

4th World Congress on
MENTAL HEALTH

May 22-23, 2023 | London, UK

Received date: 02-04-2023 | Accepted date: 05-04-2023 | Published date: 06-06-2023

The risks and the challenges of 'High Mobility' for Third Culture Kids (TCKs) and their parents

Juan Francisco Betancourt

International School of Flanders, Belgium

Third Culture Kids (TCKs) are individuals who have spent a significant portion of their formative years outside of their parents' culture due to their parents' mobility. TCKs face unique challenges and risks that can affect their psychological well-being, and their parents may experience similar difficulties. This presentation will explore the concept of 'High Mobility' among TCKs and the potential risks and challenges that arise from frequent moves and cultural transitions.

TCKs face several psychological challenges, including identity confusion, sense of belonging and loss of relationships. These difficulties can lead to emotional and behavioral problems, including depression, anxiety and adjustment disorders. Parents of TCKs may also experience similar difficulties such as loneliness, depression and loss of community. TCKs are at greater risk of sexual abuse and accumulate more trauma in their childhood and adolescence due to constant mobility. TCKs lack conflict resolution skills and avoid forming strong attachments. Clinical psychologists need to provide interventions to develop conflict resolution skills and support TCKs in coping with anxiety, grief and identity issues.

The presentation will highlight the importance of recognizing and addressing the risks and challenges faced by TCKs and their parents. Interventions such as counselling, therapy and support groups can help to address the emotional and psychological challenges associated with high mobility. Building a sense of community and belonging is also essential for TCKs and their parents to facilitate their psychological well-being.

Clinical psychologists working with TCKs and their families should be aware of the unique challenges and risks associated with high mobility. Developing culturally sensitive interventions that address the psychological needs of TCKs and their parents can help promote their psychological well-being and facilitate healthy adjustment to the challenges of high mobility. By addressing the psychological challenges associated with high mobility, TCKs and their parents can build resilience and promote positive mental health outcomes. Increased risk of sexual abuse and anxiety related to their search for identity.

The Third Culture Model

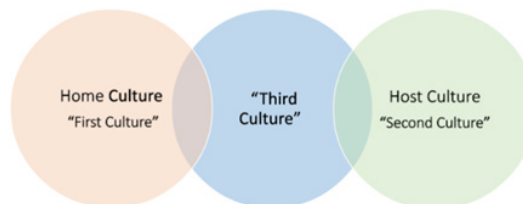


Figure 1: The Third Culture Model

4th World Congress on
MENTAL HEALTH

May 22-23, 2023 | London, UK

References

1. Crossman, T. (2016). *Misunderstood: The Impact of Growing Up Overseas in the 21st Century*. Summertime Publishing.
2. Van Reken, R., & Pollock, D. C. (2020). *Third Culture Kids: Growing Up Among Worlds*. Rev. ed.
3. Nicholas Brealey Publishing. Ota, D. W. (2018). *Safe Passage: How Mobility Affects People and What International Schools Should Do About It*. 2nd ed. Summertime Publishing.
4. Felitti, V. J. (2009). Adverse childhood experiences and adult health. *Academic pediatrics*, 9(3), 131-132.

Biography

Juan Francisco Betancourt is a passionate Psychologist, Educator, and Counselor who graduated from the Pontificia Universidad Catolica Del Ecuador in 2017 with a Degree in Psychology. His love for the International Educational Environment led him to pursue a postgraduate program in International Teaching at Thomas More - University of Applied Sciences in Belgium. Throughout his career, he has been fortunate to teach Psychology, History, and Linguistics. He currently works as a School Counselor and Sex Education Teacher at ISF (International School of Brussels). He is also pursuing a Master's degree in Psych-pedagogy at Universidad Internacional De La Rioja (Spain). In addition to his passion for education, he is an Avid Diver and Sports Enthusiast, particularly in Swimming and MMA. He also enjoys reading and writing in his spare time.

e: f.betancourt@isfwaterloo.org