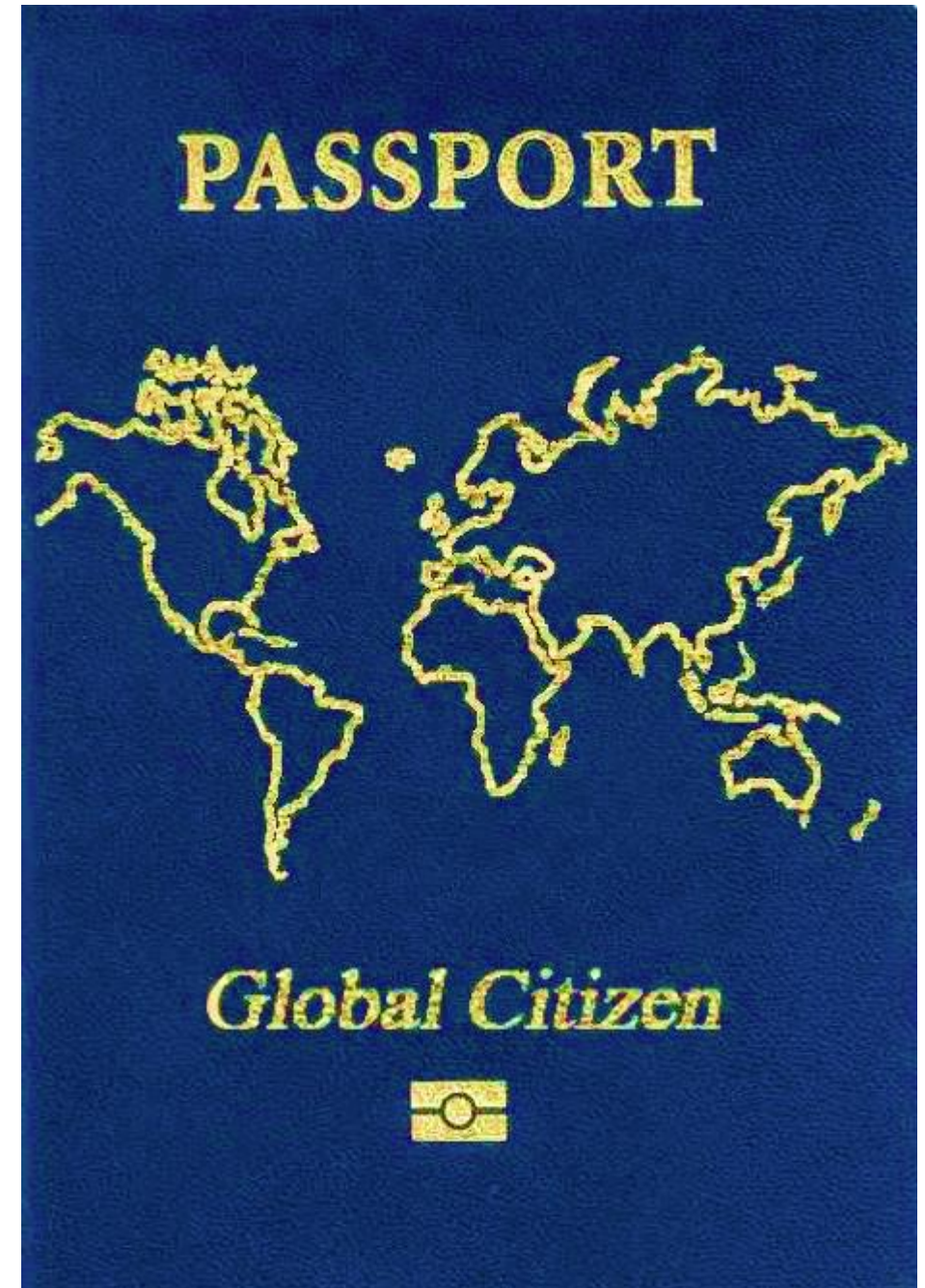


COUNSELING ATCK's





Do not assume...

1. They know they are TCKs
2. They have applied the knowledge they have to their own experience

What are recurring themes you observe, hear from ATCKs?



