

PREPARING FOR CHANGE

PRE FIELD PERSPECTIVE

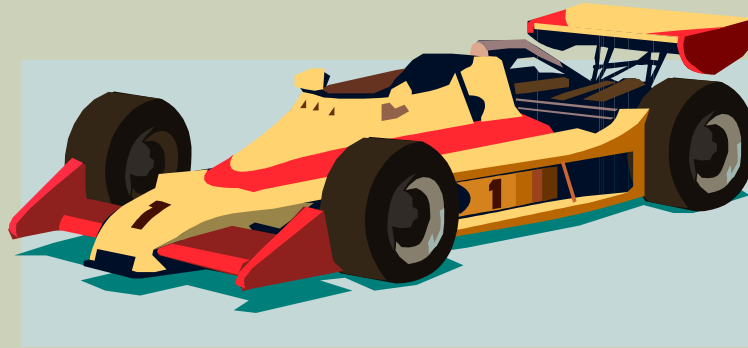
Plenary 2 – Ruth E. Van Reken

Euro TCK

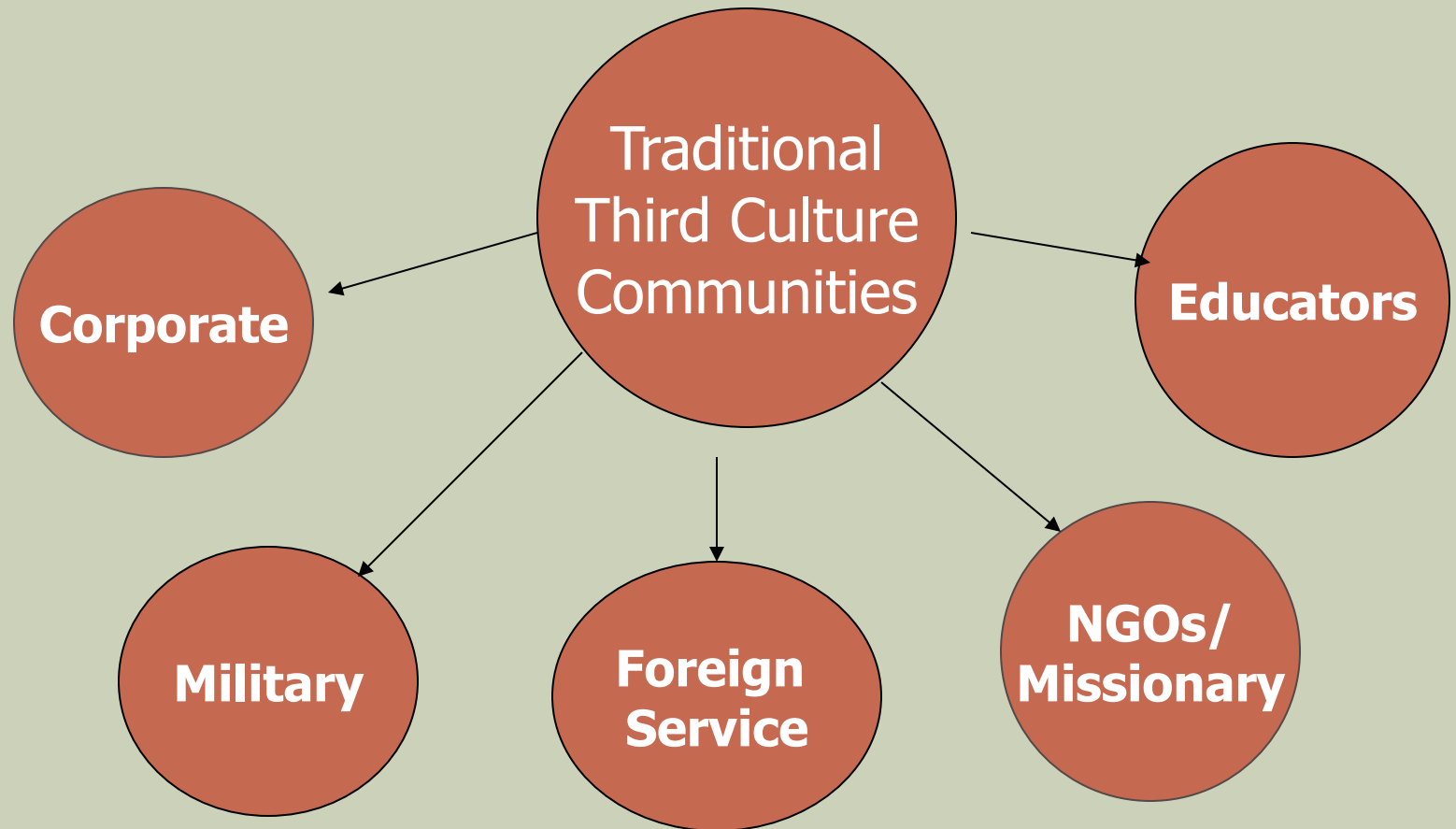
April 26, 2013

Friolzheim, Germany

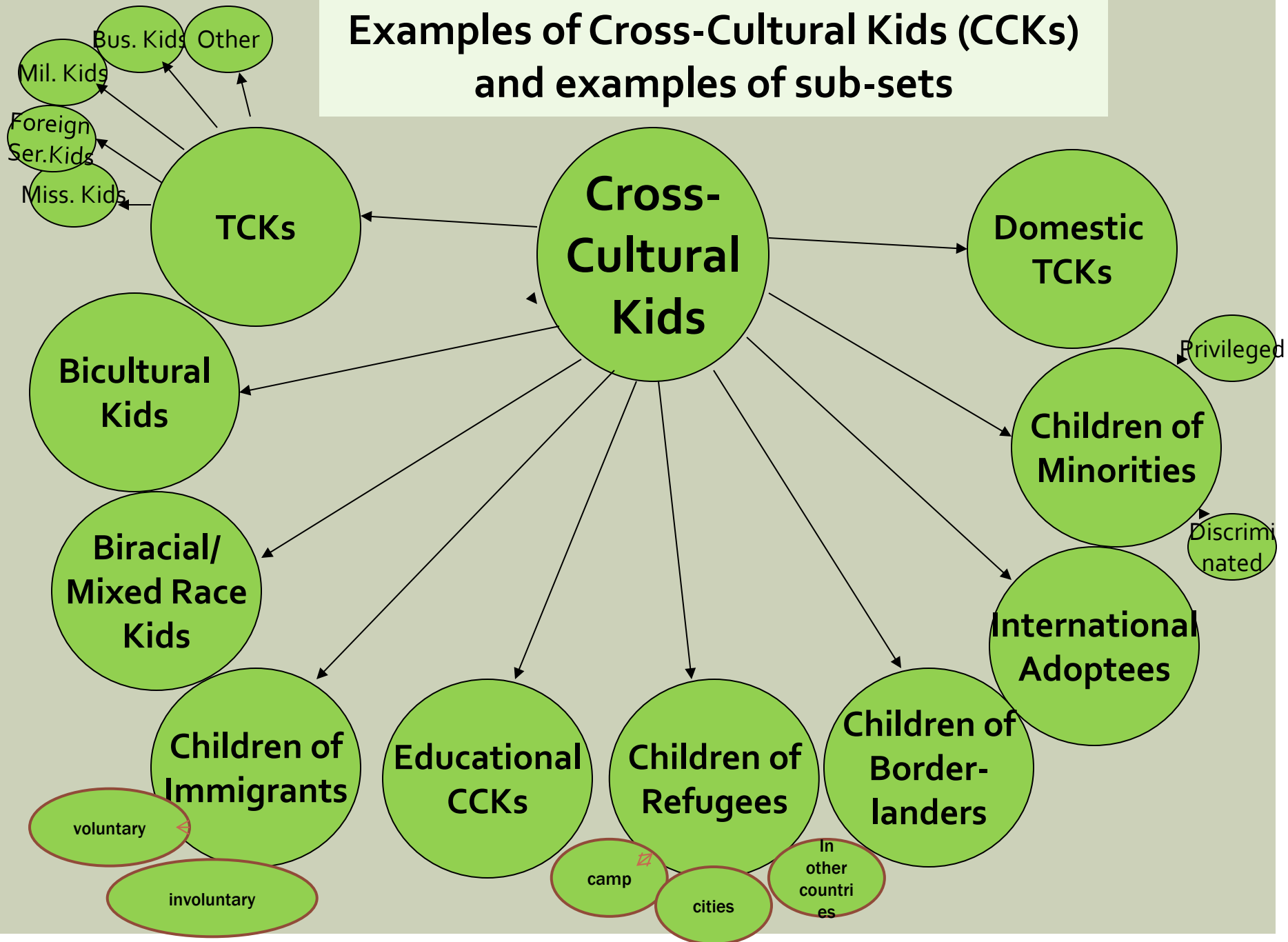
A FINISHING DETAIL



THE TRADITIONAL “THIRD CULTURE” MODEL



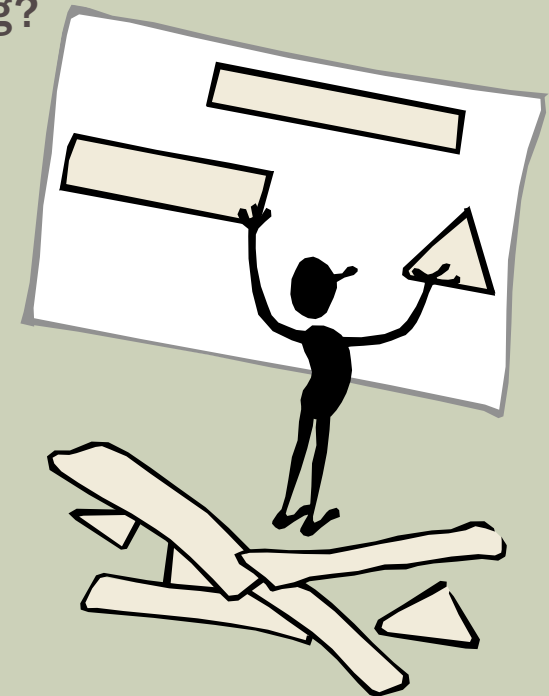
Examples of Cross-Cultural Kids (CCKs) and examples of sub-sets



OVERVIEW

■ Pre field perspective

- What is the normal process we go through in preparing to make this physical transition?
- What are the changes for which we are preparing?
- Who needs to be prepared?
- How do we/they need to prepare?



REMINDER: “CHANGE” IS ALSO ABOUT “TRANSITION”



passage: the act of passing
from one state or place to the next

STAGES OF TRANSITION CYCLE (DAVID C. POLLOCK'S MODEL)

- Involvement
- Leaving (Change)
- Transition
- Entry
