

Treatment Plan

Working with Third Culture Kids

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In my **25+ years of counseling** Third Culture Kids (TCKs), I have learned to keep in mind the following **TEN** principles as I work with my clients.

1. Always keep in mind they view their world through the lens of many cultures.
2. Do not assume anything about their world.
3. Listen and learn for they have much to teach you.
4. Read all you can about and by Third Culture Kids and make the application to others with similar experiences.
5. What may be pathology in one population may not be pathology in another.
6. Hidden losses and grief are frequently the root of their presenting problems.
7. Be creative in your therapy because the client may not fit into your typical counseling model.
8. You are closer to their world if you view them as internationals.
9. When dealing with identity issues, picture the TCK Identity Iceberg.
10. Model a healthy goodbye.

Detailed information on these recommendations can be found in my book,

***“Belonging Everywhere & Nowhere:
Insights into Counseling the Globally Mobile”***