Identity

Expectations

ATCKs

Belonging

Relationships

**Unresolved
Grief**



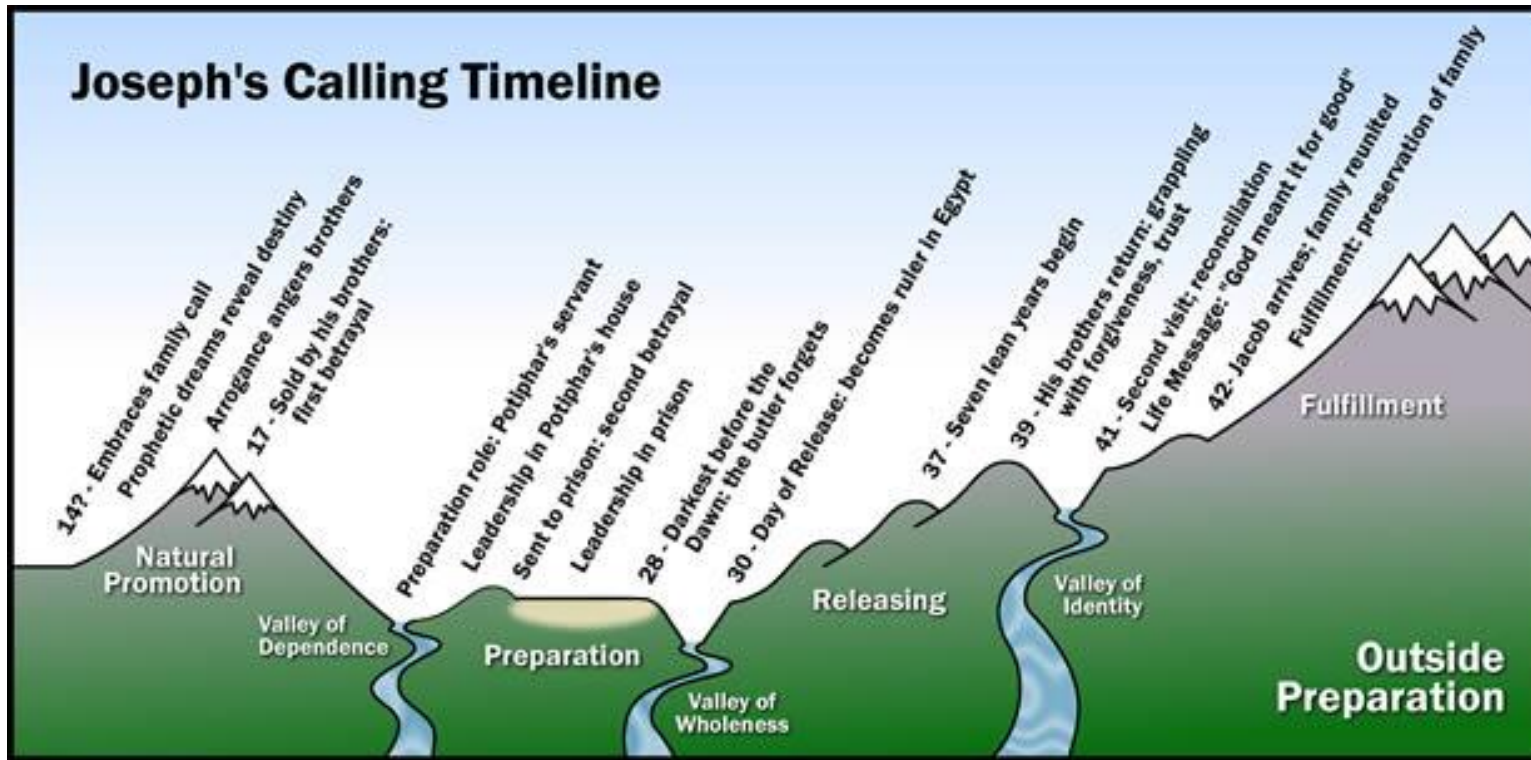


**A Truth not to be
forgotten**

As I reflect on [the] effects
of my TCK experiences
on my life, I must say the
sum total is not at all bad. I
wholeheartedly believe
that my upbringing
overseas has made me a
unique if somewhat off
centered broad-minded
person,

The most distinct
advantage/disadvantage
of my transnational
experiences is that I
disdain anything ordinary!
Makes for an interesting
lifestyle, though, and
keeps me on my toes.

