

An aerial photograph of a beach with turquoise water and white foam from breaking waves. The text is overlaid on the right side of the image.

LIFE TRANSITIONS

KATHA VON DESSIEN
EURO TCK 2019

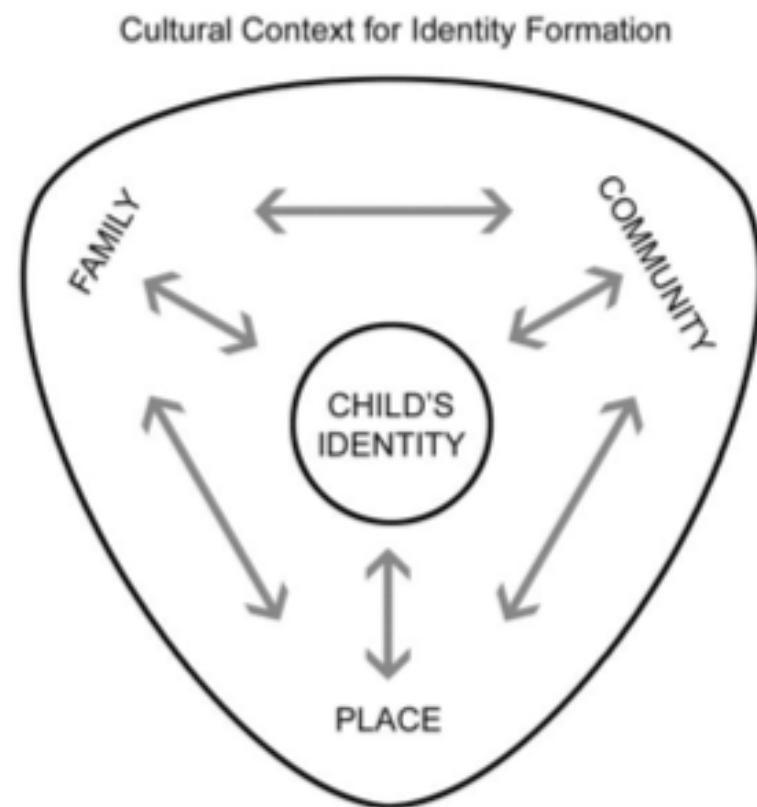
WHO ARE I?

- WRITE DOWN TEN THINGS ABOUT YOURSELF THAT PEOPLE WOULD NORMALLY ASK YOU AT A PARTY.
- WALK AROUND THE ROOM AND COMPARE YOUR SHEET WITH OTHERS. SIGN YOUR NAME ON THEIR SHEET WHENEVER YOU HAVE SOMETHING IN COMMON.

