



DOVER COURT
INTERNATIONAL SCHOOL
SINGAPORE
A NORD ANGLIA EDUCATION SCHOOL

DCA Transitions Workshop:

Understanding reactions to change and loss



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Living in Singapore: Tips for settling in



Did you know?

- Average Temperature 88 F / 31 C
- Average Humidity 84 %
- Land Mass 250 sq miles
647 sq km
- Languages: English, Mandarin,
Bahasa Malay, Tamil
- Lightning Capital of the World
- No Typhoons, No Earthquakes,
No Tsunamis



Population (as of August 2018)

- 5.79 million people
- 4.16 million citizens or permanent residents
- 1.63 million expatriates
- **Demographics of local population**
 - **76 % Chinese**
 - **15 % Malay**
 - **7% Indian**





RED signifies universal brotherhood and equality

White signifies purity and virtue

Crescent moon represents a young nation on the rise

Five stars signify ideals of democracy, peace, progress, justice and equality.



RELIGION

43% of the population are Buddhists

15% are Muslim

8.5% are Taoist

5% Catholic

4% Hindu

10% other Christian denominations

15% no affiliation



makansutra
celebrating the best of Asian food culture & Lifestyle

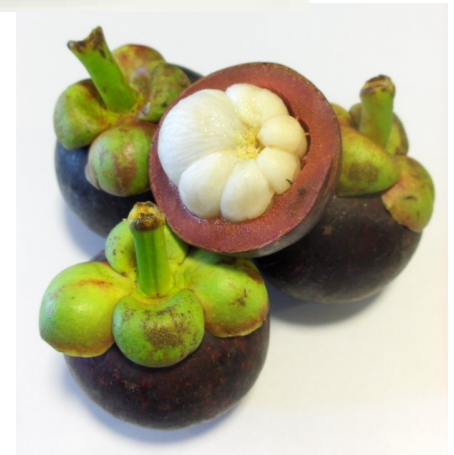
The logo for Makansutra features a stylized, black-and-white illustration of a person sitting in a meditative pose (lotus position). The person is holding a fork in their right hand and a spoon in their left hand. Below the illustration, the word "makansutra" is written in a lowercase, sans-serif font, followed by the tagline "celebrating the best of Asian food culture & Lifestyle" in a smaller font.

Singaporean ways

- Singlish—“ Nola” is not a person (Ah, Lah, Wah)
- Customer service
- Very little imagination—”a rule is a rule”
- Limited selection consumer goods
- Creativity stifled
- Public discourse limited
- Emergency trauma services Ph: 995
- Parkway Ambulance Service: Ph: 64703307

Singapore: The interesting

- There is a fine for everything
- There is no welfare
- Durians & mangosteens
- Breeding mosquitoes is illegal
- No shoes in homes
- Don't expect to get invited to homes
- Some new apartments are built without a kitchen



Singapore: more interesting things

- **Singaporeans generally will not ask questions or otherwise participate**
- **No tipping**
- **Children tend to be more respectful to adults, less outgoing, less adventurous**
- **Can't Buy Apartment till Age 35 . . .**

So:

- **Singles Live at Home**
- **Multiple Generations live together**
- **Grandparents often raise children**

Singapore: more interesting things

- **Singaporeans often have two events on the same evening—don't expect them to stay late**
- **Kiasu**
- **Gifts: No clocks . . . No knives**
- **Uncle / Auntie: Terms of Respect**
- **Cars and the COE**
- **Red Packets**

