



Cultural balance, when baby
makes three cultures –

Duo's online lecture by Therese Bogan

Therese Bogan, the lecturer, is a licensed marriage and family therapist and integrative consultant. The lecture is organised by Duo (for intercultural families).

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Therese Bogan, Integrative Consultant

**Cultural Balance,
When Baby Makes 3 Cultures**

Attachment

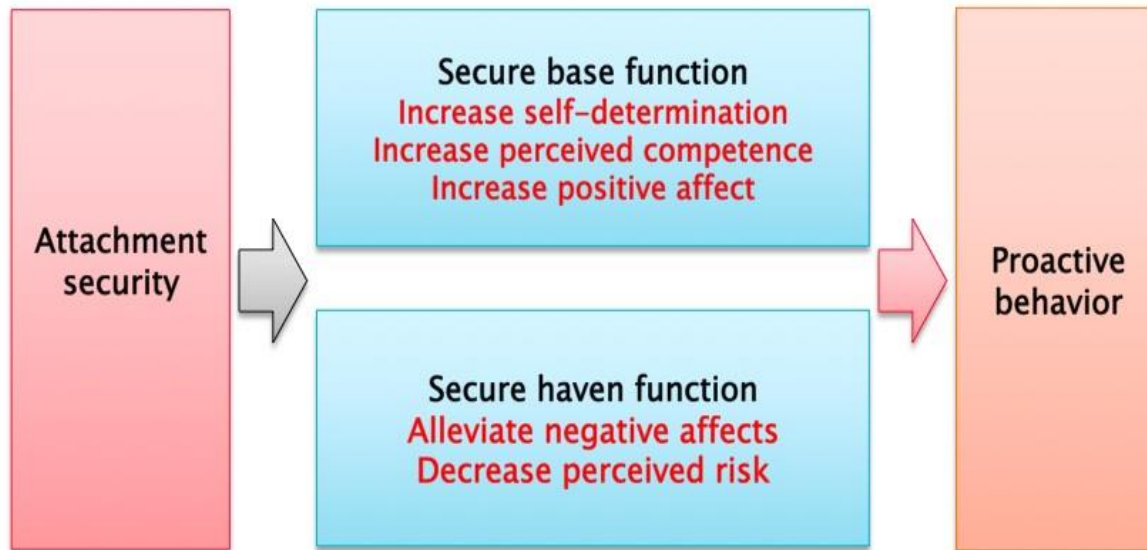
Couples

Making your 3rd Culture



Attachment

Functions of attachment security
in shaping proactive behavior



- John Bowlby, (1969, 1988) pediatrician and as a psychoanalyst, developed attachment theory from psychoanalytic and ethological bases.
- Mary Ainsworth US/Canada Developmental Psychologist (Ainsworth & Bowlby, 1991; Bretherton & Main, 2000) completed field research in Uganda and the United States, and developed methodology and classification systems based on attachment theory. Contributed the Strange Situation.

