

## Incredible Lives and the Courage to Live Them: Thoughts of a TCK Therapist

By Dr. Rachel Cason

### Reference List, by Chapter

#### What a Third Culture Kid is and Why You Can't Be it Wrong

<sup>1</sup> Useem, R. and Cottrell, A. (1996). Adult Third Culture Kids. In: Smith, C. D., ed. *Strangers at Home*, New York: Aletheia Publications, pp. 23-4.

<sup>2</sup> Definition of TCK by David C. Pollock in The TCK Profile seminar material, Interaction Inc., 1989, 1. In: Pollock, D. C. and van Reken, R. E., 2009. *Third Culture Kids: Growing Up Among Worlds*. Revised Edition, London: Nicholas Brealey Publishing, p. 13.

<sup>3</sup> Pollock, D. C. and van Reken, R. E., 2009. *Third Culture Kids: Growing Up Among Worlds*. Revised Edition, London: Nicholas Brealey Publishing, p. 17-8.

#### Why We Need to Tell Our Stories

<sup>1</sup> Bennett, J. (1993). Cultural Marginality: Identity Issues in Intercultural Training. In: E.M. Paige, ed., *Education for the Intercultural Experience*. Maine: Intercultural Press, pp.109–136.

#### Languages – Those We've Loved and Lost

<sup>1</sup> Goffman, E. (1956). *The Presentation of Self in Everyday Life*. New York: Anchor Books.

#### Where Trauma Speaks, We Need to Listen

<sup>1</sup> Lee, S. (2021). *The Wisdom of Trauma - Dr. Gabor Maté*. [online] Dr. Gabor Maté. Available at: <https://drgabormate.com/the-wisdom-of-trauma/>.

#### Third Culture Kid Relationships: Attachment and Trauma

<sup>1</sup> Bowlby, J. (1988). *A secure base*. London: Routledge.

<sup>2</sup> McLeod, S. (2022, Aug. 18<sup>th</sup>) "What is Attachment Theory? The Importance of Early Emotional Bonds", *Simply Psychology*, Attachment Theory | *Simply Psychology*. [online] Available at: <http://www.simplypsychology.org/attachment.html>.

#### Performing Identity & the Props We Use

<sup>1</sup> Goffman, E. (1956). *The Presentation of Self in Everyday Life*. New York: Anchor Books.

<sup>2</sup> Goffman, E. (1961). *Asylums*. New York: Anchor Books

## The Struggle in the Doldrums: When TCKs Stand Still

<sup>1</sup> Lewis, C. S. (1955) *The Voyage of the Dawn Treader*. Lion Publishers

## Boarding School Syndrome and Third Culture Kids

<sup>1</sup> Brighton Therapy Partnership (2016). The Long-Term Impact of Boarding School. [online] *Brighton Therapy Partnership*. Available at: <https://www.brightontherapypartnership.org.uk/impact-of-boarding-school/>.

<sup>2</sup> Summary of Professor Joy Schaverien's seminar on Boarding School Syndrome that took place in Brighton in April 2016: <https://www.brightontherapypartnership.org.uk/impact-of-boarding-school/>

<sup>3</sup> Brighton Therapy Partnership. (2016). *Brighton Therapy Partnership* | The Emotional Impact of Boarding School - an Interview With Joy Schaverien. [online] Available at: <https://brightontherapypartnership.org.uk/emotional-impact-boarding-school/> [Accessed 21 Nov. 2022].

<sup>4</sup> Cason, R. (2015). *'Third culture kids': migration narratives on belonging, identity and place*. [online] Available at: <https://keele-repository.worktribe.com/output/404842/third-culture-kids-migration-narratives-on-belonging-identity-and-place> [Accessed 29th May 2024].

<sup>5</sup> Aneta Pavlenko and Blackledge, A. (2006). *Negotiation of identities in multilingual contexts*. Clevedon ; Buffalo: Multilingual Matters.

## Language Imperialism

<sup>1</sup> Marttinen, A., 1998. Nurturing Our Students' Native Languages. In. Bowers, J. M., eds., 1998. *Raising Resilient MKs: Resources for Caregivers, Parents and Teachers*, Colorado Springs: the Association of Christian Schools International (ACSI). pp. 305-308

<sup>2</sup> Cason, R. (2015). *'Third culture kids': migration narratives on belonging, identity and place*. [online] Available at: <https://keele-repository.worktribe.com/output/404842/third-culture-kids-migration-narratives-on-belonging-identity-and-place> [Accessed 29th May 2024].

## PTSD and Cultural Variance: Implications for Third Culture Kids

<sup>1</sup> Holm-DiDio, K. *Cultural Differences in Post Traumatic Stress Disorder Symptoms and Prevalence*, Iona College

<sup>2</sup> Also at FIGT 2016, Amy Jung kindly shared some resources about complex PTSD, something that may be of interest to readers.