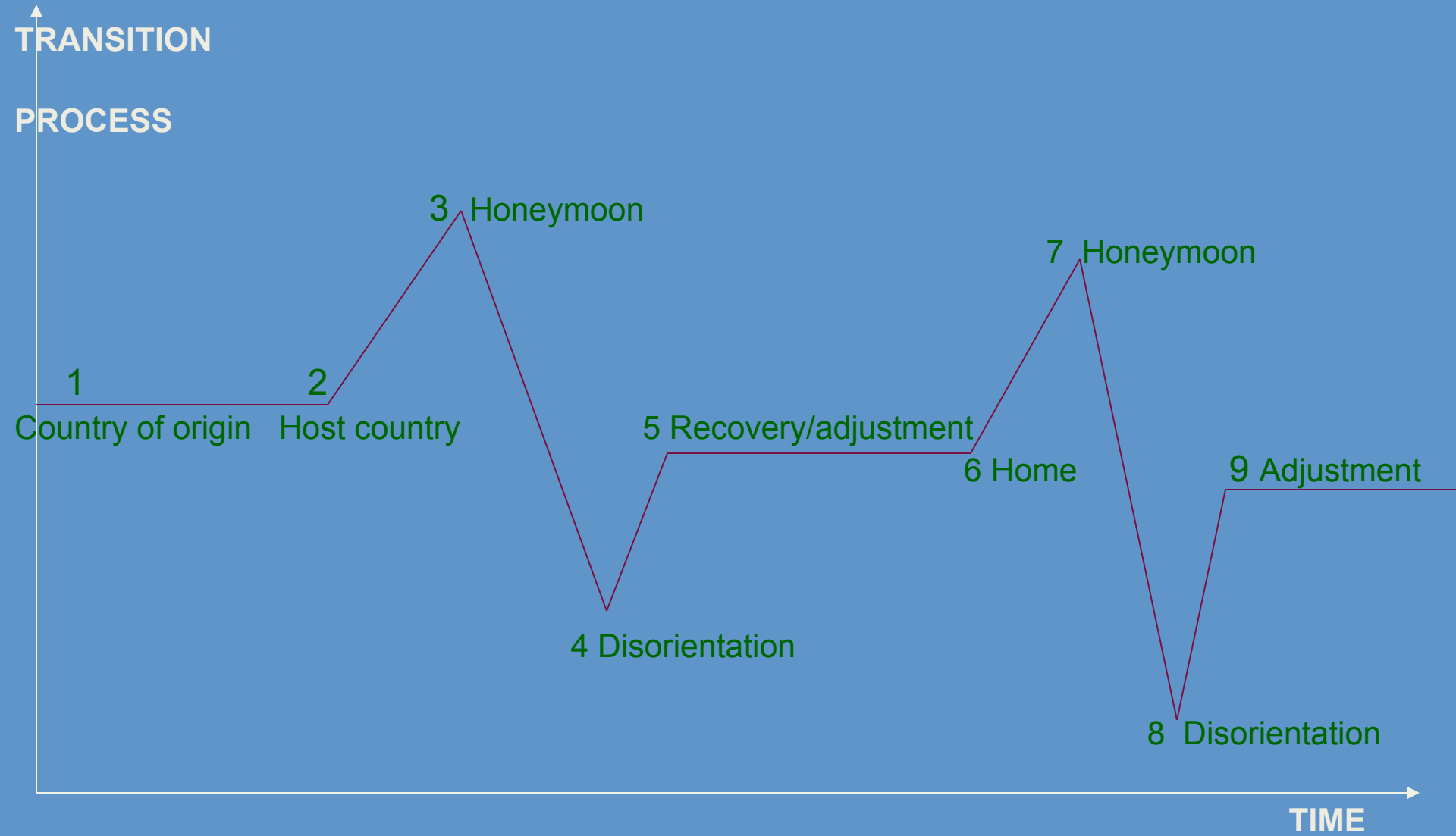
The internationally mobile child: POSITIVES

- Meeting new people
- Friends all over the world
- Travel
- New food & other cultural experiences
- New language
- Different perspective on life
- Good communicator (many stories to tell)

The internationally mobile child: CHALLENGES

- Emotional roller coaster ride
- Search for identity
- Changing cultural boundaries
- Sense of belonging
- Need for relationships
- Grief

Expatriation "U" curve and Repatriation "W" curve



Gullahorn & Gullahorn (1963)



Exploring the Seasons of Grief

Seasons for Growth[®] is an education program which explores the impact of change and loss on everyday life, and helps people learn new ways to respond to these changes.

Introductions

- Share your name and where you're from
- Tell the story of your shoes:
 - Where you got them
 - Why you chose to wear them today
 - What they say about you



Change and loss are part of life

- Are natural and inevitable (more so as an ex-pat)
- Can bring both positive and negative effects
- May be a catalyst for growth (building resilience)

“Grief is a conflicting mass of human emotion that we experience following any major change in a familiar pattern of behaviour.”

(Source: James and Cherry, 1988)

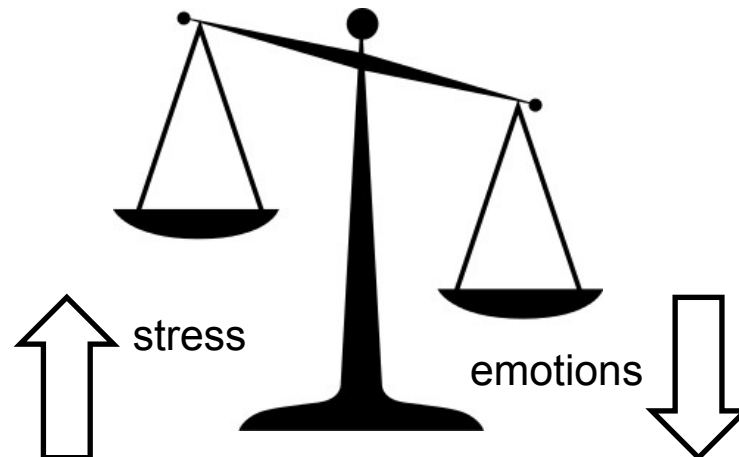


Activity 1: 'My precious object'

Think of a special or significant object you have once lost.
Tell your partner:

- What was the object?
- What happened?
- How did you react?
- Write down 4 key words about how you responded.

