

*Section: PPT cases***DIGITAL NOMADS AND EXPATS AS AN IMMIGRANT PHENOMENON: A CASE STUDY****Hanna Tsimashenka**

MA, Psychological psychotherapist & supervisor, Certified positive psychotherapist, private practice (Minsk, Belarus)

Email: hanna.tsimashenka@gmail.com

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Abstract

The lifestyle of digital nomadism and expatriate living in the fast-moving and changing dynamic world can be challenging for mental health and life balance through the constant change and uncertainty is one of the most important basis. As human beings, they face the complexities of remote work, cultural adaptation, and global mobility and also can be damaged by unique stressors and triggers that affect their mental stability. In this dynamic scenery, the principles of Positive Psychotherapy emerge as a valuable and empowering approach to promoting resilience, self-discovery, and emotional flourishing among digital nomads and expats.

Keywords: digital nomad, expat, immigrant, balance model, Positive Psychotherapy

Introduction

In psychology and psychotherapy, the topic of mental health for such immigrant categories as a digital nomad and expats is quite new and fresh for the crisis remote. In description, for both this social groups there is unique challenges related to their lifestyle choices, such as frequent relocation, cultural adjustment, social isolation, and uncertainty about the future. Furthermore, these challenges can facilitate feelings that can be described as loneliness, distress, identity crisis, and difficulty in forming and developing stable social connections.

The Balance Model in Positive Psychotherapy posits that well-being is optimized when there is a poise of body/ health/ senses, achievement/ work, contact/ relationships, and future/ purpose/ meaning of life (Peseschkian, 2016b; Lagidze, Pirtskalava, 2024)

It suggests that individuals can enhance their well-being by actively cultivating these components and striving for a harmonious integration of them in their daily lives.

As a proposed hypothesis there is an idea that the Balance model can be used as an effective and easy learning how instrument for clients and patients from social stratification categories such as a digital nomad and expats.

Analyzing actual inner subconscious conflicts through the balance model with a group of 10 people as case clients who relate to digital nomads and expats allows us to share a visual representation of conflicting forces or tensions within individuals, shedding light on their inner struggles, motivations, and decision-making processes.

Case**2.1. Clients' description****2.1.1. Digital nomad**

A digital nomad is a person who uses technology to work remotely and has the flexibility to travel and live in different locations while earning a living. Digital nomads leverage the Internet and digital tools to perform their work tasks, allowing them to work from

anywhere with a reliable Internet connection (Kuzheleva-Sagan, Nosova, 2016).

Here are some common characteristics and aspects of digital nomads:

1. Online jobs: As usual digital nomads typically work in areas that allow work remotely, for example: freelance copywriting, graphic design, It, digital arts, online counseling, and ex. Individuals can be organized in such forms as freelancers, for companies, or to run their own online businesses.

2. Location freedom: Digital nomads have ability to choose their work location and change it every day or even few times a day. It is determined with laptop work allowance and high signal connection. But they may suffer from issues with short-term rentals, co-living spaces, guest houses, or work-friendly accommodations [6].

3. Flexible and personal schedule: Digital nomads have the personal freedom to manage and set up their work hours and control their workload according to their resources (Arifa et al., 2022) This flexibility gives opportunity to build up a balance in life in work area and sphere according to the balance model.

4. Technology as an Instrument: Digital nomads depend on technologies such as laptops, smartphones, high-speed internet, online co-working apps, and communication platforms. Any app can be a part of a collaboration performing space or even a tool for the job task (Fursova, 2020).

5. Community and Networking: Digital nomads often create job communities, visit offline co-working events, join topical meetups, and participate in networking opportunities to connect with other colleagues. Also, as a part of community the meet-up can be created according to the individuals' home country or language.

6. Adaptability as a superpower: Digital nomads should have highly developed adaptation and resourceful skills. Usually, they are in different time zones, cultures, languages, and living surrounding while working process. Also, they must be comfortable with uncertainty and change, as well as managing work-life integration in diverse settings.

