

2014

# 2014 Congress Book of Abstracts

International Family Therapy Association

# IFTA's XXIII World Family Therapy Congress Kuala Lumpur, Malaysia

March 11-14, 2015



## Changing Traditions and Systemic Therapy: Dangers and Opportunities for Families

We invite you to join colleagues from around the world at the Congress Hotel, the JW Marriott in the heart of Kuala Lumpur, for the 23rd World Family Therapy Congress, 11 - 14 March 2015.

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are sought for the 2015 IFTA World Congress in the following categories:

- Brief Presentations (25 minutes)
- Lectures (45 minutes)
- Workshops (60 minutes)
- Panel Presentations (60 minutes)
- Poster Displays

### The Official Language:

of the meeting is English. All abstract submissions must be in English. Presentations (Poster, Briefs, Lectures, Workshops and Panels) may be presented in English, Mandarin, or Malay.

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## The JW Marriott Hotel

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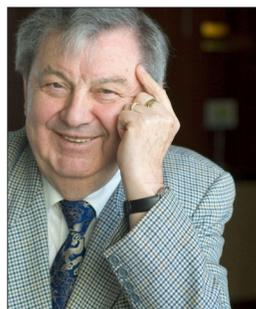


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# Opening Up Conversations on Emerging Technology with Families

*Akyil, Yudum - Turkey*  
*Bacigalupe, Gonzalo - Spain*

**Short Description:** In this interactive workshop we will demonstrate a reflecting team model with families conversing about the impact of emerging technology on their family process. The participants will take active roles in being members of the team and processing the conversation that the interviewer will have with the families.

**Abstract:** Opening up Conversations on Emerging Technology with Families The adoption of Information Communication Technologies (ICTs) is an evolving experience that is accompanied by diverging reactions. For clinicians working with couples and families, conversations about the impact of emerging technology on family process could be confusing considering their continuous evolution and lack of clear guidelines about how to integrate them proficiently into their lives. In this interactive workshop we aim at exploring the ways clinicians can have non-polarizing and rich conversations about couples and families' experience with ICTs (virtual games, Internet searches, cellular use, texting, etc.). We will demonstrate a reflecting team model with families where the participants will take active roles in being members of the reflecting team and processing the conversation that the interviewer will have with the families.

# Technology in Families and the Clinical Encounter: A Replication Study with Family Clinicians in Turkey

*Akyil, Yudum - Turkey*

*Bacigalupe, Gonzalo - Spain*

**Short Description:** This is a replication of a cross-cultural study investigating family clinicians' beliefs about the impact of emerging technologies on families and on their clinical practice. The Turkish version of the original survey was administered to family clinicians. A cross-cultural comparison and implications for practice will be discussed.

**Abstract:** Information Communication Technologies are an intrinsic and evolving everyday presence in contemporary families. Clinicians working with those families also adopt technology at different pace and may work with families concerns related emerging technology adoption. This is a replication of a cross cultural study in four countries (Canada, Mexico, Spain, and the United States) that investigated family clinicians' beliefs about the impact of emerging technologies on families and on their clinical practice. The Turkish version of the original Emerging Technologies and Families Survey (SEFT) was administered to a sample of family clinicians using an online survey platform. A cross-cultural comparison and implications for enhancing clinical practice will be discussed.

# Technology and Media Desensitization on the Grieving Process and Emotions of Children

*Alakbarova, Nika – United States*

**Short Description:** Technology has become ubiquitous in children's communication and experiences. Pervasive Internet and electronic use limits children's ability to distinguish emotions and develop irreversibility, as it relates to death. This may restrict their ability to grieve, connect with others and develop healthy attachments.

**Abstract:** Meaningless and unfulfilling attachments via technology are often formed among children, instead of interpersonal interactions and relations. Attachments take on less meaning as the child's relational experience come from fictional characters. Consequently, this may push children further away from connecting with their own feelings and learning to face harsh realities such as death and loss. Psychologists believe three primary factors influence children's ability to grieve according to their developmental stages: cognitive, emotional and response. In "Without You: Children and young people Growing up with Loss and Its Effects" (Granot, 2005) it is explained that each developmental stage has its own specific tasks through which children grow and advance to the next stage. The loss impacts children's ability to carry out the tasks needed to handle the demands created by the loss. Therefore, if children do not learn these tasks or advance to next stages, they may exhibit complicated grief. Additionally, in "Treatment of complicated mourning" (Rando, 1993), complicated grief refers to the mourner attempting to repress or block phases of loss. Due to societal burgeoning technology, those three primary factors are not engaged, and complicated mourning may result. Children turn to technology as a comfort, and a way to avoid their feelings and repress their emotions; as a result their loss becomes unresolved and passes on to the next stage. Children may exhibit aggressive behavior through the use of gaming technology and cyber bullying. As these children grow into adults, they will carry out the inability to mourn and to go through the process, which may force them to avoid forming attachments due to developing a phobia for loss. In conclusion, parents as well as therapists need to be educated and cautioned about complicated mourning and related "addictions" to technology starting at age one. Despite media parental controls, omnipresent technology may restrict children's ability to grieve, connect with others and develop healthy attachments. It is important to try to connect with children on emotional basis before they learn how to use technology.

# The Attractiveness of Family Telephone Counseling in Saudi Arabia: An Empirical Investigation of Client Perceptions

*Aldehaiman, Mansour – Saudi Arabia*

**Short Description:** Telephone counseling has been evolving in the Kingdom of Saudi Arabia in the past decade. The early use of the telephone for counseling was limited to Crisis intervention in medical settings. The purpose of this study was to discover what features of telephone counseling clients found attractive.

**Abstract:** Telephone counseling has been evolving in the Kingdom of Saudi Arabia in the past decade. The early use of the telephone for counseling was limited to Crisis intervention in medical settings. The purpose of this study was to discover what features of telephone counseling clients found attractive and how the issues could be conceptualized from their perspective. Understanding clients' perspectives of telephone counseling is an important initial process study into how to evaluate telephone counseling in Saudi Community. 105 of clients who responded to the survey, 89% would be willing to seek telephone counseling again compared with 25.1% who reported being willing to seek face-to-face counseling. More than about half (65%) of the respondents who had experienced both telephone and face-to-face counseling preferred telephone counseling. More women (85%) were seeking help from Family telephone counseling than men (15%). This study provides preliminary evidence that telephone counseling interventions might be effective in helping individuals in Saudi Community.

# Technology and Supervision for International Mfts: Exchanging Cross-Cultural Knowledge

*Alotaiby, Asmaa - United States*

*Robinson, Brittany - United States*

**Short Description:** Increases in technology challenge the limitations of the distribution of knowledge across the globe. International Marriage and Family supervisees wish to build and maintain supervision to foster multicultural competency and global awareness. International MFTs need to utilize technology as an element of their supervision experience for success and innovation.

**Abstract:** International supervision is a necessity for international students who have obtained their education in the United States and who are seeking licensure. It may seem contraindicated that an international student wants to become licensed through a United States board if the country they are working in does not require it, but international students recognize the benefit of completing the requirements of state licensure. Meeting the number of hours for supervision is an integral part of a therapist's development and contributes to their ability to provide quality care. As Marriage and Family Therapists, we should be thinking about the effects of sending out ill equipped therapists to parts of the world in which this could be detrimental. We owe it to our profession to make sure we are providing ways in which international students who seek a Marriage and Family license have the supervision necessary to do a sufficient job. There are also international professionals who simultaneously practice in the United States and internationally. Improvements in technology seem to be one of the best ways to provide supervision in these situations. There can be ethical barriers including using face-to-face computer technology that is not secured, sending information through the internet, etc. The variance is large between state licensing boards about what is allowable and what is not. The state of Oregon allows up to 75% of their supervision to be done electronically, whereas Minnesota allows for 25% of supervision to be done electronically. Illinois doesn't allow for any type of electronic supervision, although these rules may be under consideration. Minnesota also allows for a variance to be submitted for an international student to be supervised by a licensed mental health professional in their foreign jurisdiction as long as they meet Minnesota supervision standards. Minnesota also allows international students to use two supervisors, one from Minnesota and one from the foreign jurisdiction. Providing supervision to international students is a necessity, especially if we want to think of Marriage and Family Therapy as affecting families globally. The utilization of technology creates a necessary experience for success and innovation.

# Do Smartphone and Tablet Computer Impact Children's Mental Health?: Five Nation's Comparison.

*Alotaiby, Asmaa - United States*

*Penalba, Valentina - United States*

*Kim, Seongjun - United States*

*Robinson, Brittany - United States*

**Short Description:** This presentation will provide the assessment of children's smartphone or tablet computer addiction degree by comparing the five nations such as Brazil, the USA, Saudi Arabia, Argentina, and South Korea. Participants will discuss the cultural differences and issues of children and family dynamics about using smartphone or tablet computer.

**Abstract:** Current technological development is too fast for humans to catch up with the newest technology. One of the example is the smartphone or tablet computer. It is fact that these tools influence children and family dynamics. It is hard to predict harmful influences on children's mental health due to children's use of these tools in an unwise manner such as excessive using times, playing on-line games, and watching internet porn. Also, many parents are concerned about these issues of children's using smartphone or tablet computer. However, there is not much information about how much children are using them and these tools' impact on children's mental health and the degree of addiction. In addition, the usage of these tools make changes family dynamics such as conversational breakdown among family members. Presenters will discuss the cultural commonalities and differences about internet addiction issues of children's using these tools including family dynamics based on data from five nations such as Brazil, the USA, Saudi Arabia, Argentina, and South Korea. Also, participants will be open to discuss and learn the issues of children's using these tools. From five countries, we will gather data to assess the usage of hours a day, income level, gender differences, and motive for use, and then do T-Test and Bivariate Correlation Analysis to assess children's addiction degree and the differences among the nations. This presentation will be utilized as a basic material about diagnosis, and prevention for internet addiction from smartphone or tablet computer of children in the future. Furthermore, presenters will provide participants with in-depth knowledge about these issue by comparing the usage of children's the smartphone or tablet computer of five nations. A final component of this presentation would be a brief discussion about ways to decrease the harmful impact on children when using these tools.

# Using Psychoeducational Approach Among Israeli Prisoners to Enhance Marital Relations

*Appel, Zeev - Israel*

**Short Description:** Incarceration of a family member is a traumatic event . One approach to ameliorate such a trauma and reintegrate a prisoner into his family Is through a marriage enrichment intervention. The paper describes the implementation of program for prisoners . The finding indicates improved intimacy.

**Abstract:** Incarceration of a family member is indeed a traumatic event for any family. One approach to ameliorate such a trauma and reintegrate a prisoner into his or her family. Is through a marriage enrichment intervention. The purpose of the present paper is to describe the implementation of such a training program for prisoners and their family members and evaluate its outcome via quantitative and qualitative research methods. The finding of this study indicates improved intimacy and effective communication within the family.

# Emerging Technologies, Family & Psychotherapy: Beyond Control & Toward Curiosity

*Bacigalupe, Gonzalo - Spain*

**Short Description:** What are the untapped opportunities for therapeutic interventions that embrace technology in the session? How do we frame our conversations about technology in ways that invite collaboration and curiosity rather than diagnostic labels or the need for control?

**Abstract:** Information communication technologies are an unavoidable and often indispensable dimension of our family and community lives. Families communicate and engage through the use of an evolving set of emerging technologies. The adoption of these technologies, however, tests our ability as psychotherapists and citizens to understand how families are embracing and challenged by them. In this presentation, I explore some of the challenges and critique the usual discourse about technology that ranges from a nostalgic assessment of family life without them to the utopic idea that these technologies will help us to quickly resolve some difficult social dilemmas. This talk is based on a critical review of the literature, my own empirical research on the impact of technology, and clinical situations in which technology is a protagonist of family difficulties and the therapeutic work. Questions I intend to address include: What are the untapped opportunities for therapeutic interventions that embrace technology in the session? How do we frame our conversations about technology in ways that invite collaboration and curiosity rather than diagnostic labels or the need for control?

# A Social Media Primer for Family Therapists: Navigating Rapid Technological Waters

*Bacigalupe, Gonzalo - Spain*

**Short Description:** Our professional digital footprints are part of our identity as well as of the families we engage with. Social media tools enable and expand our ability to work systemically and it is a must to integrate them effectively in our work.

**Abstract:** Social media tools like Twitter, Facebook, LinkedIn, etc. are part of our daily lives. Our professional, clinical, academic, and research, digital footprints are part of our identity as well as of the individuals, families, and communities we engage with. Social media tools enable and expand our ability to work systemically. It is a must to utilize them effectively to connect with other professionals, network with fellow researchers, learn about patients needs, be a resource to patients, etc. In this workshop, I will highlight best practices, ethical questions, and resources available for family therapists to reflect upon and embrace ethically and fruitful these new developments. Research evidence, field examples, relevant tools, and case examples will serve to illustrate the questions, potential solutions, and strategies that family therapists can employ in navigating purposefully and meaningfully the rapid social media waters.

# Working with Couples and Trauma in Remote Northern Canadian Communities.

*Baldwin Schultz, Gloria - Canada*

*Beatch, Romeo - Canada*

**Short Description:** Many First Nation , Inuit and Metis people have been impacted by removal from their families to attend residential schools where they experienced abuse. This interactive workshop will explore the challenges of working with people with significant human traumas in remote communities of Northern Canada within a multi-cultural context.

