

Welcome to Routine Debriefing of TCKs under 12 years.

Each person in a family is impacted in a unique way by living overseas. It is important to bring agencies and families on board with the value of debriefing children on their return to their passport culture. Why? When? and Where? and Who? can be involved in debriefs will be covered but the main emphasis will be on How? to debrief children.



Participants will be introduced to a variety of creative opportunities which can be provided to help TCKs recall their experiences and feelings. Janet is beginning to offer family debriefs but in this workshop she will share out of her experiences of debriefing TCKs alone, with siblings or in small groups of the same age.



Debriefing TCKs under 12 years
Janet Chapman



Heart for Asia. Hope for Billions.

Schedule

Introduction

Why ?

How? Creative possibilities

Skills practice in small groups

More creative possibilities

Where?

When and how long?

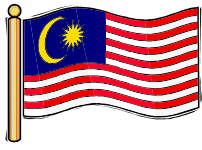
Who?

Group size?

Next steps



1980s Chefoo School, Malaysia



$$5 \times \text{Suitcase} - 2 = 3$$



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1990s Faith Academy, The Philippines

2007-9 Counselling training

Art Therapy Seminar

Janet Chapman
May 10, 2008
Philippi House
Blackpool



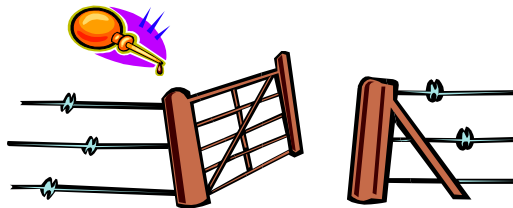
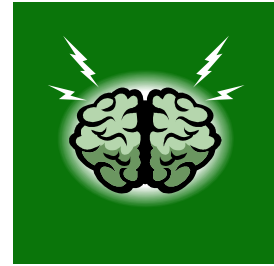
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Words can
distract
distort
defend
delay

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Corpus callosum

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



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Can be very powerful

- Work at client's pace
- Know materials by experiencing them for yourself
- NB A little knowledge is dangerous!
- Work within your limits

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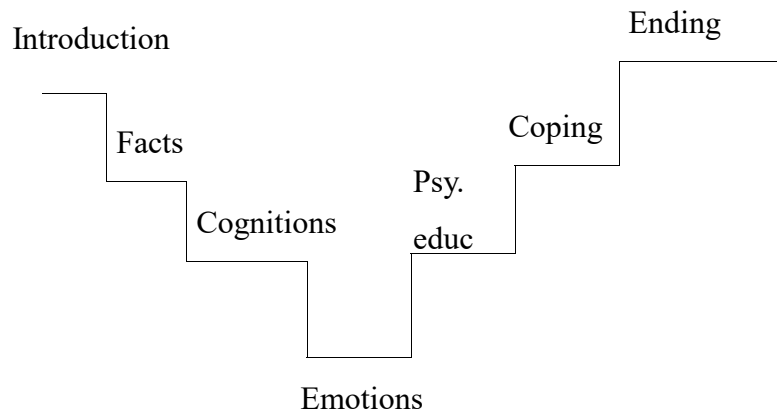
I make it clear I offer creative opportunities to TCKs. This is **NOT** art therapy.

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‘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



Debriefing is not

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



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

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

A. You offer a debrief for John 6 and Anna 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 a debrief for John 6 and Anna 8 Smith.

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

What thoughts and feelings might the children?

Bringing the agency and family on board

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

How might you explain debriefing to.. ?

A. 7 year old

B. 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

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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.”

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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.



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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?

Build anticipation with the family

- Introduce yourself

Prepare yourself and the space.

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Dear John and Anna,
I am looking forward to seeing you in 10 days. 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 bring some of your “treasures” from Thailand to show me. You might also bring some photos of your friends and favourite places.

I love rainbows. I meet children upstairs in my rainbow room.
There are cushions, toys, paints, crayons and felt pens in the room.
Mum and Dad will be downstairs.

