

## Resources for Cross-Cultural Workers and TCKs

<https://more.outreach.ca/who-we-are>

Our journey began in the summer of 2011 when God raised up groups of like-minded people across Canada to meet and discuss Missionary and MK Member Care. At a meeting in Banff, Alberta, many shared the challenges of providing Member Care alone, and the idea of a network for sharing training, information, and resources between all was birthed. This same summer, groups in eastern Canada and western Canada began meeting to discuss how to better support Canadian MKs. As core groups began to form across the country, much prayer, and discernment of God's leading surrounded these two emerging ministry ideas.

As this ministry has continued to grow, our goals have expanded beyond our work with MKs to include training, nurturing, and resources for whole missionary families in transition as well as member care support staff. The title of Canadian Missionary Kid Network no longer fit with this larger mandate, and so was born the MORE Network (Missionary Opportunities for Resourcing and Equipping). While the ministry of the CMKN continues, it has become one part of the broader ministry of the MORE Network.

### Adult TCKs requesting resources for help on varying subjects:

1. Resources about dealing with social anxiety (especially within the context of adult TCK and MK experience)
2. Resources about how people can be better at intimacy—specifically opening up and relating to other people.
3. MK states that the Ukraine conflict is very triggering for MKs that grew up in environments that were conflict-ridden as children; he wonders if there is any assistance that SIM can offer to MKs that are triggered about the news in Ukraine because it is impacting their ability to read the news and function in day-to-day life.
4. MK had trouble adjusting to the culture in the USA and applying for jobs when he came back from the mission field; are there any SIM resources that help with those things for adult MKs?
5. TCK is struggling with the vast difference between western wealth/materialism and developing country poverty.

### Here are some Resources:

#### 1. Social anxiety resources

A. There are a couple of articles on alifeoverseas:

<https://www.alifeoverseas.com/how-i-fight-anxiety-and-serve-as-a-missionary-anyway/>

<https://www.alifeoverseas.com/ask-a-counselor-recognizing-and-managing-anxiety/>

B. A Pioneers AMK, [Taylor Joy Murray](#), has been blogging about anxiety and recently wrote a book about it. She also has free downloadable resources on tools to reduce anxious moments and a monthly reflection guide to move people forward with less anxiety.

#### 2. Resources for opening up/relating to other people

Have you seen Heidi Tunberg's slide set on the difference in relating to monocultural peers vs. TCKs? The concept is basically that the two sets of people build relationships in a different way: monocultural peers tend to be more surface initially, need shared experiences to build relationships, and then trust. TCKs can go deep initially, yet also tend to trust others until they prove untrustworthy. There are dynamics of TCKs wanting to help/save others that can get them into trouble as well as sharing their stories deeply which lead others to believe that their relationship is much deeper than the MK/TCK realizes.

[Lois Bushong's book](#) *Belonging Everywhere and Nowhere: Insights into Counseling the Globally Mobile* may be helpful in unpacking some of the issues.

Michele Phoenix <https://michelephoenix.com/>

She has many articles that relate to TCK Life, but specifically relationships

<https://www.youtube.com/@Stargazerdreams/videos>

[https://www.youtube.com/watch?v=Iv23QHJum0M&list=PLD6AAdX7peUGD1XkYwRCrMB\\_2NuZLBcUh](https://www.youtube.com/watch?v=Iv23QHJum0M&list=PLD6AAdX7peUGD1XkYwRCrMB_2NuZLBcUh)

<https://podcasts.apple.com/ca/podcast/pondering-purple/id1499722940>

### 3. Trauma-informed care

James Covey (SIL counselor) just contributed a chapter to a current staff care book called [\*Essentials for People Care and Development\*](#) about *Trauma informed Staff Care*.

Understanding ACEs ([Adverse Childhood Experiences](#)) and PCEs ([Positive Child Experiences](#))

TCK Training did a short series on PCEs. Here's the [video link](#).

Here's a link from our [website on helping TCKs through crisis / trauma](#).

[\*The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma\*](#) by Bessel van der Kolk is another good book for understanding why the body may be triggered by similar experiences from the past in the future.

### 4. Resources for reentry

We have a handbook on our website called [High School to Occupation](#) which has information on creating a resume, creating a CV, interviewing for a job, dressing for the interview, follow-up, etc. along with other resources for those who aren't planning to do a traditional college/university study.

There are cultural helps like [Geert Hofstede's cultural dimensions](#) or [Erin Meyer \(sample of cultural comparisons\)](#) are two authors/researchers that compare and contrast culture using different variables like power index, community vs. individual, etc.

[Heidi Tunberg's website](#) may also be a good place to look for resources related to culture shock and the TCK experience. [About – TCK Resources](#)

### 5. Wealth and materialism vs. poverty

This dichotomy exists in almost every country. MKs may just not have experienced the wealth part of it. Debriefing may be a good place to recognize a struggle with the issue. Then, if the MK can look for proactive ways to make a difference in their community, it can sometimes help the struggle. Volunteer at a food bank or shelter, work with the immigrant population, work for a grass roots politician who is committed to making a difference, or find ways in their areas of talent to champion the causes they value and care about (if a writer, share the realities of their city/town; if a musician, find ways to get instruments or lessons into the hands of those who may not have access; if in sports, connect with ministries that provide sports opportunities in underprivileged/underserved areas, etc.)

