



EUROTCK 2017

WINDOW ON THE  
TCK WORLD

# Debriefing TCKs under 12 years Janet Chapman



Heart for Asia. Hope for Billions.

2007-9 Counselling training

# Art Therapy Seminar

Janet Chapman

May 10, 2008

Philippi House

Blackpool

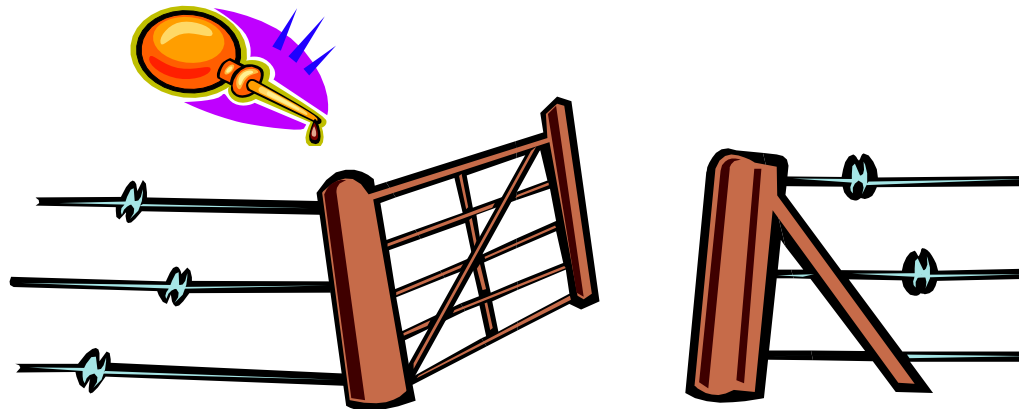


What a gift words  
are but  
sometimes  
they can...

distract  
distort  
defend

# Corpus callosum

- relays messages between the 2 hemispheres
- We need both sorts of intelligence to function fully
- Art therapy helps in this integration.





## Can be very powerful

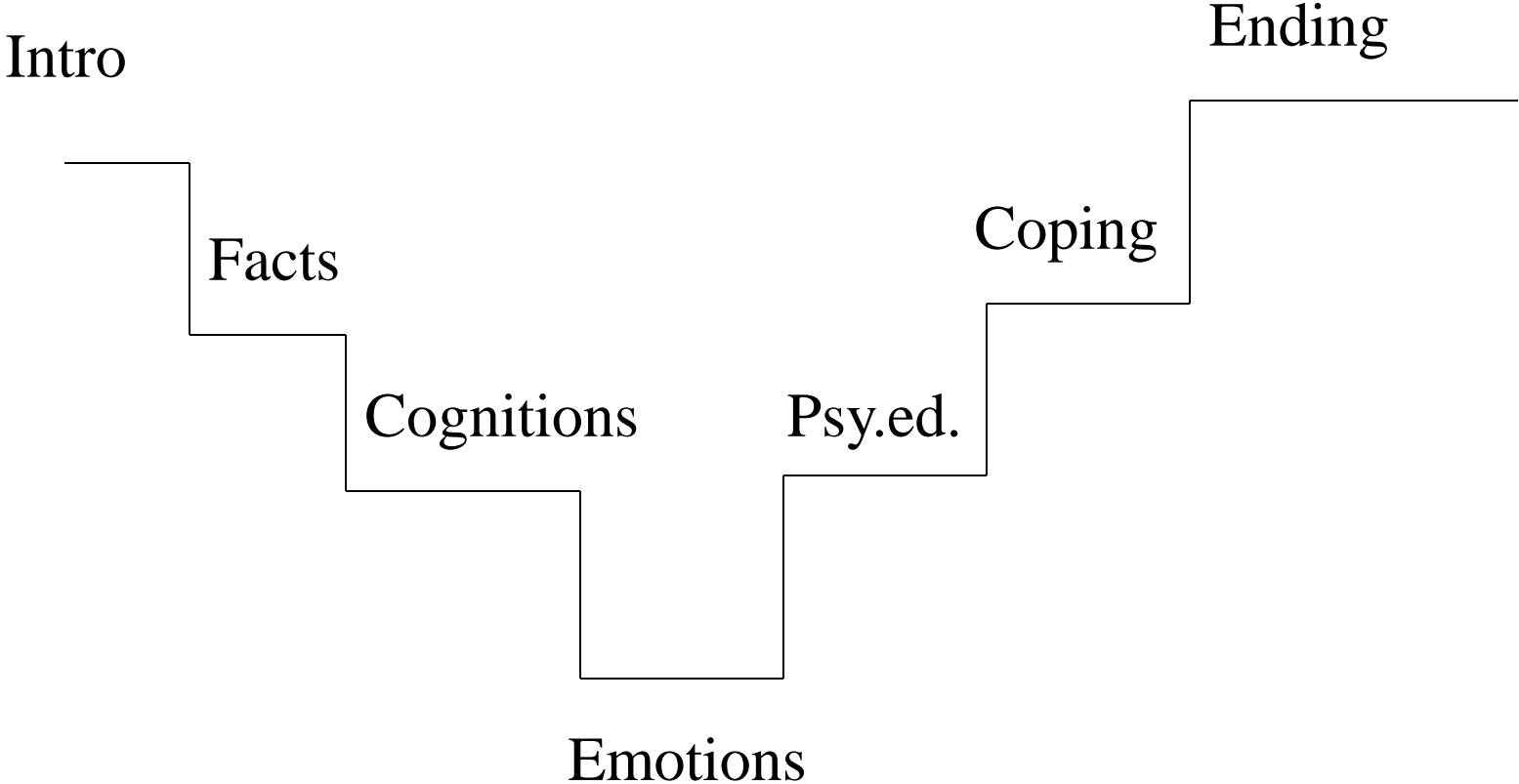
- Work at TCK's pace
- Know your materials by experiencing them for your self expression and growth in self awareness
- NB A little knowledge is dangerous!
- Work within your limits

I make it clear I offer creative opportunities to TCKs. This is **not** art therapy.

‘Debriefing is a structured, confidential way in which people can talk about their feelings & experiences so that their time overseas does not have a detrimental effect on their health, but on the contrary can enrich their life & future ministry’.

Debbie Hawker

# The steps of Critical Incident Debrief – D Hawker





# Debriefing is not

- Counselling
- Advising
- Gathering information for the benefit of the debriefer



Heart for Asia. Hope for Billions.

## Debriefing of OMF adults

- Exit interview in host country
- Work Review in first month with OMF personnel and local church rep
- Confidential personal debrief with non OMF person

**The Smiths arrived back a month ago after 3 years in Kenya.**

**A.** You offer a debrief for Tim 6 and Rachel 8 Smith.

The parents do not ask the children but tell you they do not want this for their children.

What thoughts and feelings might the parents have?

**B.** You offer Tim 6 and Rachel 8 Smith a debrief.

The parents ask the children if they want to go but they say no.

What thoughts and feelings might the children?

## Bringing the family and agency on board

- Expect some resistance
- Persevere
- Invite TCKs to be your advocates

How might you explain debriefing?

A. To an 8 year old

B. To a 12 year old

Debriefing is your time to unpack some of your thoughts and feelings about moving by talking and making things.



