◆ Learned behaviour
- ◆ Desire to experience the world
- ◆ Never feeling at home
- ◆ Enjoying adventure
- ◆ Visiting other TCKs
- ◆ Escaping the past



Mobility

“But godliness with contentment is
great gain”

1 Timothy 6:6



Choice and Control

“As TCKs we frequently find ourselves in situations that are the result of someone else’s decision. So often other individuals have made the decisions ...individuals we can’t even see. If you grew up in the military, it may have been the generals; if it was in the diplomatic corps, it was some person in an office somewhere. If you grew up in an international business like IBM (I have Been Moved) it was the CEO in some huge corner office. If your parents were Christians, it was one step higher – God.”



Choice and Control

Authority figures in the TCK's life:

- ◆ Parents
- ◆ Company
- ◆ School
- ◆ Church
- ◆ Dorm parents



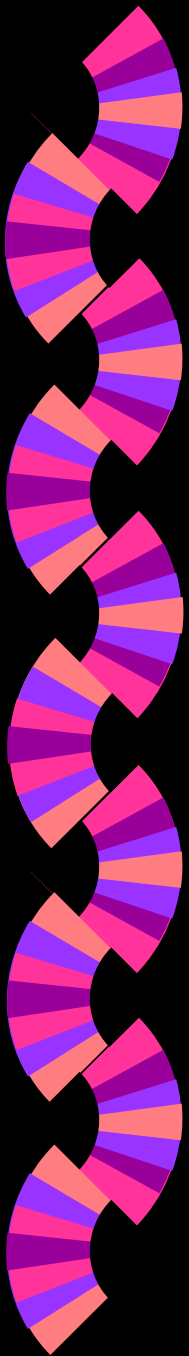
Choice and Control

“If I decided what I really want and start going after it, something will happen to stop me. If I want something badly enough and God finds out, he will just take it away from me. It’s no use planning my own future; I’ll just go with the flow of whatever happens”

Deborah Kartheiser (AW 2004)

Trust

- ◆ You have a need, you express that need
- ◆ The need does not get fully met – the person is too busy or goes away
- ◆ You learn not to trust anyone
- ◆ You become good at meeting your own needs
- ◆ You only ever form superficial relationships



What Children Need (White, 2000)	Resilience Factors (Grotberg, 1995)	How to Help Children, Children need to be:
Security	I AM (my personality, self-esteem, value)	HELD (Physically, emotionally, spiritually)
Boundaries		
Significance	I CAN (how I cope, what I can do, how I manage my feelings and behaviour)	HEARD
Community		Given opportunities for HEALING
Creativity	I HAVE (my social and family support structures)	

HEALING is helped by children telling their story, developing continuity in their lives, having a witness, and developing a new identity for their future lives.



The Pilgrim Community

- ◆ Time line: Stop, Look, Listen:
 - Stop – intentionally explore the past
 - Look at what the events meant or what you learned
 - Listen and discern how God was involved in the events



Lifetime Issues

“Don’t let your past dictate who you are; let it become part of who you will be”

My Big Fat Greek Wedding