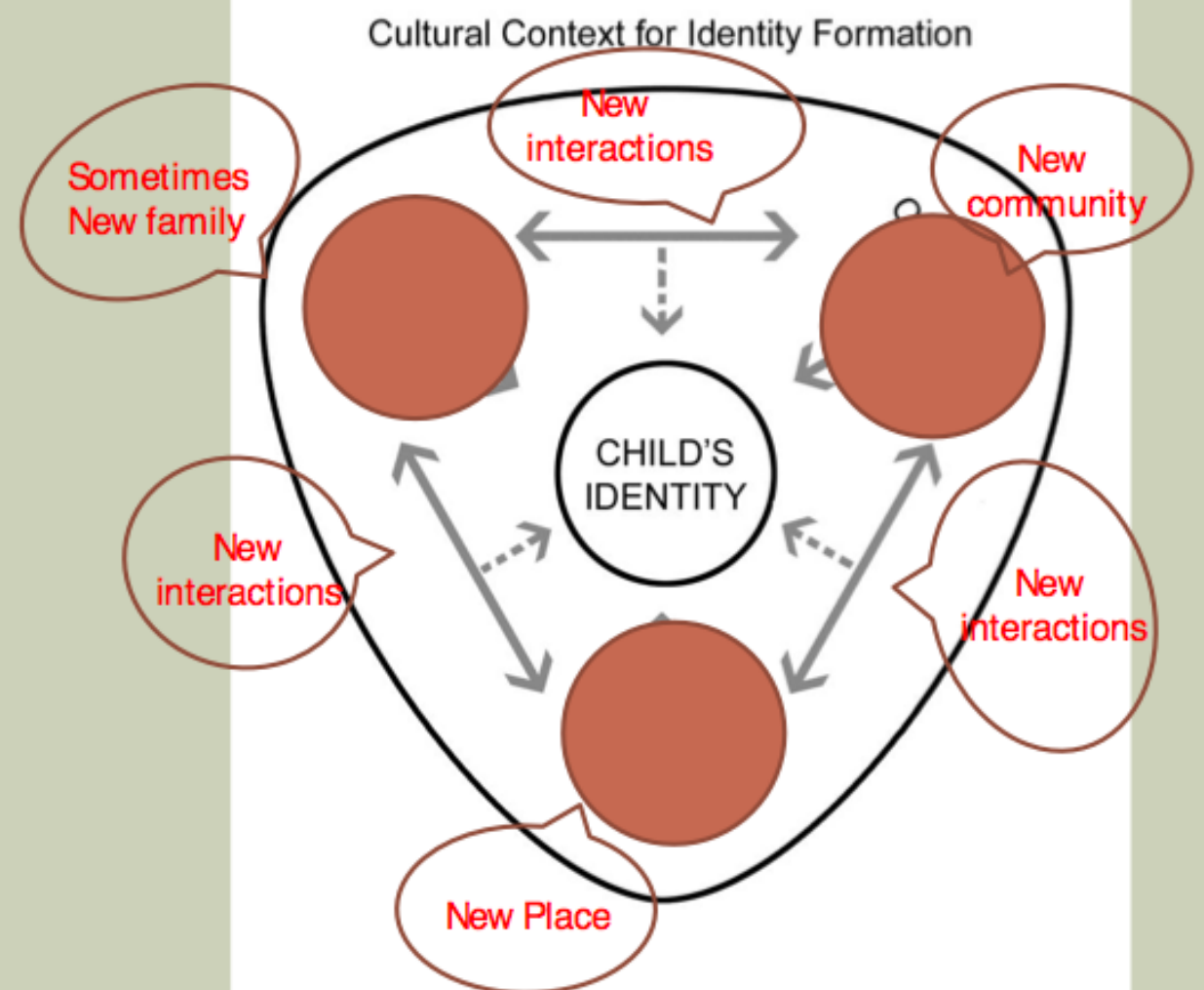
IDENTITY

- MERRIAM WEBSTER: "THE DISTINGUISHING CHARACTER OR PERSONALITY OF AN INDIVIDUAL", "TOTAL CHARACTER PECULIAR TO AND DISTINGUISHING AN INDIVIDUAL FROM OTHERS"
- FACTORS OF IDENTITY

