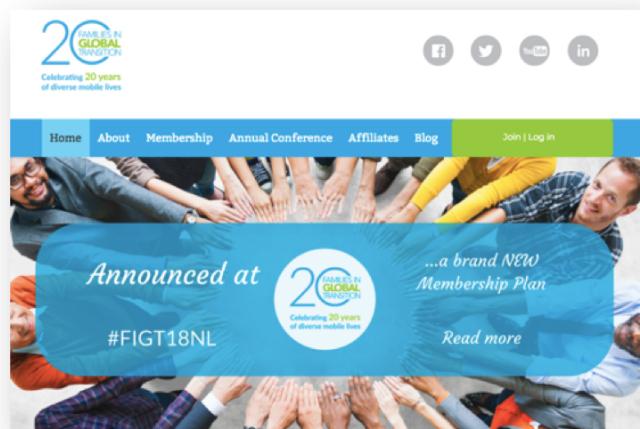


Embracing International Life

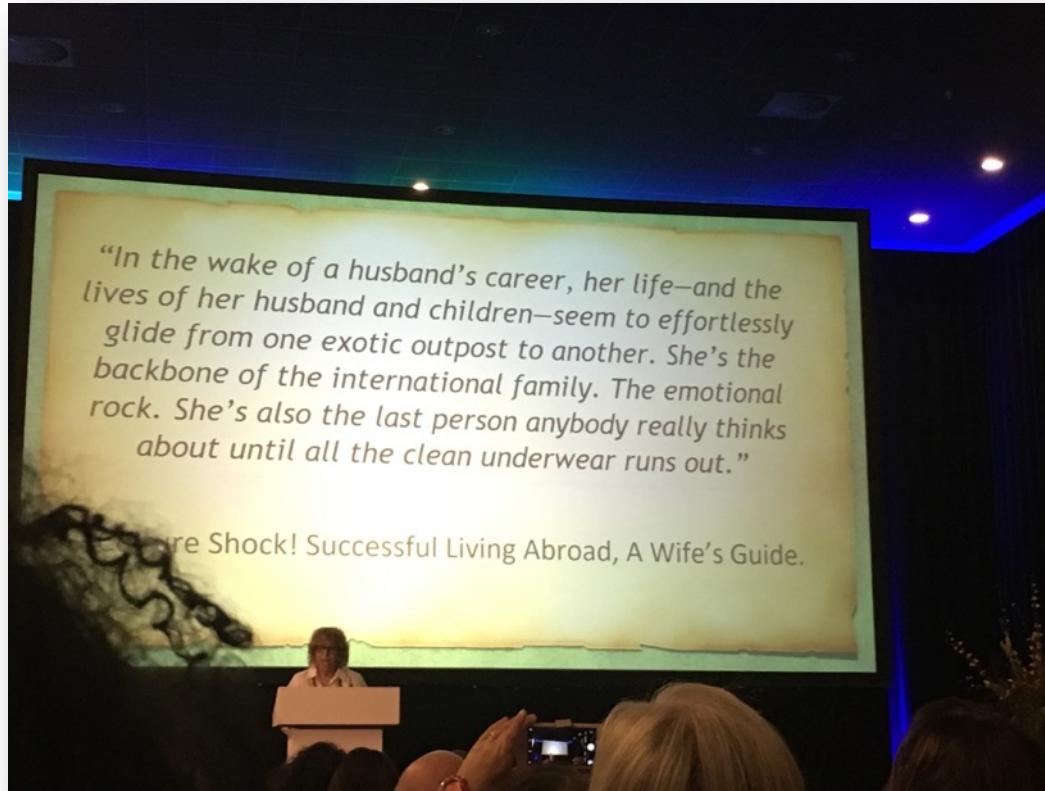
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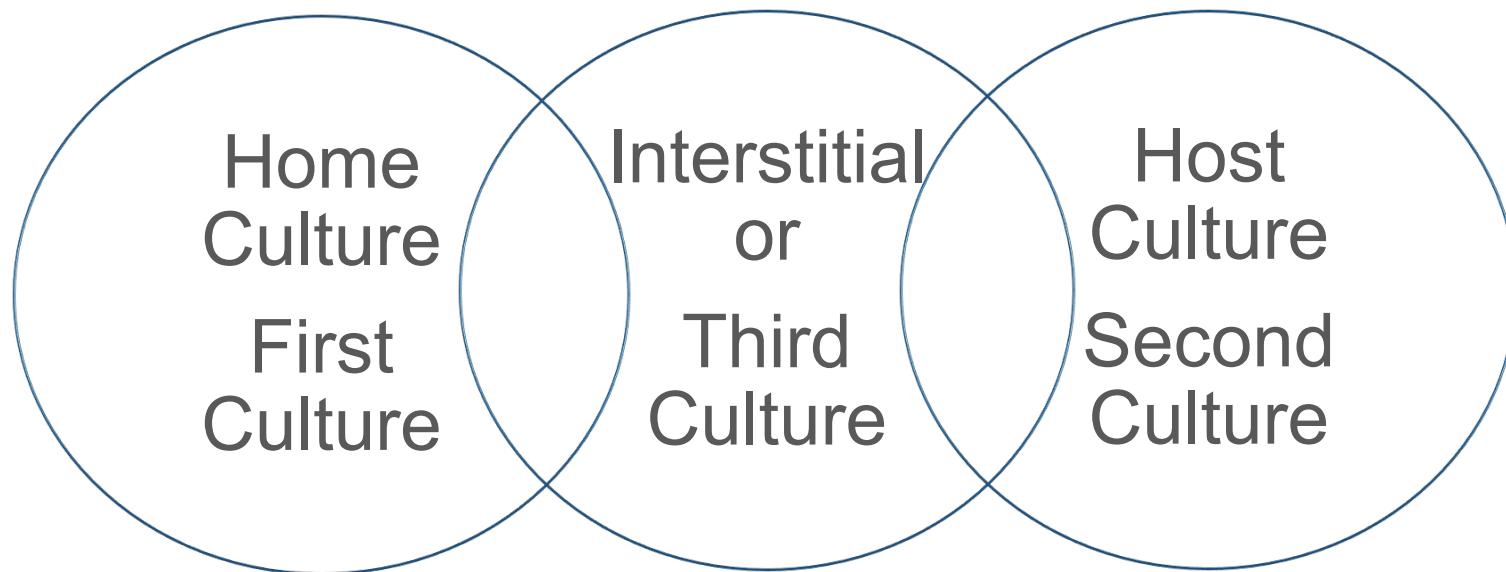
www.figt.org

The accompanying partners...