# Why debrief ?

- Communicate care to the TCK
- Help the TCK process their experiences
- See their experiences meaningfully
- Bring closure and transition well
- Receive support
- Give thanks to God
- Look ahead

Overseas assignments impact family members in unique ways

Hannah age 8 and her Mum is concerned she is depressed. The family of 4 have lived in The Philippines since Hannah was age 2. They are going on Home Assignment in 6 months.

*“Mummy it feels like a death to me leaving The Philippines.”*

Losses need to be grieved

Many underestimate the losses a TCK faces

6 grieving myths in

*When Children grieve*, James and Friedman



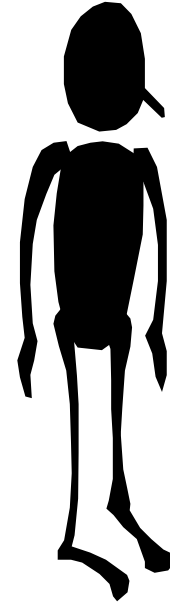
1. Don't feel bad!



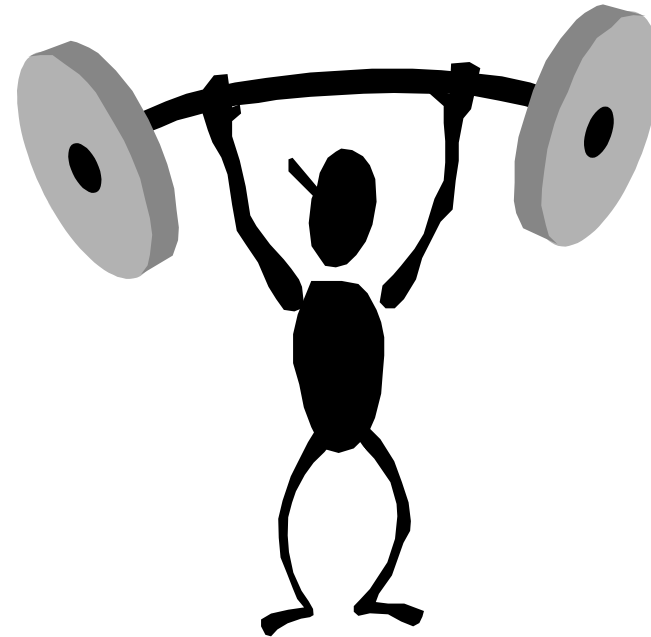
2. Replace the loss



3. Grieve alone



4. Be strong



5. Keep busy



6. Time heals all  
wounds



66% of high school TCKs at Faith Academy ,  
Manila, Philippines said

Going back to my  
passport country for  
Home Assignment is  
one of my most  
uncomfortable  
memories.



# Stress points

Personal injury 53

Mother's pregnancy 40

Change in studies 36

Family living standard changing 25

Moving house 20

New School 20

Change in church 19

Change in social life 19

Change in number of family get togethers 15

# How to debrief?

Prepare yourself and the space.

Build anticipation

- Introduce yourself

Dear John and Anna,  
I am looking forward to seeing you next Friday. I last saw you at the conference in Thailand 3 years ago.

OMF give your Mum and dad special times to unpack their thoughts and feelings about moving from Thailand back here. I feel it is good for kids to have their times too.

It would be great if you brought some of your treasures from Thailand to show me. You might also bring some photos of your friends and favourite places.

I love rainbows and my upstairs room where I meet with children is called my rainbow room. There are toys, paints, crayons and felt pens.

Please talk about whether you would like to meet with me together or separately.

Love from  
Auntie Janet



# Welcome!

	Welcome	English	Willkommen	German	
	Velkommen	Danish	Καλώς ήλθετε	Greek	
	ਵਿਲਕਮ	Punjabi	Koan nghienh	Vietnamese	
	Bienvenidos	Spanish	Vitamo Vas	Slovak	
	ようこそ	Japanese	BENVENUTI	Italian	
	Shalom	Hebrew	Bemvindo	Portuguese	
	Selamat datang	Malay	خوش آمدید	Udu	
	Bienvenue	French	欢迎光临	Mandarin Chinese	
	Добро пожаловать	Russian	Soo dhawow	Somali	
	Cyhoeddus	Welsh	स्वागतम्	Hindi	
	مرحباً	Arabic	Welkom	Dutch	
	Has goidheir	Turkish	વિજય	Gujarati	
	خوش آمدید	Persian	Witajcie	Polish	
	Moriba	Swahili	Fòllie	Gaelic	





Engage the child

Icebreaker game

Expectations

Boundaries re use of space and time

Limits of confidentiality

# Where are we now ? Where have you lived ?

Globe / world map  
regional map  
stickers



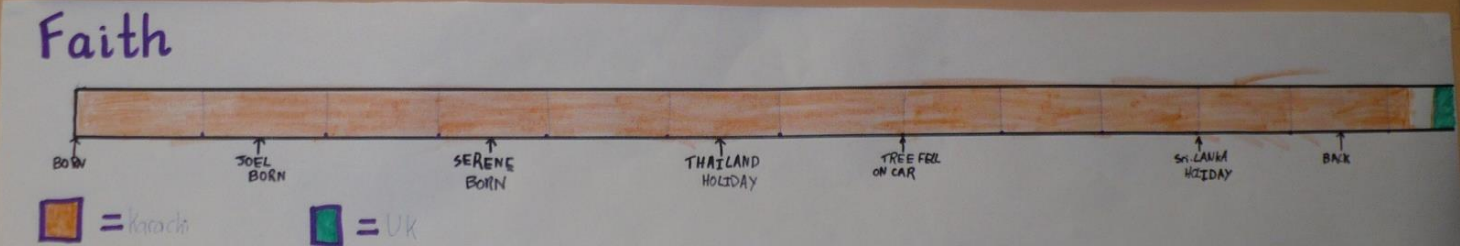
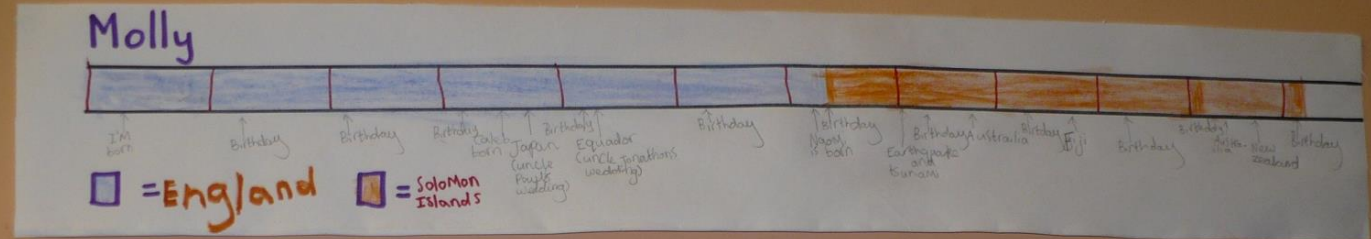