Complex PTSD - U.S. Department of Veterans Affairs

<http://www.ptsd.va.gov/professional/PTSD-overview/complex-ptsd.asp>

Complex post-traumatic stress disorder - Wikipedia

[https://en.wikipedia.org/wiki/Complex\\_post-traumatic\\_stress\\_disorder](https://en.wikipedia.org/wiki/Complex_post-traumatic_stress_disorder)

Other non-scholarly / unofficial sites are beginning to address this disorder. Examples:

<http://outofthefog.website/toolbox-1/2015/11/17/complex-post-traumatic-stress-disorder-c-ptsd>

<https://www.elementsbehavioralhealth.com/mental-health/what-are-the-symptoms-of-complex-ptsd/>

<sup>3</sup>, American Psychiatric Association (2000) *Diagnostic and Statistical Manual of Mental Disorders* (4th ed) Text Revision. Washington, DC: American Psychiatric Association. P. 898

<sup>4</sup> Boehnlein, J.K. (2001). Cultural Interpretations of Physiological Processes in Post-Traumatic Stress Disorder and Panic Disorder. *Transcultural Psychiatry*, 38(4), pp.461–467. doi:10.1177/136346150103800403.

Commented [CT1]: Complete this reference

#### When Life Goes On... and On... and On

<sup>1</sup> Cason, R. (2015). *'Third culture kids': migration narratives on belonging, identity and place*. [online] Available at: <https://keele-repository.worktribe.com/output/404842/third-culture-kids-migration-narratives-on-belonging-identity-and-place> [Accessed 29th May 2024].

<sup>2</sup> Sand-Hart, H. (2010). *Home keeps moving: a glimpse into the extraordinary life of a third culture kid*. Hagerstown, Md: Mcdougal Publishing.

#### Calculating Friendship

<sup>1</sup> Pollock, D.C. and Van, R.E. (2009). *Third culture kids: growing up among worlds*. Boston: Nicholas Brealey Pub., p. 133

#### Third Culture Kids and Repatriating Well

<sup>1</sup> Pollock, D.C. and Van, R.E. (2009). *Third culture kids: growing up among worlds*. Boston: Nicholas Brealey Pub.

<sup>2</sup> Piaget, J. and Cook, M. (1954). *The construction of reality in the child*, by Jean Piaget. London: Poutledge & Kegan Paul.

#### Does Travel Make Me a Better Person?

<sup>1</sup> Hanks, O. (2016). FIVE REASONS WHY TRAVEL DOESN'T MAKE YOU A BETTER PERSON. [online] *The Norwich Radical*. Available at: <https://thenorwichradical.com/2016/04/08/five-reasons-why-travel-doesnt-make-you-a-better-person/> [Accessed 21 Nov. 2022].

<sup>2</sup> Bennett, J., 1993. Cultural Marginality: Identity Issues in Intercultural Training. In Paige, E. M., ed., 1993. *Education for the Intercultural Experience*. Intercultural Press: Yarmouth, Maine. pp. 109-136

#### Self Compassion and the Third Culture Kid

<sup>1</sup> Mobbs, C. H. (2016) Benefits and challenges of TCK life. [online] *Expat Child*. Available at: <https://expatchild.com/benefits-challenges-tck/>.

<sup>2</sup> Pogosayan, M. (2016) Finding Home Between Worlds. [online] *Psychology Today*. Available at: <https://www.psychologytoday.com/us/blog/between-cultures/201603/finding-home-between-worlds>.

#### Essaying Identity

<sup>1</sup> James, A. (1993). *Childhood identities*. Edinburgh University Press.

#### Third Culture Kids and Burnout

<sup>1</sup> Psychology Today (2019). Burnout. [online] *Psychology Today*. Available at: <https://www.psychologytoday.com/us/basics/burnout>.

#### Joy in the Normal

<sup>1</sup> Pollock, D.C. and Van, R.E. (2009). *Third culture kids : growing up among worlds*. Boston: Nicholas Brealey Pub.

<sup>2</sup> Sheard, W. (2008). Lessons From Our Kissing Cousins: Third Culture Kids and Gifted Children. *Roeper Review*, 30(1), pp.31–38. doi:10.1080/02783190701836437.

#### Third Culture Kids: Commitment in Relationships

<sup>1</sup> Lijadi, A. and van Schalkwyk, G. (2014). Narratives of Third Culture Kids: Commitment and Reticence in Social Relationships. *The Qualitative Report*, 19(25). doi:10.46743/2160-3715/2014.1213.

<sup>2</sup> Iyer, P. (2000). *The global soul : jet lag, shopping malls, and the search for home*. New York: Knopf.