IDENTITY



@Barbara E Knuckles, 2011



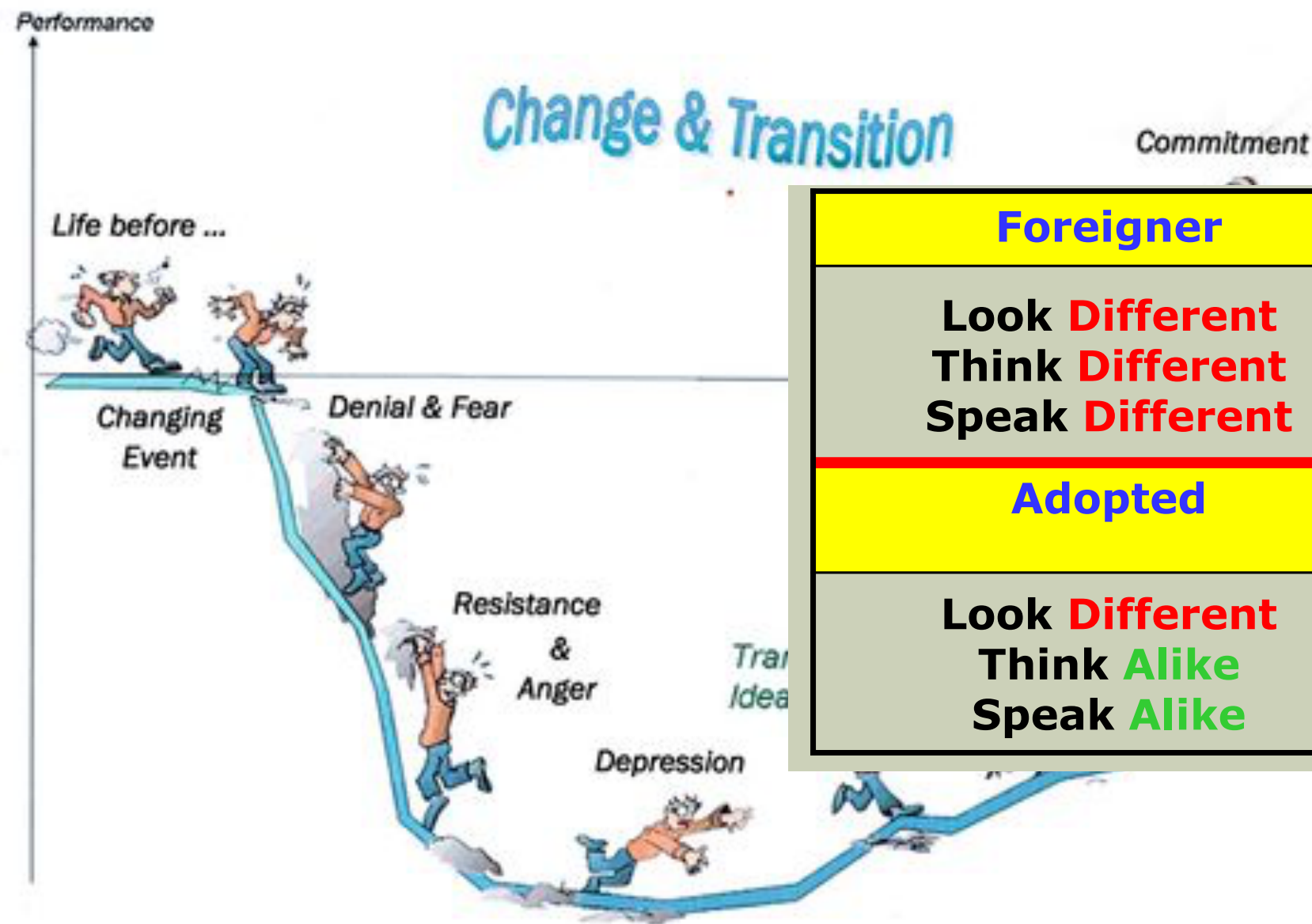
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CCKS AND TRANSITION

A CROSS-CULTURAL KID (CCK) IS A PERSON WHO HAS LIVED IN—OR MEANINGFULLY INTERACTED WITH—TWO OR MORE CULTURAL ENVIRONMENTS FOR A SIGNIFICANT PERIOD OF TIME DURING DEVELOPMENTAL YEARS.”

M. POLLOCK AND R. V. REKEN 2017

CCKs AND TRANSITION



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

CCKS AND TRANSITION

- MOVING TO A NEW CITY OR COUNTRY
- GRADUATION FROM SCHOOL/UNIVERSITY
- GETTING MARRIED
- BECOMING PARENTS
- MIDLIFE/QUARTERLIFE CRISIS
- CRISIS OF FAITH

GROUP WORK:

- WHAT HAPPENS DURING THIS PHASE OF LIFE?
- WHAT KIND OF QUESTIONS DO YOU ASK YOURSELF?
- WHICH PARTS OF YOUR IDENTITY ARE CHALLENGED IN THIS PHASE?
- WHAT COULD HELP TO NAVIGATE THESE CHANGES?

