



Transition for kids

Euro TCK 2019 - workshop
Maria Techow

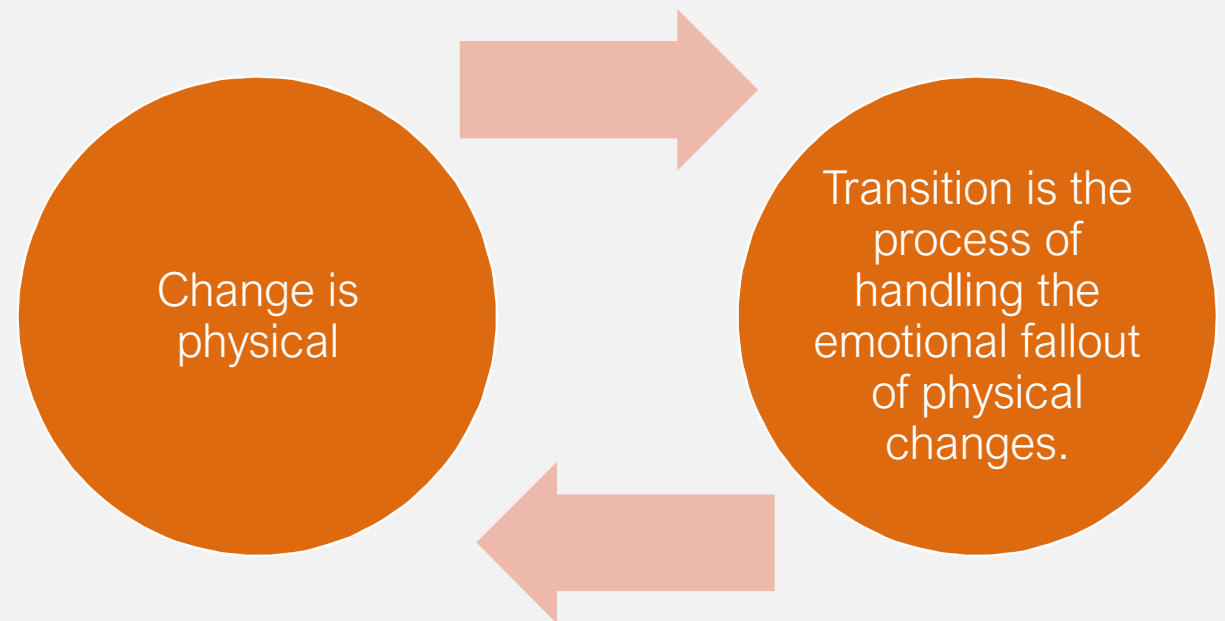


**CENTER FOR
FAMILIEUDVIKLING**

TCK groups

TCK children's group
– a safe place to think, feel, and share

Change or transition

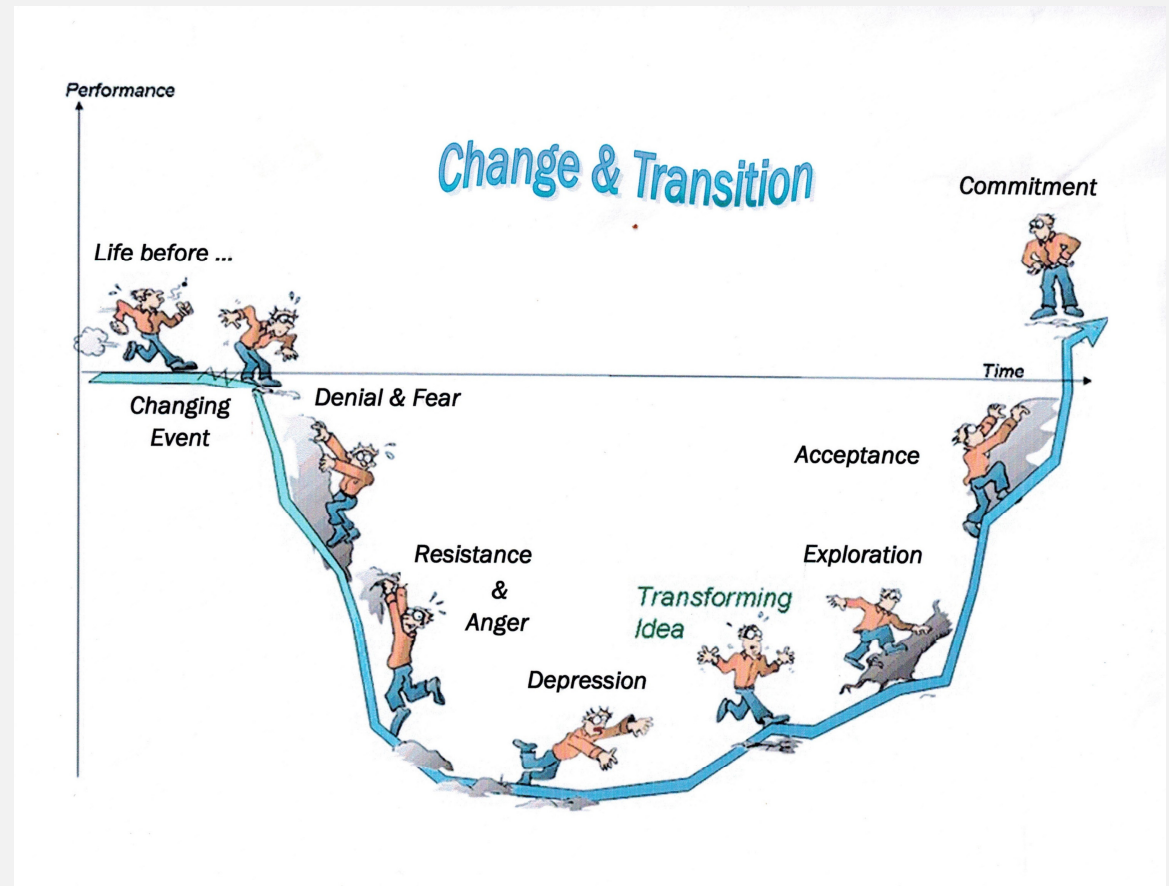


Crossman, 2016, Pollock, 2017

The stages of transition