Counselling ATCKs - Get the Big Picture



- Get the narrative of their life story
- Listen actively
- Time and space

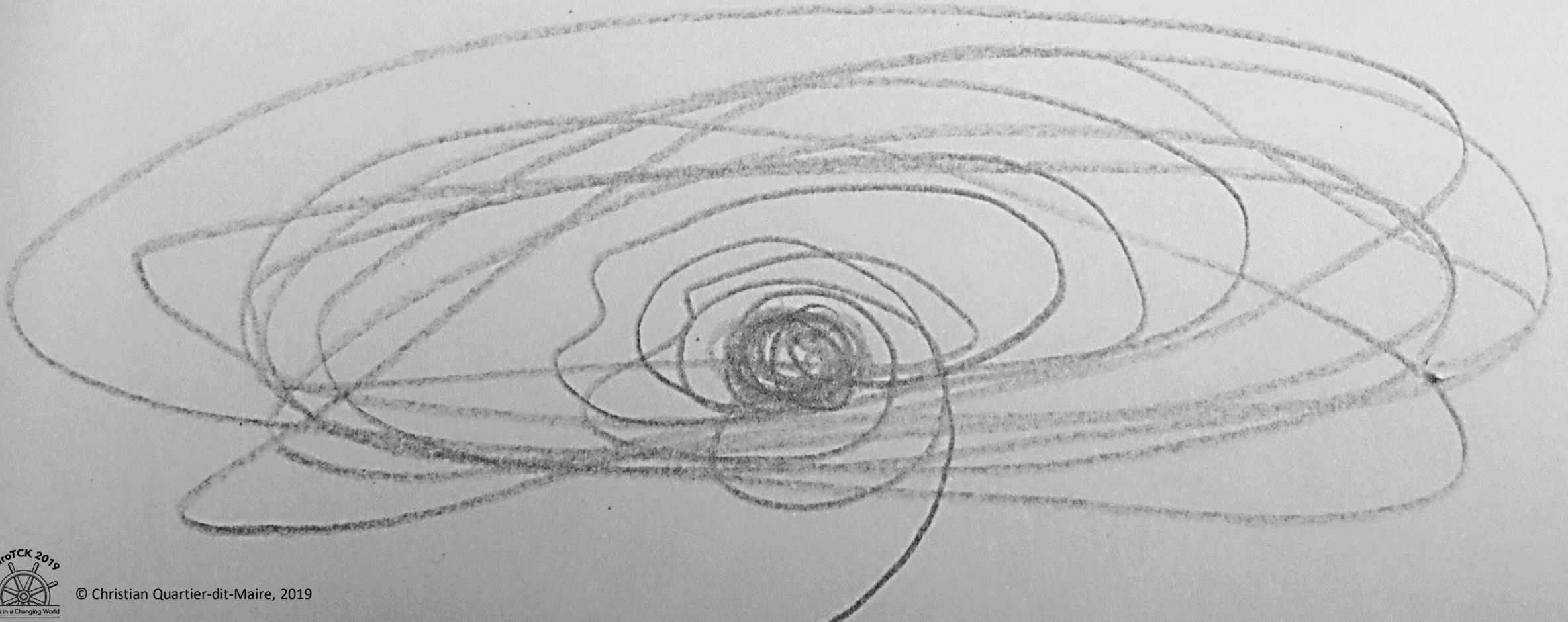
www.thecallingjourney.com

Identity

- Chameleon
- Proving oneself
 - Performance
