

## Cultural Transition Services

Cultural Transition Services incorporate a number of services developed by Greg Turner a registered psychologist experienced in working with individuals, families, and communities from culturally and linguistically diverse backgrounds. Greg is one of Australia's leading educators in the field of cultural transition, acculturative stress and transcultural mental health. Greg has held senior positions in the public and private sector as an educator, consultant and clinician. Greg is passionate about delivering professional services that meet the unique needs of all people who are making the transition from one culture to another.

Cultural Transition Services provide culturally sensitive and respectful approaches that take into consideration the unique context of every individual and family. The program is provided in a highly confidential and professional manner

### CULTURAL TRANSITION SERVICES for ACCULTURATION SUPPORT

Services can be provided on location  
across Australia



Global  
Community  
Consulting

Global Community Consulting

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Global Community Consulting

SUPPORT FOR HEALTHY  
CULTURAL TRANSITION AND  
WELLBEING

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*Cultural Transition Services*

*for a*

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# CULTURAL TRANSITION SERVICES

Moving from one culture to another has become a fact of life for all of us in today's global community. Whether we are immigrants moving to Australia or emigrants moving to an overseas assignment cultural transition will create stress as we deal with losses and adjust to changed and unfamiliar surroundings.

The issues facing people undergoing cultural transition are complex and the acculturative stress that occurs can negatively affect individuals and families to varying degrees. Adapting from one culture to another can be extremely difficult and stressful for many individuals and their families, particularly when the cultures are quite different from each other.

Cultural Transition Services offer a range of training programs as well as professional support programs to assist individuals, families, organisations and employers in making this transition in a positive and healthy manner.

## TRAINING WORKSHOPS

**The Cultural Transition one-day training program** covers the issues most often experienced by people making the transition from one culture to another including:

- Dealing with culture shock
- Cultural transition stress
- Dealing with Loss (of homeland, culture, friends, family, familiarity, school, food, societal rules, jobs, etc)
- Homesickness
- Dealing with different rates of acculturation across the family
- Adjusting to a new life, at home, at work, at school, recreation, etc
- Dealing with intergenerational conflict and family tensions

This workshop utilises the latest research findings on happiness and emotional wellbeing following cultural transition, including practical ways for individuals and families to make use of these findings.

**The Supporting Cultural Transition one-day training program** covers the issues most often experienced by employers and organisations that employ people who are undergoing cultural transition including:

- Understanding 'Culture'
- Understanding acculturation processes
- Dealing with language and accent issues
- Recruitment and retention strategies
- Supporting staff and families dealing with acculturative stress
- Developing a culturally sensitive workplace

## FOLLOW-UP SUPPORT

Cultural Transition Services can provide a range of follow-up supports to maximise the benefits of the training programs. These can include:

- Confidential consultations for individuals and or families experiencing acculturation stress and related psychological issues, with a culturally competent registered psychologist specialising in cultural transition issues
- Consulting advice to employers and organisations on recruitment and retention, and the development of policies and work procedures relating to cultural diversity
- Employee Assistance Programs specifically for individuals experiencing acculturation stress and related issues

### About Global Community Consulting

Global Community Consulting was first formed in 1998 by Greg Turner to provide training and psychological services in response to a rapidly changing globalised world. Greg is one of Australia's most experienced professionals in his field and his appointments and activities include:

- 13 years with the Qld Transcultural Mental Health Centre
- Member of the Executive of Mental Health in Multicultural Australia
- Director, World Wellness Group
- Adjunct Lecturer, The University of Queensland, School of Medicine