MOVING TO A NEW CITY OR COUNTRY

- NEW SURROUNDINGS
- NO FAMILY OR FRIENDS YET,
IT TAKES TIME AS AN ADULT TO
MAKE NEW FRIENDS
- NEW LANGUAGE AND CULTURE
- FINDING NEW GO-TO-PLACES



GRADUATION FROM SCHOOL/UNIVERSITY



- CHANGE IN LIFE RHYTHM, MORE STRUCTURE AND DEMANDS
- NEW RESPONSIBILITIES
- "ADULT" STATUS
- PARENTS LET GO OF CAREGIVER POSITION
- SAYING GOODBYE TO FRIENDS AND FLEXIBILITY

GETTING MARRIED

- SOMEONE LOVING YOU UNCONDITIONALLY
- MOVING IN WITH SOMEONE
- MAKING COMPROMISES, CONFLICT RESOLUTION
- HONEST COMMUNICATION
- INDIVIDUALITY WITH SOMEONE ELSE



BECOMING PARENTS



- “A PART OF YOUR HEART LIVING OUTSIDE YOUR BODY”
- UNCONDITIONAL LOVE
- RESPONSIBILITY FOR ANOTHER HUMAN BEING
- LOSS OF CONTROL OVER TIME AND SELF

MIDLIFE/QUARTERLIFE CRISIS

- BEING PERCEIVED AS OLDER AND WISER
- CHANGE OF ROLE IN FAMILY OR THE JOB
- NEW RESPONSIBILITIES AND OPPORTUNITIES
- QUESTION OF PURPOSE IN THIS WORLD
- CHANGES IN YOUR BODY