Involvement
Leaving
Transit
Entering
Re-Engagement

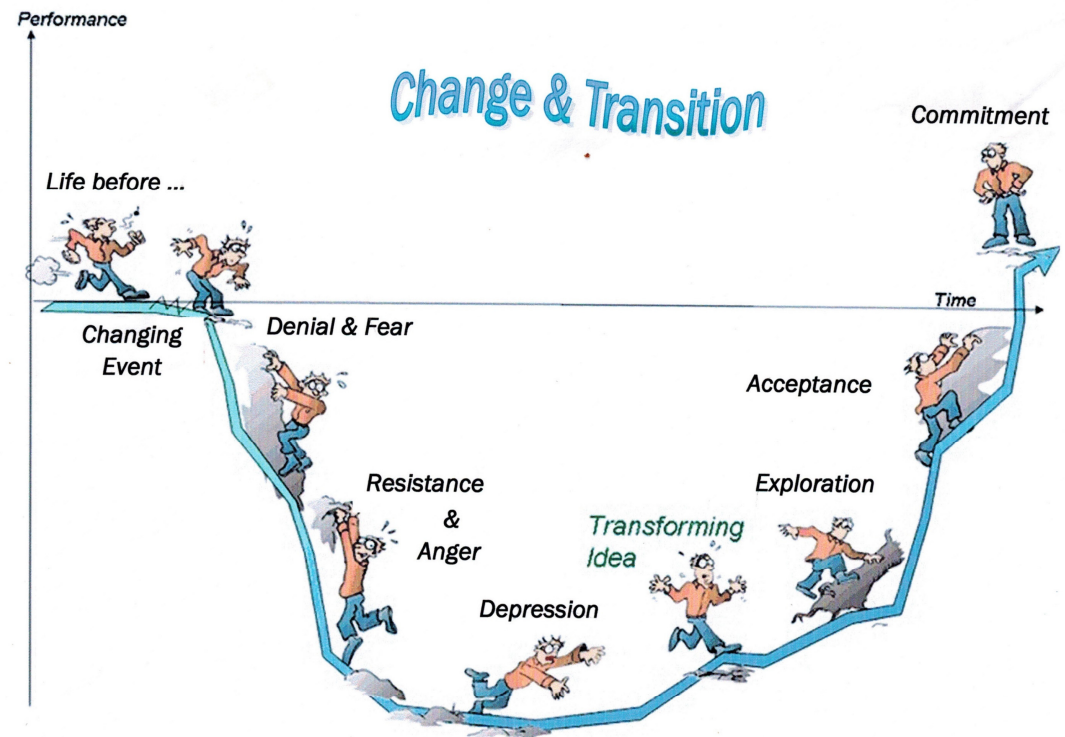
Pollack, 1980 & 2017



Involvement

- Life is stable, we feel secure and safe
- We know where we belong
- We know how to fit in
- Focused on the present, and not the past or the future.
- We are known by the community, have a reputation and a role