7. Work-Life Balance as the main challenge: Blurred work hours can be marked as the biggest managing issue for digital nomads. This lifestyle can be easily imagined as a bedroom office case

that shows the difficulty of managing the work-life balance (Reichenberger, 2017).

Overall, digital nomads are taken a lifestyle that make a priority for freedom, flexibility, and exploration, gives opportunity for them to combine work with travel and personal development. This lifestyle has become quite popular with progression in technology, remote work opportunities, and a desire for location independence among professionals worldwide.

2.1.2 Expat

An expatriate, commonly referred to as an "expat," is a person who lives outside their native country or country of citizenship. Expats typically move abroad for a temporary or extended period for various reasons such as job opportunities, career advancement, education, family reasons, retirement, or a desire to experience a different culture (De Cieri et al., 1991).

Living as an expatriate can be a rewarding experience as it offers the opportunity to immerse oneself in a new environment, learn about different cultures, languages, and customs, and broaden one's perspectives. Expats often face challenges such as adapting to a new way of life, navigating unfamiliar legal and bureaucratic systems, and dealing with homesickness or cultural differences. However, many expatriates also enjoy the benefits of living in a new country, such as personal growth, new friendships, and a sense of adventure.

Expatriates may choose to live in their host country temporarily or may decide to make it their permanent home. Some expats maintain strong ties to their home country through regular visits, communication with family and friends, and participation in expat communities. Others may fully integrate into the local culture, learn the language, and embrace their new identity as global citizens (Peseschkian, 2016a).

Overall, expatriates play a vital role in promoting cross-cultural understanding, fostering international cooperation, and enriching the diversity of societies around the world. Whether they are working professionals, students, retirees, or adventurers, expats contribute to the global community by sharing their experiences, skills, and perspectives with others.

2.2. Case history

According to analyzing a group of 10 individuals living as digital nomads and expats

through a balance model to explore their actual inner subconscious conflicts, the group could be described as a diverse and introspective cohort engaged in a structured process of self-discovery and mutual exploration.

Some characteristic details can be used as clients' descriptions:

- a group consists of 9 females and 1 male. 8 participants are married
- Individuals are currently located in such countries as Singapore, Poland, Cyprus, Netherlands, the United States of America, Great Britain, and Saudi Arabia.
- Expats are working in such areas as top management positions in worldwide corporations and Artificial Intelligence start-ups.
- Digital nomads are professionals in the financial technical startup area.
- The period of observation lasts about 8 months and consists of 30 sessions of individual therapy.
- All participants have therapy experience before (about 20-50 sessions) and got an active self-discovery state of mind position that makes the process of integration of the Balance model as a self-recognizing tool possible.
- All participants represent the neurotic level of personal organization that makes the idea of integration of the Balance model an instrument for analyzing actual inner subconscious conflicts for self-conscious development as a result of the therapy process.

2.3. Description of work

Positive Psychotherapy is a form of psychotherapy that focuses on positive experiences, personal strengths, and resources rather than just on pathology, weaknesses, and limitations. It aims to enhance well-being and help individuals build on their positive emotions, strengths, and virtues to lead a more fulfilling life (Boessmann, Remmers, 2024).

2.3.1. PPT as a transcultural method

As a transcultural psychotherapeutic method, Positive Psychotherapy can be adapted to different cultural contexts and incorporate cultural values and beliefs into the therapeutic process (Peseschkian, 2016b). This approach recognizes and respects the diversity of human experiences and the influence of culture on

individuals' perceptions, behaviors, and mental health.

In a transcultural context, Positive Psychotherapy may involve:

1. Sensitivity to cultural aspects: Therapists may have developed sensitive feelings about the cultural details such as behavioral norms, values, beliefs, and practices of their clients. Understanding how culture shapes an individual's worldview and experiences is essential for effective therapy.

2. Cultural competence: The diversity of cultural backgrounds that can contain few of them can be a challenge for therapists. An open-minded identity and capacity to love can be the driver of this connection.

3. Cultural adaptation: Positive Psychotherapy techniques may be adapted to the closest clients' cultural identity furthermore it can be a provocative trigger in the process of therapist interaction.

