



**REFRAMING QUESTIONS, OPEN  
COMMUNICATION AND SKILLED SUPPORT  
ROOTED IN UNDERSTANDING THE  
COMPLEXITIES THAT TCKS  
EXPERIENCE.**

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1.

ZRH >>> DXB



2.

CONVERSATIONS

3.

ADULT TCK



TRAVEL TALES



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## CONNECTION

- Countless people including me, of virtually every nationality and from a diverse range of backgrounds, can perhaps relate to the saleslady at the chocolate store - of feeling out of place, or not fully belonging anywhere in the world. Each story is unique and yet has underlying similarities in its features.








## WHO IS A TCK?

**A THIRD CULTURE KID (TCK) IS A PERSON WHO HAS SPENT A SIGNIFICANT PART OF THEIR DEVELOPMENTAL YEARS OUTSIDE THE PARENTS' CULTURE. THE TCKS BUILD RELATIONSHIPS TO ALL OTHER CULTURES, WITHOUT HAVING OWNERSHIP OF ANY (POLLOCK, D & VAN RAKEN, R. 2009, P.13).**



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## WHY FOCUS ON TCKS EXPERIENCE?



1.

**GLOBALISATION**

2.

**"TCKS WOULD BE  
THE PROTOTYPE  
CITIZENS OF THE  
FUTURE"**

3.

**BENEFITS &  
CHALLENGES**



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## **WHERE ARE YOU FROM?**

**"Growing up in America my dad would always say, 'Remember, this is not your home.' It really hurt me because we never really knew how long we would be there. The question 'where are you from' really confused me. (Crossman, 2016)"**




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## ALTERNATIVE QUESTIONS

Changing how we inquire about new people will make them see themselves in a new light. They could tell you more than a passport.



1.  
**WHERE HAVE YOU  
LIVED? WHERE DID  
YOU GROW UP?**

2.  
**WHERE WERE  
YOU BORN?**

3.  
**WHAT'S YOUR  
STORY? WOULD  
YOU LIKE TO  
TELL US?**



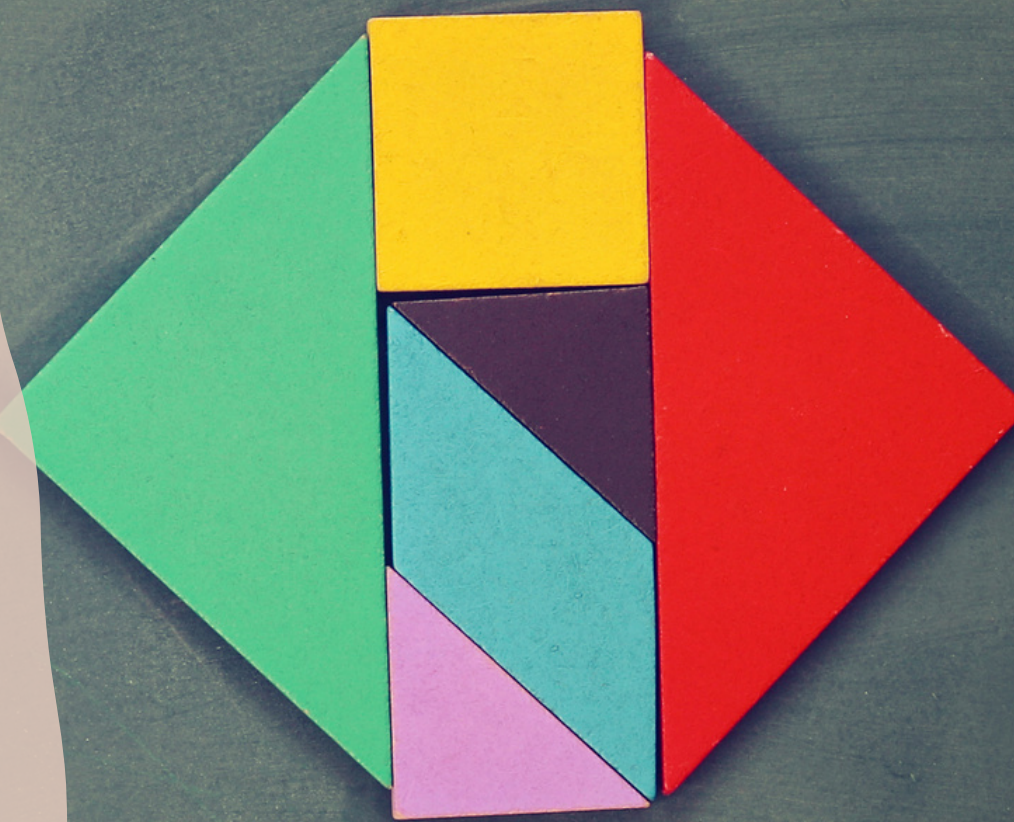
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## 'HOME'

- **Third Culture Kids are not the only people who live cross-culturally, but theirs is a unique experience. TCKs live in a country they know can never be 'home', with the understanding they will leave one day. It is this sense of never being at home that makes the experience of a TCK different to the experiences of many other people who live internationally.**