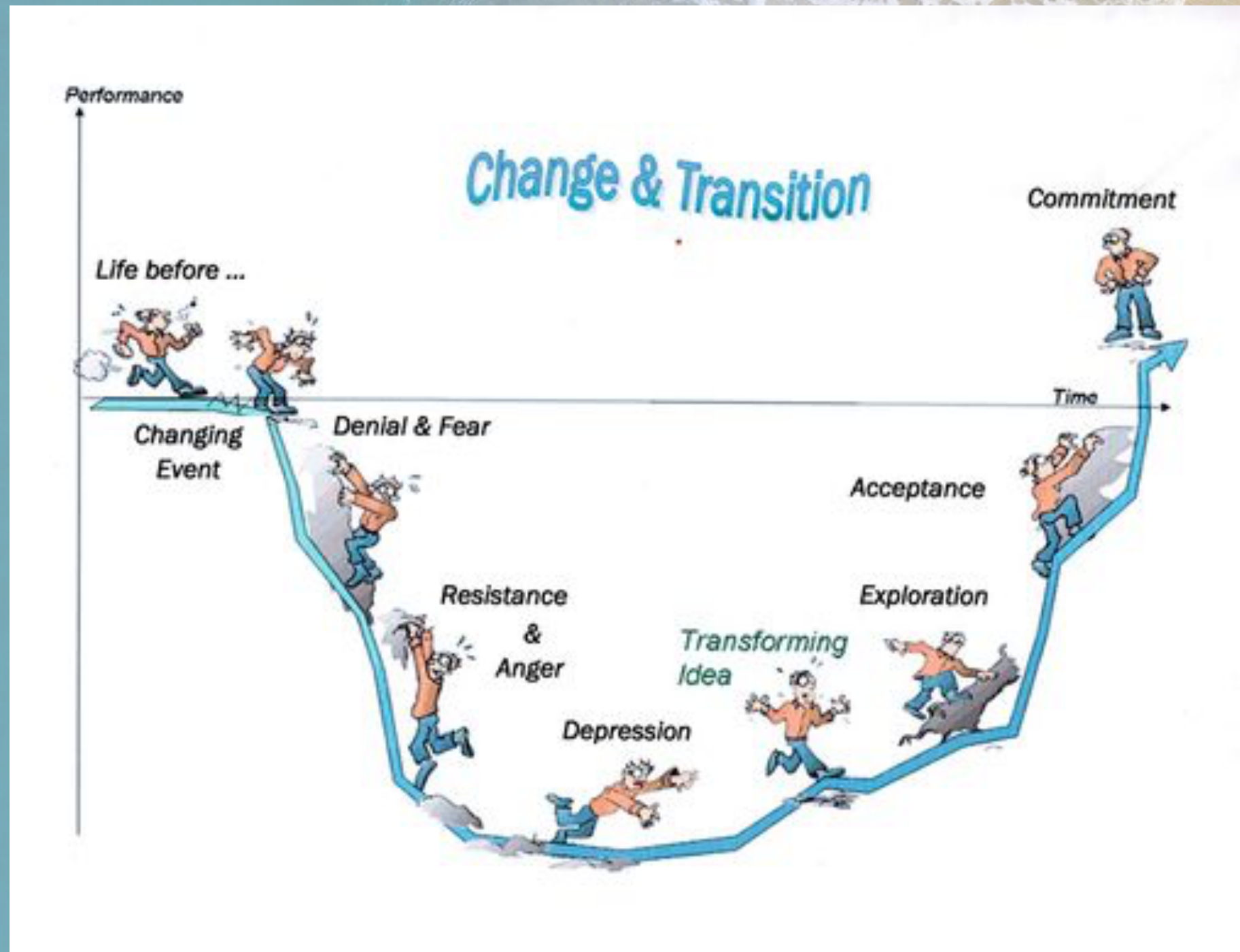


CRISIS OF FAITH



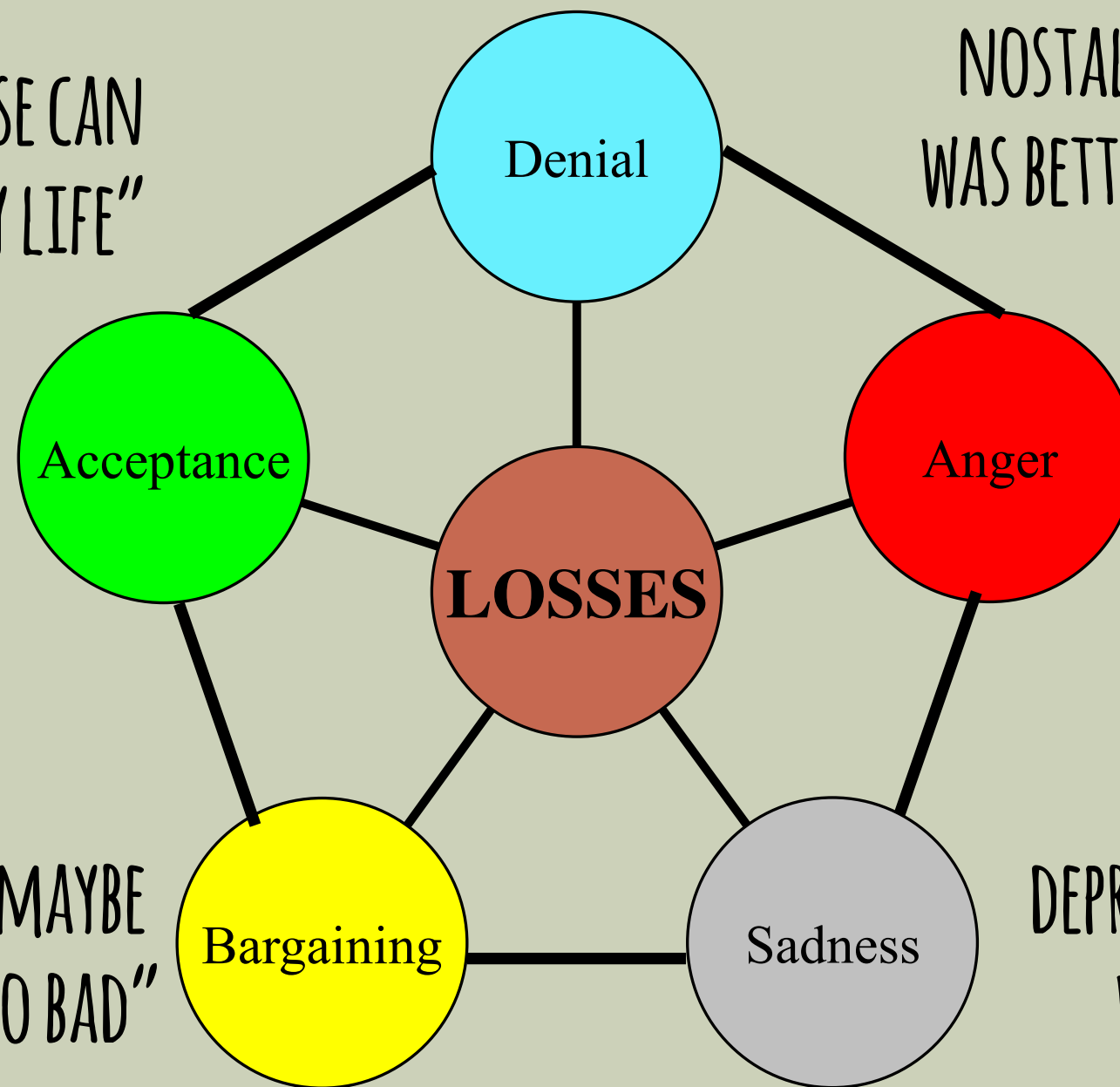
- NO ROOM FOR QUESTIONS AND DOUBTS
- LOSS OF FAITH COMMUNITY
- LOSS OF ETERNAL CERTAINTY
- AM I STILL A CHILD OF GOD?
- MORAL COMPASS IS OFF BALANCE
- VALIDITY OF OWN MK STORY