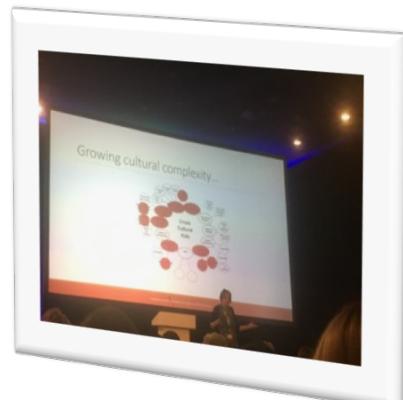
Robin Pascoe @ FIGT18NL

Third Culture Model



A traditional third culture kid (TCK) is a person who spends a significant part of his or her **first eighteen developmental years of life accompanying parent(s) into a country (or countries) different from at least one parent's passport country(ies) due to a parent's choice of work or advanced training**

(Michael V. Pollock; FIGT 2018 NL)



- **Identity and belonging**
- **Unresolved grief**
- **The transition cycle**
- **Relationship with home country peers**
(if considering repatriation)

The TCK builds relationships to all of the cultures, while not having full ownership in any.

Although elements from each culture are assimilated into the TCK's life experience, **the sense of belonging is in relationship to others of similar background.**



- TCK's have a strong **identity with a system**
- The system in which TCK's grow up becomes the one constant mirror for defining their identity
- Often TCK's find their sense of identity and belonging in terms of ***relationships*** rather than geography



Identity and Sense of Belonging for Internationals

Switching from *home* culture to host culture(s) is a balancing act



We *create our own expat culture*: embracing parts of each culture without ever completely feeling

like we belong to one or the other...

"I never really fit in"

"I'm neither X nor Y"



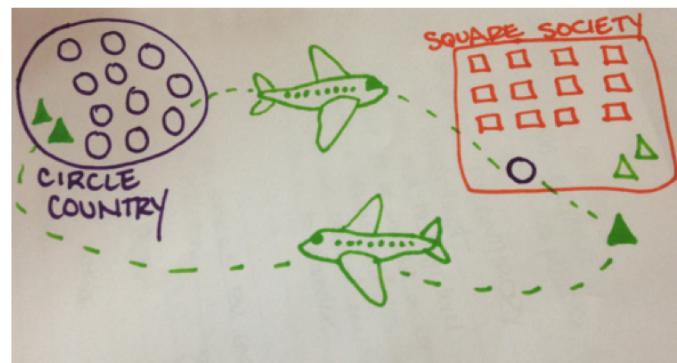
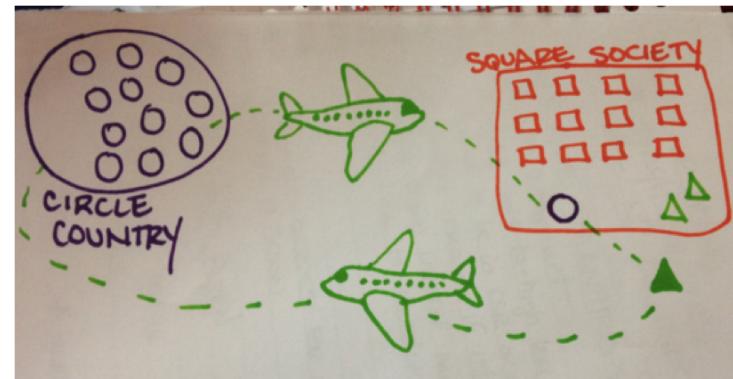
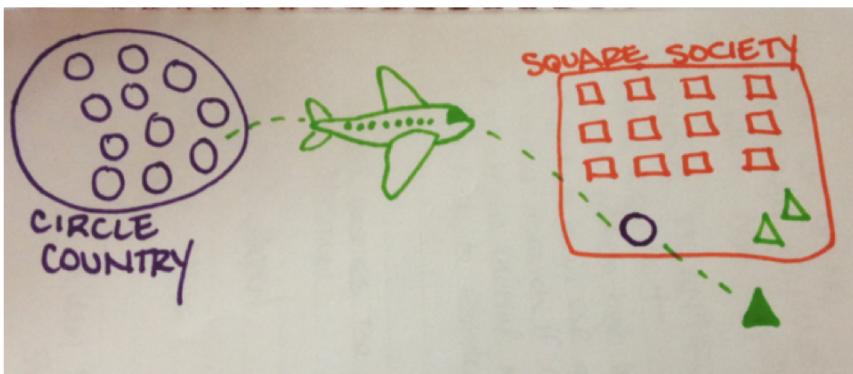
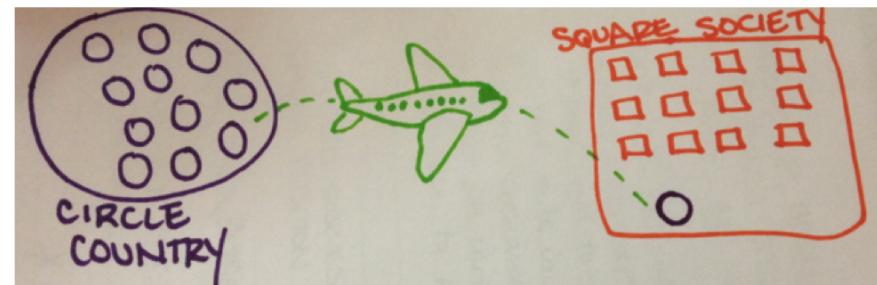
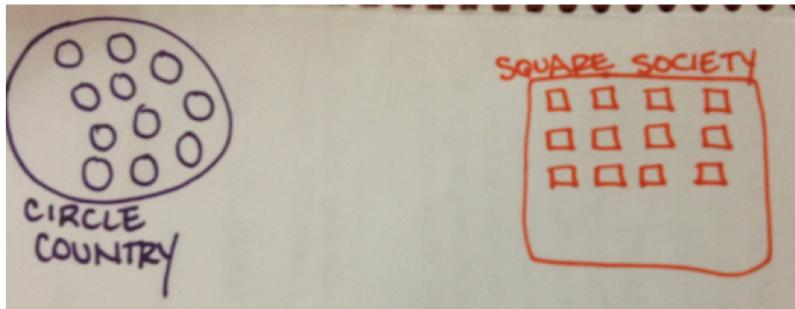
Naomi Hattaway

iamatriangle.com



Naomi Hattaway's I am a Triangle

<http://iamatriangle.com/triangle-story/>



Cultural Identity Model

Ruth van Reken
& David Pollock



Adjustment

**Inclusion
-> assimilation**



Ballet & Hip Hop (Annika Verplancke)

*You don't have to choose, you are not “neither nor”,
you're “not only but also” and you're enough being a
unique combination of both! – Ute*

- Identity and belonging
- **Unresolved grief**
- The transition cycle
- Relationship with home country peers
(if considering repatriation)

