



## The Psychology of Culture Shock

By Colleen Ward, Stephen Bochner, Adrian Furnham

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**The Psychology of Culture Shock** By Colleen Ward, Stephen Bochner, Adrian Furnham

Crossing cultures can be a stimulating and rewarding adventure. It can also be a stressful and bewildering experience. This thoroughly revised and updated edition of Furnham and Bochner's classic *Culture Shock* (1986) examines the psychological and social processes involved in intercultural contact, including learning new culture-specific skills, managing stress and coping with an unfamiliar environment, changing cultural identities and enhancing intergroup relations. The book describes the ABCs of intercultural encounters, highlighting Affective, Behavioural and Cognitive components of cross-cultural experience. It incorporates both theoretical and applied perspectives on culture shock and a comprehensive review of empirical research on a variety of cross-cultural travellers, such as tourists, students, business travellers, immigrants and refugees. Minimising the adverse effects of culture shock, facilitating positive psychological outcomes and discussion of selection and training techniques for living and working abroad represent some of the practical issues covered.

*The Psychology of Culture Shock* will prove an essential reference and textbook for courses within psychology, sociology and business training. It will also be a valuable resource for professionals working with culturally diverse populations and acculturating groups such as international students, immigrants or refugees.

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### **Editorial Review**

#### **Review**

In a world where there are millions of tourists, sojourners, expatriates, immigrants and refugees, it is high time for psychology to pay attention to the culture shock that these individuals are experiencing. Three internationally known psychologists have combined their skills to write this most impressive book that provides an excellent account of culture shock.

–**Harry Triadis, Professor Emeritus of Psychology, University of Illinois**

This updated edition improves on what was already a superbly readable and much-needed review of psychological work about cross-cultural encounters. It brings together a plethora of different studies and perspectives into a coherent whole. No mean feat.

–**! Marco Cinnirella, Royal Holloway, University of London**

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–**Marco Cinnirella, Royal Holloway, University of London**

#### **About the Author**

Colleen Ward is Professor of Psychology and head of the School of Psychology, Victoria University of Wellington, New Zealand, Stephen Bochner is visiting Professor at the School of Psychology, University of New South Wales, Sydney and Adrian Furnham is Professor of Psychology at University College London.

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##### **Andrew Thompson:**

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