Pollack, 1980 & 2017





Film-clip Distance

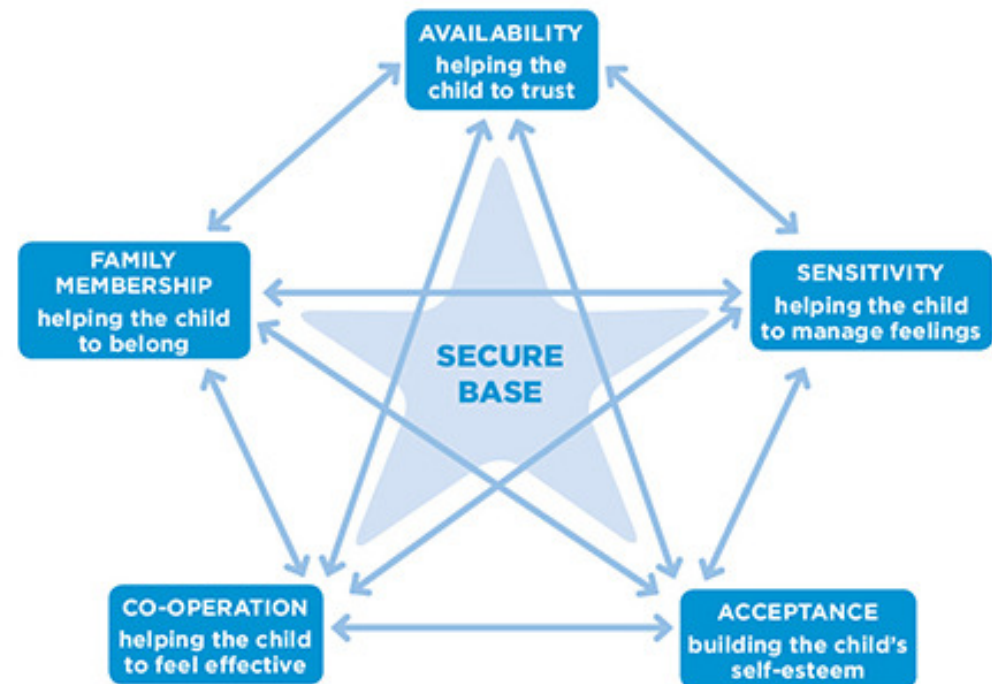
Transition and creating a
secure base

Secure attachment

- Safe place for expressing feelings
- Parents are role models, creators and gate keepers for the safe place

Schofield & Beek, 2007
Bowlby, 1988

The Secure Base model



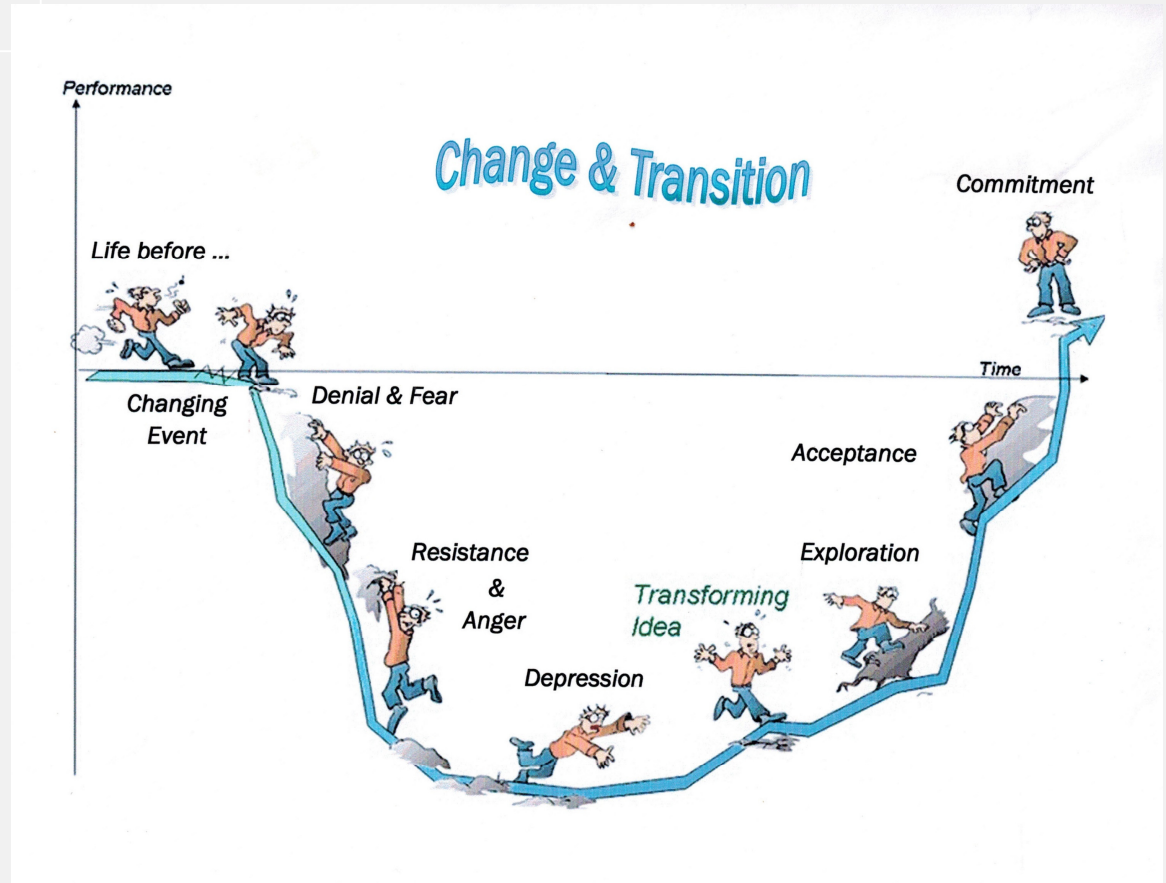


Film-clip Distance Transition or staying

Leaving stage

Preparation begins
Disengaging from the world around
Loosening emotional ties
Backing away from relationships and responsibilities
Can cause anger and frustration
Denial & fear