Unresolved grief or the art to saying healthy goodbyes



Reconciliation
Affirmation
Farewells
Think destination
***Time!* (Ute)**

Lois Bushong at FIGT18NL

Maryam Afnan Ahmad

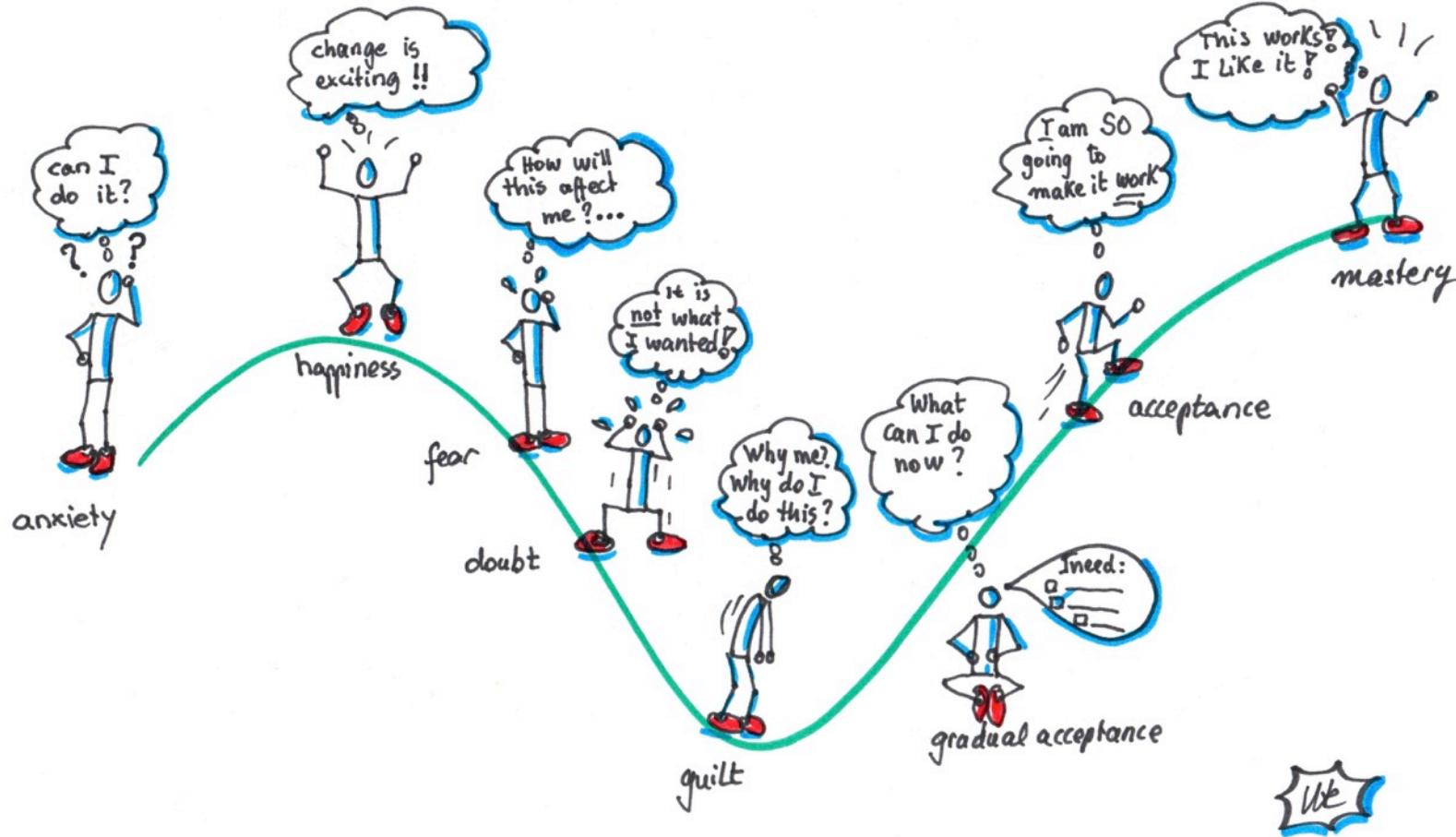


Doreen Cumberford

Lucille Abendanon



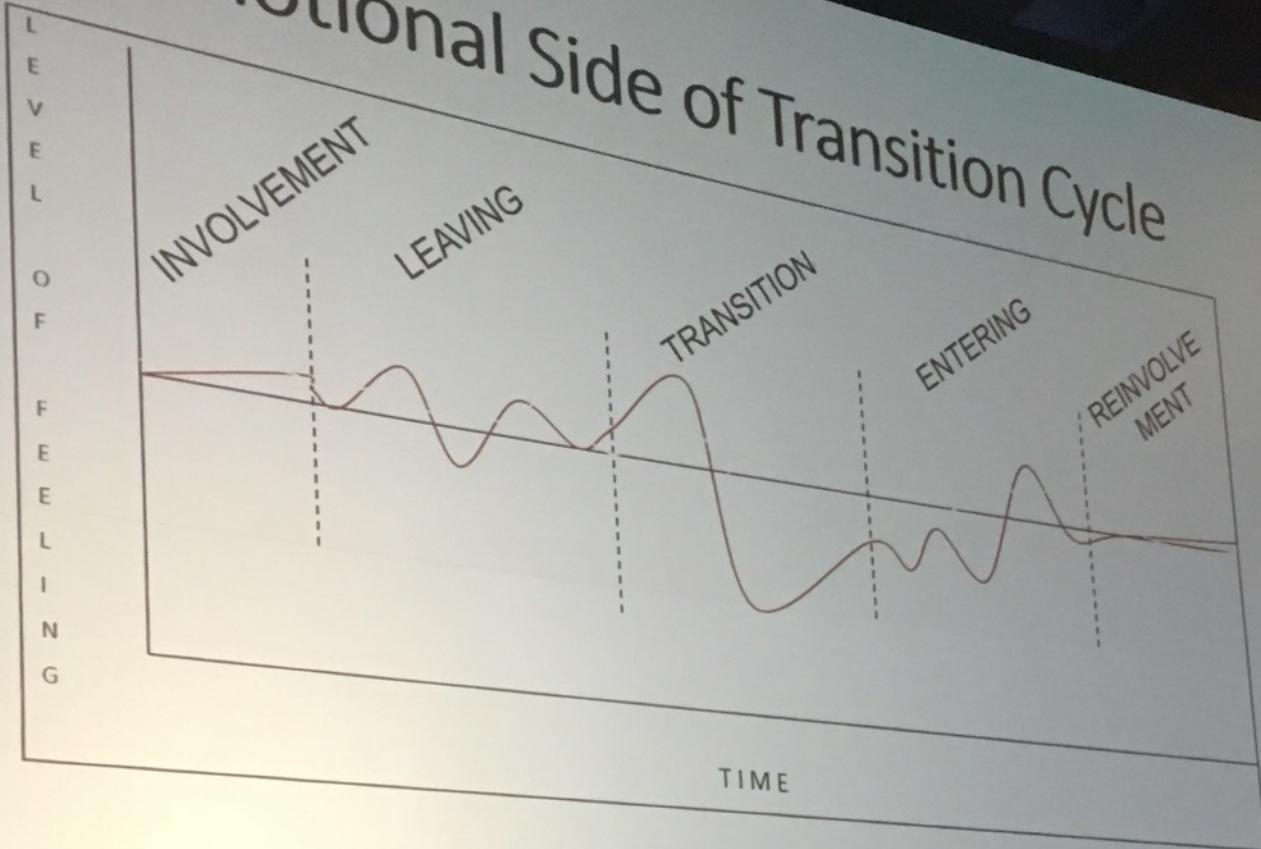
- Identity and belonging
- Unresolved grief
- **The transition cycle**
- Relationship with home country peers
(if considering repatriation)