Swap and repeat.



Outcomes during transitions

Physical	Affecting the body	<i>e.g. headaches, loss of appetite, sleeplessness?</i>
Psychological	Affecting emotions	What feelings might be strongest? <i>e.g. anger, anxiety?</i>
Social	Affecting relationships	<i>e.g. being withdrawn, sensitive, chaotic?</i>
Cognitive	Affecting thoughts and self-talk	<i>e.g. distracted, inability to focus, interpretations of ambivalence?</i>
Spiritual	Affecting how we place meaning/ values/ philosophical outlook	What becomes important in life? <i>e.g. questioning priorities?</i>

Activity 2: Storm warning activity

- Place scenario of change / loss where you believe it fits
- Compare differences and similarities
- Remember grief reactions are individual and unique

Breeze

Wind

Storm

Gale

Cyclone



Grief is influenced by context and characteristics.

One person's 'breeze' is another person's 'cyclone'.



Factors that influence reactions to change / loss

1. The nature of the situation of event, e.g. loss of employment?
2. The importance of the change, e.g. redundancy, age, family responsibilities?
3. How the transition happened, e.g. expected, fair?
4. Previous experience of change, e.g. adaptability, resilience?
5. Personality and temperament, e.g. optimism, fearfulness, flexibility?
6. Available support networks, e.g. family, friends, community groups?
7. Other changes/losses resulting from the transition, e.g. domino effect?
8. Social and cultural expectations and stereotypes.



Empowerment strategy: 'I Can' vs 'If only'

People can consciously regain a sense of control by focusing on the 'I can...'

Being connected and knowing that you are supported are critical aspects of feeling in control

We can also support ourselves by doing things that bring us enjoyment

Make a list:

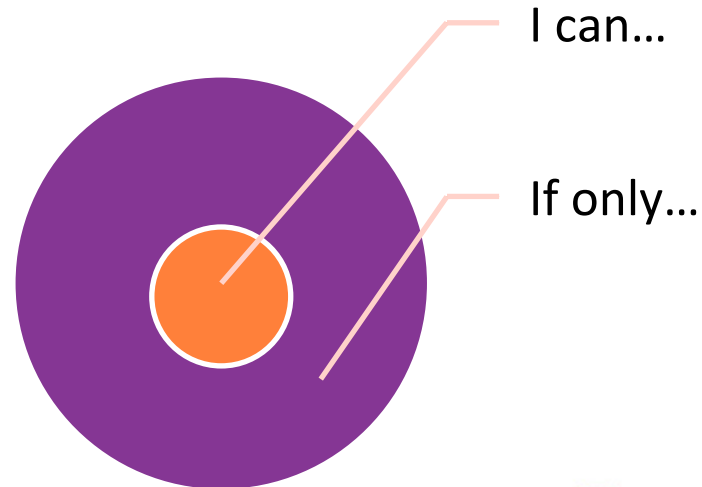
Things you can do...

- ...by yourself
- ...with others

Places you can go...