**Abstract:** From 1867 -1994 over 150,000 children from First Nation , Inuit, and Metis homes were removed (usually forcibly) and taken to live in residential schools. In some cases they were as young as three years old. Many were subjected to physical, sexual and emotional abuse. They were punished for speaking their language, their traditional clothing was taken from them, and they were not allowed to speak to their siblings. Some children never saw their families for years. This experience has left the First Nation, Inuit and Metis people struggling with issues of trauma, abandonment, substance abuse, loss of culture, language, and identity, as well as family violence, grief and loss. This interactive workshop will explore the challenges of working with people with significant human traumas in remote communities of northern Canada within a multicultural context.

# Relational Family Therapy in Vocational Rehabilitation Programme

*Bandel, Teja -Slovenia*

**Short Description:** Unemployed people with physical disabilities are dealing with a range of abnormalities in different areas of functioning, pre- and comorbid mental disorders as well as considerable family distress. Relational family therapy model is one of the possible treatment for persons with disabilities in order to increase their employability.

**Abstract:** University Rehabilitation Institute is the central national rehabilitation organisation in Slovenia, with programs of complex rehabilitation for persons with physical disabilities, as well as vocational rehabilitation (VR). It unites medical and psychosocial programs, research and education in the field of rehabilitation. The aim of vocational rehabilitation is to develop and increase potential ability of people with mainly physical disabilities for integration to work environment. Unemployed people with physical disabilities are dealing with low levels of self-confidence and self-esteem, fluctuating motivation, emotional lability, cognitive impairment, lack of problem solving and interpersonal skills, as well as comorbid disorders (personality, mood and conduct disorders, psychosis etc.). In vocational training conduct problems, emotional instability and poor interpersonal skills are often noticeable and were often part of premorbid functioning, but can worsen after injury or illness. Thus the chances of successful employment are reduced. Disabilities are also accompanied by considerable family distress, which is derived from the sense of helplessness, hopelessness, and frustration in dealing with the patient, family's psychosocial and economic difficulties and sometimes from the patient's inadequate interpersonal behavior. Relational family therapy (RFT) is a theoretical and clinical model of treatment that integrates aspects of general systems theories with relational models combining object relational theories, selfpsychology, and interpersonal analysis. The basic premise of this model of therapy is that the three levels of human life —systemic, interpersonal, and intrapsychic—mutually and reciprocally influence each other, establish the mode of affect regulation, and produce the affective psychic construct. In therapy, tracing the affective dynamic enables access to the recognition of disparate emotions. Furthermore, acknowledgment of these respective emotions allows for the regulation of primary affects, which otherwise act as the driving force behind dysfunctional and destructive behavior that can be also seen in vocational training. Family therapy intend to help the family and person with disability as a part of it to face stressful situations more effectively and encourage supportive relationships. Consequently chances for more efficient functioning in the workplace are increased.

# Collaborative Net-Therapy: A Clinical Intervention (Portuguese Room)

*Barbin, Lucelene - Brazil*  
*Maria Macedo, Rosa - Brazil*

**Short Description:** A social intervention with the “Collaborative –Net Therapy” method involving residents in rehab, family members and persons of the community. The aim was to reflect about the effects that stir up exclusion and stigma against these people and to promote a space for the construction of new meanings and attitudes.

**Abstract:** This paper discusses the possibility of employing the collaborative approach to address prejudice and stigmatization-related issues involving the community people that deals with family-relationship problems brought forward by addicts in rehab. It is a qualitative research, in an interventionist style, carried out in an Institution for Addicts in Sao Paulo-city, Brazil. Goals: To reflect about notable effects that stir up exclusion, prejudice and stigma against these people, it was chosen, as a research line, the constitution of reflexive groups. The neighborhood is a close one what justifies to include community members who were not personally involved in the matter. This stand, inspired by several net-therapy experiences (Speck e Attneave, 1973, El-Kaim, 1982, 1980), had the purpose to collaborate with residents not only on their having the opportunity to re-mean their life experience that, with their family and community members could be jointly-reconstructed, but also raising the possibility for families to retrace the “family-of-an-addict” concept which would in turn contribute to strengthen families resilience while coming closer and welcoming the one in rehab. On the other hand, the community, as an outsider witness( White,2000) would have the opportunity in this interaction, to re-construct a plot of possible and new meanings. Method: Ten monthly meetings were hold at the institution concerning topics such as family, friendship, value, and trust among others, all previously chosen by participants. The groups were open, their number of participants varied from 10 to 25 including addicts in rehab, their families and community members who wanted to take part. Final Considerations: The participants’ talks gave testimony to the value of the groups as a space to re-view their stories, re-mean them beyond the addiction problem scope. It was also possible to learn the gratefulness of how much the other’s view, the other’s story gives rise to reflections and emotions that re-echo and transform their own stories (Schnitman, 1994). The benefits of sharing, re-viewing self-image, constructing a feeling of belonging and thankfulness were highlighted.

# Women in Prostitution Situation: The Sense and Meaning of Family and Affection (Portuguese)

*Barbin, Lucelene - Brazil*

*Macedo, Rosa - Brazil*

**Short Description:** To investigate the sense and meaning of family and affection to women in prostitution situation, their values, beliefs, ideologies, their remembrances and significations of events in their courses of life. We fulfilled a qualitative research, under the new paradigmatic systemic conception, from the perspective of reality construction as theoretic reference.

**Abstract:** Prostitution is a practice that refers to the most ancient History; it is possible to affirm that it is so old as the History of humanity. In this context, arises the figure of the woman in situation of prostitution at our days, her vicissitudes and the problems she has to face due to socially established models when it concerns to the trinity mother/family/society. This considered, we investigate the sense and meaning of family and affection to these women, what and how do they think, their values, beliefs, ideologies, their remembrances and significations of events in the course of their histories of lives. If, at a first moment, our intention was to stick to the already referred sense of family to these women in situation of prostitution, we were surprised by new subjects, new narratives that emerged and made us look also at other directions. In this way, other problems involving these people became evident: premature separation from the parents, inner family violence, maternal abandonment, drug addiction, grief, anguish, childhood suffering, family secrets, sentiments of exclusion and stigmatization, among others. We fulfilled a qualitative research, under the new paradigmatic systemic conception, from the perspective of reality construction as theoretic reference, with mothers in situation of prostitution, by means of semi-structured interview. The results obtained from the analysis of the thematic categories showed that these women, despite all of their sorrow, are human beings capable of entrust an incondicional love among their actual families, is special to their children, what relieves them from the weight they carry over their shoulders and, in some proportion, help them to reconfigure their narratives.

# Pre-Adolescents' Perspectives of Communication Patterns with Adults About Social Networking

*Basov, Anna - United States*

**Short Description:** This phenomenological study examined 17 pre-adolescents' behavior and communication with parents about their social media use. Findings highlight participants' internet use, their reports of parental behaviors, and reasons pre-adolescents do not disclose to their parents. The data will help various stakeholders address social media use for pre-adolescents.

**Abstract:** Pre-adolescents make up a significant portion of the social networking population. However, there is minimal social media research about the pre-adolescent population, as compared to adolescents. While research has indicated that most youth do not report online experiences or feelings to adults, there is no current research assessing what pre-adolescents' need in order to feel more comfortable reporting distressing online experiences to adults. There is also a lack of information regarding the discussion patterns between pre-adolescents and adults about social networking, especially from the youth's perspective. This completed empirical phenomenological study evaluated 17 pre-adolescents' (11-12 years old) perspectives in order to provide data about their communication with their parents about social media use. The findings of this study show patterns among pre-adolescent social media use and communication with adults, including (a) patterns of internet use (e.g. youth reported approval from parents to create Facebook accounts before 13 years of age, with a couple of youth creating accounts at 9 years of age and monitoring younger siblings), (b) experiences online (e.g. 70.59% encountered strangers online), (c) parent support online (e.g. 70.59% had parental support when first using social media, but 94.12% now log online by themselves), (d) discussions with parents about social media (e.g. 64.7% of youth reported check-ins, 52.94% reported no discussion of youth's feelings, 64.71% reported lack of parent discussion about consequences or how to respond to problems online, and 29.41% perceived uninvolved/dismissive parents), (e) reasons pre-adolescents do not disclose to parents (e.g. 47.06% feared consequences and parents' negative reactions, 17.65% were deterred by their own negative feelings), and (f) youth's desire to change communication with parents (e.g. 94.12% wanted a change in communication with parents, 47.06% desired less negative reactions from parents, and 35.29% wanted more involvement from parents). The findings will help parents, schools, and clinicians manage and address social media use for pre-adolescents.

# A Psychohistory Course for MFT Students: Macrosystemic Dynamics and the Problem of Evil

*Blake, Kristina - United States*

**Short Description:** This presentation describes an innovative course for doctoral students in MFT that seeks to augment their training in cultural competency by exploring the meanings that underlie the social construction of culture and the often times disruptive and violent sociohistorical contexts within which such constructions have evolved in the modern era.

**Abstract:** This presentation will describe an innovative course for doctoral students in MFT that seeks to augment their training in cultural competency by exploring the meanings that underlie the social construction of culture and the often times disruptive and violent sociohistorical contexts within which such constructions have evolved in the modern era. The course, although an elective, has been well received over the past four years and continues to be in high demand. In terms of content, the course examines aspects of ecological theory and life course developmental theories that focus on the dynamic interaction of Bronfenbrenner's five systemic levels—particularly in terms of consequences to the microsystemic level of destructive events that originate at the macro-systemic level. Specific events and how these are interpreted and evaluated by students in the course--in terms of relational dynamics, belief systems, and the ecological contexts within which coercive and violent interaction occurs—will be illustrated in the presentation. For instance, as in the course itself, cases will be selected from among historical narratives that describe significantly disruptive events--such as Western imperialism and colonialism, the rise of fascism in Europe, and the conduct of surrogate warfare in the second half of the 20th Century. It will also be demonstrated how selected concepts from theories of family functioning and approaches to family therapy as well as other relevant social science disciplines are utilized to interpret the antecedents, processes, and systemic consequences of these events. (The works of Ernest Becker, Murray Bowen, and Alfred Adler are particularly relevant in this regard.) In terms of pedagogy, the presentation will demonstrate how the course utilizes experiential activities--such as sociodrama and creative writing--to bring the historically based case material to life for students of marriage and family therapy. The goal of such pedagogical techniques is to increase the students' capacity for empathy for persons from times and places other than their own. Finally, the continuing impact of the course on the research interests (e.g. dissertation on PTSD) and professional practices undertaken by the graduate students is explicated and demonstrated.

# The Power of Healing Through Pure Connection- Assisting Refugees

*BoVee-Akyurek, Annette - United States*

**Short Description:** The presenter will share experiences with refugees in Istanbul, Turkey, with intentions to connect and facilitate awareness of one's inner being and strength. This assists refugees in being heard, intention to "return to self", increasing power and strength to move forward in their lives, with a sense of value.

**Abstract:** Working with refugees one must be aware of the refugee's common feeling of not being seen or heard, feeling lost and confused, belonging nowhere. While being moved around to a variety of places seeking refuge, often individuals are alone, and may experience feelings of decreased self-worth and suffering from past traumas. Activities with the refugees may include language classes discussing, writing, and exploring feelings, foods, likes and dislikes, family, interests, past occurrences, survival, future dreams, and topics which surface in the moment. Variety of artwork sharing individuals identity as they see it now and in the past. Reading including exploration in experts from books exploring and discussing various topics of choice and of value. Music accompanying several meetings with individuals bringing in their music of interest, sharing of themselves. Discussions including casual focus on daily present life's "ups and downs" in day to day activities, and topics such as unity issues, experiences, hopes, future aspirations and contributions, and understandings of past occurrences. General health discussions with individuals sharing their needs, as well as brief exercise and meditation, with intent of expansion, release, and finding one's center. This work with refugees in Turkey was experimental, yet powerful, assisting the therapist, as well as the refugees to connect from the heart, promoting healing and understanding in one another. To be noticed, and to feel one another on several levels, can be healing from a deep sense. This work may be shared with the philosophies of System Theory and Cybernetics with attention to the refugee's world and its influences, and more specifically with Bateson's work, related to communication as we are in life with our world in a given time. Also aspects of Existentialism exploring meaning, Gestalt with its holistic view, Person Centered Therapy allowing the individual's lead, and a variety of Post-Modern philosophies. The therapist functions not as the expert, but as one individual to another, with awareness to all aspects, and facilitating one's healing process. In this workshop participants will explore the activities above and the power of healing through pure connection.

# **Tapping into the Unconscious Through Body Exploration-When Verbal Psychotherapy isn't Enough, is a Presentation Exploring the Power of Our Intuitive Selves, Looking Within Through a Facilitated, Guided, Inner Exploration.**

*BoVee-Akyurek, Annette - United States*

**Short Description:** Explore intention of inner exploration, tapping into innate nature and internal knowing. Often clients become immobile in their therapy process with great cognitive understanding, yet minimal change. By exploring inside, often the unconscious surfaces and the intuitive part of ourselves provides us with input that may promote healing.