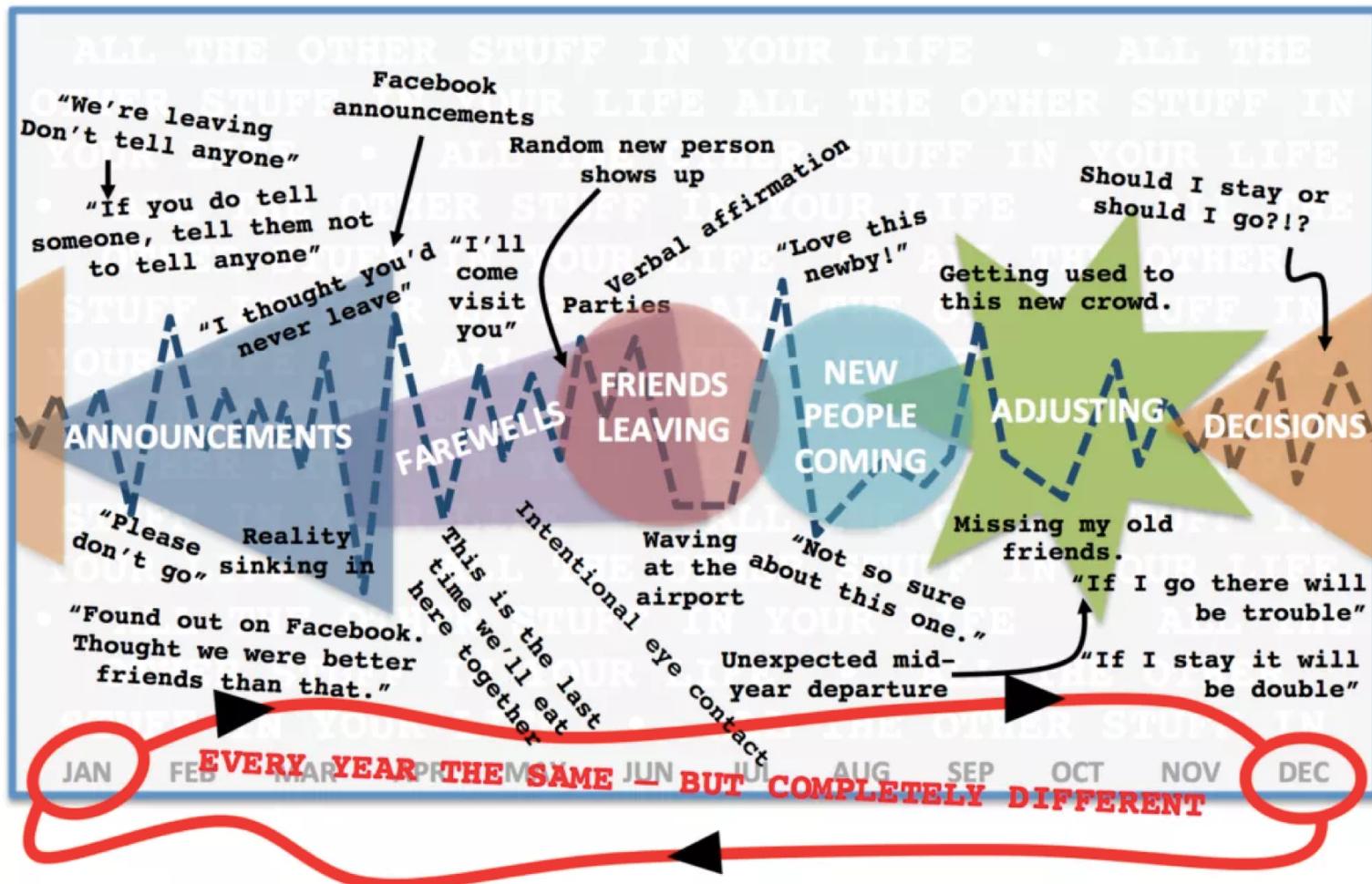
Settled Involvement/ Leaving *Transition* CRISIS

Settled Entering Re-Involvement

Emotional Side of Transition Cycle

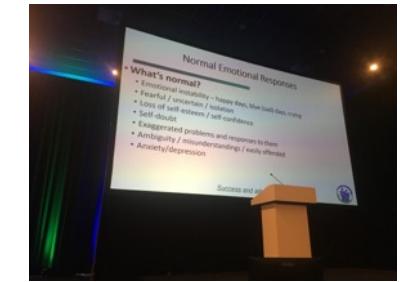


© Tina L. Quick 2012



<http://www.thecultureblend.com/the-transition-that-never-ends-the-ongoing-cycle-of-expat-stayers-goers-and-newbies/>

Normal emotional response



- **Emotional instability – happy days, blue (sad) days, crying**
- **Fearful / uncertain / isolation**
- **Loss of self-esteem / self-confidence**
- **Self-doubt**
- **Exaggerated problems and responses to them**
- **Ambiguity / misunderstandings / easily offended**
- **Anxiety / depression**

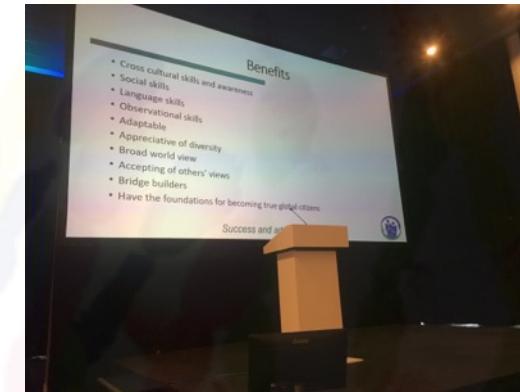
if these persist longer than 2 weeks or get worse: get some help

The benefits of growing up internationally and leading an international life



Benefits

- **Cross cultural skills and awareness**
- **Social skills**
- **Language skills**
- **Observational skills**
- **Adaptable**
- **Appreciate diversity**
- **Broad world view**
- **Accepting of others' view**
- **Bridge builders**
- **Have the foundations for becoming true global citizens**

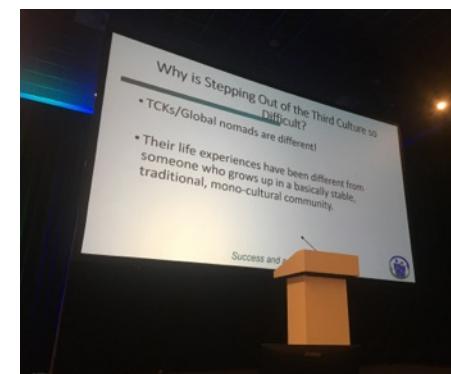


Tina Quick @ FIGT18NL

- **Identity and belonging**
- **Unresolved grief**
- **The transition cycle**
- **Relationship with home country peers**
(if considering repatriation)

Why is stepping out of the Third Culture so difficult?