- Re-involvement



WHAT STAGES WE GO THROUGH WHEN PREPARING FOR CHANGE....

- Start with involvement stage
- Move to leaving stage
- End with transition stage



WHO NEEDS TO BE PREPARED?

Everyone!



INVOLVEMENT STAGE

- Our position
 - We are known
 - We have status
 - We feel “part of”
 - We live in the present
- Community's position
 - They know us
 - They know what we can do
 - They include us



INVOLVEMENT STAGE

- What we can do
 - Enjoy!
 - Reach out to other newcomers
 - Serve as mentor



WHAT NEEDS FROM 'IMAGE OF GODness' ARE POTENTIALLY MET? WHICH ONES ARE POTENTIALLY CHALLENGED?

Involvement Stage

- Relational
- Emotional
- Intellectual
- Creative
- Volitional



- Unified
- Valuable
- Spiritual
- Physical



LEAVING STAGE

■ Our position

- We discover we are leaving (or change is coming)\
- We begin "leaning away"
- We deny:
 - feelings of grief
 - feelings of rejection
- We begin to live in the future



LEAVING STAGE

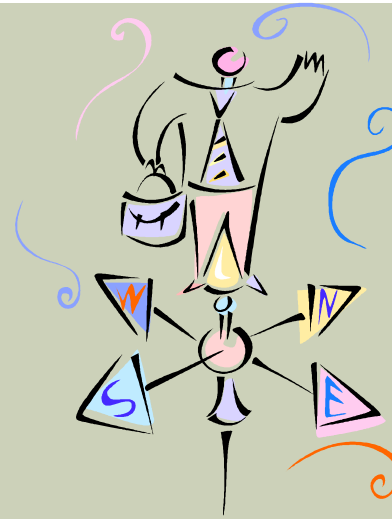
- Community's response
 - They discover we are leaving
 - They begin excluding us from plans



LEAVING STAGE

WHAT CHANGES MK/TCKS/PARENTS FACE

- Changing worlds
 - Cultural expectations
 - Food
 - Language
 - Relational patterns



LEAVING STAGE

WHAT CHANGES MK/TCKS/PARENTS FACE

- Changing family structure/dynamics
 - Leaving behind extended family
 - Parents will be going through their own transitions – can affect how that leaves them relating to the children
- Changing role or status
 - Depending on age, involvement in community/school activities
 - Moving from being a known entity to an unknown person



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Leaving Stage

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Paradoxical time!!