**Abstract:** The presenter will explore the concept of exploring within and its benefits in promotion of awareness, release, and healing. The therapist functions as a facilitator following the client's direction throughout, facilitating clarity from an innate place, and with no interpretation of the awareness that surfaces. It is common in psychotherapy that clients may understand several aspects of themselves cognitively, yet problems continue, with difficulties moving past them although consciously willing to do so. By exploring within, individuals are able to reach areas that perhaps were not in their awareness consciously. The focus is not through psychoanalysis in verbal exchange, but through present time exploration, following present bodily sensations, visions, emotions, and/or general awareness through our senses. There are no pre-planned agendas when initiating a session, but pure attention, in the moment, within a given time. This allows the client to remain present, put the cognitive aspects of ourselves to the side, and bring one's attention to what surfaces in the moment with facilitation by the therapist. Our being (body, mind, and spirit), has true knowledge within, on what we need in a given time. The focus of this work trusts that this knowledge will surface with the therapist's assistance in facilitating the client in inner exploration. This work can be used with children and adults, with a variety of diagnoses, and/ or with those interested in overall wellness and deep exploration. It is largely influenced by Somatoemotional Release, an aspect of Craniosacral Therapy in which areas within our body may feel stressed, compressed, anxious, and/ or even pain, using mindful facilitation to assist the client to explore. This may mimic, per se, a facilitated guided journey, following direction of the client. Other influences to this work are various meditation techniques, Gestalt, Existentialism, Mindfulness, Systems Theory, Jungian approaches, and some theoretical aspects of Freudian's psychoanalysis.

# Substance Use Disorders in the LGBTQ Community: Prevalence, Etiology, and Treatment

*Bowers, David - United States*

**Short Description:** Increased recognition of same-sex relationships offers Family Therapy a new opportunity to bring its unique perspective forward in assisting this population. This presentation provides a detailed review of current substance use disorder prevalence, unique issues and treatment concerns for professionals concerned about chemically dependent LGBTQ persons.

**Abstract:** Substance misuse and chemical dependency are challenges facing many populations. Early studies within the gay and lesbian communities suggested extremely high SUD prevalence. More recent studies have corrected some of the methodological errors of earlier ones, but certain misconceptions about the population abound within the field. Misconceptions range from which drugs are most often misused to a lack of awareness of which sub-groups are at special risk. This presentation will offer a review of data from the most recent studies of Substance use Disorders within the LGBTQ community, discussing prevalence as well as etiology. Unique risk and resiliency factors and special issues facing this population, as well as treatment best practices, will be presented. Whether one is a clinician interested in how best to assist LGBTQ clients or a researcher curious about possible new avenues for exploration, this report will offer important findings.

# Advancing Couples Towards Equality

*Bressler, Yona - Israel*

**Short Description:** Lack of equality is viewed as a major element in couples distress. Couples have many problems unrecognized as relating to lack of equality. Using a model of equity presented in "Rabin.C. Equal Partnerd: Good Friends (Routledge) this workshop will show how couples distress is reduced as quality is increased.

**Abstract:** The underlying problem of lack of equality is present in many various couples complaints. Many couples and couples therapists do not have a clear model of equality that allows for various role division, including the traditional roles. This workshop will use cases to show the different kinds of problems for couples facing the desire for equality without the tools to achieve it. The workshop is based on the findings of interviewing couples who believe themselves to be equal partners (interviews in USA, London and Israel). It becomes evident that underlying different couples problems is their struggle with the wife's need for more equality and the inability of the couple to find non-conflictual ways to achieve this. The model presented in this workshop combines an analysis of where couples are in the struggle to equality. It also applies a model of four elements to therapy : dealing with woman's transformation, getting to equal communication, ideology and overcoming dominating tactics to become real friends. Participants will be asked to present cases for analysis according to the models presented in the book Rabin,C. Equal partners--Good friends (Routledge).

# Culture, Diversity, and Bowen Family Systems Theory, Part 1

*Burnett, Christopher - United States*

*Morris, Jill - United States*

**Short Description:** The work of Bowen provides a unique lens for understanding the ideas of culture and diversity. Using the concept of Differentiation of Self, the presenters look at how culture and diversity can be seen in ways that open up entirely new vistas for dialog and understanding.

**Abstract:** An essential premise of all forms of systems thinking is that there are multiple influences which shape one's experience in the world. Some of our "models of the world" we inherit from family and society. Others we create in light of our own individual experiences. Each of us employs our models in order to help us navigate the complexities of life. However, in applying our socially and individually derived models, we also concurrently obscure the perspectives, understandings, and information available through others. A Natural Systems model of the world assumes that behaviors at both the group and individual levels can almost always be seen to serve some kind of "adaptive" function associated with survival. A Natural Systems perspective on "Culture" views it as a "natural" process. That is, it is assumed that all cultures have an adaptive function, for both the group and for the individuals within the group. Observation tells us that in any culture, there is always a constant and ongoing tension between the needs of the "individual" and the needs of the "group". Sometimes this tension exists at low levels, and other times such tensions and their consequences can be very intensely felt. Bowen Family Systems theory, which is grounded in a Natural Systems model of the world, employs the concept of "Differentiation of Self" in order to describe the constancy of this tension in the context of a family system. "Culture, rather than being the formative process, is the medium through which the family process works its art. Culture stains or makes the family process visible" (Gilbert, 1992). The presenters take the essence of this concept, and show how it can be applied to the larger constructs of Culture and its derivative, diversity. They show how when one looks at Culture as an adaptive phenomenon, one can see in it the relational tensions of individuality and togetherness that are also evident in all family relationship systems. This presentation is intended to be part 1 of a two part presentation; Part II demonstrates these ideas in clinical practice.

# **Betrayed by Technology: Coaching Long Distance Couples to Keep it Together While Apart**

*Cannon, Harriet - United States*

**Short Description:** Maria's in Singapore. John, in London, posts a video of their daughter's first steps. Maria logs on and finds she's seeing this momentous occasion after everyone else. We introduce the Culturegram, a tool that reveals learned cultural expectations, and discuss coaching couples on staying connected while apart.

**Abstract:** Maria's business trip in Singapore keeps getting extended. John's in London. John just posted a video on facebook of their daughter's first steps. Maria wakes up, logs on, and realizes that everyone they know has seen her baby's first steps before she has. Everyone uses it: email, texting, facebook, Skype, and more. It's fast, easy, informal, and convenient. But what happens when these technologies are the way you're connecting with an intimate partner and you're separated for weeks or months in different time zones and cultures? What happens when you need depth, not casual brevity, to maintain heartfelt connection? Globalization has made long distance relationships mainstream. Study abroad, international business travel, military service, employees leaving families behind for months or years because schools or the environment at the job site aren't a good choice for the family, are all examples of this. As senior Marriage and Family Therapists, we increasingly encounter couples who feel betrayed by technology. These couples are angry at the hype that markets technology as the answer to staying connected in relationships. They have found the culture of chatty quick connection anytime, anywhere causes horrible misunderstandings and misinterpretations. People tell stories of feeling depressed, angry, or neglected when they are stressed, lonely or tired, in one time zone or culture while their partners send casual texts about socializing, post pictures on facebook, or leave upsetting emails or voicemails in the middle of the night that can't be addressed. Couples feel disconnected and relationships unravel. This presentation will illustrate how to coach couples who are either preparing for a long distance relationship or are already living in one. We will introduce the Culturegram, a tool we have developed. The Culturegram helps couples gain insight about their communication styles and learned cultural expectations. We will use a complex case example to demonstrate how to use the Culturegram to develop long distance relationship strategies that include best use of technology for an emotionally satisfying connection that is tailored to a couple's style and stage of life.

# **Anxieties in Children From a Systemic/Integrative Approach: An Evidence-Based Brief Therapy**

*Casabianca, Ruth - Argentina*

**Short Description:** Inspired on the Mental Research Institute of Palo Alto's principles this workshop will present a brief and integrative therapy to treat anxieties in children as well as this therapy's effectiveness.

**Abstract:** Inspired on the Mental Research Institute of Palo Alto's principles, this workshop will present a brief therapy to treat anxieties in children. The typical problems' maintenance circuits in children that suffer from different kinds of anxieties, and played between the identified patient and their significant ones (parents, siblings, teachers, etc.) will be shown. Then, various therapeutic strategies implemented in order to change the dysfunctional interactions will be presented, together with the statistical results obtained in a research on these therapies' effectiveness. This workshop's final goal is to interchange opinions with the assistants about alternative ways to get change in the problems presented by consultants.

# Becoming More Curious About the Other

*Ceuca, Elena - Romania*

**Short Description:** The presentation aims to challenge reflections about improving therapeutic practice through enhancing the therapist's self-awareness on his/hers world view. There will be presented a training technique created to increase self-awareness. This technique is based on the experiential approach, on systemic thinking and on dialogic perspective.

**Abstract:** The presentation aims to challenge reflections about improving therapeutic practice through enhancing the therapist's self-awareness on its world view. One premise of this work is that regaining one's sense of wondering might be a very appropriate task for psychotherapists in order to better prepare themselves for the meeting with the client, and another premise is that one could become more curious about the other by becoming more curious about itself. During the presentation will come into discussion issues like: what is needed to become more curious about the person we are having the therapeutic conversation, is it possible to augment our curiosity by scrutinizing our own dialogical self, what would take to have a therapeutic conversation as a trip into unfamiliar regions, what helps the conversation to become dialogue? There will be presented a training technique created to increase self-awareness. This technique is based on the experiential approach, on systemic thinking and on dialogic perspective.

# The Ethical Use of Social Media in #Marriageandfamilytherapy: Suggested Guidelines

*Cobb, Rebecca - United States*

*Okafor, Ebony - United States*

*Schwab, Ethan - United States*

*Scott, Jenna - United States*

**Short Description:** MFTs face a number of ethical dilemmas when using social networking sites. Challenges faced by using Facebook, Twitter, and other mediums will be reviewed and discussed in relation to AAMFT's code of ethics. Suggested guidelines and a demonstration of changing privacy settings on popular networking sites will be presented.

**Abstract:** The increasing use of social media has led to the increased potential for ethical misuse of social networking sites within the helping professions. Although this topic has been addressed within the medical field and the field of psychology, limited literature covers this topic within the field of marriage and family therapy. It is important to realize that anything posted on the internet has the potential of being viewed by clients, thus impacting the therapeutic relationship. Unfortunately, many mental health professionals do not use privacy settings on social networking sites and some have never even considered the potential clinical ramifications of using social media. This presentation will highlight a number of ethical dilemmas that marriage and family therapists may face due to the use of social networking sites. For example, is it okay to leave your social networking pages open to the public and thus viewable by clients? What should you do if a client or a client's family member sends you a friend request? What should you do if you are friends with someone on a social networking site who is also friends with one of your clients? Unique challenges faced by using each of the most popular mediums (i.e., Facebook, Twitter, Instagram, MySpace, LinkedIn) will be discussed. A number of case examples experienced by the presenters will be provided to illustrate these issues. Relevant topics from the AAMFT code of ethics will be reviewed to elicit discussion on how to properly address the dilemmas faced by marriage and family therapists when using social networking sites. Suggested guidelines will then be presented for using social media as a marriage and family therapist. In addition, presenters will demonstrate how to change privacy settings on popular social networking sites such as Facebook and Twitter.

# Hmong Mental Health Needs Assessment: A Community-Based Study in Northern California

*Cole, Elise - United States*

**Short Description:** Low utilization of mental health services in the United States occurs in several underserved populations, including the Hmong. The purpose of this study was to gain a better understanding of the mental health needs of a Hmong community in Northern California. Results will be reported, followed by a discussion.

**Abstract:** Low utilization of mental health services in the United States occurs in several underserved populations, including the Hmong. Many Asian American and Pacific Island populations have difficulty accessing mental health treatment due to English literacy, the difficulty finding services that meet their language needs, or believing Western health care providers lack an adequate understanding of their culture (Snowden & Cheung, 1990; Uba, 1992; Zhang et al., 1998). The purpose of this community-based participatory study was to assess the mental health needs of a Hmong community in Northern California through collaboration with a local community center. This study was conducted using mixed methods to gain a better understanding of participants' experiences with mental health symptoms, the resources and activities participants reach out to for support, barriers to receiving mental health services, and suggestions to improve/expand the current mental health services available in the community. When therapists have a better understanding of consumers' experiences and expectations they are able to help them more effectively and in a culturally appropriate manner (McGoldrick, Giordano, & Garcia-Preto, 2005). The results indicated several difficulties faced by Hmong community members including physical and psychological harm from past trauma, language and cultural barriers, financial concerns, lack of adequate social support, and a cultural gap between kids and their parents. To cope with these stressors participants reported accessing: social/family support, community services for help with transportation and translation, counseling and prescribed medication through the county, spiritual interventions, and personal coping mechanisms. Community members reported that caretaking responsibilities, lack of knowledge regarding services, lack of transportation, and language barriers get in the way of Hmong families seeking available mental health services. When participants were asked what changes or additions they would suggest to the current mental health services available in their community, several recommendations were made including: providing more outreach and communication of services to the community, increasing training for translators, providers displaying respect and an understanding of Hmong culture, greater availability of language appropriate services, and more informal social support. Results will be elaborated on, followed by a discussion and recommendations.