### Other Resources for those who have lived overseas

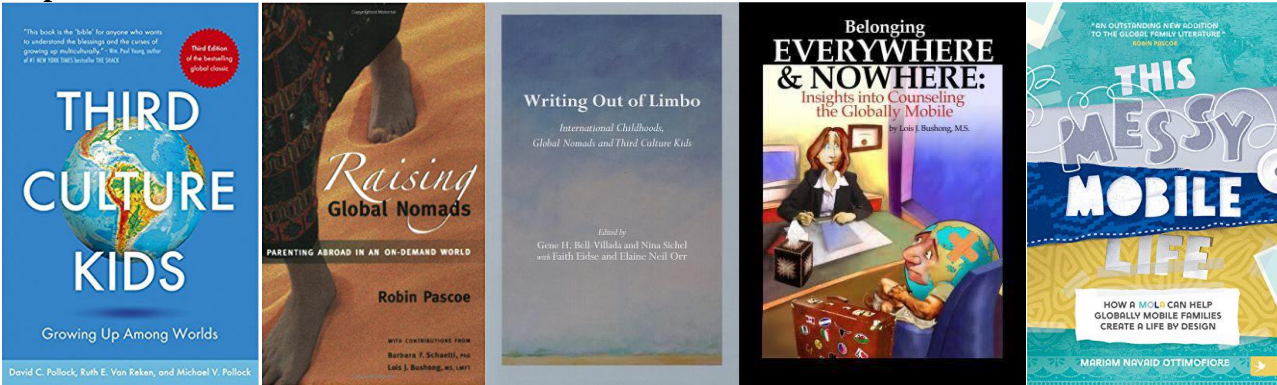
Living Cross Culturally – These are websites that have helpful information. They also have articles that relate to TCK-ness.

- Communicating Across Boundaries, blog by Marilyn Gardner with guest posts by Robyn Bliss and other guests. <http://communicatingacrossboundariesblog.com/>
- [Velvet Ashes – encouragement for women serving internationally](http://velvetashes.com/) <http://velvetashes.com/>
- Michele Phoenix: [www.michelephoenix.com](http://www.michelephoenix.com) [MK Advocate](#) This website is written and maintained by an MK for MKs. Lots of good articles for MKs and Parents of MKs.
- Pinterest Page <https://www.pinterest.com/heidinindi/?autologin=true>  
Anything related to TCKs and MKs can be found on this website.
- *Among Worlds Magazine* for adult Third Culture Kids; current ATCKs, parents and educators <https://amongworlds.interactionintl.org/>
- Families in Global Transition <http://www.figt.org/>
- TCK <https://store.intervarsity.org/ct-bookmark.html>
- Libby Stephens Humanizing the Transitioning Experience, <http://libbystephens.com/third-culture-kids>
- MK Resources on the Web <https://missionexus.org/mk-resources-on-the-web/>
- *Raising Resilient MKs: Resources for Caregivers, Parents and Teachers*, Edited by Joyce Bowers  
**Free Download**—provides 500 pages of valuable material for those involved with TCKs.  
The Association of Christian Schools International (ACSI) published this book in 1998 and has graciously given permission to make it available free of charge.  
The book is available to download as .doc, .pdf, or .zip files for your computer and as .mobi or .epub files for your

Kindle or Nook. You can't beat the price.

<http://www.missionarycare.com/raising-resilient-mks-resources-for-caregivers,-parents,-and-teachers>

### Top Five Adult TCKs Books



### Magazines & Websites:

*Cultures: The Global Multicultural Magazine* <https://cultursmag.com>

*Among Worlds* <https://interactionintl.org/>

*Seachangementoring.com/students/*

*Interaction International* <https://interactionintl.org>

*Families in Global Transition* <https://www.fgt.org>

*TCK Live - Interaction International* ([interactionintl.org](https://interactionintl.org))

### Adult TCK - Barnabas International

[Adult TCK Ministries \(barnabas.org\)](https://barnabas.org)

#### Annual Retreat

[An annual retreat](#) is held at the end of October in Southern Michigan. This faith-based retreat provides a safe space for self-reflection, intentional processing, community formation, connection making, and spiritual and emotional growth and healing. All post-university TCKs are welcome to attend. The session topics touch on the practicalities of living in the United States as adult TCKs.

#### Virtual Pop-Ups

Throughout the year we host virtual get-togethers to foster community.

#### Virtual Book Studies

If you are interested in joining one or more of the following studies (meeting bimonthly), please [fill out this google form](#).

- [Tarmac](#) is a 10-week guide to making sense of your multicultural story.
- [The Journey](#) provides space for adults to discover more deeply who God is and who they are so they can begin living out what God desires them to be and do. This 5-6 month curriculum is not specific to ATCKs but gives clarity and space to process being a TCK.
- [Unstacking Your Grief Tower](#) book club consists of a 10-week discussion of each chapter.

[Adult TCKs \(tektraining.com\)](https://tektraining.com)

## Introducing



Looking for community without all the extras of our membership?

[Purchase now!](#)

[Learn More!](#)

The ATCK Community Pass can also work in conjunction with a Parent or Caregiver membership for those who are ATCKs!



**Check our ATCK Community Pass** and be part of our monthly **ATCK Coffee Chats**, where we aim to provide a relaxed space to meet and connect with other ATCK members over a cup of virtual coffee! *We'll meet on the third Wednesday of each month at 8am & 8pm Eastern Time (NY).*