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

Love from
Auntie Janet





Welcome poster

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



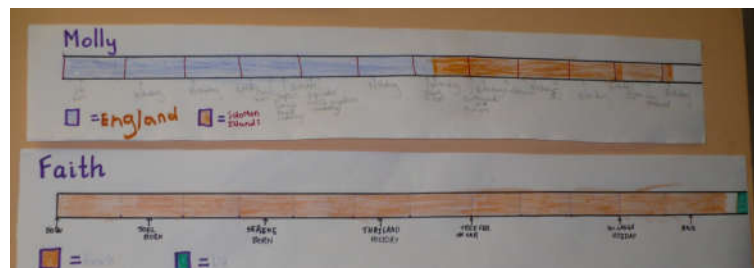


Available from
The Works, UK

Globe Trotting game
Available from Early Learning Centre

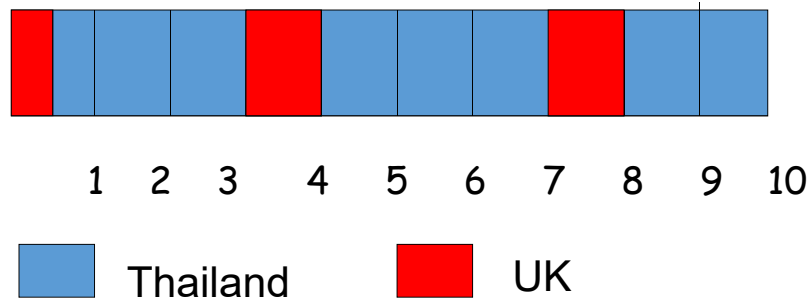


When did things happen?



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Time line



Mark significant moves or events

Eg Grandma and Grandad visited Bangkok

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What was your life like?

What areas of life does a child have?

Questions have a place but not too many!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



Where was your
favourite place at
home?



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How did your
family get
around?



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Tell me about your
favourite
food or drink?



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What did you/others wear
for school?



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How big was your school?
Which was your favourite
place on the compound?



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What was your journey back like?



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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

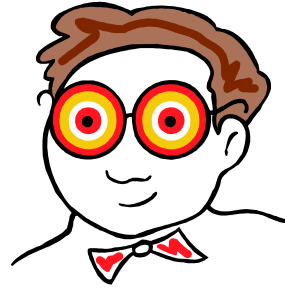
Encouragers

Empathy



Listen with your eyes as
well as your ears!