4. Solidarity for diversity as a value: The capacity of love and acceptance of various cultures can bring clients possibility of the feeling such as being validated and understood. Furthermore, these capacities and feelings can positively affect the therapeutic alliance and the therapy process according to the trust capacity.

Positive Psychotherapy method and the therapy process in a transcultural context can be based on the importance for therapists to approach each client with an open mind, curiosity, and respect for their cultural background. By integrating cultural sensitivity and awareness into the therapeutic process, Positive Psychotherapy can be a powerful tool for promoting life balance according to the balance model and personal growth across varied cultural contexts.

These values and ideas of Positive Psychotherapy can bring the highest level of appropriation for digital nomads' and expats' mindsets.

2.3.2. The Balance Model

As an observation instrument and main life of the therapy process for individuals was self-reflection through the balance model (Kirillov, 2022). During the amount of 30 individual therapy sessions for each client with additional homework task between the sessions The Balance model was the one the main frameworks to train the self-conscious identity and inner conflict.

Self-conscious identity was developed through the therapy process which helped to increase the idea that The Balance Model worked out as a tool for this phenomenon. Furthermore, it was a feedback from the amount of 7 clients.

From the hypothesis part, there was an idea that The Balance model and its interpretation is well known from other areas of self-discovery such as coaching. The amount of 5 participants

of the group used to have experience with The Balance model idea.

Afterward, clients' feedback recognized actual inner subconscious conflicts were divided into categories.

By categorizing these conflicts was able to identify common themes, triggers, or patterns that underlined the inner turmoil experienced by individuals and visualized it with the help of the balance model (table 1).

Table 1.
Areas of actual inner subconscious conflicts for digital nomads and expats categorized according balance model

	Digital nomads	Expats
Life sphere		
Body/ health/ senses	Living a nomadic lifestyle can lead to anxiety caused by unpredictability like visa issues, financial instability, and health challenges.	Adapting to new cultures, work environments, and daily life can lead to stress and anxiety for expats, who may also experience grief and loss from leaving behind familiar surroundings, friends, and family.
Achievement/ work	Digital nomads may experience burnout due to blurred work-life boundaries.	Many expatriates move to a new country for work or career opportunities.
Contact/ relationships	Digital nomads may face isolation and loneliness due to transient relationships and lack of stable social support despite the freedom and adventure of their lifestyle.	Expats face social support challenges being away from familiar networks. Building new connections and coping strategies are crucial for well-being and adjustment in a new country.
Meaning of life/ future/ purpose	Digital nomads prioritize autonomy and freedom, leading to higher job satisfaction. Living this lifestyle can trigger self-reflection on identity and purpose.	Moving to a new country can lead to questioning one's identity and self-concept. Expats may navigate multiple cultural identities and redefine themselves in a new environment.

2.4. Actual outcome.

After completing the therapy process of 30 sessions with the assistance of the Balance Model in PPT, the clients have learned a variety of valuable insights, skills, and strategies that can contribute to their emotional well-being and personal growth. Here are some potential learnings that the patient may have gained from the therapy process:

1. Emotional Balance: The clients may have learned how to manage and create emotional balance according to the balance model, capacities, and self-discovery. Furthermore, the

conflict model can help to release psychological tension and improve self-regulation skills.

2. Self-Contact: Contact as a primary capacity and one of the spheres of the balance model can be improved in all forms. The development of self-contact may give the possibility of such skills as recognizing strengths, vulnerable spots, and areas for growth discovered through Five-step concepts in the fifth and final step (called broadening of the goals, which involves reflecting on, summarizing, and testing new concepts, strategies, and perspectives with a future-oriented focus).

3. Coping Skills as part of adaptation: The clients may get new coping skills and resilience-building techniques to deal with the challenges of their nomadic lifestyle or expat experience. The therapy process can be discussed as a process of development for actual capacities.

4. Positive Psychotherapy Principles: By integrating of main Positive Psychotherapy principles such as The Principle of Hope, The Principle of Balance, and The Principle of Consultation the adaptation skills of digital nomads and expats can be improved as a mindset construction.