Available from  
The Works, UK

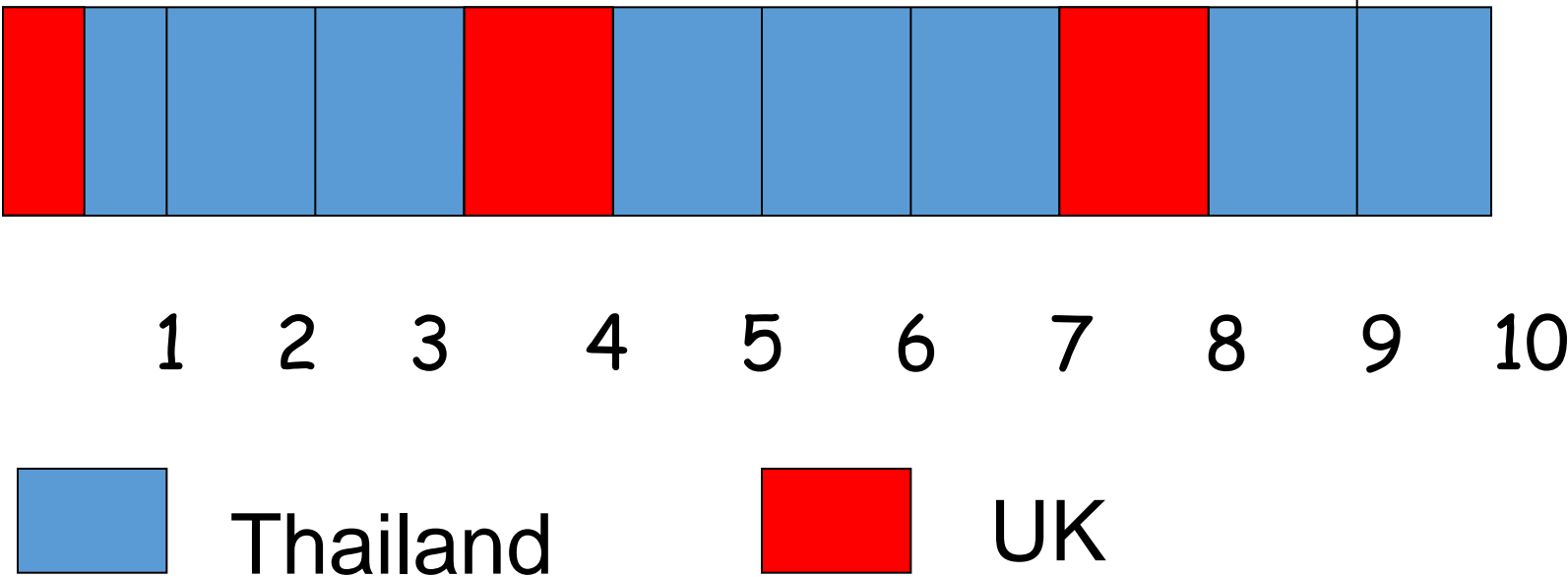
Globe Trotting game  
Available from Early Learning Centre



# When did things happen?



# Time line



Mark significant moves or events

Eg Grandma and Grandad visited Bangkok

# KATIE

Katherine Ruth Finnan Smith

British - Canadian, 6'11in

- JORDAN
- CYPRUS
- IRELAND
- FRANCE
- CANADA
- ENGLAND
- ISRAEL



JORDAN



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	--------	---------	-----------	----------	--------	----------

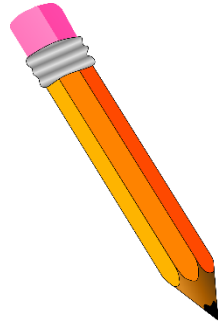
What was your life like?

Questions have a place but not too many!

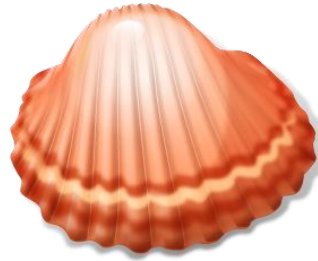




home



school



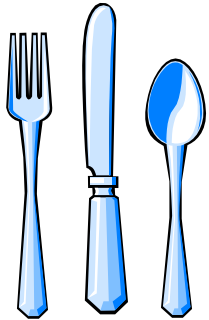
holidays



friends



fun



food



drink



pets



transport



Love/hate  
e.g. smell/sound

# Listening

Attending skills

Encouragers

# Examples of encouragers

- Um/Yes
- Nod
- Tell me more..., Go on..., and then...
- Silence
- Repeat 1 word
- Repeat a few words

# Listening

Attending skills

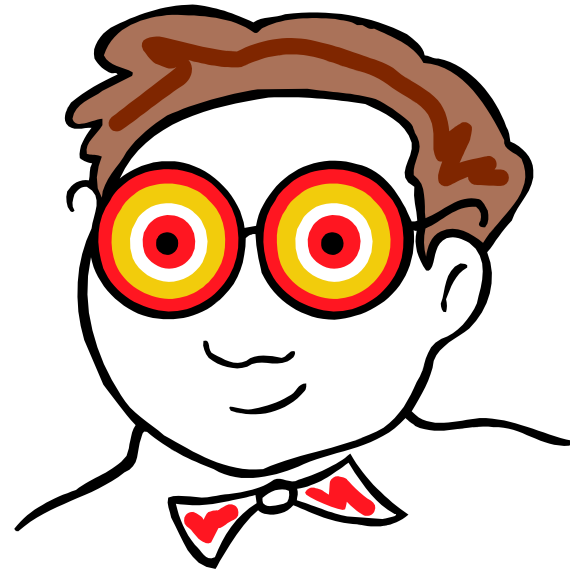
Encouragers

Empathy



Listen with your eyes as  
well as your ears!

Describe body  
language

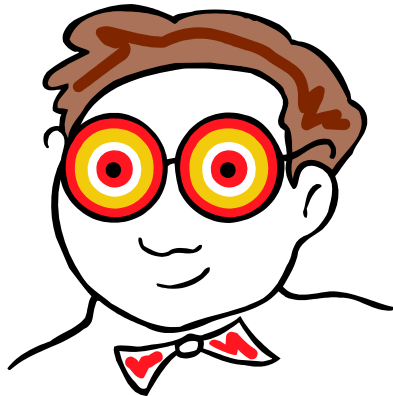




1. Speaker



2. Listener/Debriefer



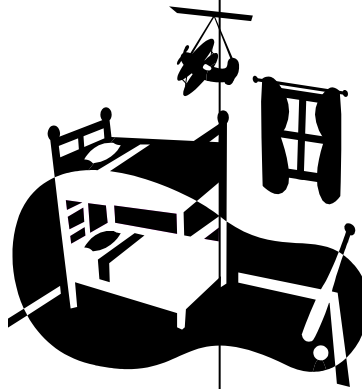
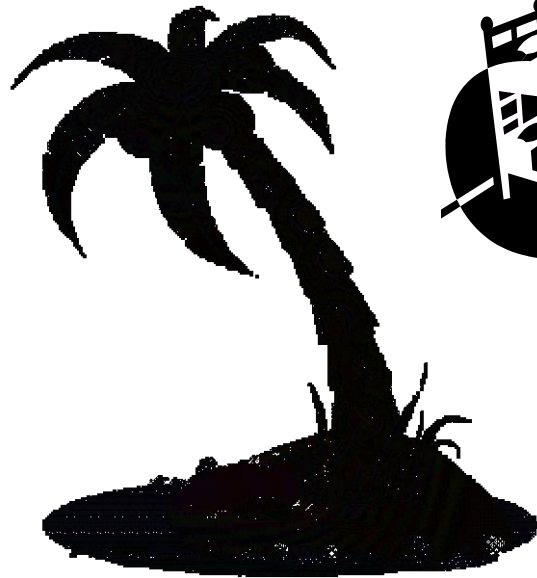
3. Observer