- TCKs/Global nomads/internationals are different
- Their life experiences have been different from someone who grows up in a
 - basically stable**
 - traditional**
 - mono-cultural community**



Identity and belonging: How others perceive you

What you expect
is what you get



What you expect
is not what you get



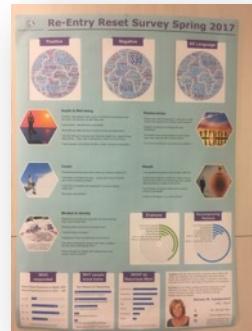
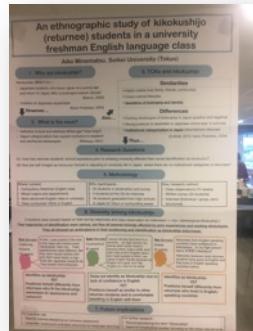
What you expect
is not what you get

What you expect
is what you get

Ute



Research about internationals, global nomads, TCKs/ATCKs/CCKs... at FIGT



European Third Culture Kids (and Adults)

Closed group

About

Discussion

Members

Events

Photos

Group insights

Manage Group

Search this group

Joined Notifications Share ... More



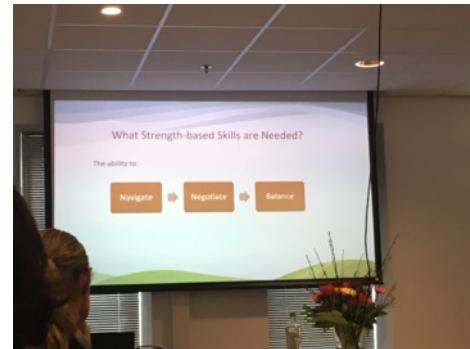
please join my facebook group [here](#)

What strengths should we all have?

Navigate

Negotiate

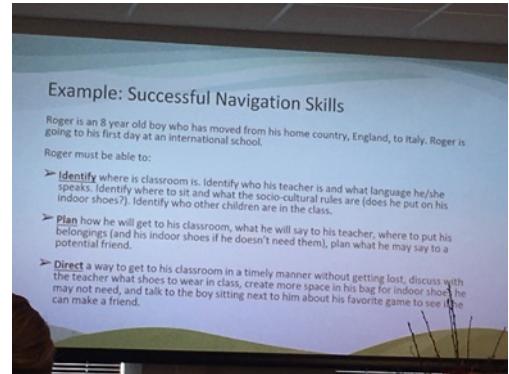
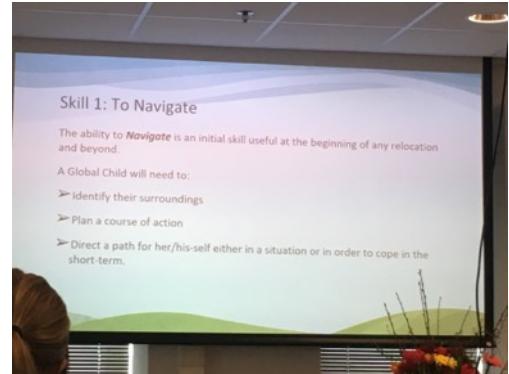
Balance



Kelli Sanness and Tami Nelson
(*PhD Psychotherapist; Mental Health Therapist*)

Navigate

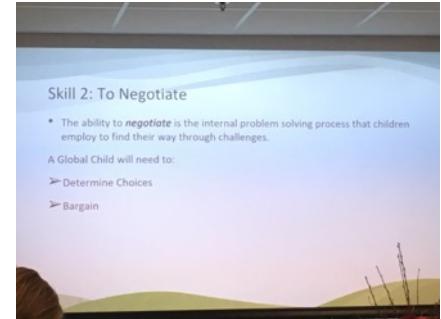
- Identify the surroundings
- Plan a course of action
- Direct a path for ourselves either in a situation or in order to cope in the short-term



Negotiate

(internal problem solving process to find our way through challenges)

- Determine choices
- Bargain

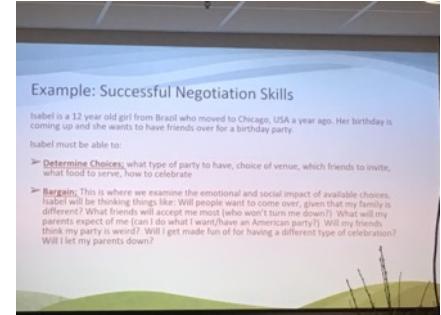


Skill 2: To Negotiate

- The ability to **negotiate** is the internal problem solving process that children employ to find their way through challenges.

A Global Child will need to:

- Determine Choices
- Bargain



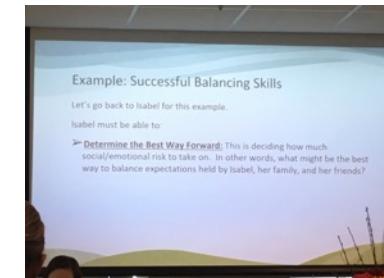
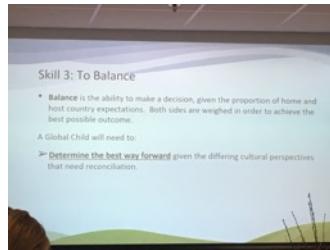
Example: Successful Negotiation Skills

Isabel is a 12 year old girl from Brazil who moved to Chicago, USA a year ago. Her birthday is coming up and she wants to have friends over for a birthday party.

Isabel must be able to:

- **Determine Choices**, what type of party to have, choice of venue, which friends to invite, what food to serve, how to celebrate
- **Bargain**: This is where we examine the emotional and social impact of available choices. Isabel must consider what she can and cannot do to celebrate her birthday, given that my family is different? What friends will accept me most (who will I be most like)? What does my parents expect of me (can I do what I want/have an American party)? Will my friends think my party is weird? Will I get made fun of for having a different type of celebration? Will I let my parents down?

Balance



Ability to make a decision, given the proportion of home and host country expectations

Determine the best way forward

- everyone's wants, needs and values
- family values
- home and host country values, beliefs and expectations
- social and emotional impact
- potential for negative outcomes stress, anxiety, loss of friends
- scale's balance and items differ for every member

Resilience

Resilience:
Learn to Influence Your Ability
to Gain Inner Stability



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info@UtesInternationalLounge.com