Describe body
language



home



school /work



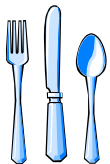
holidays



friends



fun



food



drink



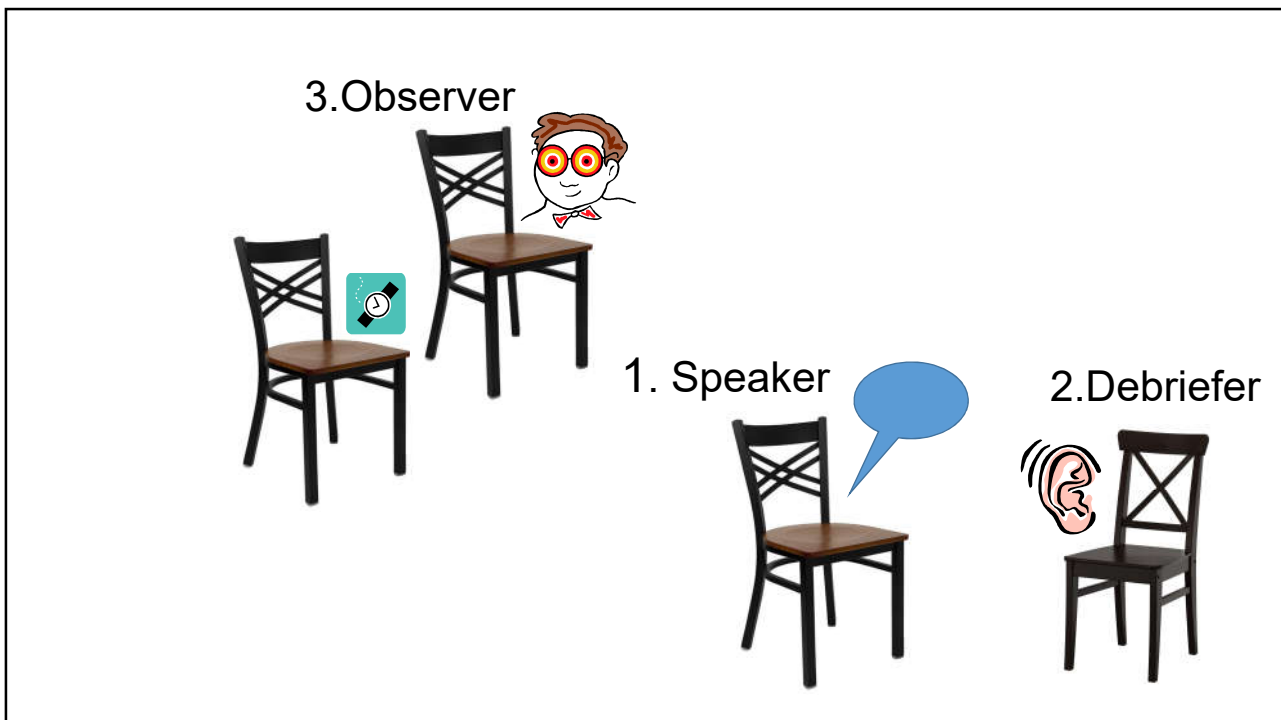
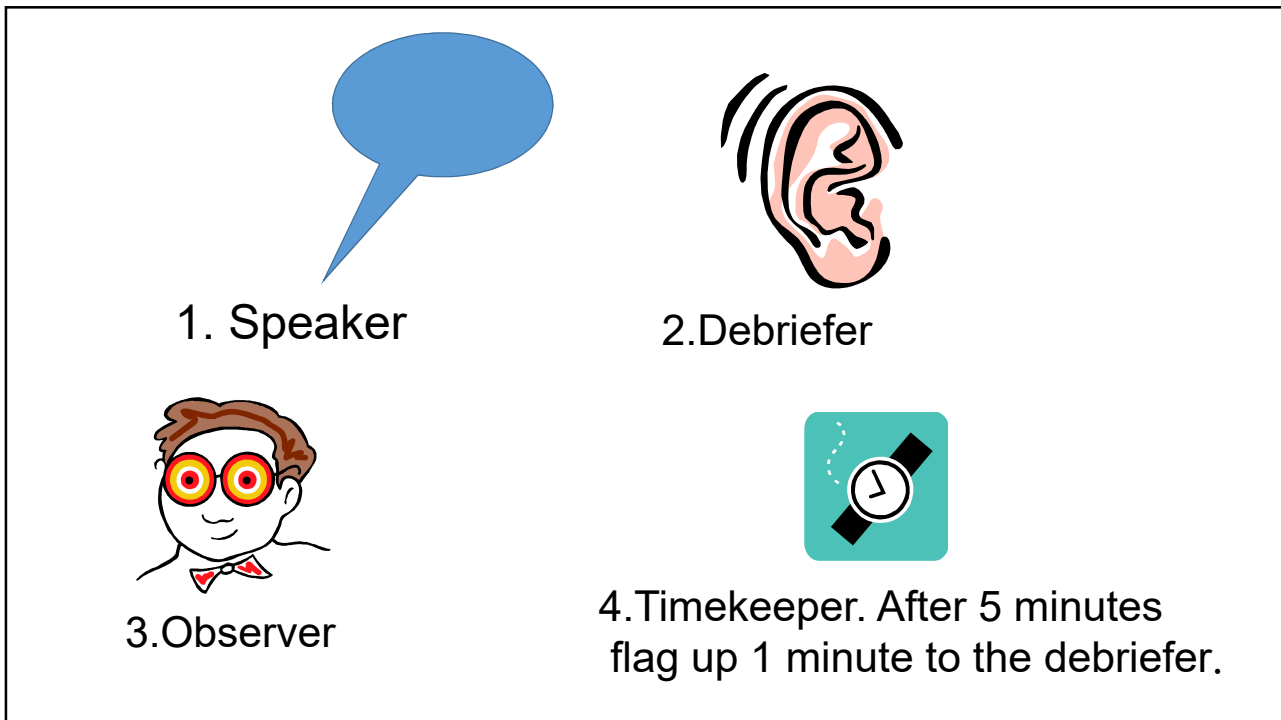
pets



transport



Love/hate
e.g. smell/sound





1. Speaker comments about her/his experience of being listened to and then



2. Debriefer comments



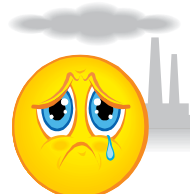
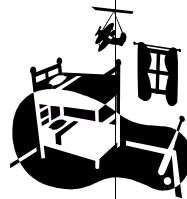
3. Observer comments



4. Timekeeper comments



ok



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What treasures have you brought today?





Quillow
Quilt/pillow!