REACTIONS TO TRANSITION



REACTIONS TO TRANSITION

BALANCE: "THIS PHASE CAN
ACTUALLY ADD TO MY LIFE"



NOSTALGIA: "EVERYTHING
WAS BETTER IN THE OLD PHASE"

RESENTMENT: "THERE'S
NOTHING TO LIKE
HERE ANYWAY"

EXPLORATION: "MAYBE
THINGS AREN'T SO BAD"

DEPRESSION: "I DON'T KNOW
WHO I AM ANYMORE"

Wheel model by Pam Davis, counselor

WHY IS THIS SUCH A BIG DEAL FOR CCKs?



WHAT MIGHT HELP (GROUP SUGGESTIONS)?

- GIVE YOURSELF TIME
- FIND A SUPPORT SYSTEM
- BUILD A TABLE WITH
 - A) SOMEONE OLDER, B) SOMEONE YOU MENTOR, C) SOMEONE FROM DIFFERENT BACKGROUND, D) SOMEONE ON YOUR EYE LEVEL
- ASK FOR HELP
- SEEK FOR ANSWERS, EVEN IF NOT EASY
- TALK TO THOSE BEFORE YOU
- ACCEPT AMBIGUITY
- LOOK AT TRANSITIONS YOU ALREADY MASTERED
- DON'T FORGET ETERNAL GLORY
- "PRAYING OUR GOODBYES"

WHAT MIGHT HELP?

- TRANSITIONS MAKE US
CHILDLIKE AGAIN, WE HAVE TO
RELEARN HOW TO BE AND ACT IN
THIS NEW PHASE OF LIFE
> THIS TAKES TIME!



WHAT MIGHT HELP?



BUILD A RAFT (DAVE POLLOCK)

- RECONCILIATION
- AFFIRMATION
- FAREWELL
- THINK AHEAD

WHAT MIGHT HELP?



RECONCILIATION

- SETTLE YOUR ACCOUNTS (LITERALLY AND METAPHORICALLY)
- TAKE TIME TO MOURN
- PRACTICE GRATITUDE FOR WHAT YOU DO HAVE INSTEAD OF WHAT YOU SEEM TO LACK

WHAT MIGHT HELP?