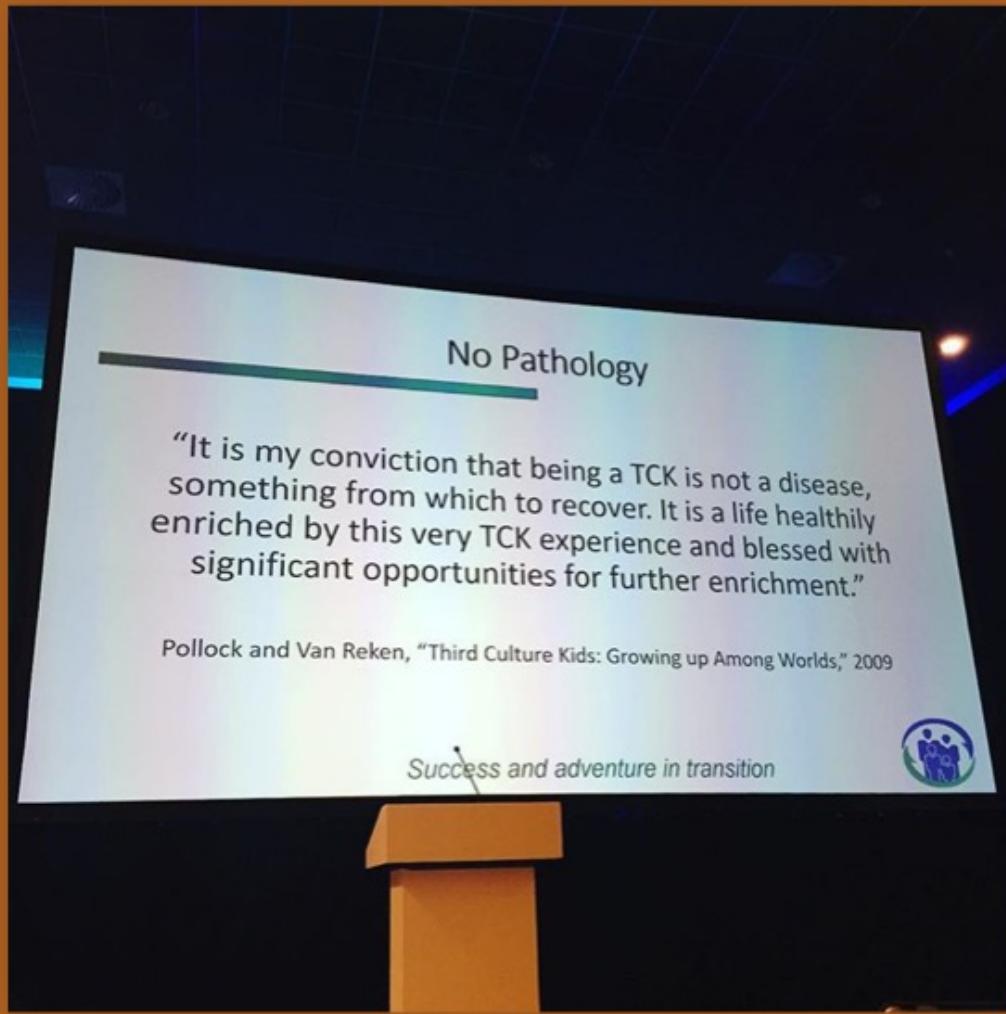
How to build resilience
in children and teens



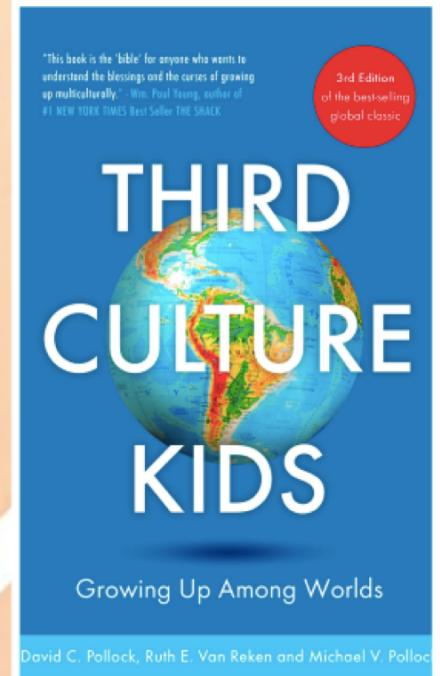
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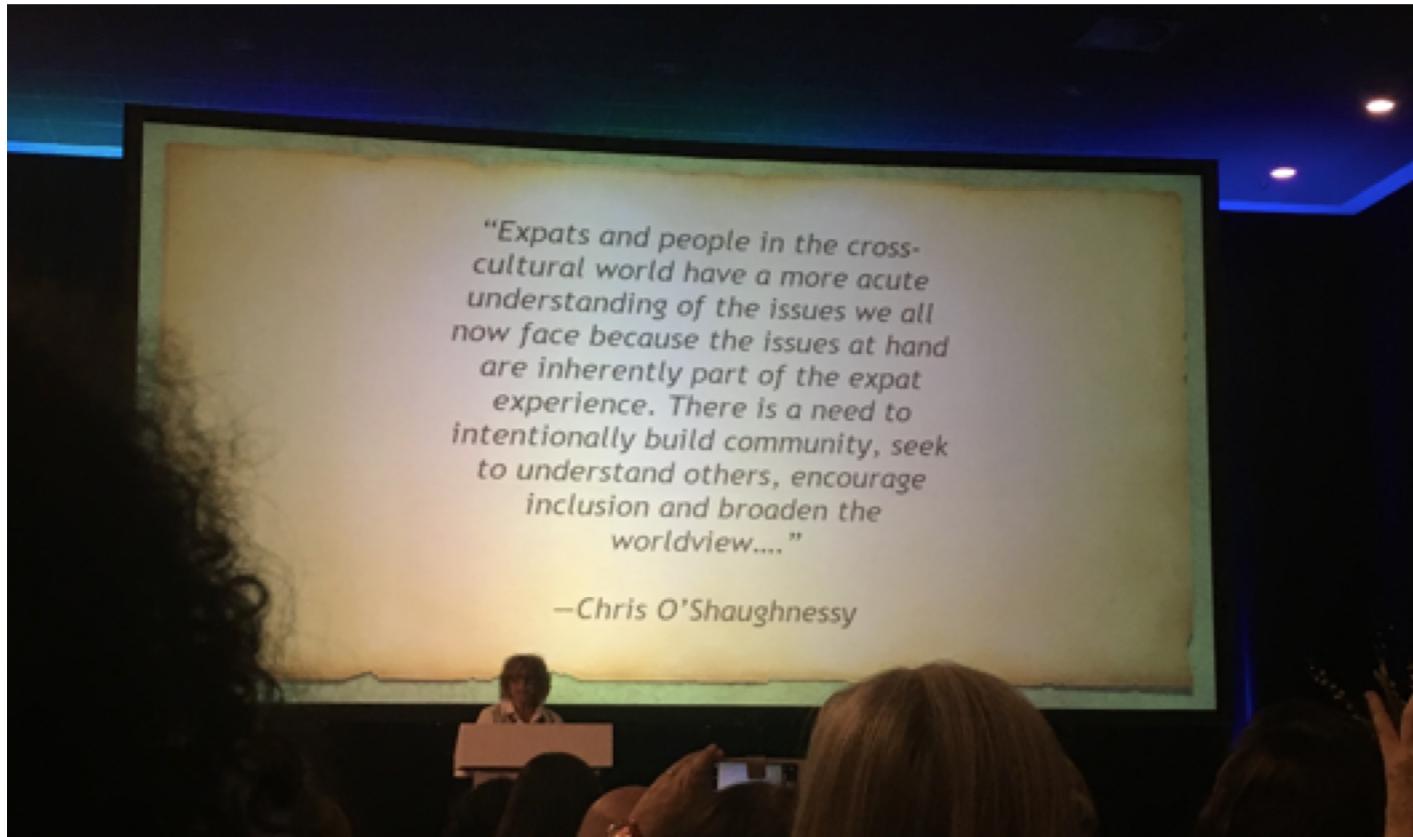
Resilience workshops and trainings with Ute



@worldtreecoaching



Never leave your sense of humour!