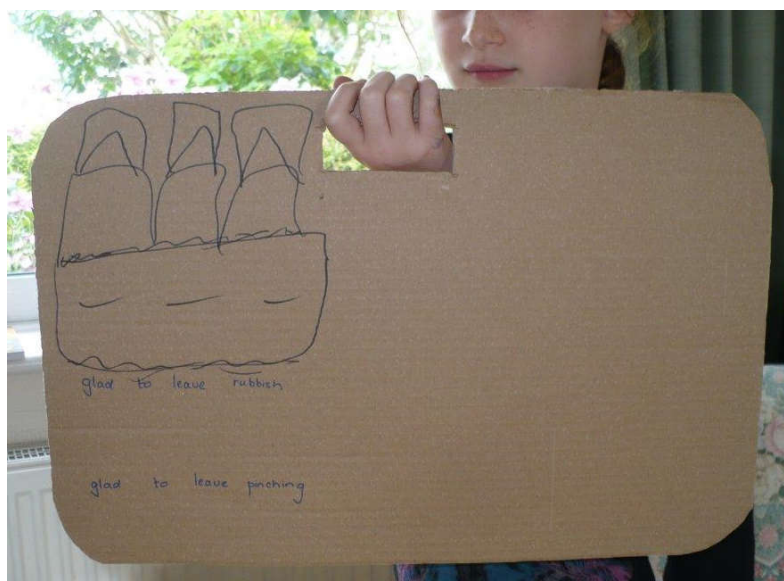
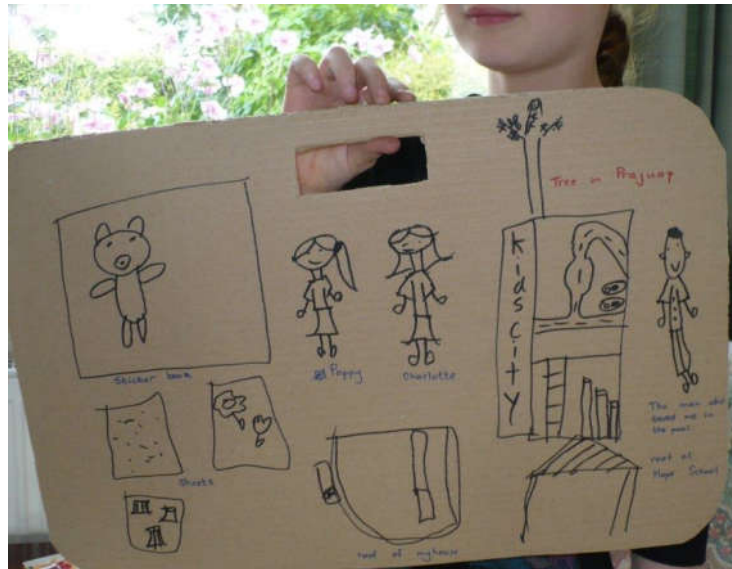


My friends!



My School Year book
Plan of my home

What things did not come back with you?



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



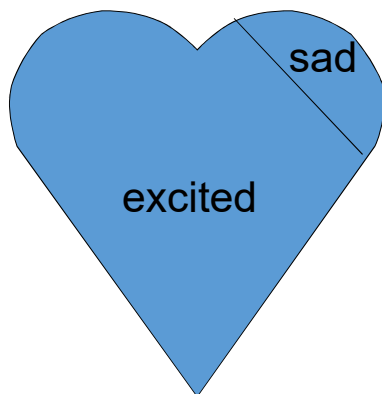
How did you feel?



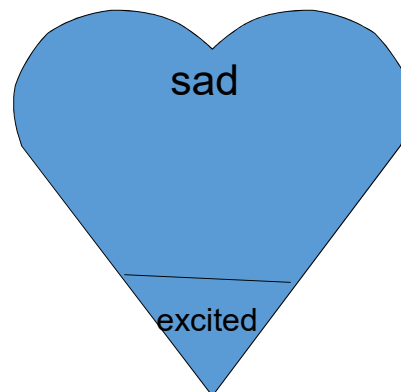
Multiple
Conflicting

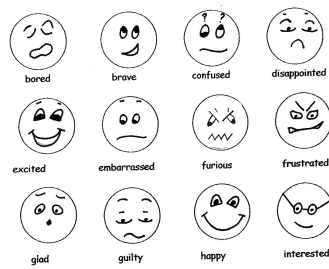
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Sarah 6



Erika 6





The bear cards

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Red - anger when I realised we were going home