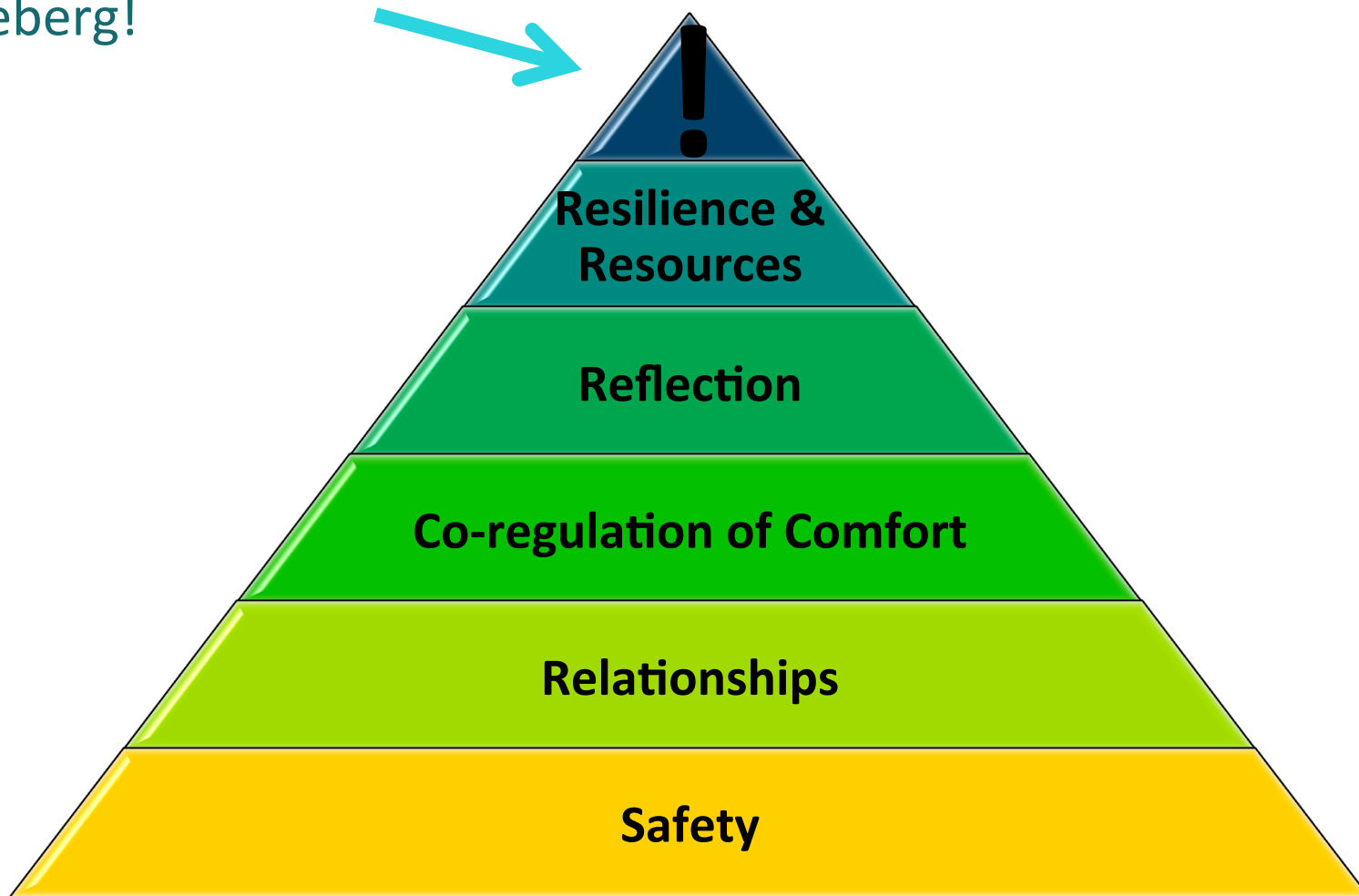
- ...by yourself
- ...with others

People you can talk to.

