



INTERVARSITY
URBANA15

Nurturing Intercultural Relations

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#urbana15

Useful Concepts

- **Task and Relationship Orientation (Geert Hofstede)**
- **Individualist-Collectivist (Geert Hofstede)**
- **Power Distance (Geert Hofstede)**
- **Proxemics (Space) (Edward Hall)**
- **Face Negotiation Theory (Stella Ting Toomey)**

Hybridization of Cultures

- Very mono-cultural contexts
- Immigration
- Globalization

Embodied Learning

- Relational Learning
- Cultural immersion
- Emotions
- Taking your body with you when you travel

ATTACHMENT THEORY

- John Bowlby (1907-1990)
- Allan N. Schore

2 Attachment Concepts

- Secure Base
- Emotion Regulation

Swiss-Italian Soccer Game





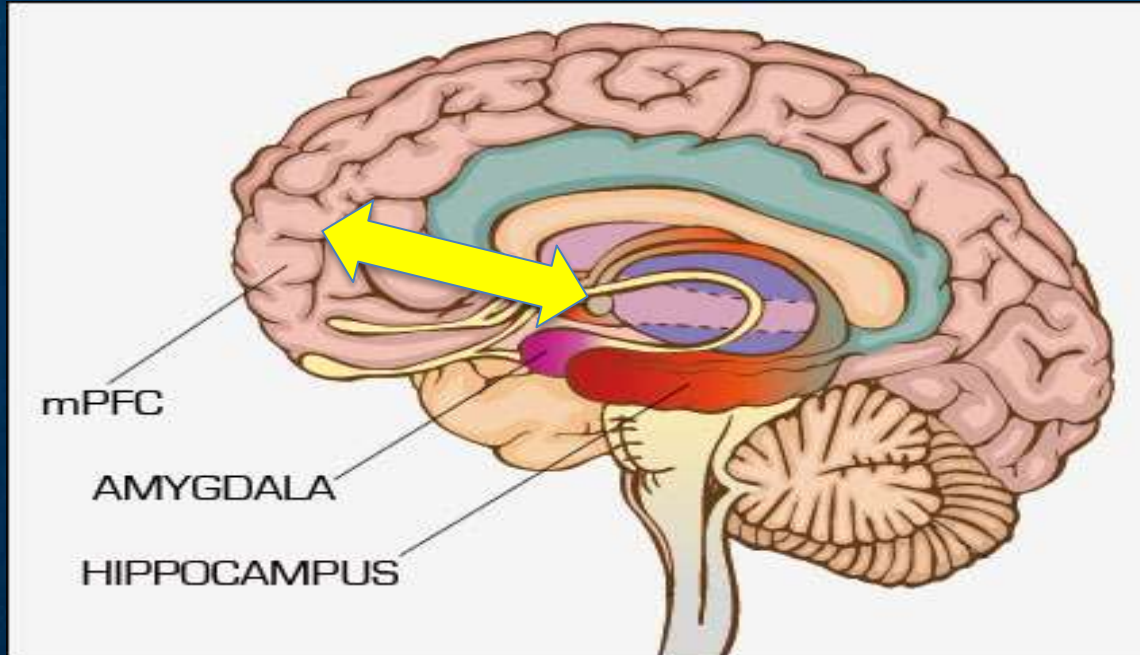
EMOTIONAL RESONANCE

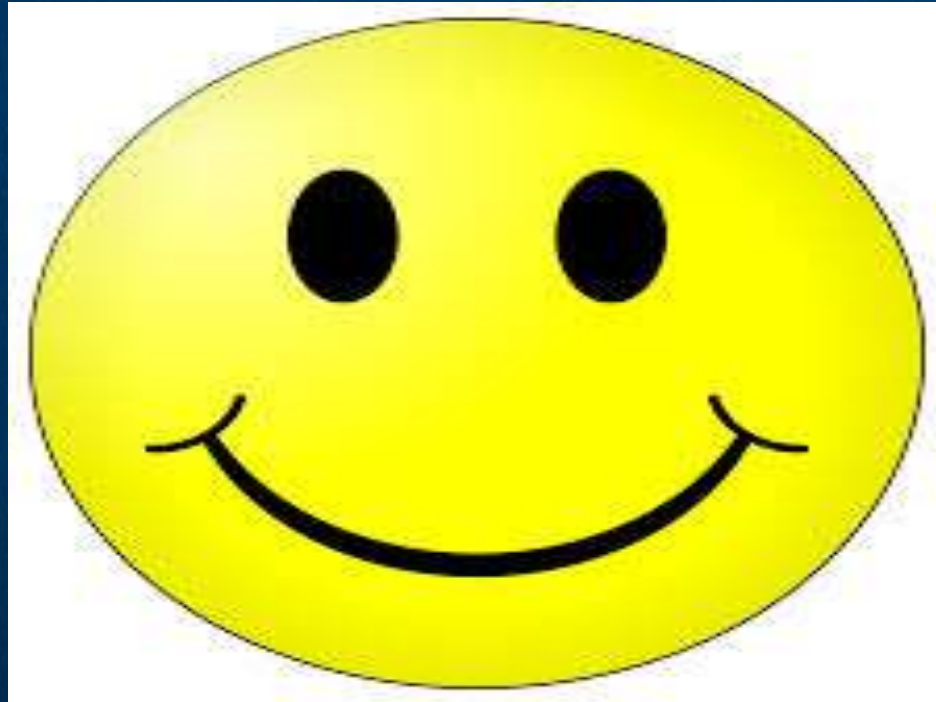


Emotions are Important

- Emotional resonance (this is how we first connect with other humans)
- Emotion regulation reveal our identity

Emotional Resonance is Shaped by Culture

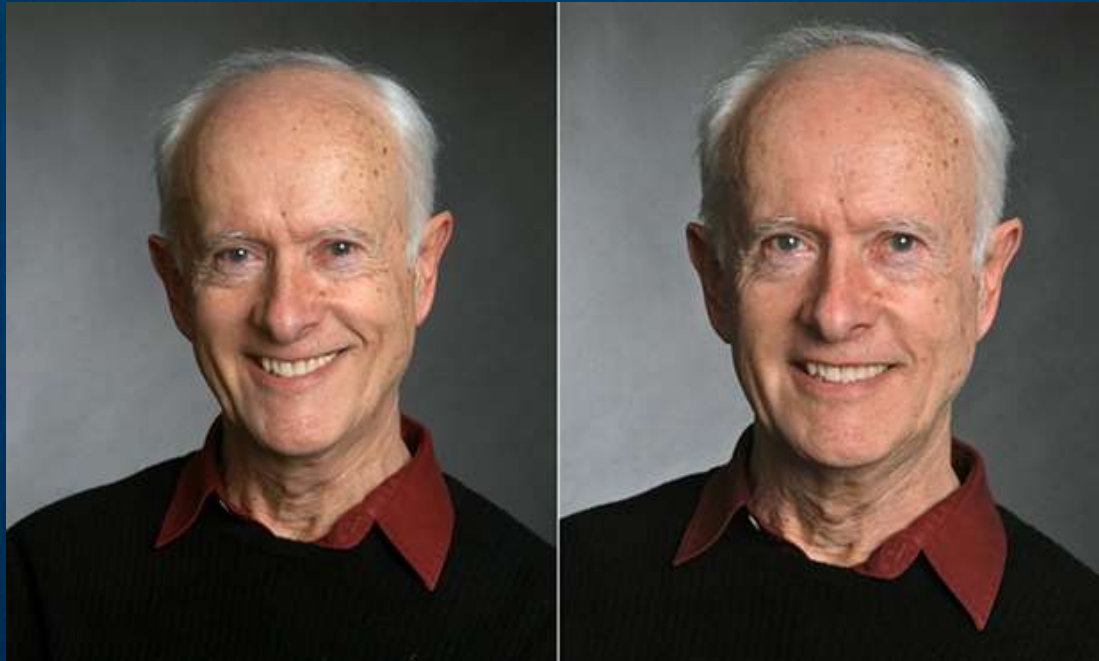




JOY

- What brings you joy in another culture?
- What makes you smile, laugh, dance, be ecstatic with people from other cultures?

Genuine Joy Versus Fake Joy



INDIVIDUAL VS SHARED JOY

- Individual Joy (no human bond but you feel good in the place where you live)
- Shared Joy (the human bond is growing)

EMOTIONAL DISSONANCE

Shame

(disappear in the eyes of the other)