# Being Transparent About Having a Trans-Parent: Experiences of Children of Transgender Parents

*Coolhart, Deb - United States*

**Short Description:** This lecture presents findings from qualitative research interviewing children of transgender parents about experiences during parents' gender transition. Children's feelings about parents' gender transition, parent-child relationship dynamics, functioning of parental subsystems, challenges and resiliencies in children's adaptation to the gender transition, and clinical implications will be discussed.

**Abstract:** Transgender people often experience severe emotional distress living in the gender they were assigned at birth and many choose gender transition as their only option for life satisfaction. This decision to socially and medically transition to the gender they have always felt inside is made at all points in the life cycle, including in mid and later life. Thus, some transgender people undergoing gender transition have children that also need to adjust to seeing their parent in a different way. While extensive studies have been done on children with lesbian and gay parents, research and scholarly literature on the children of transgender parents is rare. Thus, little is known about the unique challenges, strengths, and therapeutic needs of these children and families. The two noteworthy studies that have been done suggest that children fare better in these families when parents can maintain a positive relationship and when the child can maintain close emotional relationships with both parents (White & Ettner, 2004; 2007). These studies gathered data from therapists and from transgender parents; no studies to date have gathered data directly from the experiences of the children. This workshop will present findings from qualitative research in which children of transgender parents were interviewed about their experiences during their parent's gender transition. Included in this discussion will be children's feelings about their parent's gender transition, perspectives on parent-child relationship dynamics, functioning of the parental subsystem, and challenges and resiliencies in the children's adaptation to the gender transition. Implications will be discussed for working therapeutically with families facing this transition and case examples will be discussed interactively with the workshop participants. Suggestions will be given for how children can thrive and attain positive long-term adjustment as their family dynamics shift.

# Current Eating Disorder Technological Research and Treatment Implications

*Cooper, Rebecca - United States*

**Short Description:** This presentation will provide participants with the current technological research about the international epidemic of eating disorders. Participants will be able to assess patients for food related mood disorders, eating disorders or food addictions. Methods of treatment will also be discussed.

**Abstract:** Eating Disorders, Diabetes and Obesity have become an international epidemic. The reasons are many, but there is a plethora of new scientific research that is helping us to understand this phenomenon. Scientific studies show that the cyclical binge eating and restricting (i.e. dieting) can alter the opioid receptors in the brain. Dieting sets people up to disconnect from their appetite, create unhealthy eating behaviors and changes brain chemistry. 35% of normal dieters progress into eating disorders, obesity, and disordered eating. Genetic research has identified the gene responsible for the number of dopamine receptors. For people with a deficiency in the amount of dopamine receptors, different types of foods are used to compensate for this deficiency and become addictive. This can make any type of recovery challenging because most are unaware of the underlying food addiction. Using functional MRI, we now know that some foods affect the dopamine pathways in the brain. It has been shown that these foods exhibit the same activity in the reward system of the brain as alcohol or drugs (Avena, Rada, & Hoebel, 2008). New technological research is expanding this concept. Alcoholics are most susceptible to sugar addiction because alcohol is assimilated in the body as sugar. Some research findings go so far as to say “sugar is a gateway drug.” Another study shows that sugar can be as addictive as cocaine for some people. The presentation will present current research, statistics, assessment tools, brain imaging charts, and case studies showing the different reasons for the disconnection from appetite and self. Methods to reestablish a sense of a healthy Self and recover from eating disorders are presented.

# Mothers' Narratives of Trauma

*Coulter, Stephen – United Kingdom*

**Short Description:** This presentation will report the findings of an exploratory study of how ten mothers narrated the impact of trauma. The Narrative Interviews were subject to thematic analysis. The results call into question an approach that focuses primarily on individual's PTSD-type symptoms and supports a broader systemic approach.

**Abstract:** It can be argued that the experience of trauma has been over-medicalised and reduced to a relatively narrow set of 'symptoms' associated with diagnostic categories such as Post-Traumatic Stress Disorder (PTSD). This pathological conceptualisation strongly influences mental health professionals' interventions with victims/survivors of trauma, which then have the potential to obscure important dimensions of the phenomenological experience of being traumatised that are significant to the victim/survivors and their families. Therefore, it is important, to listen to peoples accounts of the impact of traumatic events to achieve a baseline in order to better understand this population and thus plan appropriate professional interventions. This exploratory study explored how 10 mothers in families seeking professional help at a regional trauma centre in Belfast, Northern Ireland narrated the impact of a traumatic event that involved a member (or members) of their family prior to the influence of professional therapeutic intervention. 'Narrative Interview' methodology was employed using the initial SQUIN; "Please tell me your story of how [the particular traumatic event] has affected you and your family?" The recorded 'narrative interviews' were transcribed, anonymised and analysed thematically independently by 2 researchers, manually sentence by sentence, for inductive themes derived from the literature and emergent themes. The results show that mothers narrate a wide range of relational issues, physical health concerns and fears for the future well-being of their children alongside a minority focus on PTSD-type symptoms. This raises questions regarding the appropriate nature of therapeutic intervention post trauma, in particular whether a relational approach would be a useful element of the professional intervention in such cases.

# Engaging Differences: Race, LGBT, and Spirituality in a MFT Training Program

*Coyle, Suzanne - United States*

**Short Description:** Respect for racial ethnicity and sexual orientation challenges today's family therapist. Further, spiritualities of therapist and family can both help and hinder this therapeutic progress. This presentation outlines the methodologies of curriculum and clinical supervision in a MFT program that endeavors to prepare its graduates for such challenges.

**Abstract:** Marriage and family therapy programs increasingly endeavor to infuse their curriculum and clinical training with effective skills and respect for families of diversity. Today's family therapist finds clients who present concerns often complicated by diversities that are both supported and rejected by varying societal attitudes. This diversity in families is often connected to the spirituality of both therapist and clients. Some spiritualities may enhance the therapeutic process while other spiritualities may hinder. Many challenges present to marriage and family therapy training programs. Families with unique diversities need to find family therapists who can respect and nurture them. At the same time, family therapists in training hold embedded beliefs can impact their work with such families. Both conservative and liberal spiritualities have values about what behaviors in families is desirable. Thus, family therapists in training need to learn to integrate their personal spirituality with their therapeutic interventions in order to embody an authentic presence with families. How then can MFT training programs respond? An approach is to take a zero tolerance approach with family therapists in training and require that all students work with families of all diversities. Another approach is to allow family therapists in training to engage with families who do not challenge their beliefs. This MFT program contends that an alternative approach that engages students to examine their spiritualities in a self of therapist process and lifts up the value of 'engaging differences' to be an appropriate therapeutic intervention. Approaches in this program's MFT curriculum and clinical training seek to teach students an understanding of diversity which is supportive of racially diverse families as well as open and affirming of LGBT clients in a spiritually inclusive environment. Self of therapist concerns are explored in courses through family of origin genograms and practicum supervision groups. In addition, the program engages students in community meetings where concerns of racial ethnicity, gender/sexual orientation, and spirituality rotate. A cultural competency supervision group is required. The result is a lively, engaging, and sometimes uncomfortable process that brings successful outcomes based upon recursive feedback from students, faculty, and supervisors.

# Uncovering Family Narratives of Spirituality

*Coyle, Suzanne - United States*

**Short Description:** Families are challenged by a growing societal emphasis upon immediate gratification. This presentation focuses upon postmodern therapeutic practices that lift up a family's narratives of spirituality. By telling their narratives of meaning, a family can then develop resilience to the cultural discourse of the 'quick fix.'

**Abstract:** Families presenting in therapy are often motivated by the acting out behaviors of their children and teens. Such behaviors include, but are not limited to alcohol and drug abuse, suicidal ideations, and sexual activity. The family often desires a 'quick fix' to the at risk behavior. While controlling at risk behavior is critical, the problem may recur or a new problem takes its place. This presentation contends that an underlying dominant discourse contributes to the problem. Western societies extol the desire for immediate gratification as exemplified by an out of control societal consumerism and quick fixes. For children and teens, this discourse is found in the behaviors of wanting the most recent mobile phone, current brand of clothes, and the socially acceptable people to friend you. This search for outward satisfaction belies an inner yearning for meaning and connection in the family. The response to this challenge is the engagement of the family therapist with the family in uncovering their narratives of spirituality that can give their lives meaning. As the family tells their stories of meaning, family members can re-tell and expand those stories can sustain them in difficult times. These stories of meaning can be expanded to create narratives of spirituality that offer the family resilience to the often oppressive cultural stories of immediate gratification or the 'quick fix.' Spirituality in this presentation refers to "that sense of something or someone other than self or relationships that move persons beyond themselves." This working definition of spirituality can thus be engaged with families who are evangelically conservative, progressive liberal, the 'spiritual but not religious' to those families who may not even identify spirituality as important. The narrative practices of re-authoring, relative influence questioning, and remembering will be used to open families to narratives of spirituality which can counter oppressive discourses of immediacy. The therapist and family can explore together the family's spirituality as a resource to counter behavioral problems if they recur instead of seeking a 'fix' for each new problem.

# Re-Visioning Latinos in Family Therapy

*Curiel, Yajaira S. - United States*

**Short Description:** This workshop will discuss how Latinos are represented in current CFT literature. We'll address ways to broaden our understanding of Latinos and highlight the diversity that exists within the community. Strategies to improve culturally sensitive family therapy with Latinos will be highlighted.

**Abstract:** Latinos are the largest growing group in the United States, estimated at about 50.5 million (US Census 2010). The term Latino when used as an umbrella term presents difficulties because it obliterates group differences due to race, language, social economic status, geography, ethnicity and immigration. Latinos come from various countries in Latin America, and represent a wide array of races, ethnicities, and religions, among other contextual factors. The Theoretical Myth of Sameness (TMOS) is a belief system or 'way of thinking' that is based on the notion that all families are virtually the same (Hardy, 1990, p. 18). The conventional view embraces the notion that all families are the same. The contemporary view asserts that all families are not the same, e.g., Latino families are not the same as White families. This workshop will present findings from a content analysis of CFT literature to understand ways that Latinos are represented in current CFT literature based on various contextual factors. Unfortunately, in the field of CFT we have continued to theorize about Latino families and their cultural values in a way that perpetuates the contemporary view of the TMOS. In reference to Latino families specifically, there is a myth of cultural and racial homogeneity. As a result this workshop will look at ways that Latino families are different and similar from other families and amongst themselves. This workshop will discuss the importance of expanding our "one size fits all" understanding of Latino families in order to promote more culturally sensitive research and practice. This workshop will discuss clinical implications. When clinicians provide therapeutic services to Latino families it is important to look at the structure of the family. This workshop will also discuss research implications. This includes addressing how researchers use the term Latino as a racial denotation when comparing other groups by race. Participants will gain effective strategies to promote a multidimensional view of Latino families.

# **Stress, Wellness and Chronic Disease: Using Innovative Health Care Technology to Effectively Support Families**

*Daley, Sheila - United States*

**Short Description:** Stress increasingly erodes health and relationships, adversely impacting families. Each year in the US, stress costs families and health care systems over \$400 billion and contributes to soaring interpersonal problems, divorce rates, and disease. Use of innovative health care technology can help families measure and reduce stress, effectively supporting families.

**Abstract:** In the United States and around the globe, stress and chronic diseases - often called products of lifestyle choices - increasingly erode health, wellness and relationships, adversely impacting families. "Stress" is often dismissed as trivial or as something to simply be tolerated. But consider the following: Each year in the US, stress costs families and the health care system over \$400 billion, is associated with the six leading causes of death, and accounts for 75-90% of all medical office visits. Stress contributes to soaring interpersonal problems and divorce rates. At the same time, stress is the number one modifiable health risk factor. Stress is toxic and must be measured, assessed and reduced in order to effectively support individuals, relationships and families. In the current global health care environment, there is no systematic means of assisting families in this regard. However, use of an innovating health care technology program can help families measure and reduce stress, effectively support families by improving health, wellness and relationships. One health care technology program is "The Oxygen Plan," an innovative online behavior change program with applications to health, wellness, and chronic disease. The Oxygen Plan starts with a Stress Test that assesses stress across home, work (or school) and social domains. Individuals can then proceed with the program to learn how to better understand and manage their stress and lifestyle using empirically supported behavior change methods with the added help of family and social support via a health social network. The purpose of this presentation will be to present the scientific underpinnings of stress and its toxic impact on health, relationships and families. An overview of The Oxygen Plan and its underlying empirically supported behavior change principles will be presented. Implications for families will be discussed.

# In the Realm of Hungry Ghosts: Spirituality Practices in Recovery (Spanish Room)

*Dwyer, Timothy - United States*

*Leiro, Carlos - Panama*

**Short Description:** Some say that addicts are on a spiritual calling but show up at the wrong address. Contextual/disease models of addiction provide a way to conceptualize patterns and processes of compulsive behavior and 'use'. This workshop centers on integration of spiritual technology in the recovery from addictions and compulsive behaviors.