 - Perfectionism
 - Helper syndrome



Relationships - Identity

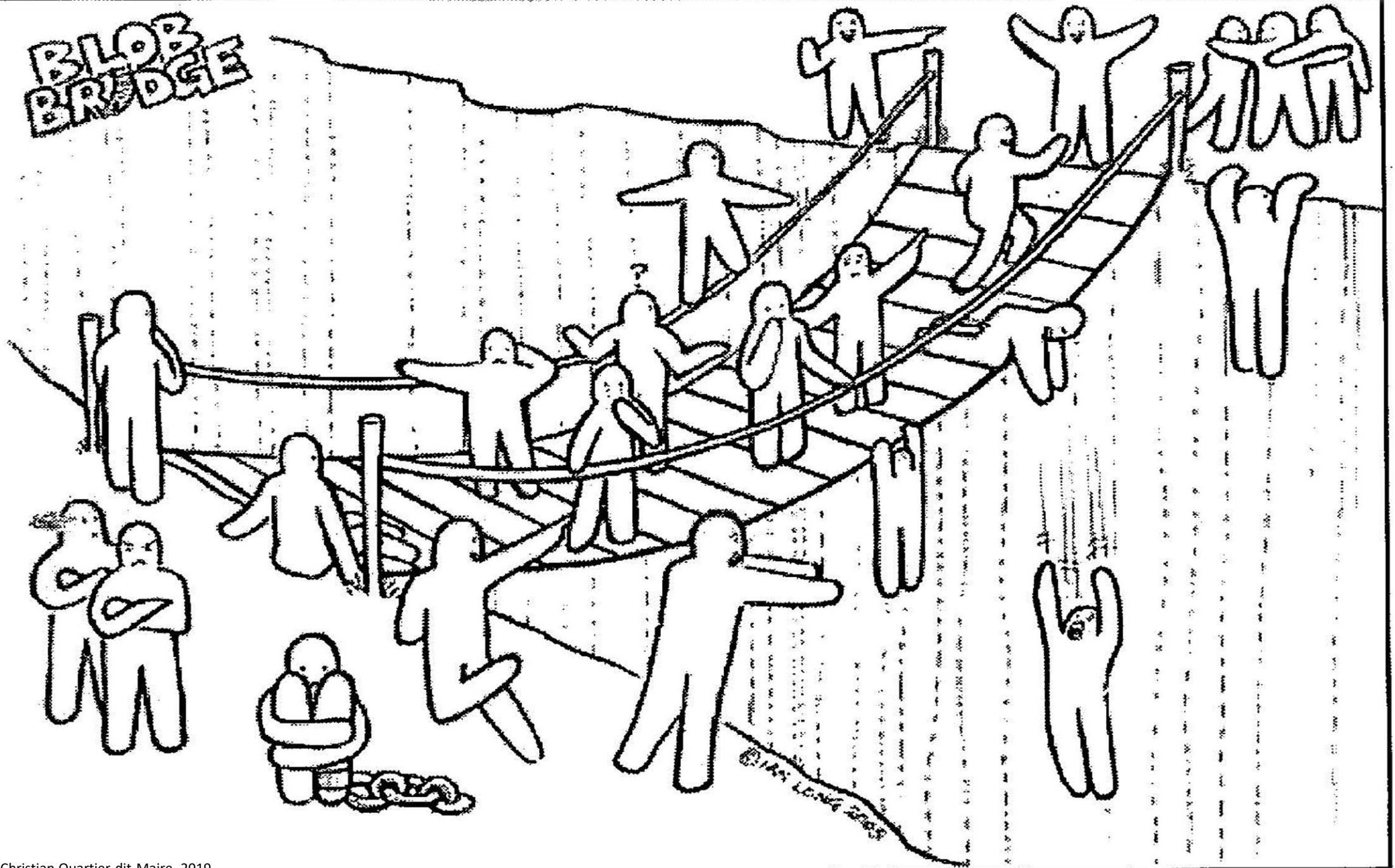


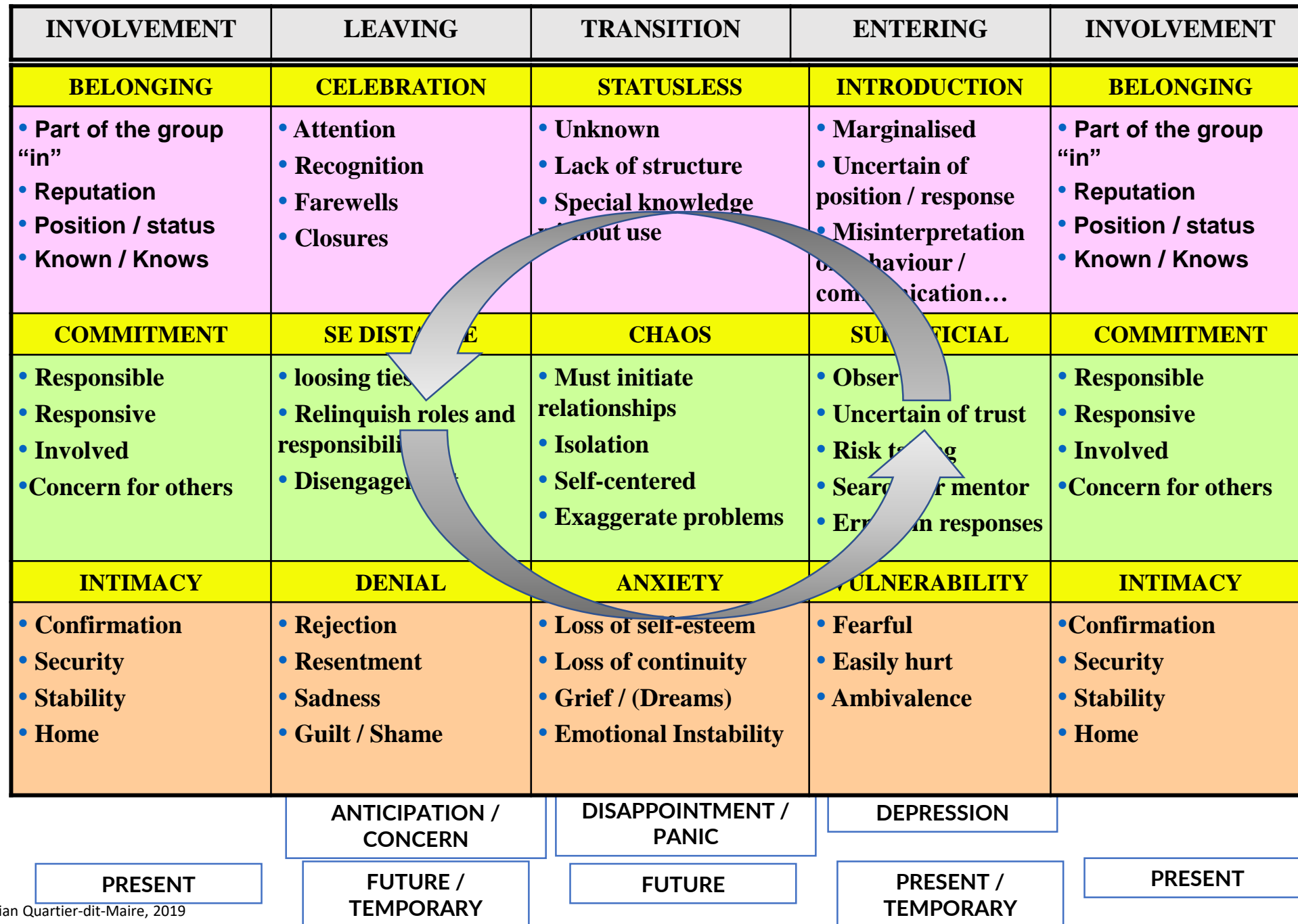
Changing “Mirror” of CCKs’ Cultural Identity in Relationship to Surrounding Dominant Culture