4. Timekeeper



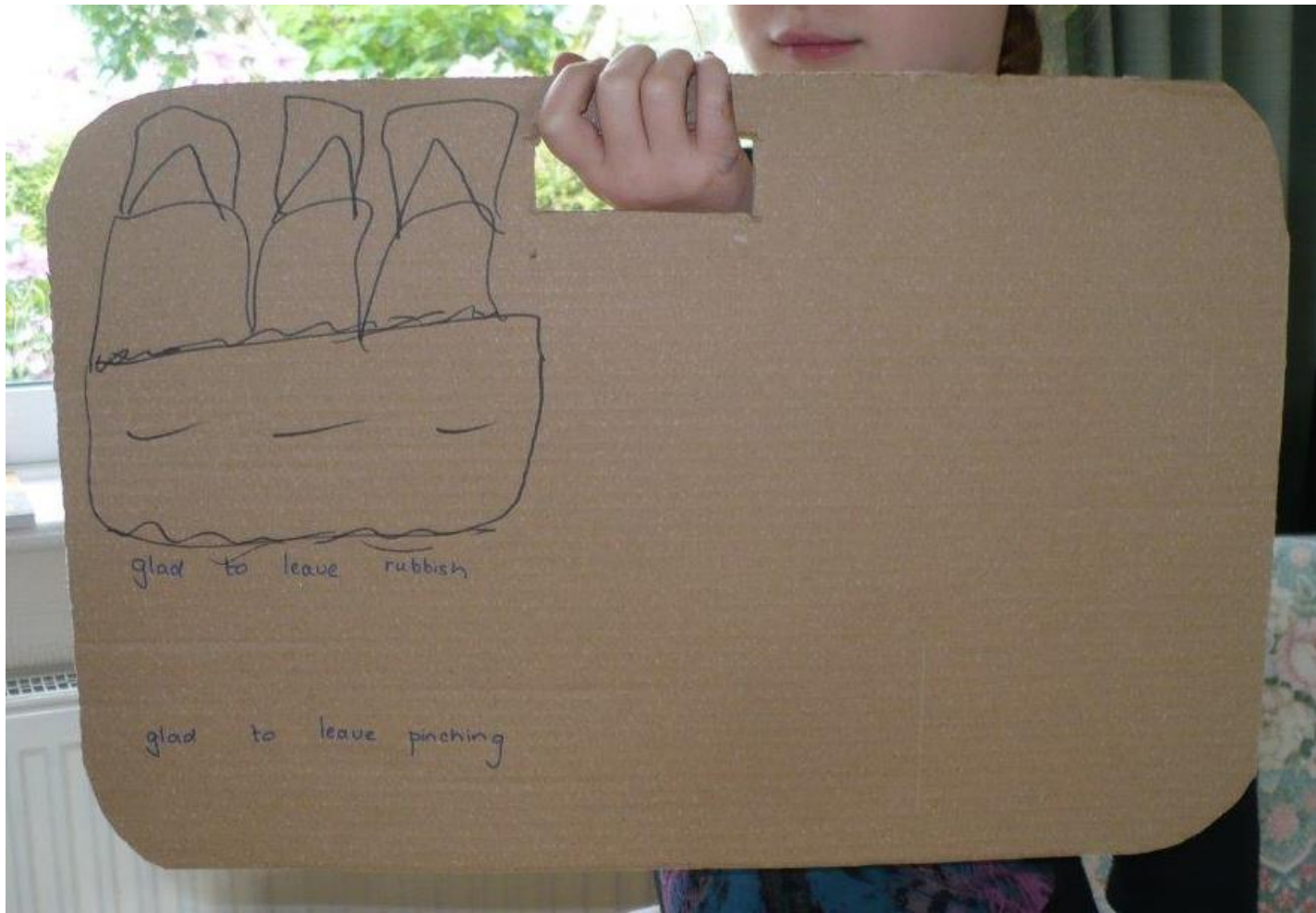
ok



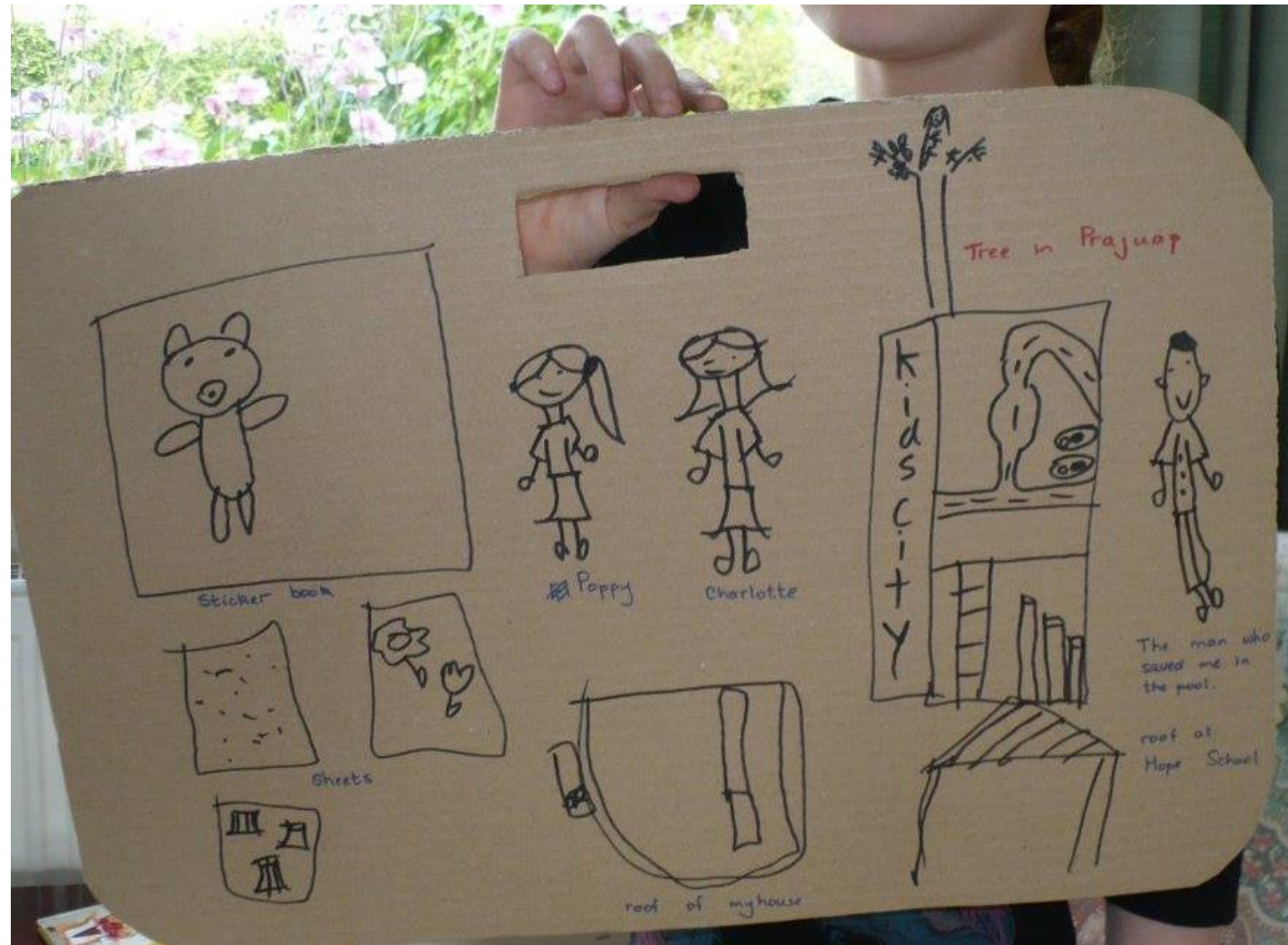
What treasures have you  
brought today?