Robin Pascoe quoting Chris O'Shaugnessy



Vivian Chiona, Ruth van Reken, Ute Limacher-Riebold, Rita Rosenback



We all need an anchor...

What is yours?

Some more take-aways from FIGT18NL

Thr-vival:

Thrive and Survive
but first you need to **survive** in order to **thrive**
(Michael Pollock)

Don't hang your dreams onto your kids.

Teach them to stand out. Not to blend in at all costs.





understand the other language and culture



Ute's International Lounge

contact info@UtesInternationalLounge.com

Ute's International Lounge



Connect 
Communicate 
Commit 

Dr. Ute Limacher-Riebold



LET'S CONNECT, COMMUNICATE & COMMIT



Tweets 1.576 Fölge ich 469 Follower 500 Gefällt mir 863 Listen 0 Moments 0

Ute's Int. Lounge 

Tweets Tweets & Antworten Medien Deine Tweet-Aktivität

As my gift for you...

take my

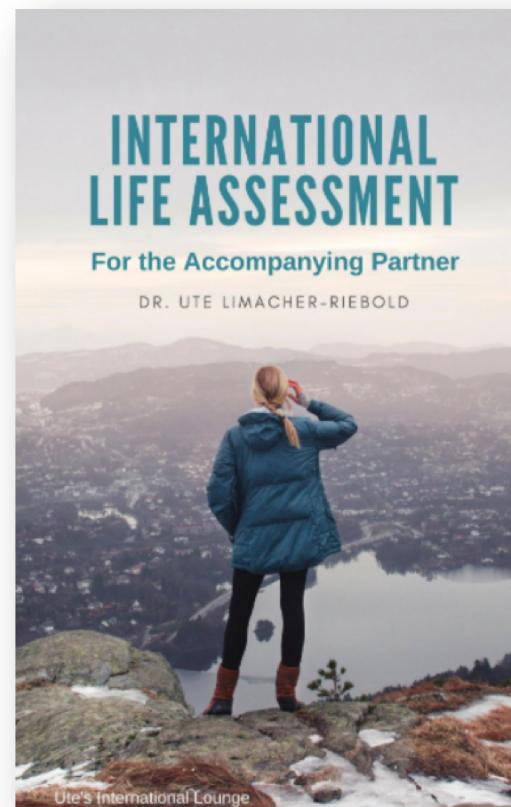
International Life Assessment

here

or on my site

www.UtesInternationalLounge.com

(please scroll down)



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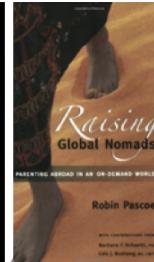
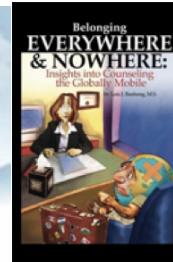
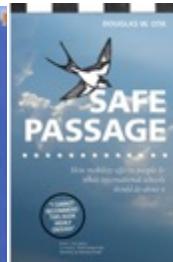
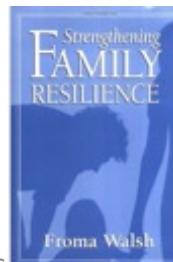
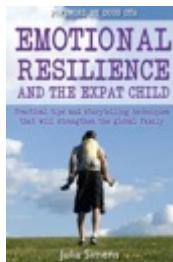
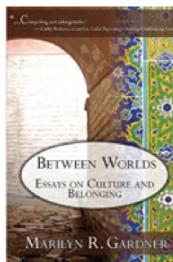
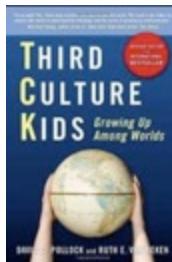
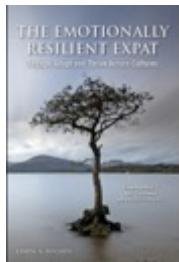
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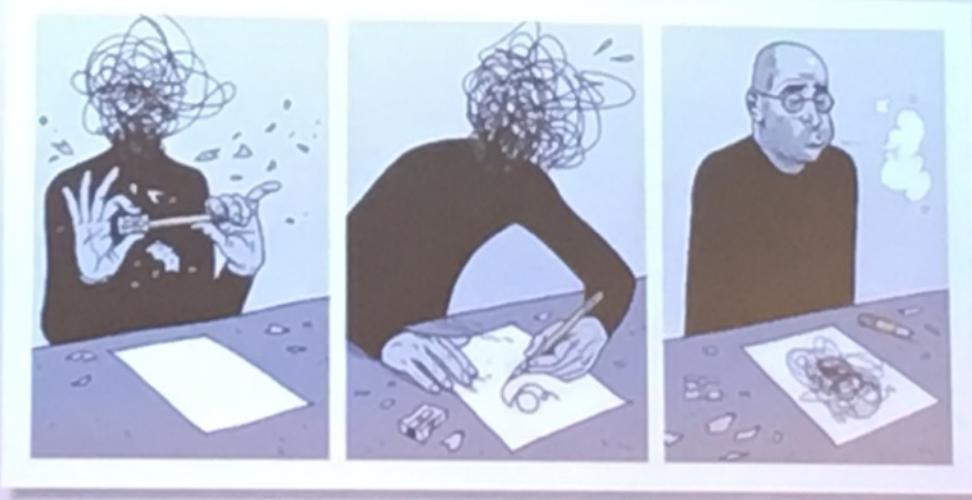
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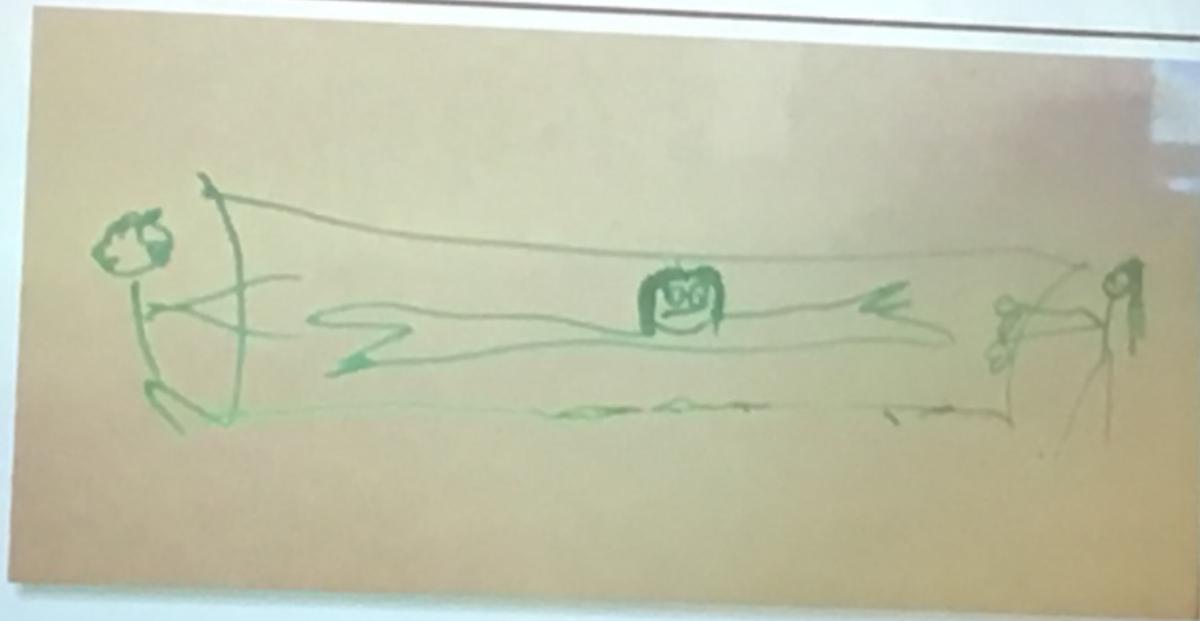
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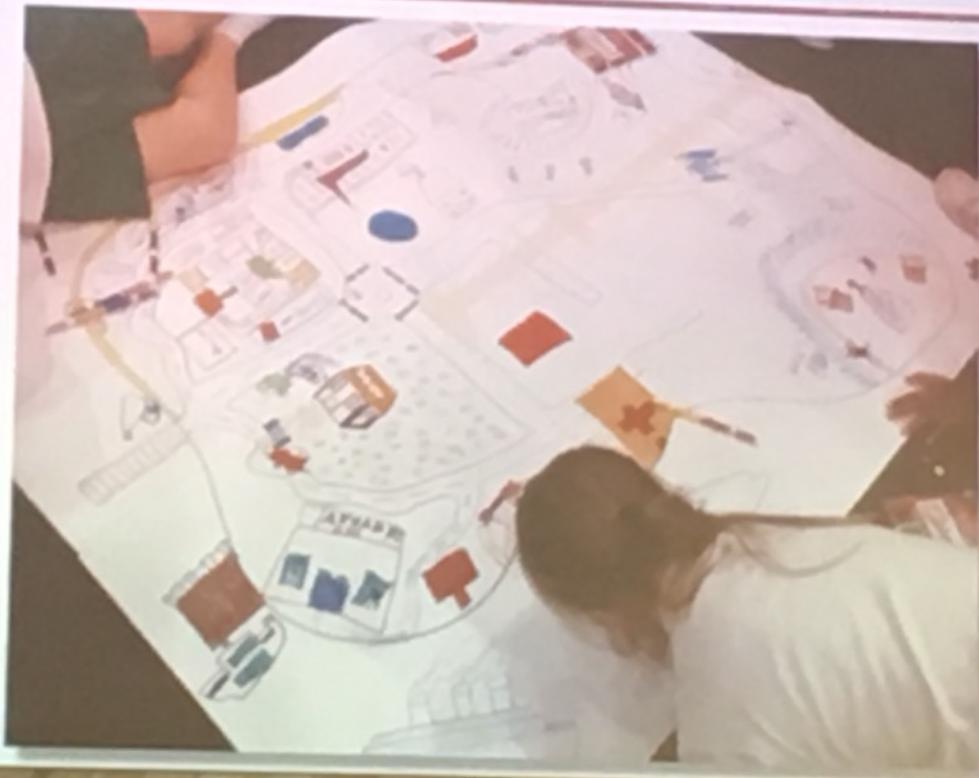
ART THERAPY: WHEN WORDS ARE NOT ENOUGH