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## **ROOTS IN SELF: TREE ANALOGY**

- **Lives grow out of the roots planted in and watered by the third culture experience. (Crossman, 2016)**
- **Roots are within me. All the places I've lived and grown up are my branches.**
- **Home is where the heart is.**



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OPEN COMMUNICATION

## **HELP THEM UNDERSTAND WHAT IT MEANS TO BE A TCK**

- **A reason why (if) they feel so different**
- **Family discussions - build understanding, resilience and a sense of purpose, thus contributing to overall wellbeing.**
- **Engage in storytelling**



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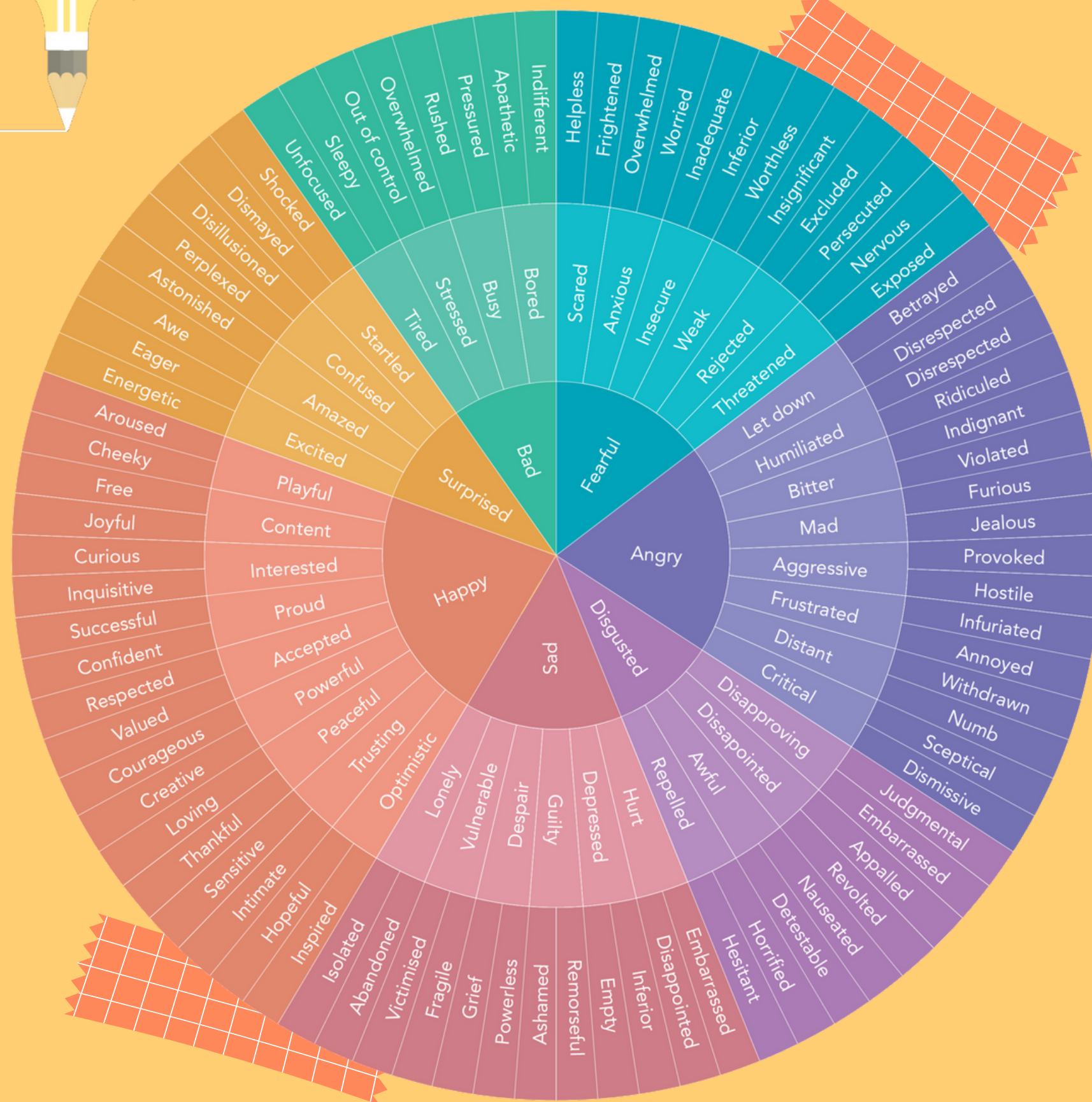




OPEN COMMUNICATION

# TEACH & PRACTICE HEALTHY EMOTIONAL RESPONSES.

- Identify & talk through the difficulties
- Fluent emotional vocabulary
- Saying goodbyes
- Model good self-care
- Learn and practise healthy coping strategies



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OPEN COMMUNICATION

## NOURISH RELATIONSHIPS

- **Importance of relationships**
- **Keep in touch & support staying connected**
- **Saying goodbye well.**



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## **SKILLED SUPPORT**



- **Teachers, counsellors and other key stakeholders can provide TCKS with opportunities to explore their identities.**
- **It's important to let TCKs know that most people might not understand their full experience, and that's OK.**
- **Acknowledge grief, and do not reframe TCK losses into gains.**