Pollack, 1980 & 2017



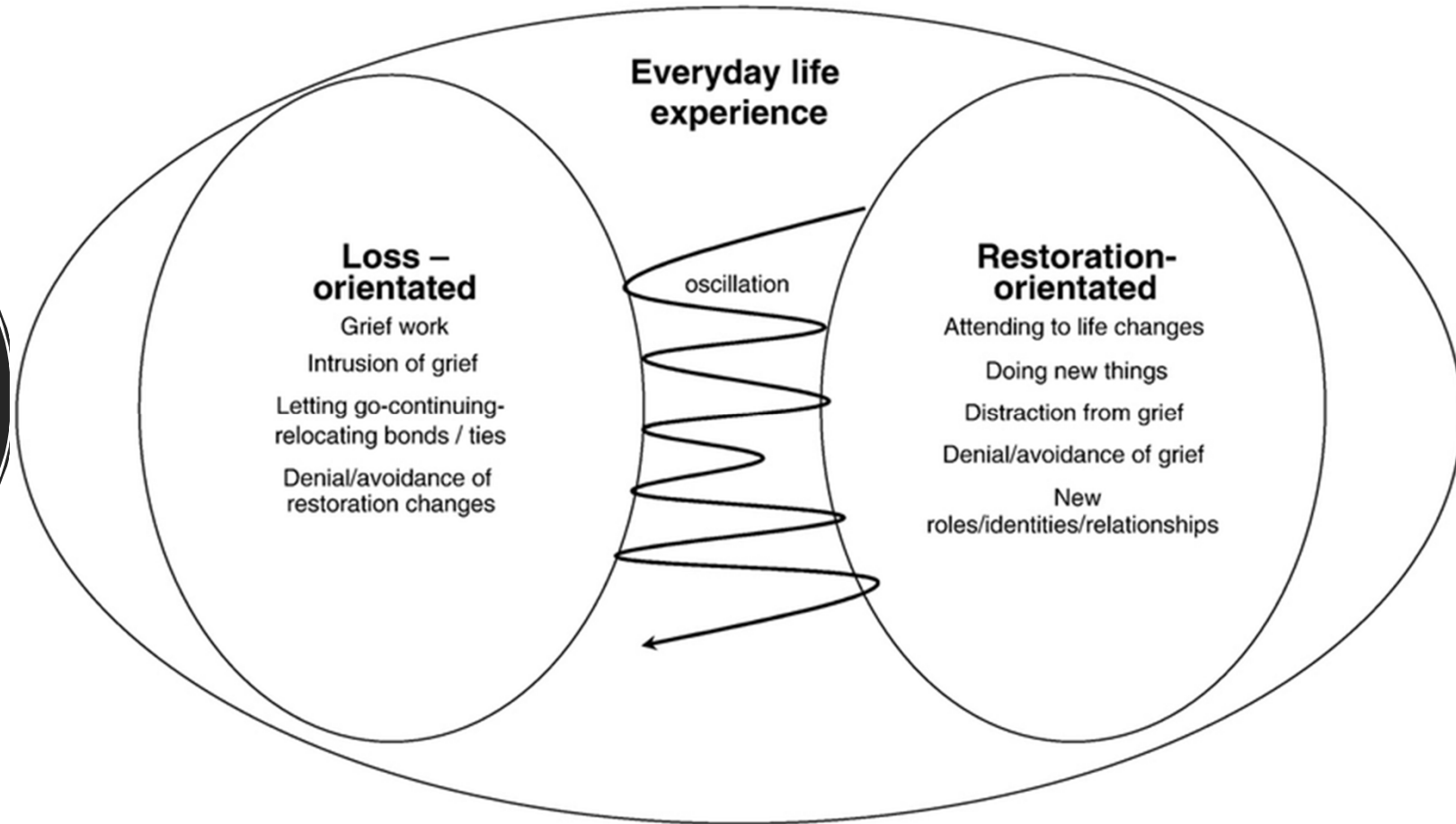
Leaving stage

- Building walls
- Diving deep
- Leaving first

Crossman, 2016



**THE DUAL
PROCESS
MODEL OF
COPING WITH
BEREAVEMENT**



Stroebe & Schut, 1999



Unresolved grief

Due to
Lack of awareness
Lack of permission to grieve
Lack of time
Lack of comfort
Lack of understanding

Dealing with the feelings

20 // Thoughts and feelings



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The voice of the TCKs

- "It helps to know that its ok to be sad when you feel sad, and talk to someone who knows you well"
- "It depends on the situation and how difficult a transition it is, but it always helps to talk to someone. "
- "It can be hard, when others don't understand you or don't try to understand you"



Connecting people and life

76 // Enjoy the journey



Will you still listen to me?

Maybe you will get a sense that people around you are only interested in hearing about your 'exotic life abroad' for a short period of time and then just stop asking. This can be very upsetting and make you feel like your stories and memories don't matter or that no one understands you. Some don't understand, others are busy, and others yet might just want to hear it little by little. Be patient and keep on sharing your stories with the people around you!

The first few days after we got back, everyone kept asking if I had seen a lot of lions and elephants. I hadn't. They didn't seem to care about my house or my friends, and that made me feel alone.

- Jonathan



IDEAS FOR TELLING OTHERS ABOUT YOUR LIFE ABROAD:

- SHOW THEM PARTS OF THIS BOOK - LIKE THE COLLECTION PAGES.
- SHOW THEM PHOTOS OR VIDEOS YOU'VE TAKEN.
- INVITE THEM OVER FOR SOME LOCAL FOOD.
- ASK YOUR MUM OR DAD TO COME AND TELL YOUR NEW CLASSMATES ALL ABOUT LIFE IN THE COUNTRY WHERE YOU LIVED.



Everyone has
a story worth
listening too.

168 // Re-entry

Everyone has a story worth listening too

Your life abroad has taken you special places and made you unique. But remember that everyone has their own unique story — no matter where they grew up or how much they moved. Explore what you have in common as well as what your differences are.