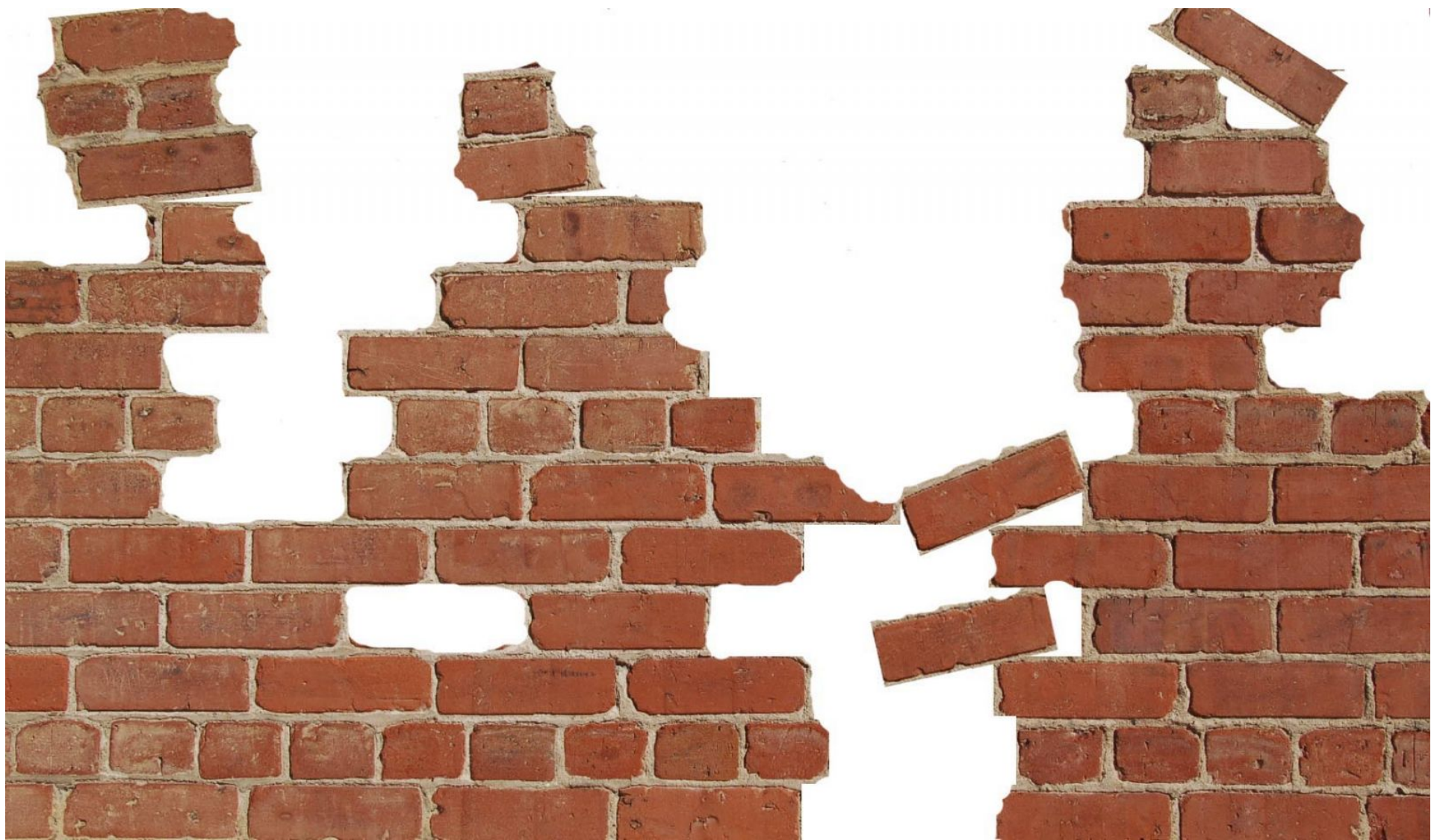


Maslow's hierarchy of needs

'Symptoms': the tip of the iceberg!



If we don't have a safe base...



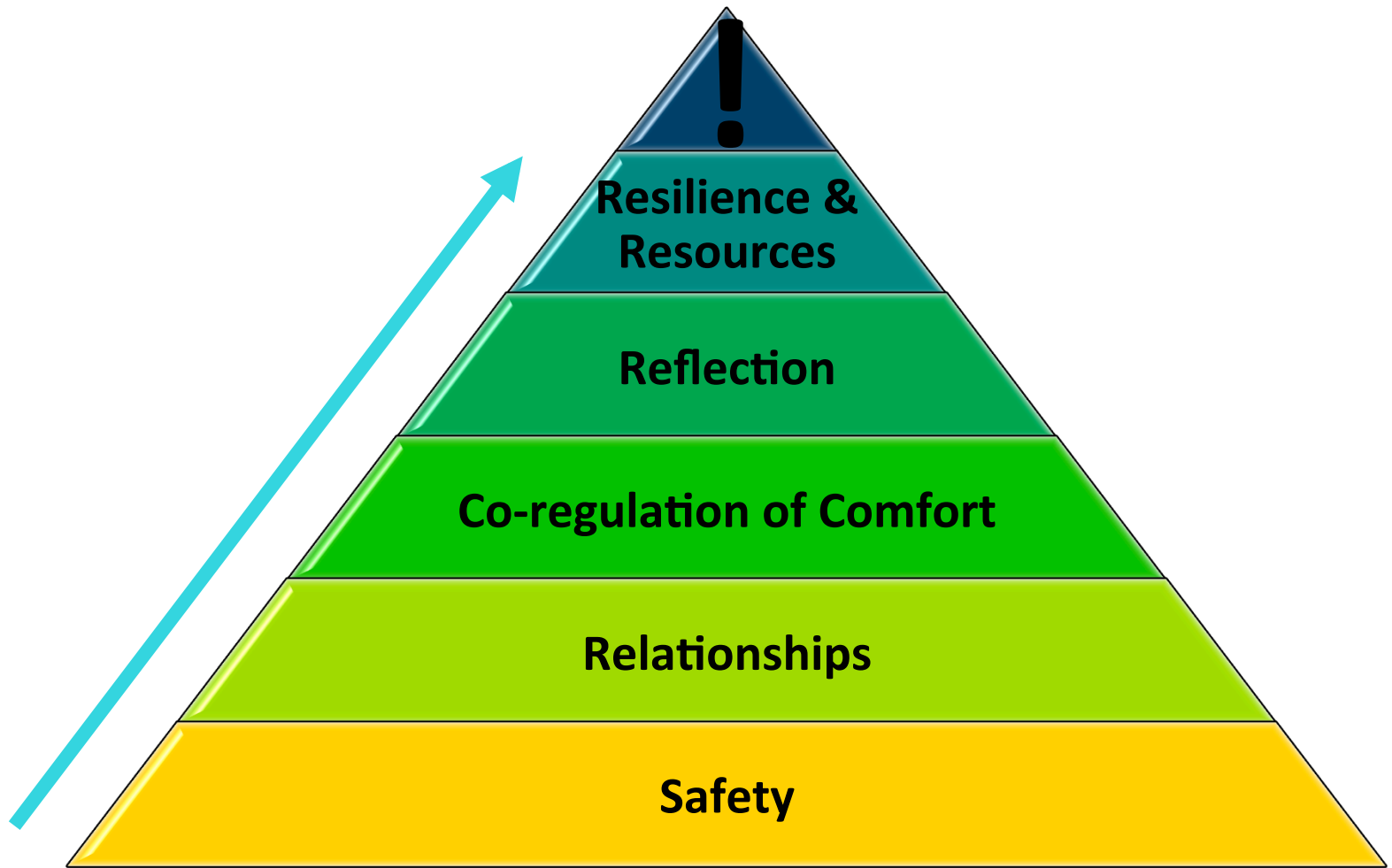
The basis of a safe environment

Experiences that are:

- Rewarding,
- Reinforced
- Routine,
- Consistent,
- Predictable.