**Abstract:** There is a saying in Alcoholics Anonymous (A.A.) that addicts are on a spiritual calling but show up at the wrong address. Contextual, relational and disease models of addiction provide a way to conceptualize patterns of sequence, organization, and processes of compulsive behavior and 'use'. Simply trying to feed the hungry ghost is another way to conceptualize the process of addiction. The focus of this clinical workshop is the integration spiritual technology and practices in the recovery from addictions and compulsive behaviors. People in recovery often need to acknowledge, experience, and explore the dimensions of human pain, suffering, vulnerability, and a search for meaning. The 'hungry ghost' that aches for fulfillment temporarily found in substances and compulsive behavior patterns has biological, relational and existential roots in human experience. Bateson (1971) in his seminal text on the cybernetics of self and a theory of alcoholism highlights the epistemological errors in our notions of power, the paradox of control, and the transformational paradigm presented in A.A. philosophy. Other spiritual technologies such as the practices of mindfulness, radical acceptance, meditation, yoga, creative arts, and ecological or social action for example, centers on our relationships to the natural and human constructed environments. Exploring the paths in the spirituality of recovery – such as A.A. – offers a way to approach the questions of our human vulnerability. This workshop will enjoin participants to explore the ways in which we come to understand and accept ourselves, not as abandoned, but as empowered by the source of life, wisdom, and higher relational purpose. We will explore the interface of self-of-therapist and the hungry ghosts that we encounter in ourselves, our clients, and in our practice as a spiritual path in itself. This will be an experiential workshop, facilitated and presented in English and Spanish.

# **Migración del Modelo Dinámico Sistémico Integrativo, Desarrollado en la Capital del País a Poblaciones en el Interior de la República Mexicana. Con Múltiples Problemáticas Psico-sociales**

*Enriqueta Cordova Barrios, María - Mexico*

*Espejel Aco, Emma - Mexico*

**Short Description:** Necesidad de atención a familias en crisis ubicada en Morelia, México que han sido altamente afectadas por violencia, delincuencia organizada, corrupción, desempleo y desintegración familiar. Presentando un modelo, su adaptación y resultados durante la formación de Terapeutas Familiares en diferentes sedes clínicas.

**Abstract:** La necesidad de atención a familias en crisis y la respuesta de una Institución (IFAC) de México para trasladar su modelo a otra Institución (IFADEH), que comparten objetivos de formar terapeutas familiares, prevención y atención a familias. El modelo creado específicamente para familias mexicanas se ha venido aplicando desde hace 40 años, manteniéndose vigente en la capital de la República aplicándose en diferentes poblaciones al interior. Es de interés la experiencia en ifadeh, institución ubicada en Morelia, México, ciudad que ha sido altamente afectada por violencia, delincuencia organizada, corrupción, desempleo y desintegración familiar. Presentaremos el modelo, su adaptación y resultados explicitándolos y complementando con imágenes gráficas, aplicando la Escala de Funcionamiento Familiar a cada uno de los procesos familiares para evaluar en Pre y Post test, el perfil de cada población que se aborda, así como, los avances que se obtienen con la aplicación del modelo en el proceso. IFAC-IFADEH durante la formación de Terapeutas Familiares ha desarrollado una práctica en Sedes Clínicas que es la aplicación del modelo en instituciones, ventanas abiertas por las que uno se asoma y ve con cruel realismo, las crudas situaciones a las que se enfrentan estas familias sea por pobreza extrema, marginación o violencia. Es importante conocer el funcionamiento de estas familias permitiendo a los alumnos en formación adaptar sus modelos de trabajo, a las distintas características de cada problemática dentro del contexto cultural y socioeconómico, logrando flexibilidad en la diversidad. Desarrollamos formas de enseñanza de reflexión-acción con los terapeutas, incorporando técnicas aplicables a estas realidades y geografía, con la posibilidad de generar investigación que contribuya ir más allá de cambios familiares e incidir en las instituciones, logrando también cambios en ellas, siendo una buena oportunidad para crear conocimiento y teoría fundamentada el ejercicio de la supervisión-co-visión, trabajando con alrededor de 300 familias.

# **Resolving Conflicts in the Family as a Way to Reach More Harmony in Our Community-Satir Transformational Systemic Therapy (STST)**

*Erenel, Sibel - Turkey*

**Short Description:** Peace starts at home. Satir Transformational Systemic Therapy Model (STST) offers a unique process towards bringing such peace: “peace within, peace between, Peace among”. In this workshop we will experientially present the Iceberg Metaphor as a vehicle to resolve conflicts in the family, encouraging accepting people differences towards growth.

**Abstract:** Peace starts at home. Virginia Satir believed that : "If we can heal the family, we heal the world". The Satir Transformational Systemic Therapy Model (STST) offers a unique process towards bringing such peace: “peace within, peace between, Peace among”. In this workshop we will present the Iceberg Metaphor as a vehicle to resolve conflict. Participants will experientially learn about exploring the feelings, perceptions and expectations underlying the conflict as well as listening to the yearnings. It is through listening to the yearnings that we can understand and accept people’s differences and help them use their differences for growth and towards more harmony. The presenters who are family therapists and leaders in the Training and implementation of the Satir model in their countries share a common vision. As both presenters are living in conflict zones they hope this workshop will inspire family therapists in various countries to cooperate with each other and help to bring better harmony in and across different communities.

# Terapia Familiar Desde Una Perspectiva Postcolonial (Spanish Room)

*Esteban Montilla, Romulo - United States*

**Short Description:** En esta presentación se analizará la familia desde una perspectiva postcolonial y se hará una propuesta de terapia familiar que incorpore los elementos de un abordaje liberador. Una terapia familiar postcolonial comienza con el reconocimiento de la necesidad central del ser humano de formar grupos para vivir en comunidad.

**Abstract:** El ser humano como un ente social necesita vivir en grupo. De allí que una vez que alcanza el nivel de madurez establecido por su comunidad decide conformar otro nuevo grupo al buscar pareja para iniciar su propia familia. Las razones detrás de la formación de una nueva unidad familiar son varias incluyendo el deseo de propagarse, la necesidad de afecto e intimidad, la exploración de nuevas oportunidades para experimentar la vida, la continuidad de la tradición cultural y la esperanza de hacer la diferencia en este mundo. Existen muchas metáforas para describir este nuevo grupo o familia las cuales como todas las imágenes o símbolos que se usan para describir un fenómeno o realidad tienden a tener sus limitaciones. Las metáforas más comunes para referirse a la familia incluyen la idea de ver a la familia como un jardín, como una red de telaraña, como un ecosistema y como un sistema o máquina. Lo triste es que el ser humano a través de la historia ha permitido que estas imágenes o metáforas sustituyan la realidad. Por tanto se llega a decir que la familia es un sistema o es una red de telaraña cuando debiera decirse que la familia es como un sistema, es como una red de telaraña. Una perspectiva postcolonial de terapia familiar ha de comenzar por desmitificar aun el concepto de familia el cual está altamente conectado con una ideología de dominación y explotación como lo es la esclavitud. Un modelo postcolonial de terapia familiar sugiere que los saberes tradicionales de ayuda a la familia están muy influidos por una postura colonial de la mente y de las relaciones que al aplicarse al contexto latinoamericano pueden hacer más daño que bien.

# Mothers & Fathers With HIV: Complexity of Family Disclosure-Related Decisions in the Cultural Milieu

*Foster, Victoria - United States*

*McAdams, Rip - United States*

*Joe, Richelle - United States*

*Robertson, Derek - United States*

**Short Description:** Mothers and fathers with HIV face complex sets of family and childrearing decisions. Low rates of disclosure among families narrate the complexity of disclosure-related decisions embedded in the family and cultural milieu. Disclosure processes within families is explored through feminist & multicultural family therapy lenses, including narratives from clients.

**Abstract:** Mothers and father living with HIV face complex sets of family and childrearing decisions within the context of many competing stressors. One especially difficult decision is whether to disclose their HIV status to their families, including children. Low rates of disclosure among families relates to the complexity of disclosure-related decisions particularly in terms of the family and cultural milieu within which families operate. Disclosure can simultaneously alleviate and create tension within the family. AIDS stigma includes not only the infected individual but family members as well; significant risks may be associated with disclosure. Fredrikson and Kannabus (2004) reported “those living with HIV experienced rejection by their loved ones and banishment from their community, illustrating that HIV and AIDS are as much about social phenomena as they are about biological and medical concerns” (p. 1). Rates of depression, loneliness and post-traumatic stress disorders among HIV-positive men and women are reported to be twice as high as the general population, affecting decision-making regarding disclosure and ability to manage family reactions. Studies indicate that women are more likely to experience discrimination than men from both the community and their partner’s family. Parents may also want to spare their children and other family members from the stress and worry related to disclosure. Children and teens have responded to parental disclosure with fear regarding the death of their parent, worry about infection and the impact on the family socially, and often experience depression, anxiety and lower academic performance. Parents report concern about the need and ability of children to keep the information private. Challenges also differ between mothers and fathers in terms of their roles in the family and stereotypic labeling regarding positive HIV status. Implications for family therapy practice are discussed. Burdens and benefits related to disclosure and process within the family will be explored through a feminist and multicultural family therapy lens, including narratives from clients and their families. Case studies presentations will promote consultation and conversations regarding the complexity of family therapy practice regarding parents living with HIV, family systems, cultural context, social discrimination and risk.

# Intervention with Families Living in Poverty: Therapeutic Issues and Approaches

*Frankel, Sid - Canada*

**Short Description:** A critical analysis of the multi-disciplinary literature on the effects and correlates of family is presented, focusing on translating them into issues which should be incorporated into family intervention. Critiques of family therapy with poor families are reviewed. Therapeutic approaches designed for poor families are described and analyzed.

**Abstract:** Purpose: The purpose of this lecture is to articulate the rationale for intervention with poor families, describe the issues involved and critically analyze the available intervention approaches. In order to fulfill this purpose we ask and answer six questions: (1) What are the ethical and moral imperatives for intervention with families living in poverty? (2) How is poverty conceptualized and how is it measured? (3) What are the health, psychological and social effects of poverty on families and their members, and through what causal pathways do they operate? (4) What characteristics must effective intervention approaches exhibit according to multi-disciplinary social science theoretical and empirical literatures? (5) What critiques have been raised about intervention with families living in poverty? (6) What therapeutic approaches are available, and how well do they meet the critiques and incorporate social science knowledge? Method: The lecture is based on a critical analysis of a comprehensive review of the multi-disciplinary social science and professional literatures Elaboration: The discussion of moral and ethical imperatives focuses on the elaboration of various concepts of social justice and their application to the missions and ethical obligations of family therapy and human service professions engaged in family intervention. The discussion on the conceptualization of poverty focuses on absolute, relative and deprivation approaches and their implications for intervention. The discussion on effects synthesizes the evidence on the range of effects and discusses material, psychosocial and behavioural pathways. Special emphasis is placed on pathways which implicate family relationships and processes as mediating or modifying the effects of poverty on family members. This literature related to the effects of poverty, along with literature on the correlates of living in poverty is used to identify issues which potentially successful intervention frameworks must incorporate. Critiques are reviewed, including inappropriate middle class standards, disempowerment and inattention to environmental stressors. Therapeutic approaches discussed include Systems-Oriented, Family-Centred Approach, Just Therapy, Multi-level Systems Model, Community Family Therapy, Integrated Family Assessment and Intervention Model, and Feminist Family Therapy. The lecture concludes with a description of research required to assess the efficacy of these promising approaches.

# **An Overview of the Field of Clinical Sexology**

*Fuentes, Rafael - United States*

**Short Description:** To obtain an overview of the historical perspective of sexology and comprehend the psychosocial perspective in the field of clinical sexology.

**Abstract:** To obtain an overview of the historical perspective of sexology and comprehend the psychosocial perspective in the field of clinical sexology. This workshop will help to identify myth and facts in regards to sexology and how to promote decreasing taboo from sex. Furthermore, it will help to reinforce the importance of clinical sexology in the field of human services, family therapy and mental health. This workshop will help to understand and learn a theoretical overview of clinical sexology.

# Emotional Resiliency-A Family Challenge

*Gardino, Gene - United States*

**Short Description:** The life of children often includes struggle, trauma, and pressure in their developmental trajectory. Parents tend to minimize the subsequent pain and pressure, instead focusing on wrapping the child in a protective bubble, denying opportunities for crucial emotional resiliency to develop.

**Abstract:** The presenter will address the tensions, concerns and disequilibrium of stable family dynamics related to some of the factors in a child's or adolescent's life challenges. The lives of children and adolescents consist of three domains, HOME-SCHOOL-FRIENDS. When there is instability in one or more of these areas the child is affected in a way that ripples through the entire family. In addition, the pressures on families today to give their children the imaginary 'edge' to be the best, to guarantee success in life, leads parents often to minimize minor trauma in one or more of the three domains and to minimize investment in the development of the vital component of emotional resilience. The presenter will share with clinicians ways to work with parents to recognize trouble or emotional fragility in their children and ways to shift the family dynamic to the advantage of everyone in the family. Through the modalities of presentation, discussion, and role play, the presenter will explore family experience around the tensions of a child in distress, using live role play to elicit discussion. He will also present samples of assessments that can be used with parents and children to track the emotional development and resiliency through secondary school years headed toward university.

# **The Use of Mediation Technologies in High-Conflict Parental Separation or Divorce: Innovative and Affordable Strategies That Promote the Best Interest of the Child**

*Garrett, Stephanie - United States*

*Parker, Allie - United States*

**Short Description:** The primary purpose of the presentation is to inform behavioral health professionals about innovative, affordable technologies designed to enable high-conflict couples to co-parent efficiently and effectively.