Take a chance and ask someone about their story, or tell them yours

KEEP BEING CURIOUS ABOUT THE PEOPLE AROUND YOU, EVEN IF THEY ARE NOTHING LIKE YOU. THEY ALSO HAVE A STORY. EVEN THOUGH THEIR EXPERIENCES ARE DIFFERENT THAN YOURS, YOUR FEELINGS MIGHT BE THE SAME.

the
EXPERT
says



Film-clip Distance

Being part of the transition
or disintegrating

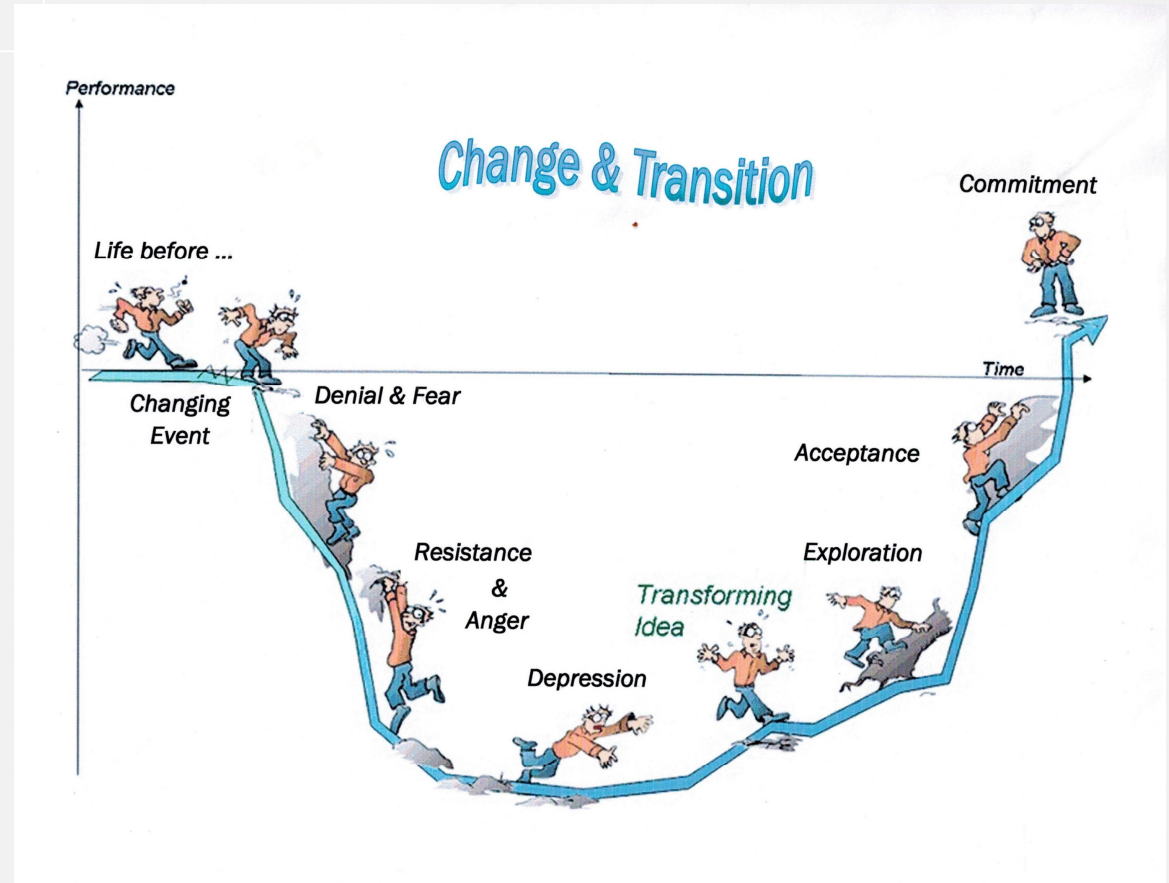
Transit stage

A sense of chaos
Liminal space

Common responses:

- Being more self-centered than normal
- Reacting out of proportion to circumstances
- Forgetting to take time for normal routines
- Loss of self-esteem
- Being without status