Mary Ainsworth's Contribution

3 Patterns:

- Secure
- Insecure
- Non-attached

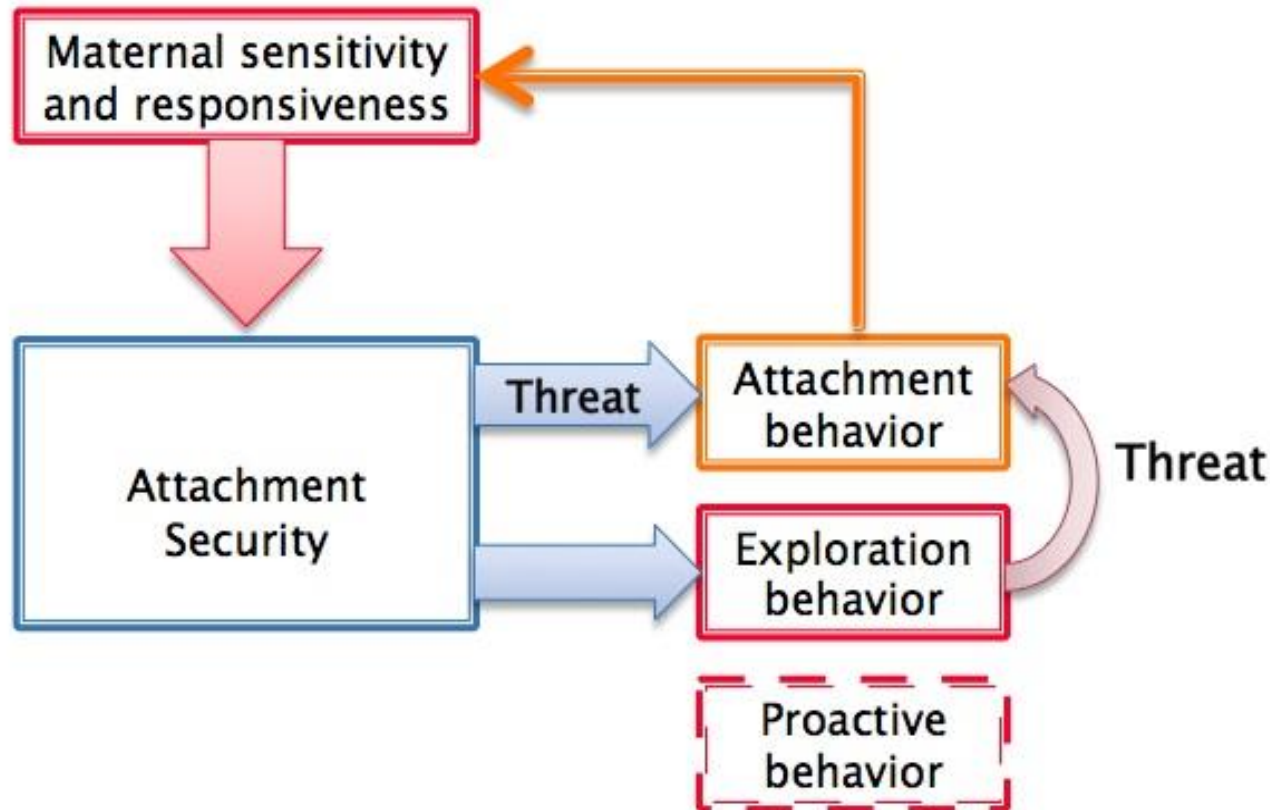
Split into 4 Types

- Type A: Insecure Avoidant
- Type B: Secure
- Type C: Insecure Ambivalent Resistant
- Type D: Insecure Disorganized

Cultural Competence Debate

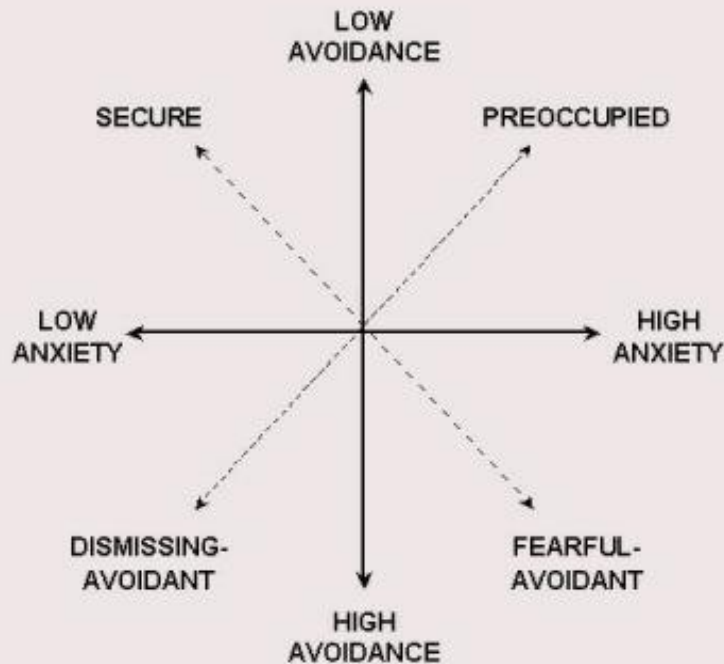
- Standardizing and Globalizing Secure Attachment
- Troubled relationship with socio-economic status
- Western/Non-Western Cultures
- Indigenous vrs. Contemporary
- Nature vrs. Nurture
- Individualism vrs. Collectivism

Accepted System of Attachment Behavior



- System in Culture
- What is culturally used behavior?
- What makes the behavior proactive?

Attachment Influences



- Attachment Types
- Temperament
- External Situations
- Parents and their self-development system
- Interconnection Mirror

Tasks and Goals of a Couple



- Love? Duty? Business?
- Attachment security
- Negotiation of separateness
- Collective goals
- Define commitments:
Proximity? Intimacy?
Property? Family?