What things are you glad did not come back with you?



What things did not come back but you wish they had?



Saying goodbye to people, places and things is sometimes easy and sometimes hard.

Give up to 5 points to show how hard you found it.

5 So hard it nearly broke my heart

4 very hard

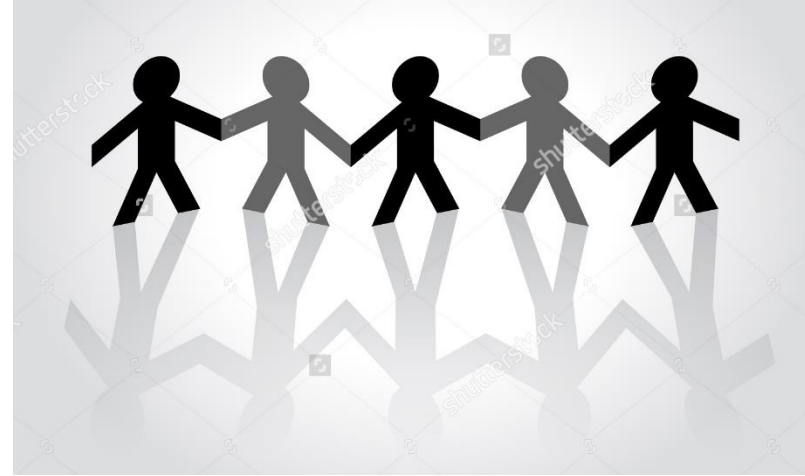
3 hard

2 ok

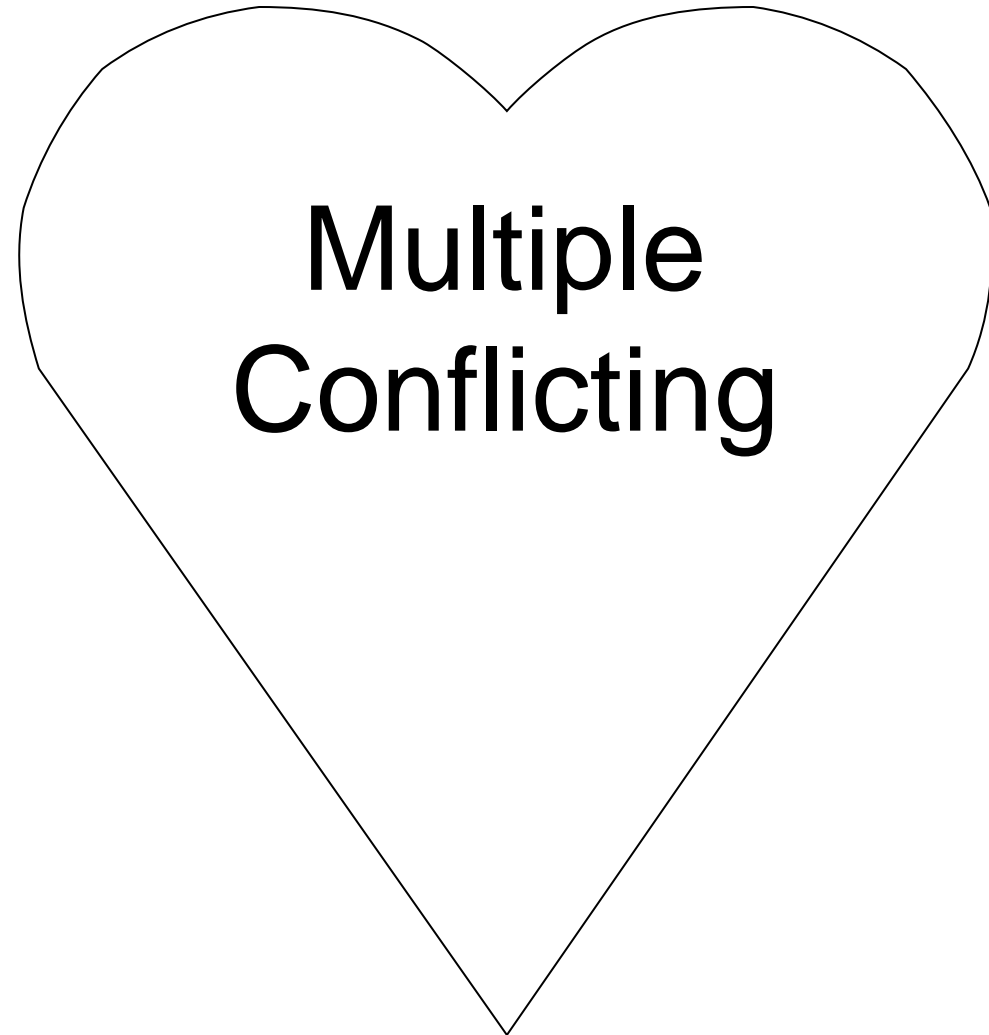
0 glad to say goodbye

# Who was important to you?

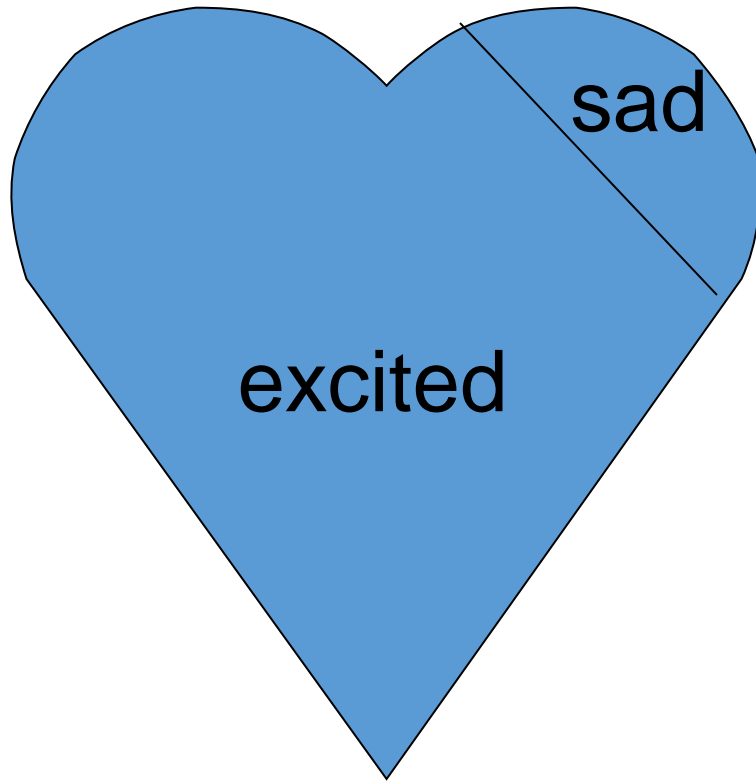
- People chains
- Friendship bracelet



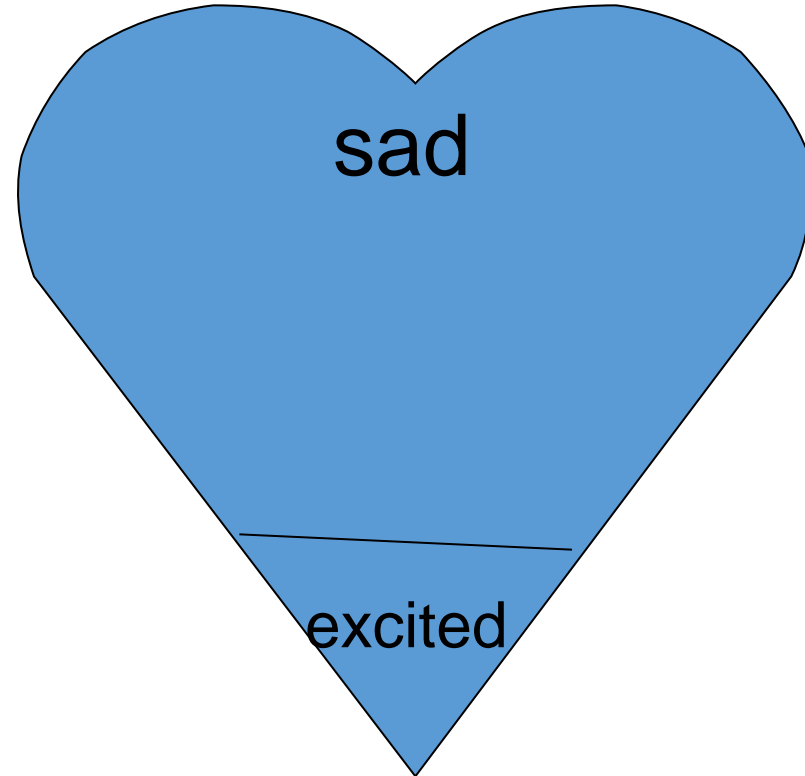
# How did you feel?



