

## **Grief in Returning Sojourners**

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**ABSTRACT** Previous research on those temporarily living in other countries and grief models of culture shock has concentrated on adjustment to the host country and not to returning home. When 207 high school students home for 3–6 months after 1 year overseas responded to a questionnaire assessing psychological adjustment, wellbeing, and grief, we found 61% reported adjustment problems on re-entry. Those saying return was difficult showed significantly lower well-being than those who found it easy. The former did not show less grief than any of the 4 normative loss groups in most of the 9 grief subscales, and were significantly different from a group of non-loss controls on all 5 of the subscales. Results suggest that those sojourners who find returning problematic show grief at levels comparable to those recently experiencing loss from death.