Maslow's hierarchy of needs



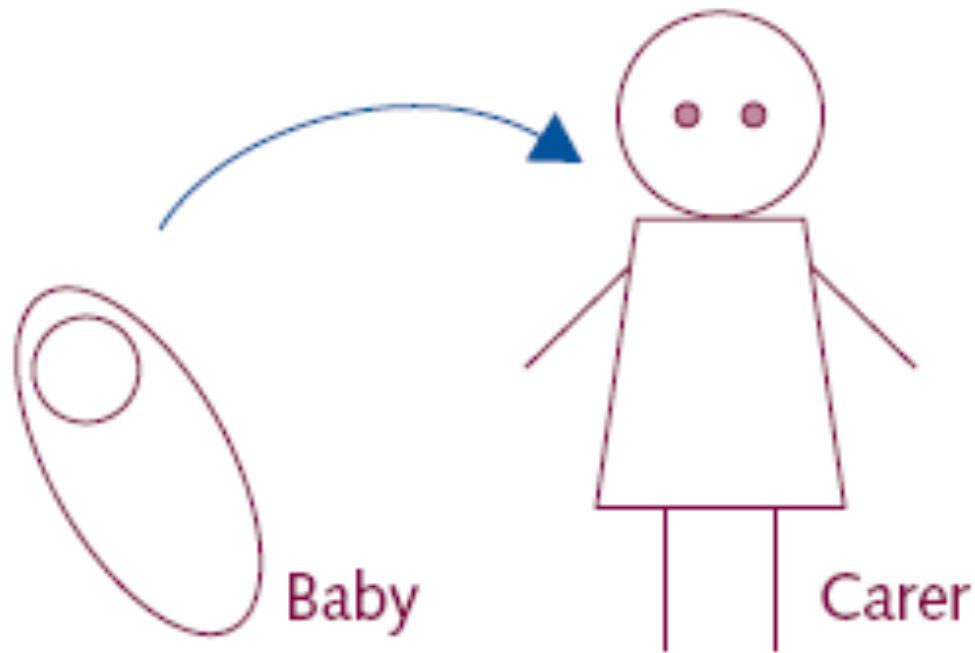
Nurture principles

1. Children's learning is understood developmentally
2. The environment offers a safe base
3. The importance of nurture for the development of self-esteem
4. Language is a vital means of communication
5. It is understood that all behaviour is communication
6. The importance of transition in children's lives is understood.

