

## RESOURCES for International Spouses/Partners/Families

The following video, books and journal article focus on the experience of moving and living overseas, and on making significant transitions in one's life. The video gives voice to the 4 women who left their careers to accompany their husbands to a U.S. university, where they were studying or doing research. The books, although written by North Americans who have moved overseas, deal with issues that are similar to the challenges faced by international spouses coming to the USA.

**1. DOCUMENTARY FILM/VIDEO:** “**Women in a New Land**,” offers insight into the unique challenges faced by international spouses. Created by a Belgian spouse and filmmaker, it features the experiences and perspectives of 4 women from 4 countries, interspersed with comments by an advisor and a marriage and family therapist. The 48-minute video is suitable for showing to international spouses, and to campus administrators and community volunteers who interact with international graduate students, visiting scholars, post-docs and visiting researchers. It enables spouses to realize that others share their experience, and to put their situation in a broader perspective. Copies of the DVD can be ordered for \$5 plus postage and packaging from: [video@ccisStanfordU.org](mailto:video@ccisStanfordU.org).

**2. ARTICLE** providing rationale and structure of the spouse program at MIT:  
“Support for Student and Staff Wives in Social Transition In a University Setting, by Charlotte Green Schwartz and Merton J. Kahne, M.I.T., *International Journal of Intercultural Relations*, Vol. 17, pp. 451-463, 1993.

This article cites other readings on the topics of social support networks, intercultural adjustment of families living overseas, self-help in human services, understanding and coping with cross-cultural adjustment stress and bringing up children overseas. It can be useful in making a case for allocating funds for supportive services to help spouses through the cultural adjustment and in forming social support networks among them.

### BOOKS:

The Expert Expatriate: Your Guide to a Successful Relocation Abroad, moving, living, thriving. By Melissa Brayer Hess and Patricia Lindeman. 2002.

Written by two U.S. diplomatic spouses with over 30 years of experience living overseas, this book includes chapters on special issues for spouses abroad, moving children overseas, confronting a new culture, adapting to a new environment and re-entry issues.

Women's Guide to Overseas Living. By Nancy J. Piet-Pelon and Barbara Hornby. 1992.

Written by two American women who have lived in the developing countries of Asia many years, this book addresses the needs of all types of women who go overseas, whether for their own career or their husband's. Topics include making the decision, culture shock and beyond, women who work and homemakers, children's concerns, managing stress and reentry.

The Moving Experience: A Practical Guide to Psychological Survival. By Gail Meltzer and Elaine Grandjean. 1989.

Written by two American psychologists living in Denmark, this book helps the reader to see how one's emotional reactions to a move determine whether it is a success or failure, and helps the reader to cope better with the psychological stresses and challenges of moving overseas. Chapters address attitudes towards the move, issues of adjustment, length of the overseas stay, the employment situation, “the movable marriage”, and the “portable child.”

Lifelaunch: A Passionate Guide to the Rest of Your Life, by Frederic M. Hudson & Pamela D. McLean.  
1996 (revised).

This book offers a model for understanding the process of change and transition, and provides a format for managing the transition process in one's own life. It can be a helpful approach for international spouses as they explore the implications of their transition to life in a new country.