Orange - excitement of a new place

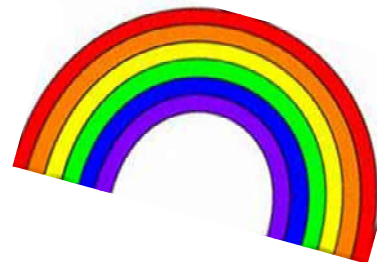
Yellow - sadness because I miss all my friends

Green – happy- all the good times with friends

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).'*

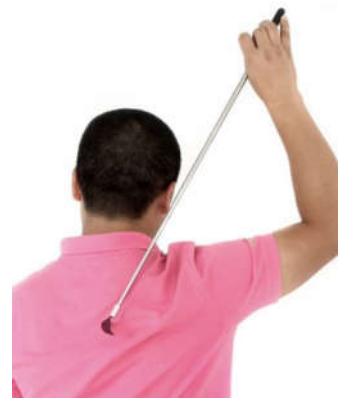


But now I have good friends and I'm like this rock. It would take a miracle to break me!'



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).*

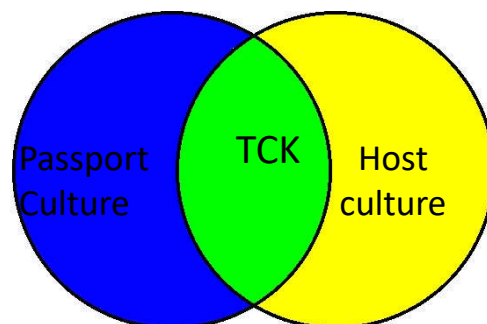
Besides it has pieces missing, just like me.

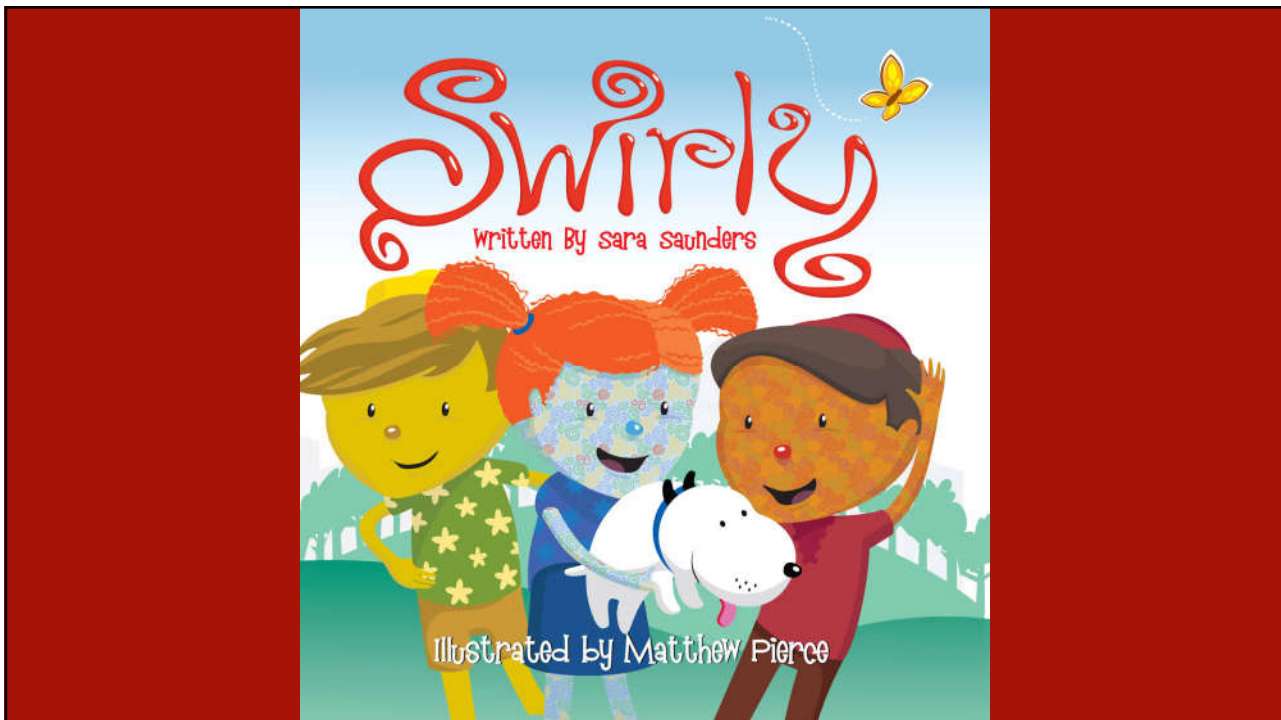


“You said when people move often part of them feels sad and part feels happy. I have decided it’s rather like when a king dies. The country feels sad because the king has died but happy because there’s a coronation!” Boy aged 13.