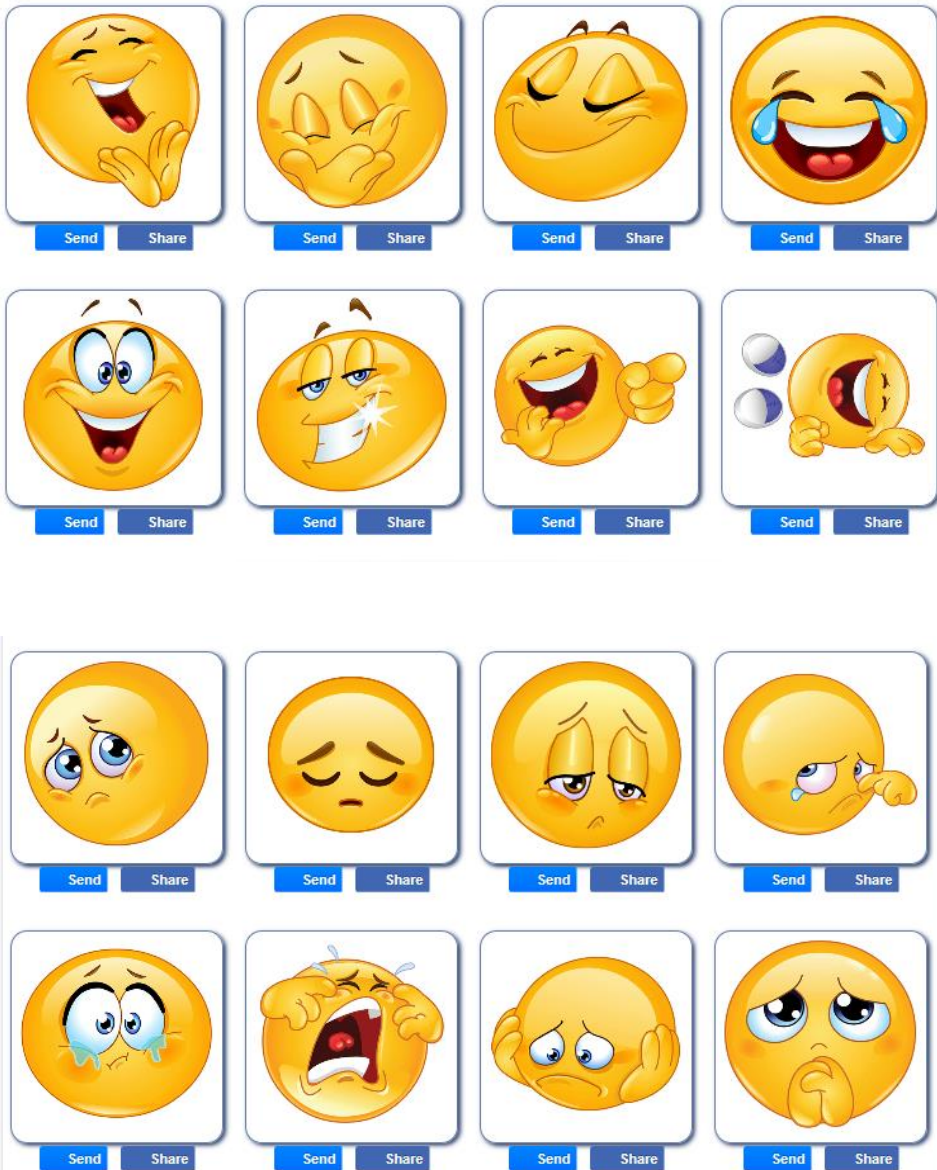
Sarah 6



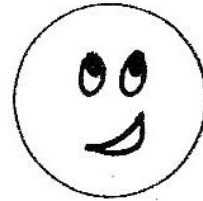
Erika 6



## Happy Emojis



bored



brave



confused



disappointed



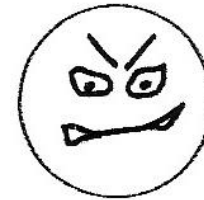
excited



embarrassed



furious



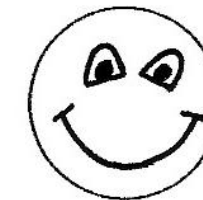
frustrated



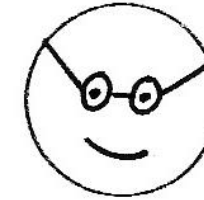
glad



guilty



happy



interested

Red - anger when I realised we were going home

Orange - excitement of a new place

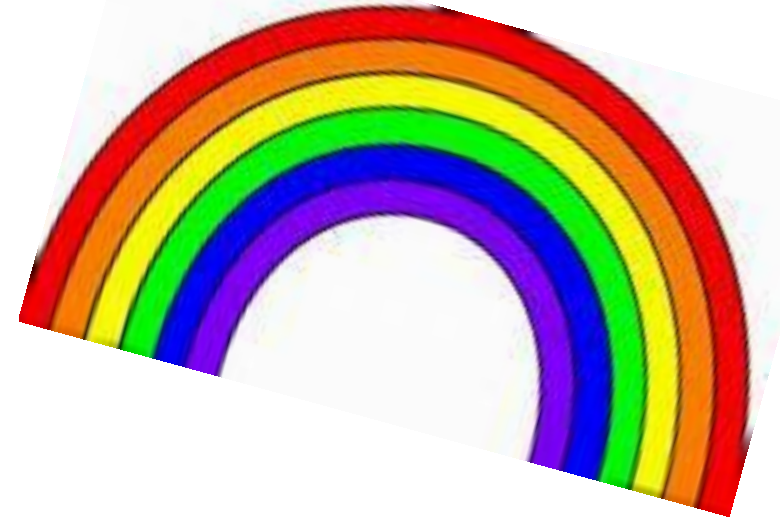
Yellow -sadness because I miss all my friends

Green - happy- all the good times with friends that I remember

Blue -feeling overwhelmed when I have got lots of things happening at once and many different feelings

Indigo - love when I realise all the new people I am going to meet and all the old people left behind

Violet - relieved when I got back home and realised it was not that bad.





9-year-old boy: *'This leaf is how I was when we first got here. I was fragile; anything bad could rip me to shreds (demonstrated dramatically).*



*But now I have good friends and I'm like this rock. It would take a miracle to break me!'*



11-year-old brother *'I picked this back scratcher because it's boring, and I'm bored. I can't do the things I used to do in (country X).*

*Besides it has pieces missing, just like me.*



*“You said when people move often part of them feels sad and part feels happy. I have decided it’s rather like when a king dies. The country feels sad because the king has died but happy because there’s a coronation!” Boy aged 13.*

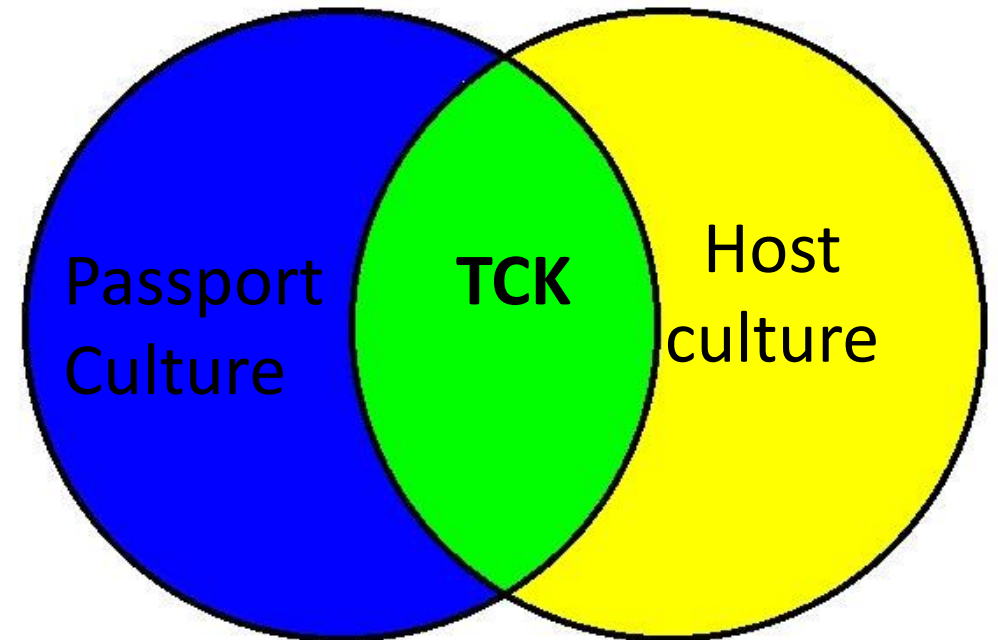


What is it like for you to be a  
Third Culture Kid?

Give me a place to be green.  
Be green with me, or perhaps  
red orange purple blue  
pink yellow olive rose  
lilac maroon pumpkin beige  
magenta camel turquoise violet

Let us adapt, shade, blend, combine.  
Let us be bright as we dare.  
Let us admire, compliment one another.

Let us be gardens  
balloons  
sunsets  
tapestries  
plaids and polka-dots  
rainbows  
rising, expanding, shouting  
in praise to God.