WHAT WE CAN DO FOR SECOND STAGE - LEAVING (CHANGE)

■ What we can do



- Build a **RAFT** (Dave Pollock)
 - **R**econciliation
 - **A**ffirmation
 - **F**arewells
 - To people
 - To places
 - To pets
 - To possessions
 - **T**hink Destination

WHAT WE CAN DO FOR SECOND STAGE - LEAVING (CHANGE)



■ Why build the RAFT?

- These are the “rituals of mourning” we need to incorporate as well as the hope

NEXT STAGE: TRANSITION

- **Transition** (between when you leave and when you not only physically arrive but emotionally get there)
- **Our position**
 - We feel chaotic – lost our “markers”
 - We may lose self-esteem
 - We may feel statusless
 - We may feel disappointed
 - We may feel excited!
 - We may feel angry
 - We live in the future



NEXT STAGE: TRANSITION

- Community's position
 - They don't know us
 - They don't know what we can do



WHAT STARTS TO HAPPEN?

- The reality of what we have lost begins to set in
- This is when we often begin to act out our grief
 - Kids (and adults!) can act out in new and seemingly strange behavior



EXPRESSIONS OF GRIEF

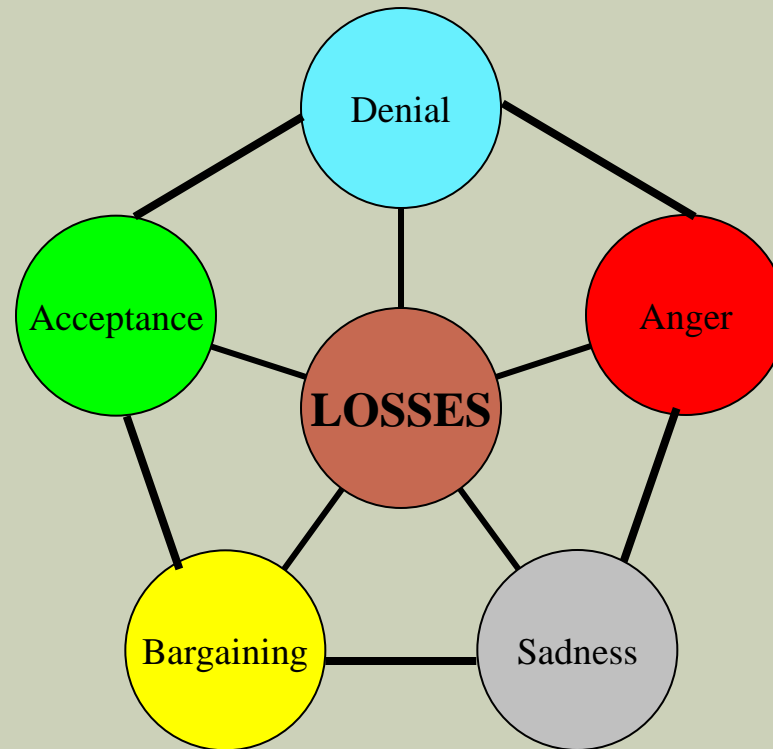
STAGES BASED ON DR. ELISABETH KÜHLER ROSS'S WORK



- Denial
- Anger
- Bargaining
- Sadness/Depression
- Withdrawal
- Rebellion
- Vicarious grief
- Delayed grief

THE GRIEF WHEEL

STAGES BASED ON DR. ELISABETH KUHBLER ROSS'S WORK



Wheel model by Pam Davis, counselor

WHAT NEEDS FROM 'IMAGE OF GODness' ARE POTENTIALLY MET? WHICH ONES ARE POTENTIALLY CHALLENGED?

Transition Stage

- Relational
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IF WE DON'T MOURN THE LOSSES, WE WIND UP
WITH THE BIGGEST LONG TERM CHALLENGE OF
HIGH MOBILITY FOR EVERYONE...