Foreigner	Hidden Immigrant
Look Different Think Different Speak Different	Look Alike Think Different Speak Different/Alike
Adopted	Mirror
Look Different Think Alike Speak Alike	Look Alike Think Alike Speak Alike

PolVan Cultural Identity Model @1996
Used with permission

BLOB BRIDGE





I didn't get
to say goodbye.



Unresolved Grief

INVOLVEMENT	LEAVING	TRANSITION	ENTERING	INVOLVEMENT
BELONGING	CELEBRATION	STATUSLESS	INTRODUCTION	BELONGING
<ul style="list-style-type: none"> • Part of the group “in” • Reputation • Position / status • Known / Knows 	<ul style="list-style-type: none"> • Attention • Recognition • Farewells • Closure 	<ul style="list-style-type: none"> • Unknown • Lack of structure • Special knowledge without use 	<ul style="list-style-type: none"> • Marginalised • Uncertain of position / response • Misinterpretation of behaviour / communication... 	<ul style="list-style-type: none"> • Part of the group “in” • Reputation • Position / status • Known / Knows
COMMITMENT	RESISTANCE	CHAOS	SUPERFICIAL	COMMITMENT
<ul style="list-style-type: none"> • Responsible • Responsive • Involved • Concern for others 	<ul style="list-style-type: none"> • Denial • Inquiring roles and responsibilities • Engagement 	<ul style="list-style-type: none"> • Must initiate relationships • Isolation • Self-centered • Exaggerate problems 	<ul style="list-style-type: none"> • Observer • Uncertain of trust • Risk taking • Search for mentor • Errors in responses 	<ul style="list-style-type: none"> • Responsible • Responsive • Involved • Concern for others
INTIMACY	DENIAL	ANXIETY	VULNERABILITY	INTIMACY
<ul style="list-style-type: none"> • Confirmation • Security • Stability • Home 	<ul style="list-style-type: none"> • Rejection • Resentment • Sadness • Guilt / Shame 	<ul style="list-style-type: none"> • Loss of self-esteem • Loss of continuity • Grief / (Dreams) • Emotional Instability 	<ul style="list-style-type: none"> • Fearful • Easily hurt • Ambivalence 	<ul style="list-style-type: none"> • Confirmation • Security • Stability • Home
	ANTICIPATION / CONCERN	DISAPPOINTMENT / PANIC	DEPRESSION	
PRESENT	FUTURE / TEMPORARY	FUTURE	PRESENT / TEMPORARY	PRESENT

THE DANGER OF NOT LETTING GO



**Torn apart
Isolation
Depression**



On a tous quelqu'un
qu'on aime et
qui habite **trop loin.**

We all have someone we love
Who lives too far away

Relationships

- Fear of letting “them” down
- Fear of losing TCK Identity
- Accepting the losses; what can be kept? Any “new” to develop?