5. Self-Care Practices: Through the therapy process, the clients can learn and feel themselves self-care and pay more attention to the actual conflict in their lives. They may add coping strategies to prioritize their mental health, increase physical activities that and make easy and fast check-ups with the help of the balance model.

6. Social Support: The «loneliness disease» is one of the difficulties in the modern world and specialty for digital nomads and expats lifestyle. Self-development through the therapy process in Positive Psychotherapy gives an opportunity to develop this life area with the help of Positive Psychology Principles and actual capacities development.

7. Goal Setting and Progress Monitoring: This point can be taken as a challenge to be balanced through the stress of life changes for digital nomads and expats. Also, for these individuals, this point can be taken as a recombination skill with the border of personal vulnerability and self-contact. Additionally, should be noted that digital nomads and expats can be extremely developed and achievement spheres according to the Balance model.

8. Self-support training: The Balance model can be taken as an easy and fast learning instrument for self-discovery and support. Most of the clients effectively integrated it as an instrument for self-support.

Overall, the clients' process through therapy with the support of the Balance Model and main Positive Psychotherapy principles have developed the self-care idea, mental stability, coping skills, actual capabilities, and self-conflict contact.

Discussion

As previously shown integrating the Balance Model in Positive Psychotherapy for digital nomads and expats can help these individuals develop special adaptation skills for their actual mobile lifestyles while managing emotional balance, life-work balance, and personal growth. Here are some points for integrating the Balance Model principles into therapy sessions for digital nomads and expats:

1. Assessment of balance and Imbalance:

According to The Balance model for its easy to take a fast and easy check-up to the life sphere balance. This instrument can be proposed as a self-care and self-discovery instrument for personal mental health check-ups.

2. Five-step concepts and the third step (contact & relationship sphere):

The third step is situational encouragement, where self-help and resources are developed. The situational encouragement can be developed into the skill for self-support for digital nomads and expats and built into everyday personal routines. This point can be a tiny prevention in the social support area crisis.

3. Achievement and work sphere:

This sphere can be overdeveloped for digital nomads and expats. For expats, one of the most common reasons for this lifestyle was their career. Digital nomads most of the time had issues with life-work balance

4. Meaning of life/ future/ purpose sphere:

This sphere can be overdeveloped for digital nomads and expats with illusions as a coping mechanism. From one side the exploration of this sphere can open some inner conflict and from another can help to develop more effective coping strategies.

5. Transcultural approach:

The integration of a transcultural perspective into psychotherapy for digital nomads and expats can be an effective point. This fact can be an opportunity for therapists in Positive transcultural method.

The culture-sensitive of the PPT method can help clients develop their capacities and balance life in a fast and fundamental way of thinking.

By integrating the Balance Model principles of Positive Psychotherapy into therapy sessions for digital nomads and expats, therapists can help these individuals navigate the complexities of their mobile lifestyles, enhance emotional balance, and cultivate resilience through a focus on achieving a balance between positive and negative emotions.

Conclusions

In conclusion, according to this case integrating a balanced model within Positive Psychotherapy could offer a holistic and strengths-focused approach to supporting the psychological balance and adapting skills of digital nomads and expats as they navigate the complexities of living and working in diverse locations.

As a proposed hypothesis there was an idea that Balance model can be used as an effective and easy learning how to instrument for clients and patients from social stratification category as a digital nomad and expats. According to the feedback from clients that were included into the working group the improvement of self-reflection and inner dialogue and subsequent analyzing through the Balance model has improved mental state and adapting skills.

The transcultural component of Positive Psychotherapy integrates a range of skills to enhance the adaptation process for digital nomads and expats. By incorporating cultural awareness, empathy, communication, and openness to diverse perspectives, this approach can help individuals navigate cross-cultural experiences, build meaningful connections, and develop a deeper understanding of themselves and others in multicultural environments.

Indeed, the mental health and life balance challenges taken by digital nomads and expats have received quite limited research and attention compared to more traditional immigration forms such as refugees. The lifestyle of digital nomads and the experiences of expatriates present unique psychological stressors and opportunities for personal growth that warrant further investigation and have the potential to be discovered and adapted as a phenomenon.

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