Pollack, 1980 & 2017





Film-clip Distance

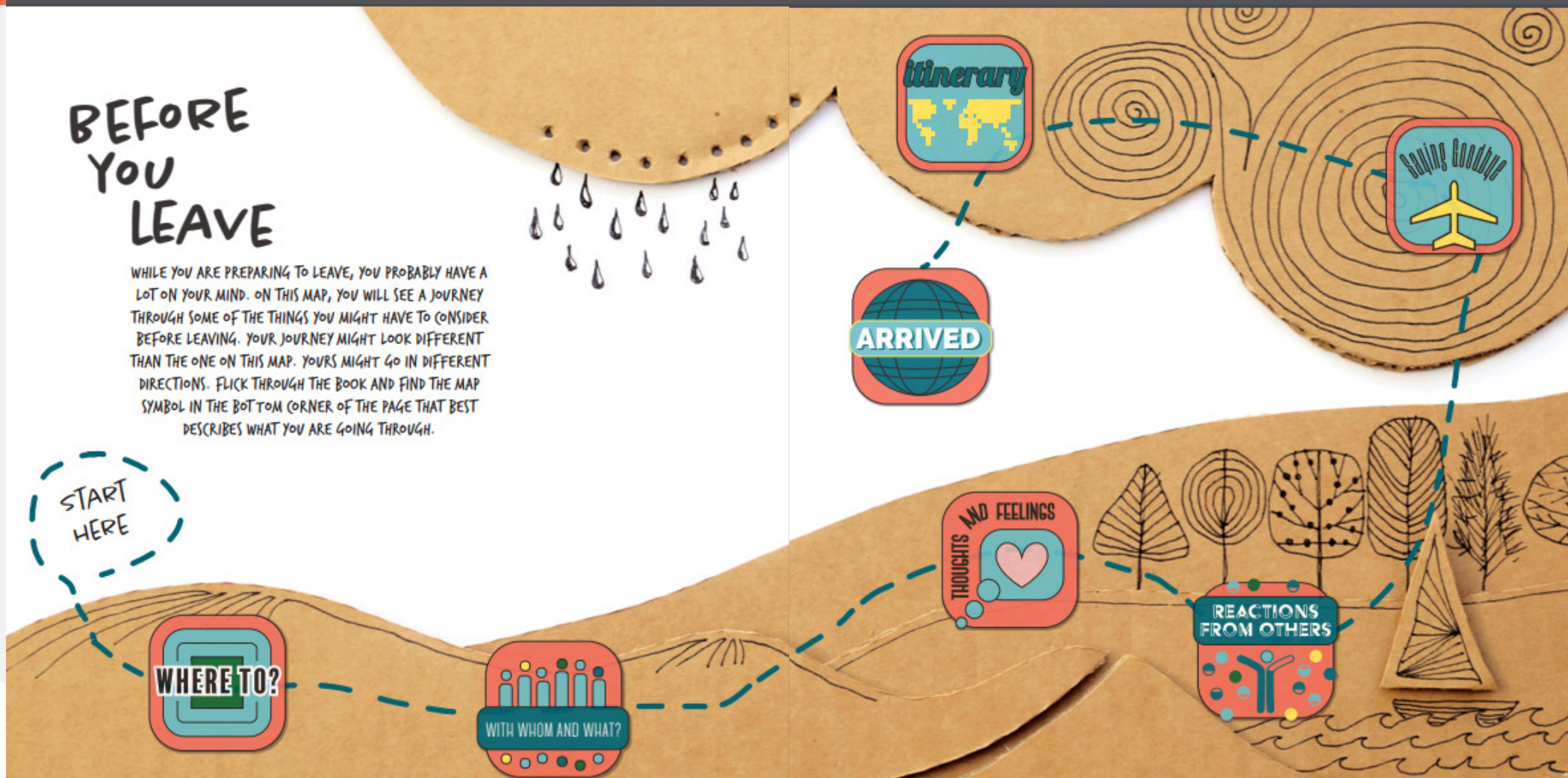
Creating an identity in transitions

The voice of the TCKs

"If I have some control over the change, it's ok, but if I don't have a say in it, it is often quite hard."