# Swirly

Written By sara saunders



Illustrated by Matthew Pierce

# Marbling on shaving foam

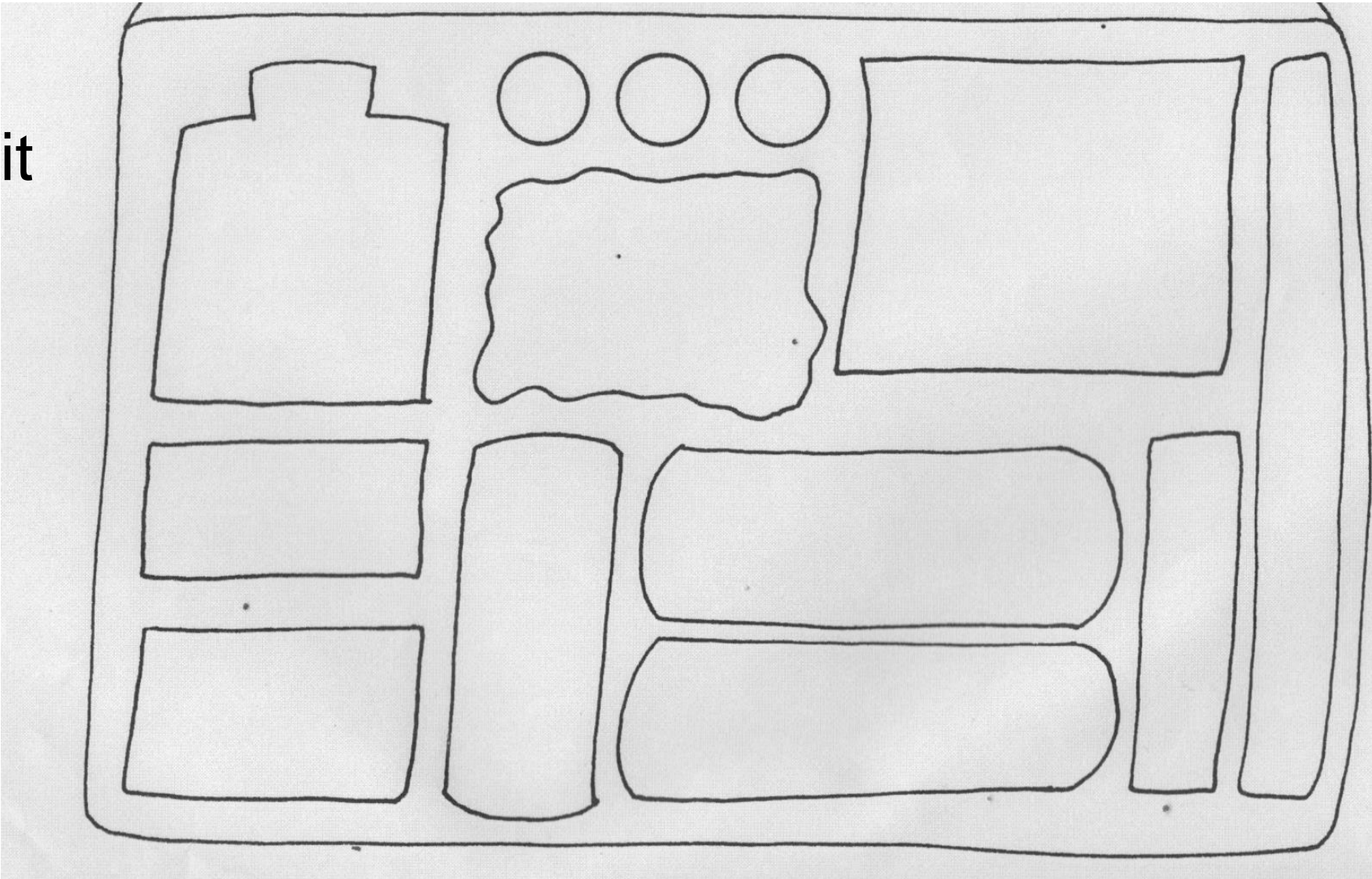


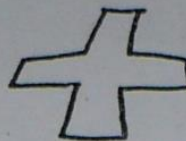




How do you care for yourself?

Feeling first Aid Kit



 FIRST AID

Tell a...  
  
friend




When I'm  
sad I go  
to my room -  
on my own.

I like to  
explain my  
feelings  
with my mum.

When I'm  
stressed  
...

I  
  
M  
OUT

Calm  down

I talk  
to an adult  
I trust.

Pray  to God

I like to get fresh  
air with my dad


When I feel angry I will leave the  
room

## Teach children how to handle stress

- What can you do for yourself?
- What can you ask others to do for you?
- What can you ask God to do for you?

# 5 love languages as destressors

- **Time** 

- **Touch** 

- **Acts of service** 

- **Gifts** 

- **Words of affirmation** 

Recognise children live under constant stress.

Is the family or environment adding to their stress?

Eliminate stress where you can.

Are there any red flags?

# Making friends

## **Monocultural**

Greeting/introduction