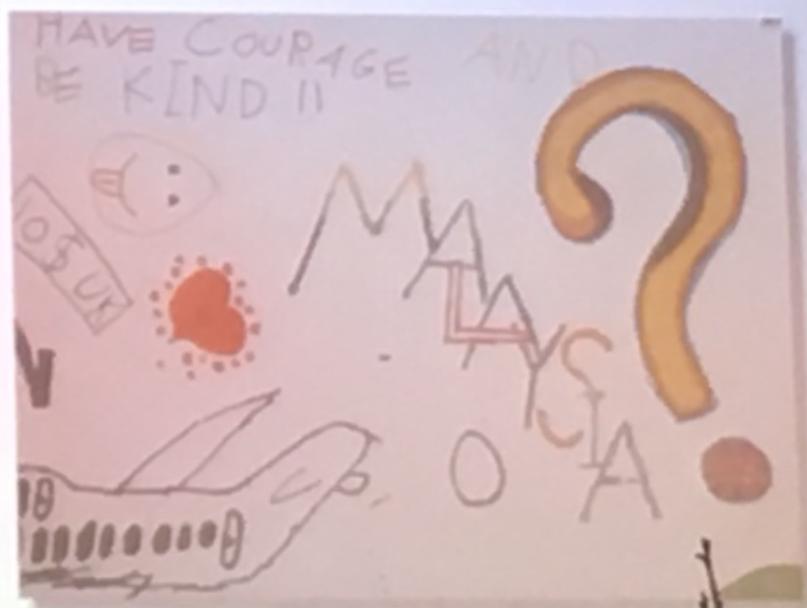
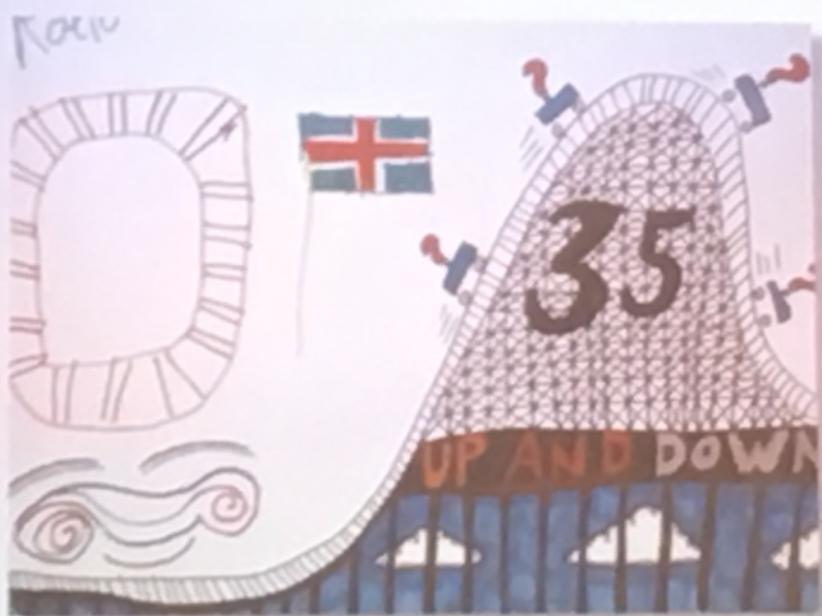
THIRD CULTURE: EXPLORING IDENTITY



CREATIVE SOCIAL GROUP ACTIVITY: OUR ISLAND



MOVING ON (AGAIN)



TO SUM UP

- Art Therapy based individual and group activities within a highly transient international community thus:
 - Helps to develop and maintain a 'tool kit' of coping mechanisms for all age groups by providing a creative space in which each individual can practice and experience feeling in control.
 - Develops a strong sense of identity and ownership.

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