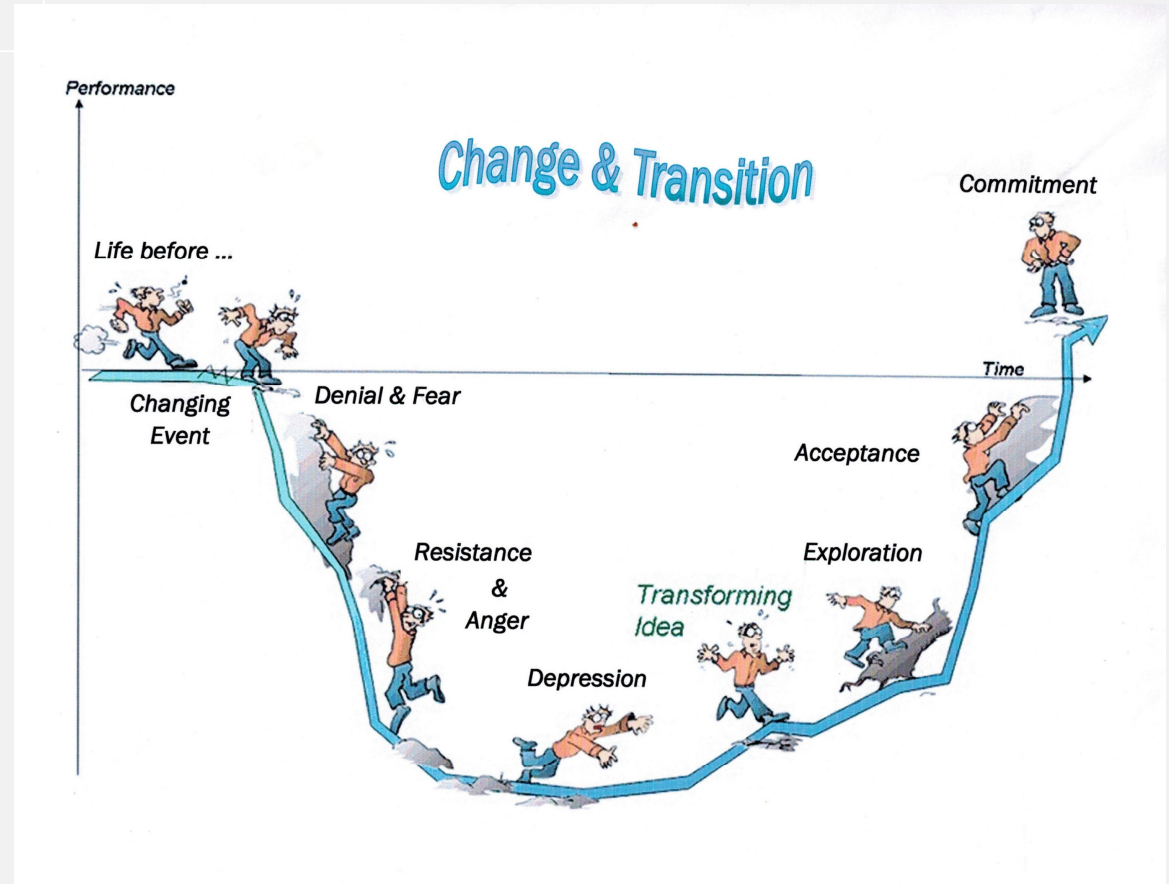
Preparation and expected reactions



Entering stage

- Life is no longer chaotic.
- Acceptance and exploration
- Still vulnerable
- Ambivalence is a common emotion
- *Healthy entering:*
 - Enter positively
 - Find pinguins

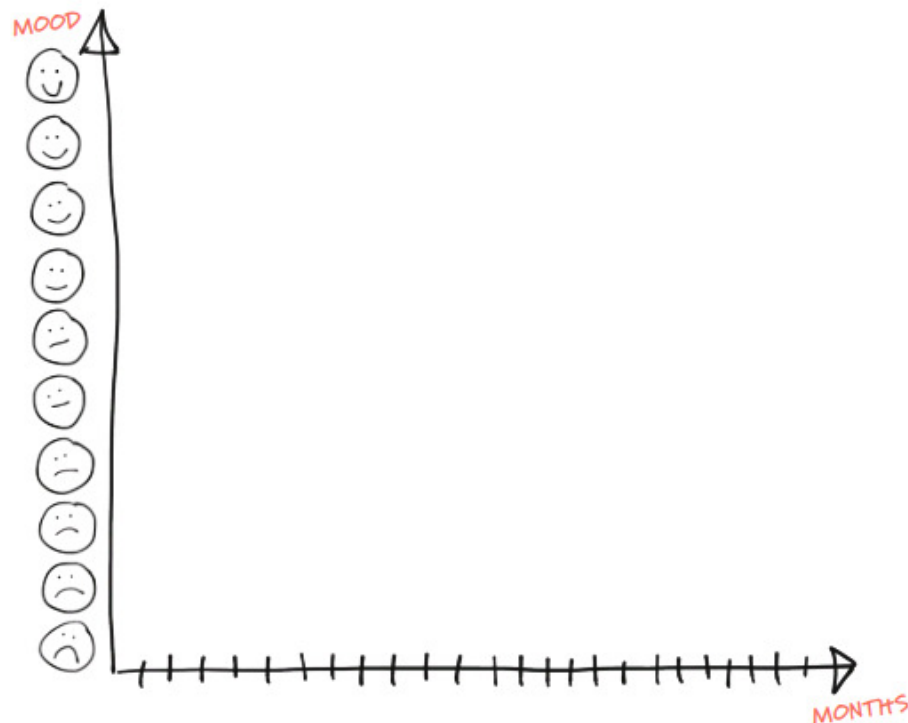
Pollack, 1980 & 2017 D



Observe and understand your reactions

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SETTLING IN TAKES TIME AND THAT'S COMPLETELY NORMAL.
KEEPING TRACK OF HOW YOU'RE DOING EACH MONTH CAN HELP
YOU SEE IF IT GETS BETTER ALONG THE WAY.
FOR SOME PEOPLE SETTLING IN IS QUICK AND EASY – FOR
OTHERS IT CAN TAKE ONE OR TWO YEARS. BUT
IT GRADUALLY GETS BETTER. MARK THE MOOD
THAT DESCRIBES EACH MONTH.



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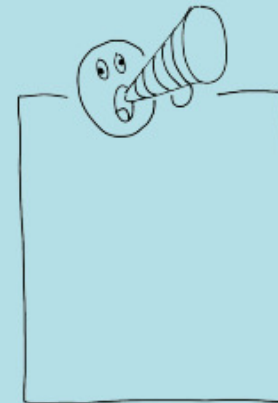
Does this sound familiar?

People react differently when they move back to their passport country. Three reactions are particularly common during re-entry. Do any of them remind you of how you have reacted?

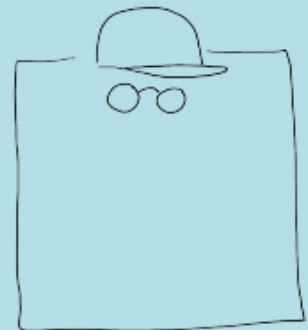
THE CHAMELEON
Tries to blend in by acting like everyone else.



THE SCREAMER
Clearly declares being different than everyone else.



THE WALLFLOWER
Tries to stay invisible, observing everything from the side-lines.