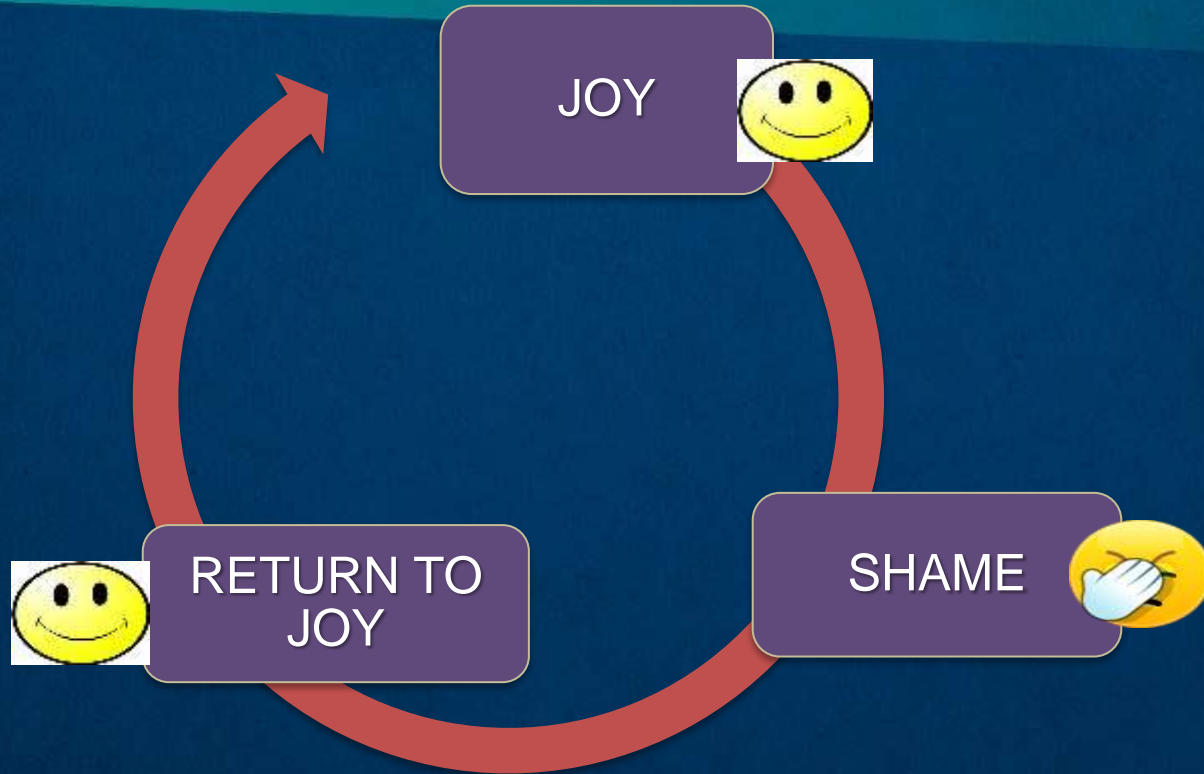
Snail Eaters



Emotion Dys-Regulation

- Shame is necessary for making new connections
- Not wanting to be seen by the other
- Relational stress
- Fear, disgust, etc...

How Attachment is Growing?



STILL FACE VIDEO

- Still Face Experiment
By Dr. Edward Tronick (YouTube Video)

External vs Internal Emotion Regulation

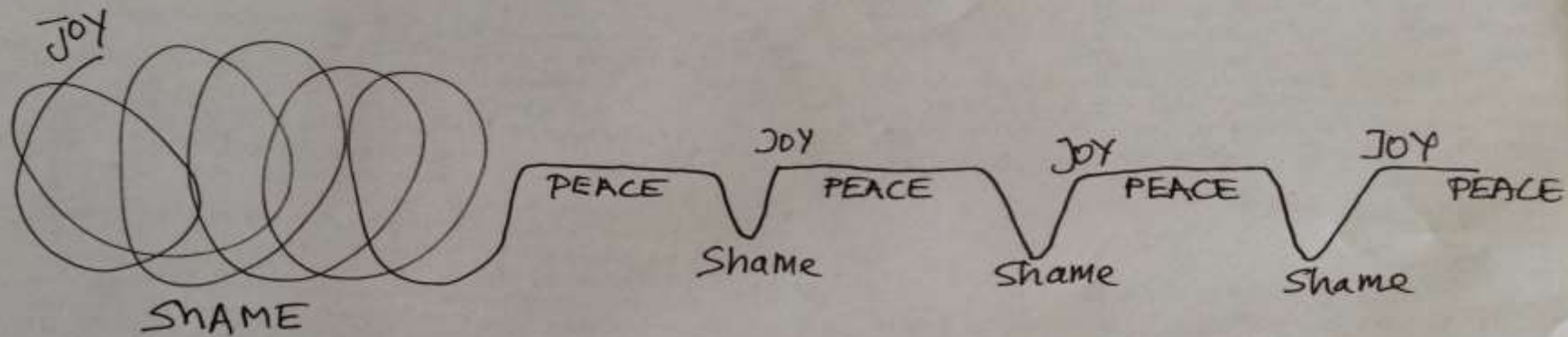
- To form healthy relations we need both external and internal emotion regulation

NO EMOTIONAL RESONANCE



WHAT DO WE DO WITH “STILL FACE” SITUATIONS

- Identify *Still Face* situations?
- When you only can rely on internal regulation to return to joy



**ALL THESE FACES ARE OK!
DO NOT BE JUDGMENTAL OF THE OTHER JUST EVALUATE YOUR OWN
INTERNAL REACTION!**



When you are securely attached with someone from another culture, it feels good, safe, and peaceful to be with that person (no stress!). You have experienced many moments of joy, shame and return to joy with and without the help of that other person.