Couples Therapy Theory

John Gottman, researcher, psychologist and author

Seven Principles

- **Enhance Your Love Maps.** Gottman defines a love map as the place in your brain where you store information pertaining to your partner. This is crucial in really knowing your partner, their dreams, hopes, interests, and maintaining their interest throughout the relationship.
- **Nurture Your Fondness and Admiration.** This means laying down a positive view about your spouse, respecting and appreciating their differences.
- **Turn Toward Each Other Instead of Away.** Acknowledging your partner's small moments in life and orienting yourself towards them will maintain that necessary connection that is vital for the relationship.
- **Let Your Partner Influence You.** It is important to maintain your own identity in a relationship, but it is equally important to yield to your partner and give in. If both partners allow one another this influence, then they will learn to respect one another on a deeper level.
- **Solve Your Solvable Problems.** It is important to compromise on issues that can be resolved, which Gottman believes can be accomplished by these five steps: soften your startup, learn to make and receive repair attempts, soothe yourself and each other, compromise, and be tolerant of each other's faults.
 - **Overcome Gridlock.** Major issues that cannot be resolved because both partners' views are so fundamentally different involves understanding of the other person and deep communication. The goal is to at least get to a position that allows the other person to empathize with the partner's view, even if a compromise cannot be reached.
- **Create Shared Meaning.** Create a shared value system that continually connects the partners through rituals/traditions, shared roles and symbols.

Gottman, John; Silver, Nan (1999). The Seven Principles for Making Marriage Work. Crown Publishers imprint (Three Rivers Press). ISBN 0-609-80579-7.

Self-Determination Theory

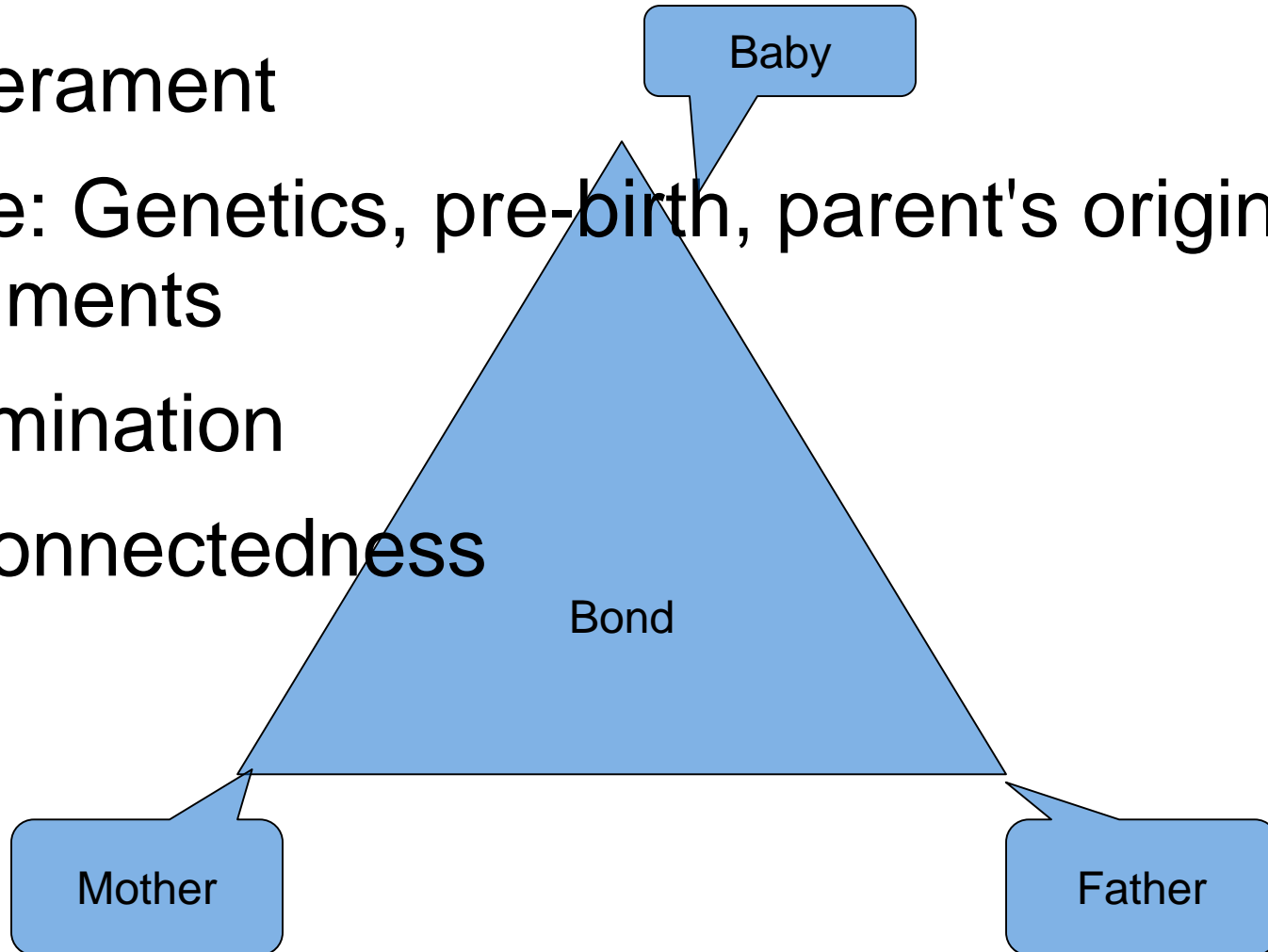
Are you “determined” as an individual, couple, family, group, society?