'Hang out' small talk

Deeper relationships

Good friends

## **TCK**

Greeting/introduction

Deeper relationships/chat

'Hang out' small talk

Good friends

# How shall we end?

- sum up, thanks
- Signpost to books/camps or other resources
- Pray?

# Where might you debrief?

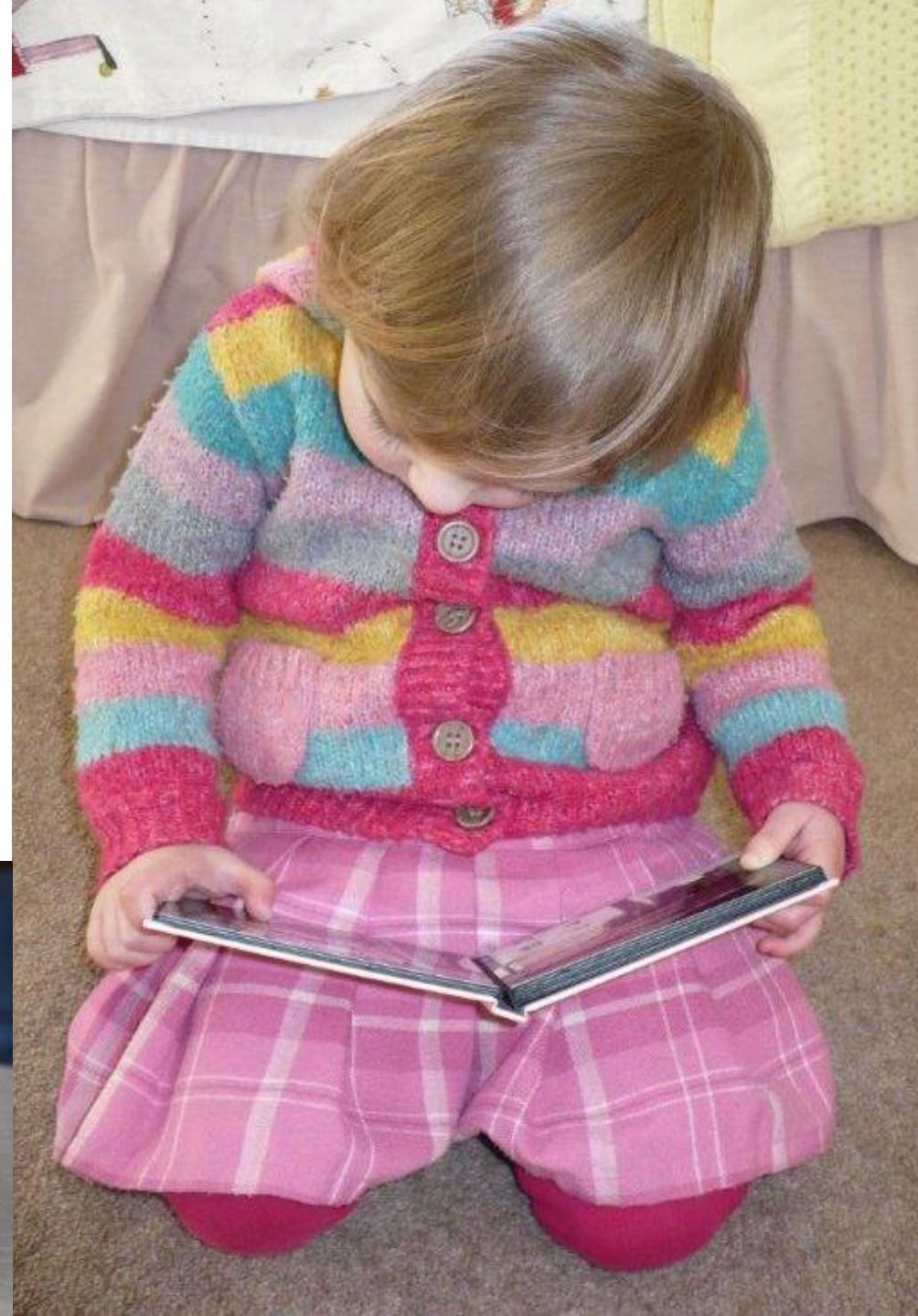
- Your home
- TCK's home
- Office
- Other





# When and how long for a debrief ?

- Age /concentration span of the child



# Who can debrief?

- Agency personnel
- Trained listener
- ATCK

# How long for a debrief?

- What will be best for the child?
- Your capacity to listen well
- Agreement with the family /agency

# Group size for a debrief?

- Individual
- Siblings
- Peers

# Next steps?

Communication with parents? Agency?

Supervision

Follow up contact with the family?

1. **You** are the most important!
2. Globe or map
3. Paper - large or small
4. Pencil
5. Small bag of props
6. Feeling poster

Permission granted to copy these notes but not for commercial gain.

Feedback welcome to

[janet.chapman@omfmail.com](mailto:janet.chapman@omfmail.com)