



Preparing for Change Resource List

Preparing to go – books

Foreign to familiar: a guide to understanding hot and cold climate cultures – Lanier, Sarah.

USA: McDougal Publishing, 2000.

Cross-cultural servanthood – Elmer, Duane.

USA: Intervarsity press, 2006.

Hit the ground kneeling: Seeing leadership differently - Cottrell, Stephen

Church House Publishing, 2008.

Families on the move – Knell, Marion.

Monarch Books, 2006.

Third Culture Kids: Growing up among worlds - Pollock DC, Van Reken RE.

London: Nicholas Brealey Publishing, 2009.

Funding the family business: a handbook for raising personal support –Wilson, Myles.

Stewardship, 2011.

Honourably Wounded: Stress among Christian workers – Foyle, Marjory.

Kregel Publications, 2009.

Courses

CMF Developing Health Course – Two-week course on medicine in resource-poor settings (attending for single days is also possible)

All Nations Christian College: En route courses – short courses in cross-cultural work; there are one-week and ten-week versions, can also be done online.

Other courses are listed on the [CMF website](#)

Help with CPD while away

[HINARI](#) is a database allowing free access to many online journals to those in LDC. It usually has to be accessed through an institution.

www.coursera.org/ - variety of online courses

learning.bmj.com/learning/home.html - free to BMA members

Other

[InterHealth](#) in London and [Healthlink 360](#) in Edinburgh provide a range of health information, services and resources for cross-cultural workers.

Organisations providing travel advice, insurance and supplies are listed on the [CMF website](#)



The Cameron Fund is a charity for GPs which may help fund returning GPs while undergoing re-training.

International Christian Medical and Dental Association - [ICMDA](#)

ICMDA links national Christian medical associations around the world

CMF International facebook group – keep in touch with others

www.facebook.com/groups/CMF.International/

Returning home – books

Burn up or splash down: Surviving the culture shock of re-entry - Knell, Marion.

Waynesboro GA: Authentic Books, 2007.

The Art of Coming Home - Storti C.

Yarmouth, ME: Intercultural Press; 1991.

Resources for supporters

Global Connections have produced this brief and helpful guidance for churches seeking to support returning workers: www.globalconnections.co.uk/Resources/Global%20Connections/Forums/Short-term%20Mission%20Forum/Re-entry%20Booklet%20small%201203.pdf

International Missions Board (IMB) have produced a summary of ‘re-entry’ stress and potential coping mechanisms <http://www.thetask.org/clientimages/44564/re-entry%20stress.pdf> It is helpful for the individual returner, and may also be a helpful resource to pass on to others who seek to support them.

Serving as Senders – Pirollo, Neal.

Emmaus Road International, 2013

Resources for the returner

A phrase frequently used by mission organisations is ‘member care’. Member Care is the ongoing preparation, equipping and empowering of missionaries for effective and sustainable life, ministry and work, and addresses all aspects of well-being of missionaries and their dependents. It includes spiritual, emotional, relational, physical and economic matters. Many resources are readily available online, and those presented here are simply a selection we have found to be helpful.

Missionary Care offers several resources such as downloadable e-books which guide an individual through a personal reflective debriefing process: www.missionarycare.com/ebook.htm

Barnabas International offers a range of Biblically based resources for both overseas workers facing a range of challenging situations, and for their supporting churches:

www.barnabas.org/resources.php?pa_id=57; www.barnabas.org/resources.php?pa_id=56

Syzygy Mission Support provides practical support for Christian missions, including a collection of short articles, guidelines and practical tips for re-entry www.syzygy.org.uk/guides/re-entry/



InterHealth is committed to the health and wellbeing of cross-cultural workers, and provides a range of information, services and resources: www.interhealth.org.uk

Debriefing

Debriefing is the process whereby a returner is guided through the re-entry process by an experienced individual. It often consists of a single, or multiple, face to face discussions whereby the returner is encouraged to reflect upon their time overseas, any particularly challenging circumstances faced, whether or not these were resolved, through to the circumstances of and their expectations for their return. The evidence suggests that when undertaken by a trained worker, the process is beneficial.

Contact Debbie Hawker for further information about people around the UK who offer debriefing [doctors hawker@yahoo.co.uk](mailto:hawker@yahoo.co.uk)

Penhurst Retreat Centre www.penhurst.org.uk has a particular ministry for people involved with missions. Debriefing is available for those who want it. 'New Directions' events, held about 3 times a year, are specifically for those who are back after serving overseas and are a good place for meeting other returners.

This list is not exhaustive and we would like to expand it further; please let us know of other resources that you have found helpful.