UNRESOLVED GRIEF

WHY UNRESOLVED GRIEF HAPPENS

■ Lack of awareness

- When losses are hidden, they aren't recognized so we can't deal with them
 - Loss of a world
 - Loss of the dream
 - Loss of status
 - Loss of a sense of "system identity"
 - Loss of a sense of cultural balance
 - Loss of cultural cohesion in the family
 - Loss of lifestyle
 - Loss of possessions
 - Loss of relationships
 - Loss of system identity
 - Loss of the past that wasn't
 - Loss of the past that was



TO UNDERSTAND WHY UNRESOLVED GRIEF OCCURS...

- Lack of permission to grieve
 - Grief is discounted
 - “No one will listen”
 - Grief is compared to the higher good
 - Grief is denied
- Lack of time to process
- Lack of comfort
 - Difference between comfort and encouragement



WHAT COMFORT DOES

- Comfort acknowledges the loss
- Comfort shares the grief
- Comfort gives permission to do the “good grief”
- Comfort carries us to “resurrection”—the time we can again see the light of day



WHAT ENCOURAGEMENT DOES

- Encouragement can have great value in the end but not before comfort
 - If encouraged before comforted, the pain is essentially discounted



How to help
in transition stage

WAYS TO HELP?

- Keep family rituals
- Use the time to explore the new
 - Make travel time part of family history
 - Intentionally learn/teach about the places being visited or where you'll be living



WAYS TO HELP?

- Find ways to stay connected with past friends and places
 - Sports news
 - Local papers
 - Skype
 - Facebook



DON'T BE AFRAID OF THE PROCESS

- Each stage of grief is “normal”
- Remember, with good grief is also good resolution!
- Recognize all members of the family can be at different stages
- If needed, seek counseling with someone who understands the TCK experience



What about
those who had
no help in the process?

IF NEEDED, EVEN YEARS LATER, HOW DO WE RECEIVE GOD'S COMFORT?

- Come as we are, not as we “should” be
- Know Jesus meets us at that place
 - Story of Martha, Mary, Lazarus



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HOW TO RECOGNIZE “UNRESOLVED GRIEF”

- Learn to “listen to life” as a way of naming your losses/cost
 - Look at your responses (or activities) that surprise (or horrify) you
 - Are they part of the grief cycle?
 - Remember, from the heart the mouth speaks
 - “Situations don’t create your spirit, they reveal it”



HOW I BEGIN TO DEAL WITH “UNRESOLVED GRIEF” WHEN I RECOGNIZE IT

- Ask God what it is you are feeling—name it
- Ask Jesus when **I** may have felt like this before
- Ask Him when **He** felt like this
 - The “fellowship of His sufferings”
 - This is where I rest in comfort, not encouragement



HOW I BEGIN TO DEAL WITH “UNRESOLVED GRIEF” WHEN I RECOGNIZE IT



- Ask Him to deal with present and past issues as He knows I have need
 - He's in all time all the time
- Give myself permission and time to grieve.

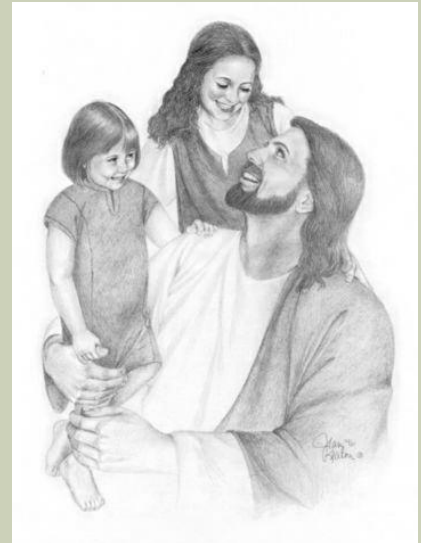
MORE PLACES TO GO AFTER NAMING THE LOSS/COST...

- Remember a few simple principles from Scripture
 - Again, submission vs. resignation
 - The issue of choice vs victimization
 - The difference between the treasure and the clay pot



FOR ALL...REMEMBER GOD'S PROMISES

- For those who are sowing in tears
- For those who feel they are living among the ashes
- For how He works HIS purposes – including the purpose of conforming us to the image of Christ – in all things



WHAT THEN?

- We are free to share comfort with people of all backgrounds
 - The wounded healer
- The “ruin of the generations” (Isaiah 61) can be restored
- Our own lives become richer in this incredible interchange of stories and souls