**Abstract:** In this presentation, we will focus on the current technological resources that family mediators can employ to limit children's exposure to inter-parental conflict. First, we will review the literature that demonstrates exposure to conflict presents one of the most psychologically damaging risks to children before, during, and after divorce. Mediation is a well-researched alternative to litigation that limits such exposure. In fact, longitudinal studies have demonstrated that mediation (versus litigation) resulted in the non-custodial parent playing a much larger role in the child's life. The primary purpose of the presentation is to inform behavioral health professionals about innovative, affordable technologies designed to enable high-conflict couples to co-parent efficiently and effectively. This is particularly true when integrated into a mediation agreement. Mediation technology can play a positive role by acting both as a forum for positive communication and online access to planners, expense logs, and child document information. Moreover, third parties such as, judges, attorneys, and behavioral health professionals may have access to the communication log between ex-spouses and/or high-conflict couples. The final portion of the presentation will be informative and practical—we will distribute a sample parenting plan that integrates such mediation tools, ultimately equipping professionals with the necessary knowledge to access and integrate evidence-based technologies that truly serve the best interests of the child.

# Cross-Cultural Research: The Process of Measuring Family Therapy Concepts Across Cultures

*Glebova, Tatiana - United States*

*Michaels, Marcia - United States*

**Short Description:** This workshop will address the process of testing measurement equivalence across cultures. Specifically, the presenters will describe the overall methodological process including back translation, analytical strategies to check the equivalence via comparison of item distribution, reliabilities and internal structure. The process will be illustrated by examples from several studies.

**Abstract:** Rising internationalization of the field of family therapy warrants a more thorough consideration of transferability of the US originated knowledge and practice to other countries. Translation and assessment of measurement equivalence of existing clinically relevant instruments is one of the steps in cross-cultural empirical testing of family therapy theories. This workshop will address the process of testing measurement equivalence across cultures. Specifically, the presenters will describe the overall methodological process and stages including back translation, analytical strategies to check the equivalence via comparison of item distribution, internal consistency reliabilities and internal structure. The process will be illustrated by examples from several studies, including the study of Russian translation and its validation of the Relational Ethics Scale (RES; Hargrave, Jennings, & Anderson, 1991), an instrument developed for measuring the constructs of relational ethics as described in contextual family therapy (Boszormenyi-Nagy & Krasner, 1986). Several aspects of cross-cultural conceptual and functional equivalence (Butcher & Han, 1996) of the measured constructs such as fairness and trust will be discussed.

# Russian Translation of the Relational Ethics Scale and its Validation

*Glebova, Tatiana - United States*

**Short Description:** The purpose of this study was a translation into Russian and its validation of the Relational Ethics Scale (RES; Hargrave, Jennings, & Anderson, 1991), an instrument developed for measuring the constructs of relational ethics as described in contextual family therapy (Boszormenyi-Nagy & Krasner, 1986).

**Abstract:** Increasing internationalization of the field of family therapy calls for more attention to transferability of the US originated knowledge and practice to other countries. Multifaceted process of evaluation of “the goodness of cultural fit” may include various approaches such as international dialogues (McDowell et al., 2006), immersion programs (Platt, 2012) as well as empirical studies of theories and their constructs. Translation and validation of existing clinically relevant instruments is the first step in cross-cultural empirical testing of family therapy theories. The purpose of this study was a translation and its validation of the Relational Ethics Scale (RES; Hargrave, Jennings, & Anderson, 1991), an instrument developed for measuring the constructs of relational ethics as described in contextual family therapy (Boszormenyi-Nagy & Krasner, 1986). First, the RES was translated into Russian following established guidelines for instrument translation (Brislin, 1976; Sue, Kuraski, & Srinivasan, 1999). Then, it was included in a larger study conducted in Russia in July 2013. Data was collected from 172 individuals, both women and men from diverse backgrounds residing in Vladivostok, the Russian Far East, 18 years of age and older, who are currently married or in committed romantic relationships. The proposed poster will report the psychometric properties and several aspects of the cross-cultural equivalence of the translated RES, its subscales and measured constructs. This will include item analysis, item-scale correlations, internal consistency, correlations between subscales and factor analysis. Those results will be compared with the published psychometric analyses of the original RES (Hargrave, Jennings, & Anderson, 1991). In addition, we will examine the effects of marital status and age on the RES to see whether the findings of the original RES validation (Hargrave & Bomba, 1993) are replicated in the Russian sample. This study will provide information on using the RES across cultures. Limitations and future research will be discussed.

# Impact of Pets in the Quality of Life and the Attachment Patterns of Puerto Rican Family Members

*Gonzalez, Stephen – Puerto Rico*

**Short Description:** The purpose of this study is to further explore the effect of pets in the family, how the internal models of attachment influence and if this somehow reflected in a better quality of life in families.

**Abstract:** Research shows that a positive connection exists between human beings and animals. Some of these connections are related to an increase in quality of life, physical and mental well being, as well as an increase in family satisfaction. Puerto Rican population invests over \$100 million dollars a year in pets, and pet products, which evidence the importance the Puerto Rican places on pets. However, little is known about the impact of pets in a family system and its relationship with quality of life and attachment patterns. The objective of this investigation was to explore the effect that pets have in the nuclear family, the influence of the models of internal attachment, and its relationship with quality of life. One hundred and eighty adults of both gender between the ages of 21 and 85 years old were surveyed. Of these participants 103 had pets and 81 had no pets. The following scales were administered to assess quality of life and attachment: the World Health Organization Quality of Life (WHOQOL-BREF) scale, which focuses on satisfaction in terms of their state of health and quality of life; and the CaMir Scale which measures the internal models of relationships of attachment between the individual and the family functioning. Preliminary results showed that there were significant differences between participants in a family system who had pets and those who did not have pets in relation to the perception of family support ( $t = -2.270$ ,  $p < .05$ ). It seems that for those participants that don't own pets tend to seek more family support than those who own pets in the family system. This result could be related with pets fulfilling an internal attachment need. On quality of life, there was no difference between participants with pets and those without pets and their relationship with their internal attachment models. Additional preliminary data will be presented.

# Authenticity in Relationship Scale: Adaptation and Validation to the Portuguese Population

*Gouveia, Tania - Portugal*

**Short Description:** This study tests the validity and reliability of the Portuguese version of the Authenticity in Relationship Scale (Lopez & Rice, 2006). The factor analysis confirmed the original structure, with adequate fit and reliability indexes. The validation process reveals metric properties for the Portuguese version, similar to the original version.

**Abstract:** Initially developed by Lopez and Rice (2006), the Authenticity in Relationship Scale (AIRS) is a self-report questionnaire that assesses one's acknowledgement that the benefits of honest self-presentations with an intimate partner clearly compensate their potential risk and costs. The main goal of the present work is to test the validity and reliability of the Portuguese version of this scale (AIRS-P) as there no available measures to assess authenticity in romantic relationships for the Portuguese population. The Portuguese version of this scale was administered to 465 participants, dating or living together aged from 22 to 71 years. Items were translated to Portuguese and back-translated by a bilingual expert and reviewed by other researchers. The confirmatory factor analysis established the two factor structure, similar to the original version: Unacceptability of Deception and Intimate Risk Taking, with adequate model fit and reliability coefficients. The validation process shows that the metric properties for the Portuguese version are similar to the American version, suggesting the measurement of the same constructs.

# What Makes us More Authentic in Relationships? Contributions of Caregiving and Attachment to Parents and Romantic Partner

*Gouveia, Tania - Portugal*

**Abstract:** Assuming the origins of romantic attachment in previous parental relationships, the present study aimed to understand the effects of parental attachment in romantic attachment throughout the possible mediating role of authenticity in relationships. Authenticity in relationships is a relational schema that assumes the benefits of mutual and accurate exchanges of real self-experiences with the romantic partner over the potential risks of discomfort, disapproval, or instability (Lopez & Rice, 2006). Literature suggests that secure parental attachment styles and previous experiences of supportive relationships are important predictors of authentic self-behaviour. Also, like any other relational construct, authenticity is intimately linked to current partner relational dynamics and characteristics such as support and acceptance of other's self, shaping romantic attachment. 327 adult participants (21 to 70 years old) married or living together responded to 3 questionnaires measuring attachment to mother and father (MFAQ; Matos & Costa, 2001), authenticity in relationships (AIRS; Lopez & Rice, 2006) and romantic attachment (RAQ; Matos, Cabral & Costa, 2008). A mediation model was tested in order to understand the mediation role of authenticity between parental (mother and father were assessed separately) and romantic attachment. Findings confirm the strong mediator role of authenticity, predicted by attachment to both parental figures.

# Choose Your Own Outcome: A Creative Approach to “Predicting” Outcomes in Family Therapy

*Harris, Pamela - United States*  
*Sheffield, Rebecca - United States*

**Short Description:** This session will introduce a new software application designed to discover family interactional patterns through a creative approach that encourages deeper child/family engagement. Families will be presented with culturally sensitive, interactive, moral dilemma scenarios related to referral behavior, and work together to decide the main character’s actions.

**Abstract:** Dealing with behavioral concerns of children affects the whole family system. Parents tend to become frustrated with how misbehavior distresses both the school and home environments, and children may sometimes feel that their behaviors are misunderstood. Additionally, the use of technology by children has led to discussions of negative impacts to family and peer interactions. Due to technological advancements, family therapists now have more creative approaches available to work with symptomatic families that lack competence in communication. The presenters have created an interactive tablet application, modeled after the Choose Your Own Adventure Series that will function as a catalyst to promote deeper engagement of children while encouraging developing competence at face to face discussion. The family is presented with a moral dilemma related to the referred behavior. The family is asked to work together to solve the dilemma of the main character. Choices lead to multiple possible outcomes. By working as a team, the families can predict how continued negative behavior could affect both the child and each member of the system. Additionally, family members will have the opportunity to tell their own stories, to not only compare them to the fictional character’s story, but to also construct their own desired consequences. One goal is to assist the therapist to discover interactional patterns, values, and social roles within the family as they work together to solve the dilemma. This technique is geared to elicit rich information regarding complementarities, differences, structural problems, and strengths to build upon within the family system. This application addresses multiple presenting issues including: aggression, problematic peer relationships, self-esteem, and family communication. The characters are designed to be relevant to diverse cultures and socioeconomic levels. Methods and implications of utilizing the application in the school setting are discussed.

# Coaching Parents to Build Better Communication and Collaboration with Their Children's Schools

*Harris, Pamela - United States*  
*Sheffield, Rebecca - United States*  
*Kim, Sharon - United States*

**Short Description:** This session explores the reluctance of some parents to communicate with their children's teachers and school counselors. The presenters (which include a school and family counselor) will introduce strategies that family counselors can use to ease parents' anxieties, as well as tips for improving communication with school systems.

**Abstract:** When children enter the school system, some parents are reluctant to begin or maintain relationships with teachers and/or school counselors. Parents have expressed fear of being judged, general mistrust, discomfort due to cultural differences, fear of coming across as intrusive, and anger over past negative interactions as barriers to feeling a sense of belonging at their child's school. Research shows that collaboration between parents and schools results in a more successful (both academically and socially) student. Collaboration can also aid in reduction in problematic behavior, heightened family communication, improve attitudes toward education, and lead to more educational opportunities for students. The presenters, which include both a school and family counselor, have designed an intervention to utilize within family therapy to encourage parent/school collaboration. The intervention proposed will address discussion geared toward discovering parent and child core beliefs regarding education and feelings about their individual school experiences. Additionally, techniques will be geared toward assisting the family to develop confidence in interacting with the school through structured coaching and interactive role-play. Strategies will be presented to help families establish trust and develop a personal relationship with school personnel. Additional topics will include methods for collaboration between the family counselor and the school counselor to prepare the family and child for a planned school meeting. Methods for increasing effectiveness of technology use in the school family relationship will be addressed.

# Cyberbullying: Parents' Knowledge, Perceptions and Coping

*Heiman, Tali - Israel*

**Short Description:** Cyberbullying refers to bullying harassment by electronic technologies. The present study examined parents' knowledge, perceptions and coping regarding the involvement in cyberbullying and cybervictimization of their children. Social and family support was negatively correlated with cyber-perpetrators; being a cybervictim was related to the child's stress, anxiety, and depression.