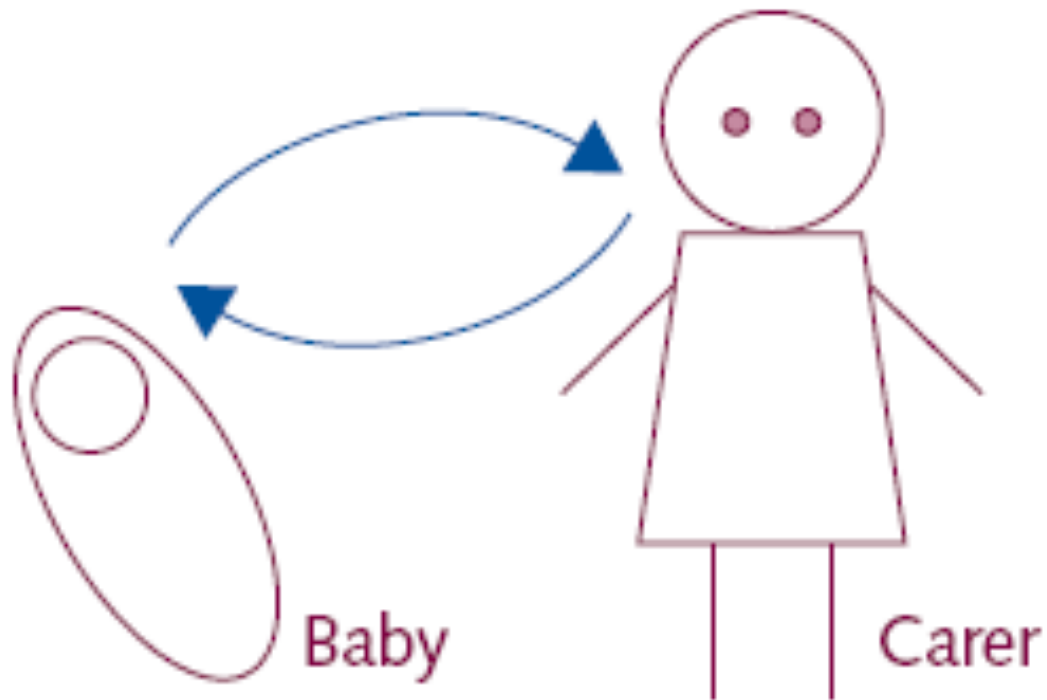


Containment - Diagram 1

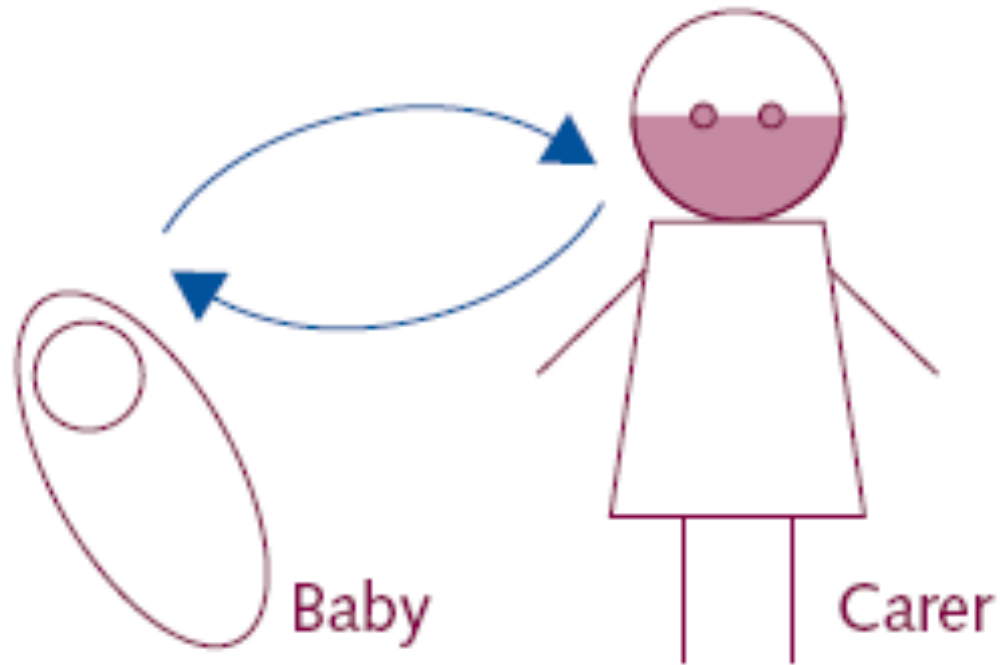
adapted from the Solihull approach



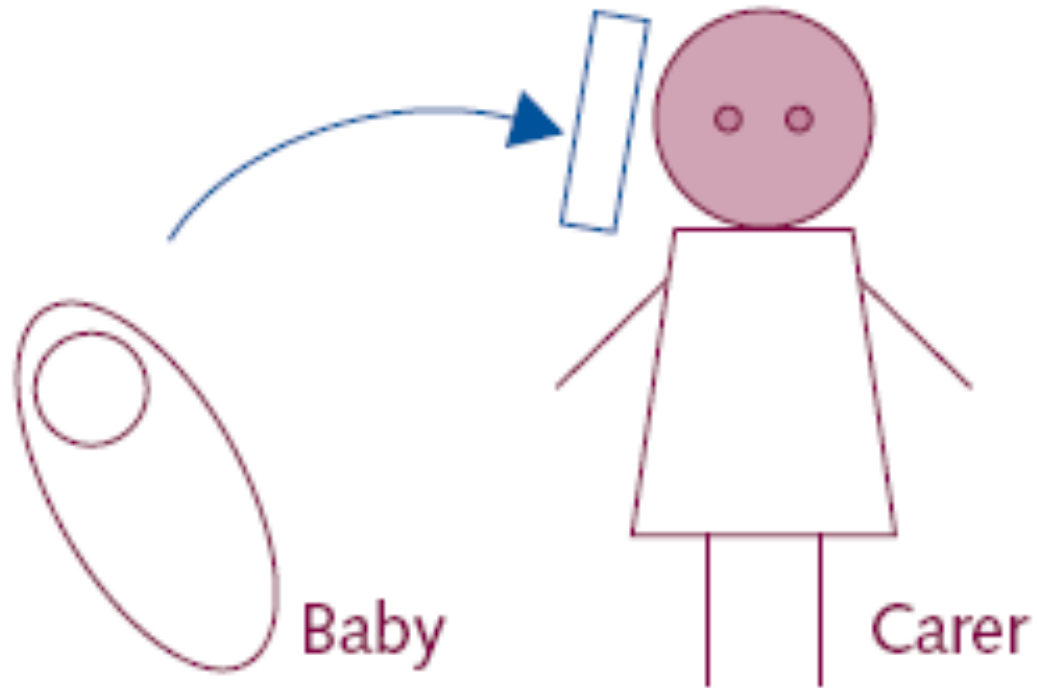
Containment - Diagram 2



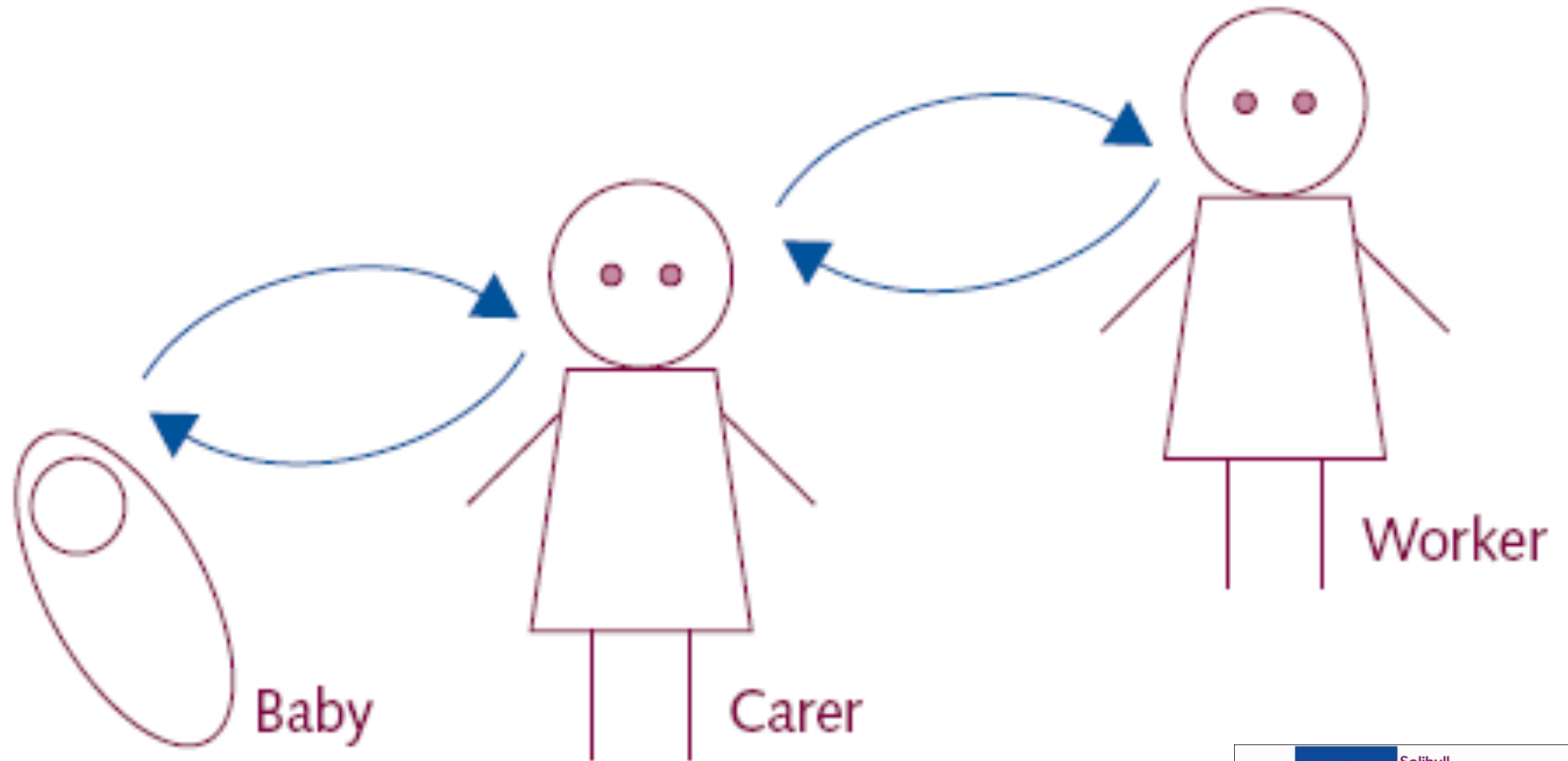
Containment - Diagram 3



Containment - Diagram 4



Containment – Diagram 5



We've covered...

- An introduction to Singapore
- The 'ups and downs' of transitioning abroad
- The range of changes and losses experienced in life
- The relationship between change and behaviour
- Varying reactions to change, and factors that influence these reactions
- Strategies:
 - The role of choice in the grief journey
 - The importance of networks of support
- The basic need for safety and structure





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YOU THREW A FIT THIS MORNING BECAUSE YOUR MOM PUT LESS JELLY ON YOUR TOAST THAN YESTERDAY!



Thank you for listening.