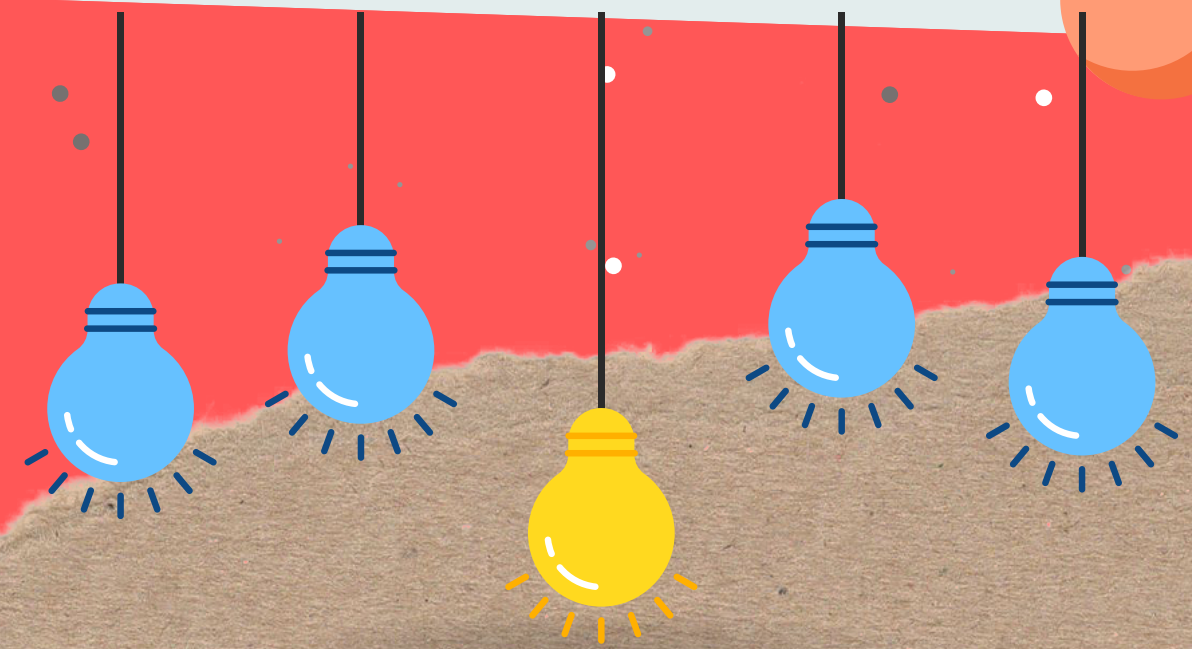






- **International life is the TCKs normal, their problems aren't 'TCK problems' but life problems.**
- **Every TCK is unique. What may be a problem/issue for one may be normal for another TCK.**
- **Avoid making generalisations, no two TCKs are identical.**
- **Be interested in their story, respect them.**

## CONCLUSION

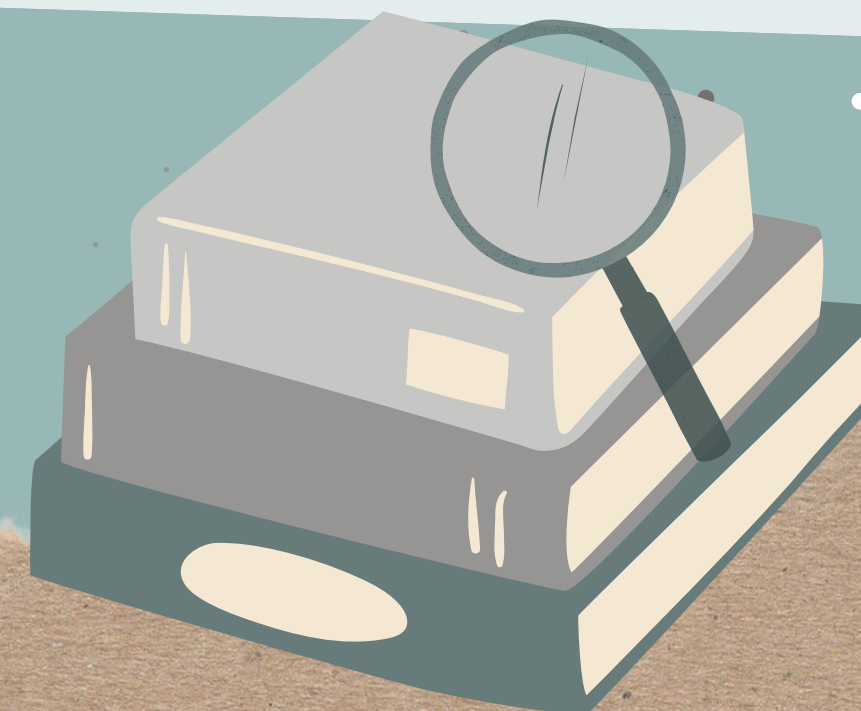






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## REFERENCES



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