**Abstract:** Cyberbullying refers to bullying harassment of others by means of new electronic technologies as internet, cell phone, Chat rooms (Smith, 2008). During the last decade, cyberbullying is becoming the most prominent form of bullying. Recent studies revealed that being cyberbullied is correlated with emotional, behavioral and social aspects (Dehue et al., 2008). In addition, research demonstrates that cyberbullied children rarely report to their parents or teachers (Moore, & Minton, 2009). As most parents are unfamiliar or unaware to the risky aspects of the new media, it is important to examine parents' perceptions and involvement in CB. The present study examined parents' knowledge, perceptions regarding CB, its prevalence and patterns, and mode of coping with CB. 93 parents (mean: parent age = 44.6, S.D. = 5.7; education = 16 years, S.D. = 3.1; child age = 12.85, S.D. = 3.4) completed questionnaires regarding their child internet usage, being cyberbullying victim, social aspects, and parents' coping with CB. Results revealed that most of the children used Internet, Chat rooms and video games at home (61- 68%), compared to 19% Internet usage at school; 9.5% of the parents reported knowing that their child was cyberbullied, while only 6% of the children reported someone about it; 12.5% of the children were witness to CB, yet 65% did not interfere to stop it, 7.5% of the children tried to help the victim and 10% told an adult. No significant differences were found between boys and girls regarding internet usage and CB, according to parents' reports. Significant negative correlations were obtained between social and family support and being cyber perpetrators; concerning the effects of being a cybervictim, parents reported that it might affect the child stress (42%), level of anxiety (38.6%), embarrassment (36.8%), and depression (25.9%). In order to stop CB, 60% of parents suggested blocking messages usability from their children. Based on the findings, a special training program was developed for parents in order to enhance their internet knowledge, the advantage and risks of the social networks, and how to prevent cybervictimization.

# Family Therapist Training Panel

*Hiebert, William - United States*

*Nichols, Bill - United States*

*Reid, Fatma - Turkey*

**Short Description:** This panel will explore the many ways various countries have developed training programs and the kind of guidelines that exist for developing training programs. The panelists are individuals who have been involved in training over the years on the master level, doctoral level and in post-degree training. The panelists include: Fatma Reid, Moderator and IFTA Past President; Lee Bowen, IFTA President; William Nichols, Former IFTA President; and William Hiebert, IFTA General Secretary.

**Abstract:** Training programs are developing around the globe. Countries in Western Europe and North America have well-established marriage and family therapy training programs and accreditation standards that serve as guidelines for establishing training programs. In other parts of the world, family therapy preparation programs are just beginning and in many of these countries there are no clearly established guidelines to aid in the development of preparation programs. In many places, potential trainers are seeking guidelines for post-degree training programs, i.e., training for people trained in individual perspectives but who are now interested in training in a systemic perspective. In other places, the interest is in developing degree programs. The IFTA Guidelines for Family Therapy Preparation will be discussed and it is available at: [http://www.ifta-familytherapy.org/docs/IFTA\\_Guidelines201309.pdf](http://www.ifta-familytherapy.org/docs/IFTA_Guidelines201309.pdf)

# Homoparenthood: Meaning Attributed to Fathering and Mothering From the Perspective of Gender

*Ivone Marchi-Costa, Maria - Brazil*  
*Maria Stefanini de Macedo, Rosa - Brazil*

**Short Description:** This is a qualitative research, analyzed based on social constructionism. Participants were 20 persons, residents in the western of São Paulo, Brazil. It was revealed that the majority believes that homoparenthood can be exercised by both genders, confirming studies that claim that the fathering and mothering are socially developed.

**Abstract:** Usual works are opposed to theories that postulates the existence of a maternal instinct, innate and universal, shared by all women and the fact that the mother or other women devote themselves to motherhood, that is, the care of children, is not natural and does not mean that parents, homosexual or heterosexual, can not perform the fathering and the adequate care for their children. This study aimed to understand if people of both genders understand differently to homoparenthood. The term 'homoparental' refers to the exercise of parenting by homosexuals, both men and women. It is a qualitative, instrumentalized by dialogical interview mediated by stimulating and reflective questions and the data analysis was based on social constructionism. Participants were 20 lay people from the community, aged 30-60 years old, residing in the western of São Paulo State in Brazil. The results revealed that the most female people, and the minority males judged that both genders – male and female same-sex couples - can love, nurture and take good care of their children. Most men and minority women rated the fittest females to exercise motherhood because they consider that the woman was created by God to be a mother, thus it is part of her nature, therefore, more capable to care of. Two men could not answer the questions. We conclude that the majority of participants considered that the homoparenthood can be exercised equally well for both genders, ratifying the studies that claim regardless of sexual orientation, fatherhood and motherhood are not inherently biological processes, natural or instinctive but socially developed.

# The Impact of Pets on the Family System

*Jiménez, Aida L. – Puerto Rico*

**Short Description:** This research is exploratory and qualitative, focusing on how childhood experiences and relationships with parents influence the decision of having, or not having, pets, the perception towards pets, and its impact on the family system. Our results show that different attachment patterns provided participants with specific parenting skills.

**Abstract:** The current study aims to explore the role of pets in a family system. This research is exploratory and qualitative, focusing on how childhood experiences and relationships with parents influence the decision of having, or not having, pets, the perception towards pets, and its impact on the family system. We interviewed, transcribed and analyzed a total of 20 interviews of a sample of pet owners and non-owners, in order to explore the unique relationship each family member had with their pets. A content analysis of the verbalizations was performed using the software NVivo. According to the results, having a pet increases the sense of happiness experienced by participants as well as the unity, tranquility and even sense of humor in the family. On the contrary, economic problems, lack of time, responsibility of taking care of an animal, and negative past experiences with pets were amongst the reasons identified for not having a pet. All participants coincide in different ways in which their relationships with their parents influenced their decision to have, or not to have, a pet, and their perception towards them. It was by analyzing such relationships that we were able to identify all three attachment patterns described by Mary Ainsworth's Attachment Theory. The bond, or lack thereof, identified in the participant's relationship with the parents was directly reflected in the relationship with the pet, whether that be a secure, insecure or ambivalent relationship. Each style of relationship provided the participant with specific parenting skills that, as suggested, greatly influenced their relationship not only with the pet, but with those outside the family system as well.

# Using Simulated Learning Environments to Test Clinical Readiness of CFT Master's Students

*Jordal, Christian - United States*

**Short Description:** The Couple and Family Therapy Department at Drexel University uses a Simulated Learning Environment to test the clinical readiness and development of graduate students across the program. Measurements are tied to clinical student learning outcomes. The application of SLE to CFT, including challenges, opportunities, and implications, will be discussed.

**Abstract:** Simulated Learning Environments (SLE) have traditionally been used in the medical sciences to test student clinical readiness. Students are tested in their ability to retain and apply knowledge. Faculty reviewers determine if students are clinically ready for practice. SLE is less commonly used to test graduate students in Couple and Family Therapy (CFT) programs. The CFT Department at Drexel University uses SLE to test graduate student's readiness for practice and clinical development across time. The application of SLE to CFT, including challenges, opportunities, and implications, will be discussed.

# **#Oneworldpeaceday: An Experiential & Systemic Approach to Working With Families and Teens Through the Use of Yoga, Meditation, Music, and Social Media.**

*Kalicinski, Sylvia - United States*

**Short Description:** #OneWorldPeaceDay: An Experiential & Systemic Approach to Working with Families and Teens Through the Use of Yoga, Meditation, Music, and Social Media.

**Abstract:** One World Peace Day serves inner city children and their families who would most likely not have the opportunity to participate in yoga due to financial barriers. One World Peace Day carries the slogan, “Teens to Create and Elevate.” The event provides a full day of Kundalini meditation, Kundalini yoga, Capoeira dance workshops, ethno-global DJ music, teen led pscho-educational workshops, and non-violence communication training. All skills and information taught are designed to be used inside the home as well as in the community. The event is free and paid for by community donations. The presenter has developed a unique experiential approach to working with teens and families through the inclusion of yoga, meditation, music, and social media. One World Peace Day was originally designed for inner city youth and their families in Los Angeles, California. The event integrates systemic and experiential principles within a yoga based therapeutic approach. Using yoga and meditation in combination with psycho educational discussion, participants can address current issues of conflict and relationships through an experiential approach. The presenter will demonstrate through theory, case examples, photos, and video footage how this experiential event can help move at-risk youth or displaced teens such as refugees out of a place of feeling lost and/or isolated to a place of community and a sense of home from within. Photos and video footage will illustrate specifically how the use of yoga, meditation, and capoeira provide an experiential understanding of Self and relationship. Illustrations of yoga poses and pranayama breathing will illustrate examples to promote a relational lens and compassion for others. Social media can further promote global peace as well as awareness and compassion for others. Technology combined with social media creates a system that inspires teens and families to “create and elevate” worldwide.

# The Impact of War on Refugee Youth and Families: Implications for Practitioners

*Kanya, Hugo - United States*

**Short Description:** In many parts of Africa and around the world, children are targets and perpetrators of war. Children experience torture, loss and are caught fighting on various sides of different conflicts. All these experiences not only alienate them from others but also internally create isolation from their own psychic integrity.

**Abstract:** In many parts of Africa and around the world, children are targets and perpetrators of war. Children experience torture, loss and are caught fighting on various sides of different conflicts. These children suffer several forms of exploitation. They serve as laborers, sex slaves and often are involved in ritualistic abuse. They often carry out killings at the bequest of adults. All these experiences not only alienate them from others but also internally create isolation from their own psychic integrity. Implications for social work will be discussed.

# Trauma and it's Transmision - Second Generation Holocaust Survivor Men - In Eft Couple Therapy

*Kellner, Judith - United States*

**Short Description:** Demonstrate how past trauma emerges in second generaiont men, how it manifests itself in couplehood. Via the eft model show how to stay with man's emotions once the vulnerablity is touched. The goal is to liberate these second generation men to pursue their own voices in intimate relationships.

**Abstract:** Demonstrate how past trauma emerges in the life of the second generaiont men, how it manifests itself in couplehood. The goal is to show via the eft model, how suttle the difference of the atachment longing of this men is from others. The hope is that via couple therapy the second generation men will be liberated to experience their own vulnerabilites, and in return to pursue theri own voices in intimate relationships. Clinical examples (sessions video) from the presnter's work will be introduced through the presentation. Need no less than 1hour long presentation.

# One Foot in One Foot Out—Our Evolution as Therapist When Self and Main Culture Not in Congruity

*Kellner, Judith - United States*

*Arduman, Eda - Turkey*

*Nisee, Martine - France*

**Short Description:** Judith, (Now) US- Impact of multiple immigrations and legacy of war trauma. Eda, Turkey- Identity in transit - constructing an identity as a psychoanalyst and a systemic family therapist; construct the self as an agent of change. Martine, France-Embedded in culture born into; curiosity created change within own culture.

**Abstract:** Our journey to find our professional voice based on our personal histories: Judith Kellner, US - Impact of multiple immigrations and legacy of trauma (Holocaust) on where I am today as a professional. How it “jelled” and why it does make sense. Eda Arduman, Turkey - Identity in transit - constructing an identity as a psychoanalyst as well as a systemic family therapist -The therapeutic space as a container serving to construct the self as an agent of change. Martine Nisee, France – Embedded in culture born into, created curiosity about “the other” which enabled to create change within own culture (French welfare system).

# Effectiveness of Marriage and Relationship Education (MRE) (Spanish Room)

*Khorram, Angelica - United States*

*Eduardo Estrada Pescador, Angel - United States*

**Short Description:** The overall intention of facilitating a couple's workshop is to teach the couple new ways of interacting that can encourage healthier relationship dynamics. The goal of this presentation is to begin discussing how marriage and relationship education (MRE) programs can be more effective.

**Abstract:** The overall intention of facilitating a couple's workshop is to teach the couple new ways of interacting that can encourage healthier relationship dynamics. In accordance with the "Effective Therapy" portion of the IFTA 2014 World Family Therapy Congress theme, this workshop studies the effectiveness of marriage and relationship education (MRE). Specifically, this workshop examines whether or not relationship satisfaction is increased. MRE programs, which typically focus on improving communication and developing better problem solving skills. These skills are often recognized as the core of healthy functioning relationships (Hawkins, Blanchard, Baldwin, & Fawcett, 2008). Research shows that MRE programs that address conflict stemming from poor communication and problem solving skills often increase the couple's overall relationship quality (Blanchard, Hawkins, Baldwin, & Fawcett, 2009). The literature is unclear as to whether or not couples experience lasting positive effects post-MRE (Parker, 2007). In addition, the severity of the couple's dynamic prior to attending is often unknown, which may affect the effectiveness of a workshop. Meta-analysis indicates that MRE workshops tend to be effective for white middle-class couples, but suggests that data on MRE programs' effectiveness with minority couples is too limited to draw any conclusions (Hawkins et. al., 2008). Couples who are at higher risk for divorce tend to get more from their MRE experience than couples who are considered low-risk (Parker, 2007). Also, most married couples today in the United States include at least one person who has been previously married, and the literature addressing complex couples is minimal (Hawkins et al., 2008). As policy makers increasingly explore the benefits of MRE premarital classes, it becomes more important that MRE workshop providers become aware of how effective they are at increasing couple satisfaction. The goals of this presentation are to begin discussing how this can happen, what facilitators need to be aware of, and what is being shown in the research as effective for couples.

# Looking at Couple Intimacy in a Developmental Way- A Hypothetical Model

*Kim, Seongjun - United States*

*Ochoa, Alexander - United States*

**Short Description:** This presentation explores intimacy development between individuals by expanding on current literature and introducing a new hypothetical model of intimacy. The presenters will focus on the disclosure that occurs throughout a couple's relationship that contributes to the developmental processes of intimacy and the individual factors that contribute in disclosure.