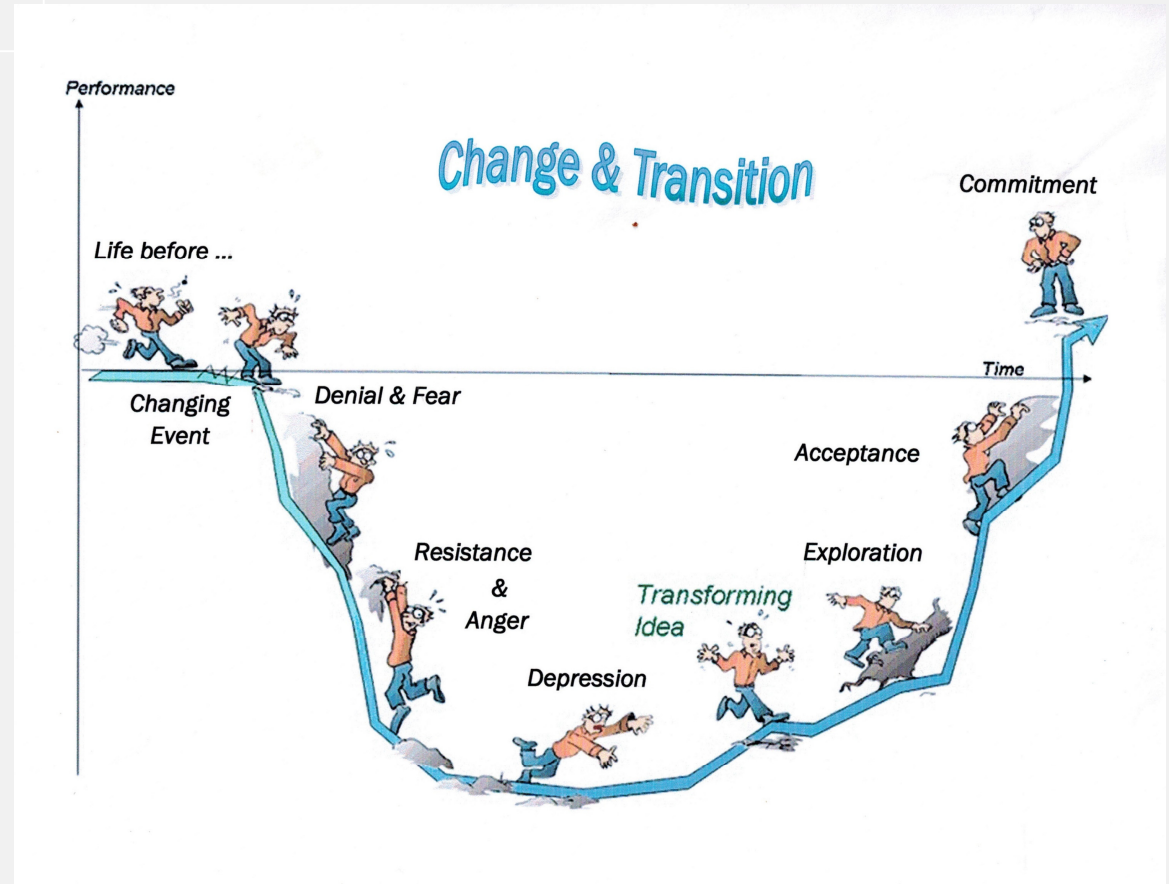
Reengagement stage

Acceptance - being at peace at where we are.

Acceptance of our new place, role and community

Adults need to provide social anchors

Pollack, 1980 & 2017





Film-clip Distance

Openness to new
relationships in transition



The importance of peers

- TO FIT IN & HOW TO get new friends
- Networking

From TCK to TCK

80 // Share your journey



Words of wisdom

Ask someone to share their words of wisdom with you



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HOW TO MAKE NEW FRIENDS? Advice from TCKs

It might feel easier to just Skype with your old friends all the time. And it's fun and important – but going out and meeting new friends is also important!

-Camilla



It just happens! Maybe it's easier in international schools. Children there are so used to new faces arriving and others leaving. I made new friends quickly, even though I didn't speak the language. After-school activities and the playground were great ways!

-Ida



Joining a sports club or an after-school activity can be a good way.

-Thomas



IT'S NORMAL TO WORRY ABOUT MAKING FRIENDS. WE OFTEN TEND TO FORGET THAT WE'VE MET LOTS OF NEW PEOPLE BEFORE, BUT IT JUST TAKES TIME.

-JACOB






Film-clip Distance Transition with all I am and have

All the world feels caught in these goodbyes, goodbyes that bruise and hurt, yet remind us that our hearts are still soft and alive. As we tell our stories we realize that these transitions and moves are all part of a bigger narrative, a narrative that is strong and solid and gives meaning to our lives. As we learn to tell our stories, we understand not only the complexity of our experience, but the complexity of the human experience, the human heart. So we learn to tell our stories – because your story, my story, and our stories matter.

Marilyn Gardner, *Between worlds: Essays on Culture and Belonging*.

Transitions as a red line in the Bible

Adam
Noah
Abraham
Isac
Jakob
Josef
Moses
Joshua
Ruth
Samuel
David
Ester
Daniel
....



"The Lord
himself will go
ahead of you.
He will be with you.
He will never
leave you.
He'll never
desert you.
So don't be
afraid.

Don't lose hope"
Deuteronomy 31:6-8

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