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





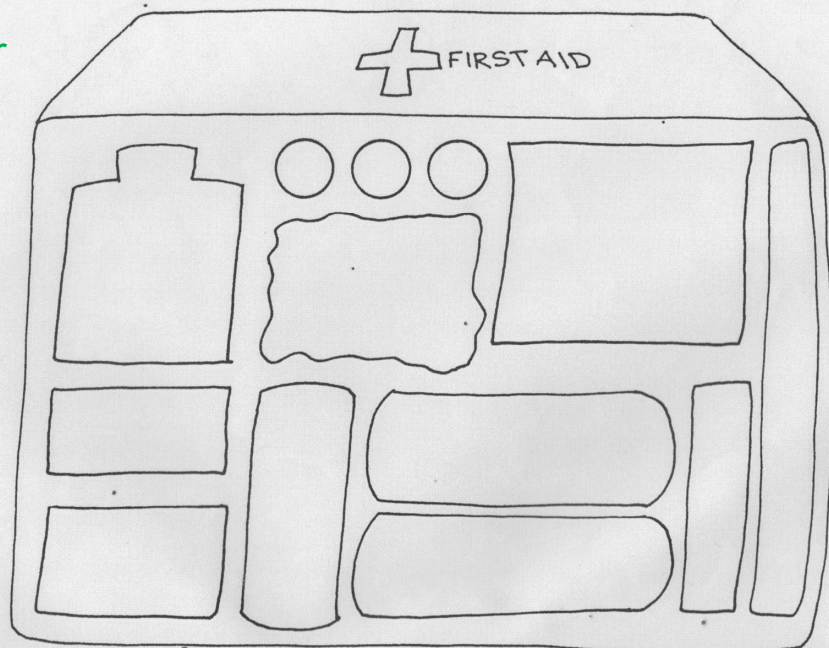
Marbling on shaving foam

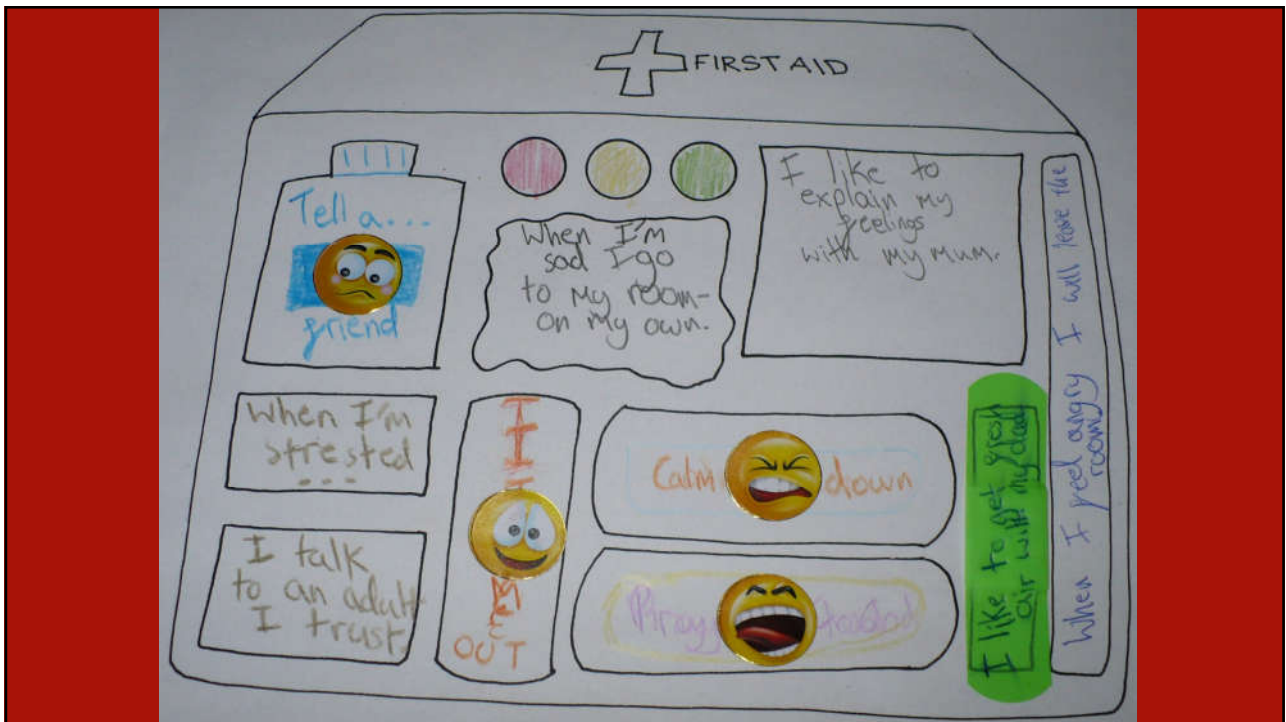




How do you care for yourself?

Feeling first Aid Kit





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



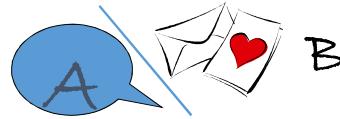
- Acts of service



- Gifts



- Words of affirmation



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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? Who needs to know?

How shall we end ?

- Sum up and thanks
- Signpost to books/camps or other resources

reconnect kids

reconnect

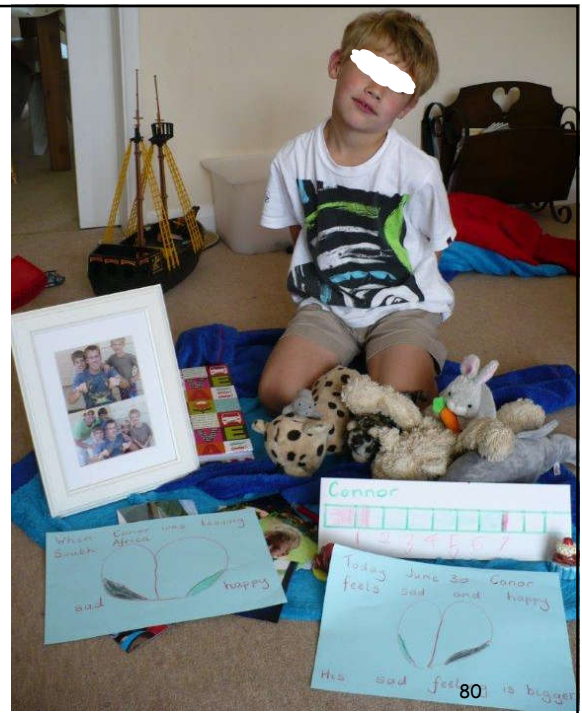