AFFIRMATION

- DON'T WITHDRAW BUT INVITE OTHERS IN
- BE HONEST ABOUT YOUR FEELINGS
- CELEBRATE THE SKILLS THAT YOU HAVE LEARNED IN THIS PHASE OF YOUR LIFE
- CARRY RITUALS AND SKILLS INTO THE NEXT PHASE

WHAT MIGHT HELP?



FAREWELL

- SAY GOODBYE TO PLACES, PEOPLE AND POSSESSIONS
- SAY GOODBYE TO WHO YOU WERE IN THIS PHASE OF YOUR LIFE

WHAT MIGHT HELP?



THINK AHEAD

- LOOK FORWARD TO THE BENEFITS OF THE NEXT STAGE IN YOUR LIFE
- DEPTH INSTEAD OF LOSS

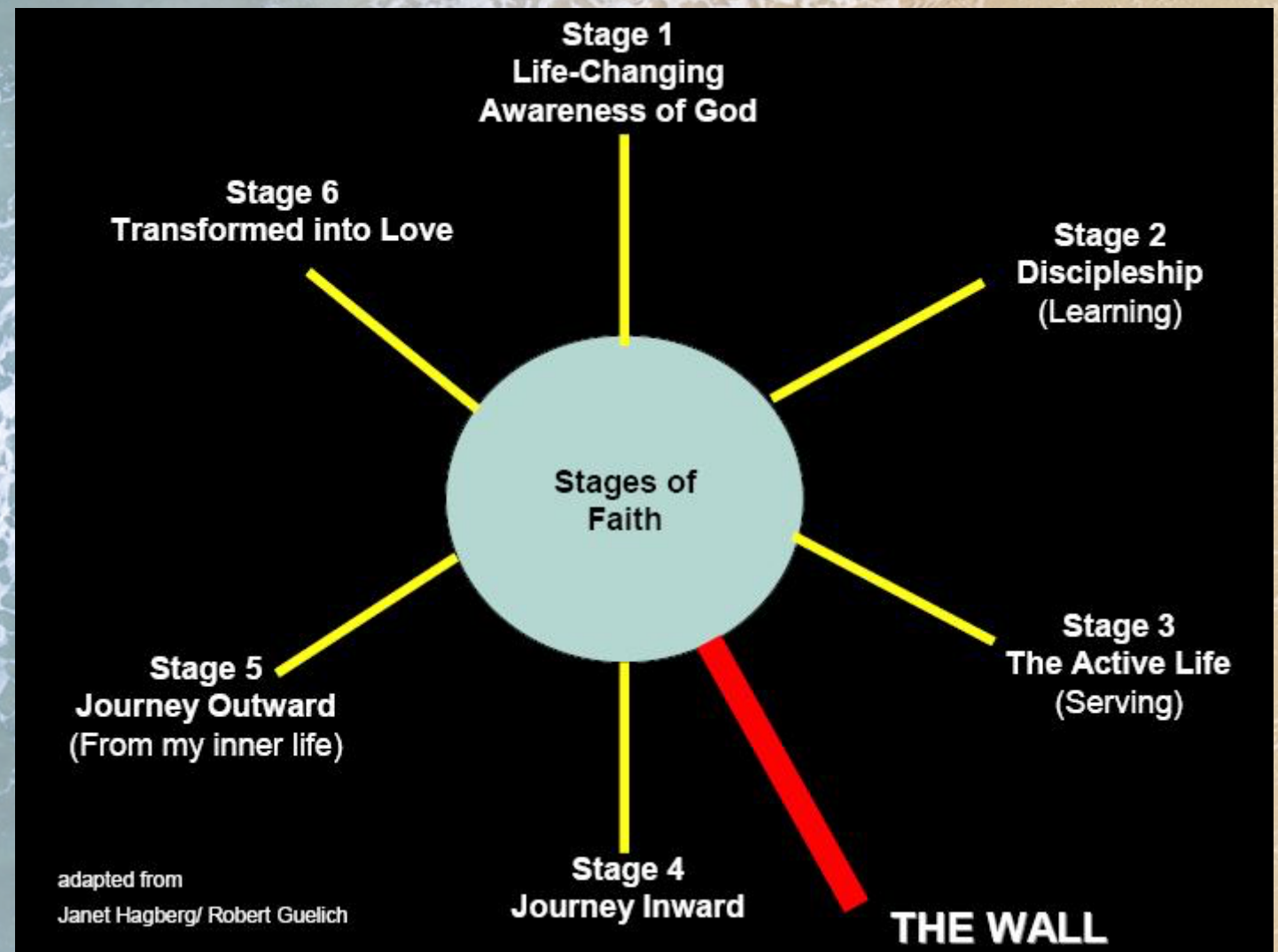
WHAT DO WE DO WITH OUR CCK PAST?