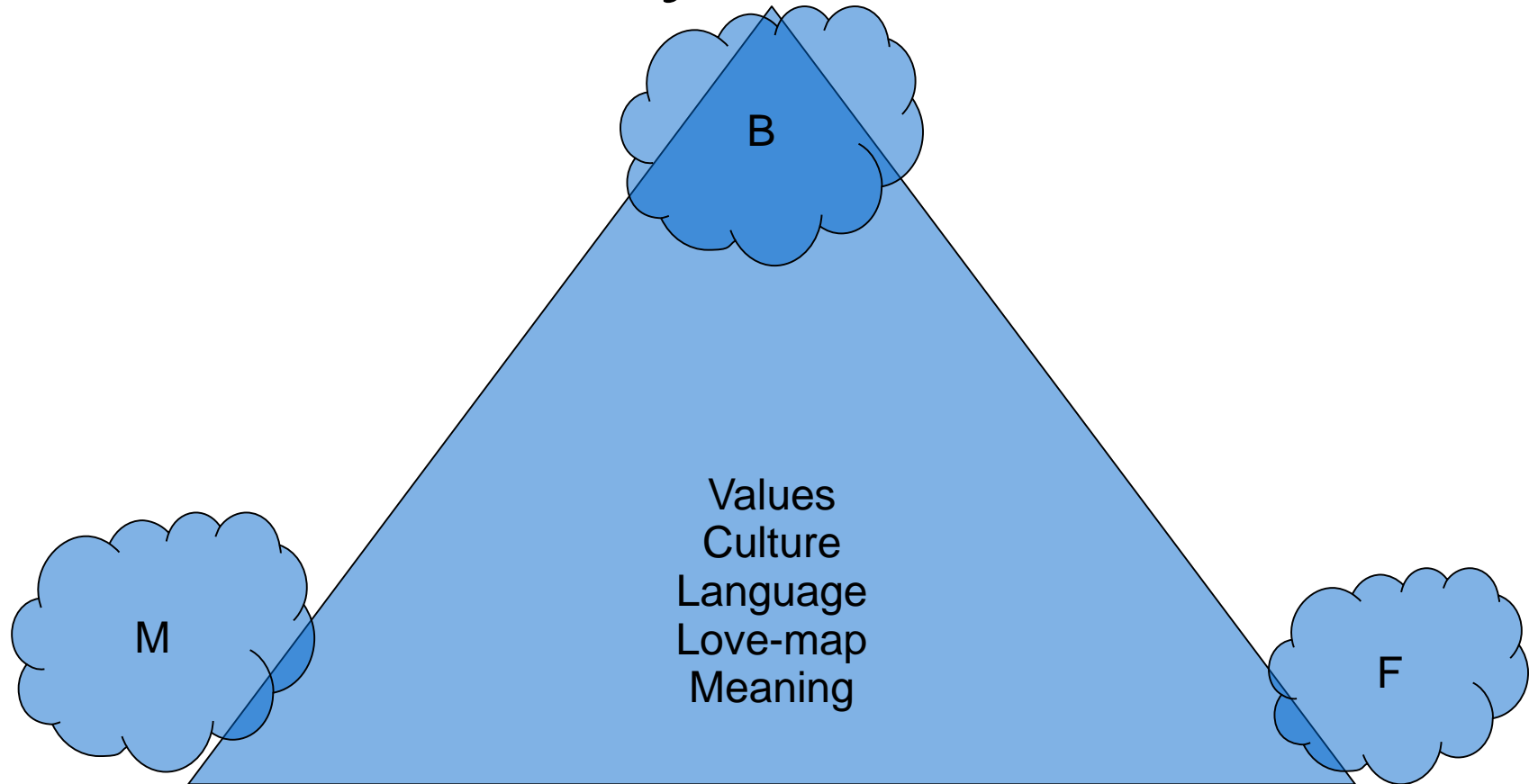
Edward L. Deci and Richard M. Ryan: Coined through their research, 3 basic needs for motivation and determination.

Baby Makes 3

- Temperament
- Nature: Genetics, pre-birth, parent's original attachments
- Determination
- Interconnectedness



Baby Makes 3



Biggest Trouble For Bi-Cultural Families

- Unresolved Attachment Traumas

Estranged



Enmeshed

- Rapid Mobility
- Organizational focus power battle
- Value change

What to do?

- Predict your attachment plan like a birth plan
- Expect to re-live your attachment differences
- Enlist families of Origin for their historic and current competence building (friends/expat network)
- Work the triangle for the sake of the bond
- Choose couples as mirrors for determination and cultural influence