How shall we end?

- Sum up and thanks
- Signpost to books/camps or other resources
- Pray?

Where might you debrief?

- Your home
- TCK's home
- Agency office
- Other

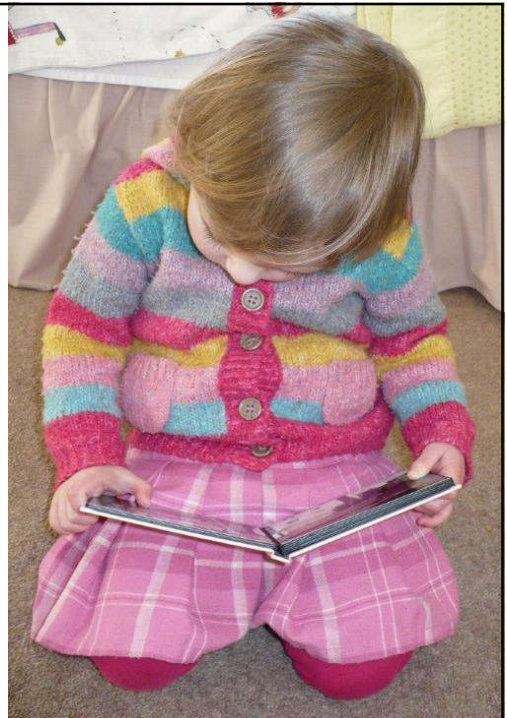


Who can debrief?

- Agency personnel
- ATCK
- Trained listener

When and how long for a debrief ?

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



Group size for a debrief?

- Individual
- Siblings

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

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Next steps?

Communication with parents? Agency?

Supervision

Follow up contact with the family?