- EXAMINE YOUR PAST AND CELEBRATE THE SKILLS YOU'VE ACQUIRED, USE THEM IN YOUR FUTURE STAGES OF LIFE
- MOVING ON DOESN'T MEAN BETRAYAL OR FORGETTING THE PAST

FAITH TRANSITIONS

- “FAITH MUST EVOLVE IN ORDER TO SURVIVE”
(RACHEL HELD EVANS)



FAITH TRANSITIONS

- SEASONS OF DEVELOPMENT (CIRCULAR INSTEAD OF LINEAR)
 - > GIVE YOURSELF TIME TO APPRECIATE EACH SEASON, THERE'S SOMETHING TO LEARN AND GAIN IN ALL OF THEM

SIGNS OF THE SEASON
How can I tell that this season is approaching?

▶ _____

▶ _____

▶ _____

▶ _____

WHAT GIFTS DOES THIS SEASON OFFER ME?

▶ _____

▶ _____

▶ _____

▶ _____

WHAT CHALLENGES DOES THIS SEASON BRING WITH IT?

▶ _____

▶ _____

▶ _____

▶ _____

RESOURCING
What can I do now to make the challenges of this season more manageable?

▶ _____

▶ _____

▶ _____

▶ _____

▶ _____





addiezierman.com

FAITH TRANSITIONS

- THE IN-BETWEEN SEASONS OF FREEZING UP AND BREAKING UP (NORTH AMERICAN CREE)
- THINGS ARE HAPPENING BELOW THE SURFACE
 - › LEARN TO NOTICE AND APPRECIATE THEM



TAKE AWAY

- WHAT KIND OF TRANSITIONS HAVE YOU EXPERIENCED SO FAR?
- WHAT KIND OF CHALLENGES DID YOU HAVE TO FACE?
- WHAT HAS HELPED YOU IN THESE PHASES?
- WHAT DO YOU WANT TO TAKE AWAY FROM THIS SESSION FOR YOUR NEXT TRANSITION?

RESOURCES

- RUTH VAN REKEN/DAVID AND MICHAEL POLLOCK. THIRD CULTURE KIDS. 2017.
- RACHEL HELD EVANS. FAITH UNRAVELED. 2011.
- PETE GREIG. GOD ON MUTE. 2009.
- KATHA VON DESSIEN. FLIEGE INS LEBEN, LANDE BEI GOTT (MEETING GOD IN THE MUNDANE). 2017.
- ADDIE ZIERMAN. WWW.ADDIEZIERMAN.COM
- RACHEL CASON. EXPLORE LIFESTORY. WWW.EXPLORELIFESTORY.COM
- KATHA VON DESSIEN. WWW.THISISKATHA.COM
- PICTURES: @NAPROTIV, @LANCE_ASPER, @SPIRITVISIONSTUDIOS, @GUILLAUMEDEGERMAIN, @JORDANMADRID, @JOSHAPPLEGATE, @PETER_MC_GREATS, @BAMIN, @MJSKOK (UNSPLASH), ADDIE ZIERMAN, VICTORIA VAUGHAN