**Abstract:** Intimacy is an important part of interpersonal relationships and can encompass the different emotional, intellectual, social, spiritual, and physical closeness between individuals. This presentation is to explore the process of intimacy development between couples. Presenters propose a hypothetical model for the formation of intimacy in couples based on the presenters' own views and understandings of intimacy and its role in a committed relationship. The goal is to provide a conceptualization of intimacy that is precise enough to study yet comprehensive enough to cover the various components of intimacy. This model is to integrate aspects of a couple's exposure, familiarity, relationship equity, and underlying attachment influences as they impact the self-disclosure and personal growth of the couple and effect the positive and negative qualities of intimacy. This presentation suggests a hypothetical model that focuses on the development of a couple's intimacy as a response to self-disclosure and responsiveness and the factors that contribute to an individual's schema for disclosing and responsiveness. This model shows how each partner's sharing of self leads to personal and relationship growth through the process of intimacy. Growth, according to this model, means partners' physical, emotional, intellectual, and spiritual maturity, broadening their perception to see themselves and the world, joy through sharing themselves with each other. Therefore, as relationship growth occurs, personal growth is synonymous. This model proposes that early attachment styles such as secure, anxious, avoidant, and disorganized (Ainsworth et al., 1978) may influence the process of later couple relationships which may develop positive or negative intimacy schemas for individuals. Additional impact factors influencing intimacy development are mere exposure, familiarity, sexual intimacy, and equity of the relationship. Research from a recent survey of couple intimacy will also be presented. We hope this discussion will be helpful to understand the hypothetical process about how couples form and develop their intimacy based on past experiences. Finally, the presenters will also explore the potential cultural impact of the model on a couples' development of intimacy based on a comparison of United States and Korea cases.

# Does Parental Conflict Develop Children's Social Anxiety in Their Adolescence or Young Adulthood?

*Kim, Seongjun - United States*  
*Ochoa, Alexander - United States*

**Short Description:** Childhood trauma can cause many problems such as social anxiety. This trauma may be caused by incidents in familial environments, such as conflicts between parents. This session will explore that parental conflicts develop social anxiety of the child and the child's emotional process to develop later social anxiety.

**Abstract:** Understanding children's emotional status may be hard for parents. Specifically, trauma in childhood due to chronic unstable situations in a family such as repeated parental conflicts is gradually developed without parents' recognition. The chronic parental conflicts may cause children to have severe anxiety such as fear about survival. Also, anxiety causes many problems of children such as depression, academic performance, and dysfunctional relationships with family and peers or functional decline. This presentation is aimed to explore the relationship between the parental conflict and children's social anxiety in their adolescence and adulthood. The presenters will not only explore children's emotional regulations in parental conflicts, but also the process about how parental conflicts impact children's mental health. Presenters will explain Attachment Focused Family Therapy (AFFT), which explores the intersubjective process of attachment between parents and children. This is important to develop children's mental health such as family members co-regulate affective states, co-create meaning of the outside world, and develop the autonomy to develop their own beliefs. In this regard, children who have anxiety due to parental conflicts have few opportunities to explore their outside world, which may lead to social anxiety. Presenters will explore if children who have social anxiety have decreased self-efficacy in social activities. Environmental factors such as birth order, gender, and other support will be considered to explain impact between parental conflicts, and social anxiety and self-efficacy as intermediate variables. Although there is some literature about parental conflict and its impact on pediatric psychopathology, more studies are need to better understand, recognize, and ultimately develop interventions. A final component of this would be a brief discussion about prevention to protect children from familial threats and interventions for children with social anxiety. In addition, we hope that this discussion will be helpful to understand children's emotional regulations which have been developed from parental conflicts. Finally, we also hope that this would spark continued discussion among the Conference members even after the presentation is over.

# Therapists in a Foreign Land- Challenges, Contributions and Supervision

*Kissil, Karni - United States*

**Short Description:** In this presentation participants will learn about the possible challenges foreign born therapists face when working in a foreign land and about the unique contributions they bring to their work. Participants will also learn how supervisors can help foreign born therapists develop clinical self-efficacy and achieve better therapeutic outcomes.

**Abstract:** Globalization and immigration have affected clinical practice in the United States by changing the demographic profile of both clients and clinical providers. There is a trend towards more foreign born therapists practicing in the United States, yet little attention has been given to their challenges conducting therapy in a foreign land, their unique contributions as foreign born therapists as well as their needs during clinical supervision. In this presentation, participants will initially learn about challenges foreign born therapists might face when working with clients in an environment where they often do not feel belong, such as cultural differences, language barriers and feelings of otherness. Participants will also get a better understanding of how these challenges can affect foreign born therapists' professional self and sense of competence as therapists. Foreign born therapists bring unique contributions to their therapeutic encounters, such as their experiences living in at least two cultures and the sense of being an outsider. Participants will additionally learn about the ways foreign born therapists can capitalize on these assets to better connect and intervene with their clients. Finally, participants will learn how supervisors can effectively work with foreign born therapists, by attending to the socio-political contexts in which their foreign born supervisees live and work, and by addressing cross-cultural interactions and power and privilege in all parts of the training triad, in order to facilitate the development of clinical self-efficacy and better therapeutic outcomes.

# **Between a Rock and a Hard Place- Being an Orthodox Jew and Gay: What Can Family Therapists Do?**

*Kissil, Karni - United States*

**Short Description:** In this presentation, through lecture and case vignettes, participants will learn about the daily struggles Orthodox Jewish gay men face trying to reconcile their religious and sexual identities. Participants will also learn about the ways family therapists can intervene with this population at the individual, family, community and policy levels.

**Abstract:** The Torah seems to be clear in its prohibition of sexual activity between men, and by extension, male homosexuality. For Orthodox Jewish gay men who belong to the stricter Orthodox communities which follow the literal interpretation of the Torah, trying to reconcile these conflicting identities (being an Orthodox Jew and gay) is a daily struggle. We will present the results from a qualitative study exploring the experiences of Orthodox Jewish gay men living in a concealed sexual identity. The participants will learn about the ways Orthodox Jewish gay men who choose to stay in the Orthodox community cope with this struggle, first by attempting to rid themselves of the homosexuality and then by making great efforts to conceal it. Participants will learn about the impact this on-going struggle has on these men's well-being and the emotional price they pay in order to stay in the community where they feel they belong. Therapists who work with this population (or similar religious communities) can be helpful in several ways; by helping individuals deal with the emotional burden related to the conflict and their family relationships, and by reaching out to community leaders and advocating for a change in the social and religious discourse around homosexuality. Participants will gain a better understanding of how to intervene at these various systemic levels.

# **Multi-Family Group Intervention for Chinese Families of a Child with Attention Deficit Hyperactivity Disorders in Hong Kong**

*Lai Chong Ma, Joyce – Hong Kong*

**Short Description:** In this presentation, the authors will report on our experience of developing a culturally specific and socially relevant model of multi-family group intervention for the families of a child with attention deficit hyperactivity disorders based on the feedback of the families and the children.

**Abstract:** Taking care of a child with attention deficit hyperactivity disorders (ADHD) is challenging, demanding and exhausting to parents. Homework supervision is a nightmare. Parents of a child with ADHD always feel being blamed and stigmatized in society. If not properly treated, the child's impulsive and defiant behaviours have unfavourably affected the parent-child interactions and family life, which in turn would have hindered the child's healthy growth and development. Despite the parents' great need for education, guidance and support, there is insufficient professional response to meet their service needs in our current mental health service, which is still bio-medical and child-focused in orientation. In view of this service gap, our research team has started a 3-year clinical research project, which aims to assess the treatment outcome of the multi-family group (MFG) intervention adapted from the Marlborough Centre, London, the United Kingdom, for Chinese families of a child with ADHD from January 2013 onwards. In this presentation, the authors would like to report on our experience of developing a culturally specific and socially relevant model of MFG for the families in the first phase of the study, using a client-driven approach in evaluation. The parents of the MFG (total number = 4 groups) have rated the majority of the group programmes highly satisfactory while the children's feedback was less satisfactory than that of the parents. We have revised our model of practice on the basis of the feedback of the families.

# Challenges and Opportunities in Family Therapy Training of Oncology Social Workers in Hong Kong: Feedback of the Trainees and the Families of Cancer Patients

*Lai Chong Ma, Joyce – Hong Kong*  
*Lai Tuen Yau-Ng, Monica – Hong Kong*

**Short Description:** In this presentation we shall introduce our one-year experience of family therapy training with a group of oncology social workers (n = 17) in Hong Kong and the results of the evaluation study of our training.

**Abstract:** Cancer has become the number one killer in Hong Kong. It is widely recognized among health care professionals on the importance of psychosocial care for the patients and their families at different stages of the illness. Nevertheless, professional practice orientation of Hong Kong oncology social workers is problem-oriented and patient-focused. Family centred care has become an ideal to be achieved, rather than a reality. Family strengths and family resource of cancer patients are under-utilized in helping. In this presentation we shall share our one-year experience of family therapy training with a group of oncology social workers (n = 17) in Hong Kong, using a case illustration. Our training aimed to equip the social workers with knowledge and skills on family therapy and broaden their professional assessment and management. We shall report on the results of an evaluation regarding the effect of family therapy training on the trainees and the families facing with cancer.

# ARISE Model for Adolescents & Young Adults with Substance Abuse and Mental Health Issues

*Landau, Judith - United States*

**Short Description:** Youth substance abuse is correlated with increased likelihood of lasting addiction and mental health issues. Targeting this high-risk population is therefore crucial for addiction prevention. This workshop focuses on working effectively with this population and their unique needs, complicating mental health issues, and the need for intensive family involvement.

**Abstract:** Working with adolescent and young adult substance abusers presents unique challenges for addiction and mental health professionals. Because early substance use is correlated with increased likelihood of lasting addiction, targeting this high-risk population is crucial. It requires an awareness of their unique needs, a focus on multigenerational strengths and resources, and an adaptation of traditional strategies. When mental health issues complicate the picture, misdiagnosis is common and relapse inevitable. Both problems need to be confronted simultaneously along with intensive family involvement in order to improve outcome. We are becoming more aware of the complexity of issues facing our patients and the importance of working at the interface between addiction, neurobiology, physical and mental health, and family. With the pervasiveness of dual diagnosis, the need for collaboration among professionals is paramount for proper and effective treatment and the ARISE Intervention and Continuum of Care is highly appropriate and necessary for the engagement of dual diagnosis. This workshop explores these particular challenges, including impact of addiction on the immature brain, prevalence of learning disability, gaming addiction, eating disorders, and depression in this population. The importance of early intervention, common parenting pitfalls, honoring independence while maintaining boundaries, is critical. Case studies and experiential demonstrations will use the Evidence-Based, Best Practice ARISE® Intervention and Continuum of Care as a vehicle for how professionals can adapt their approach to better meet the adolescent client and their families. This workshop will serve as advanced course credit for Certified ARISE Interventionists, though prior training in ARISE is not prerequisite. Working with adolescent and young adult substance abusers presents unique challenges for addiction and mental health professionals. Because early substance use is correlated with increased likelihood of long-term addiction issues, targeting this high-risk population is crucial for addiction prevention. Working effectively with this population requires an awareness of their unique needs, a focus on multigenerational strengths and resources, and an adaptation of traditional strategies. When mental health issues complicate the picture, misdiagnosis is common and relapse inevitable. Both problems need to be confronted simultaneously along with intensive family involvement to improve long-term outcome.

# The Cross Cultural Application Oof Forgiveness Therapy: Dilemmas, Challenges and Preliminary Findings of a Clinical Research Study with Bedouin-Arab Families

*Lander, Itzhak - Israel*

**Short Description:** The paper introduces forgiveness therapy and reports on a clinical research study that utilized Diblasio's family forgiveness model with 10 Israeli Bedouin-Arab families with a history of child maltreatment. Dilemmas related to family forgiveness therapy with this unique population are highlighted. Preliminary findings of the research,are presented.

**Abstract:** Forgiveness has traditionally been considered a core construct across the relationship spectrum--a central element of interpersonal healing. Distinct psychotherapeutic models have been developed to promote forgiveness. Most are predicated upon individual treatment. Other models involve conjoint therapy with a victim together with an offender who is a relation, and may promote family rehabilitation.This paper surveys major existing approaches, highlighting those that appear most appropriate forfamily and marital therapists. It showcases Diblasio's 9 stage family based conjoint forgiveness therapy model. The primary focus of this paper is to report on a clinical study conducted by the author that utilized Diblasio's conjoint forgiveness model to heal the wounds of childhood maltreatment among 10 Israeli Bedouin-Arab families. Participating in the current study were 10 families with a history of child maltreatment, where there was no report of additional abuse and neglect for two years or more. Each family was provided 15 conjoint sessions of forgiveness therapy consistent with Diblasio's 9 stage model. The paper highlights and discusses dilemmas and clinical challenges related to family therapy, and in particular family forgiveness therapy, that arose in the treatment sessions with this unique population. One major dilemma was related to the apparent contradiction between the way in which forgiveness is commonly defined in the literature, and the traditional indigenous understanding. Another key dilemma was associated with the conjoint inclusive nature of therapy sessions where all family members, irrespective of gender or age, sat together to resolve family issues. Major clinical challenges centered around family retention, and related to this, the decision to conduct the therapy sessions in family homes, located in outlying Bedouin-Arab settlements. LaRoche and Maxie's scholarship on cross cultural psychotherapy provided a valuable framework for navigating the transcultural application of this ostensibly Western clinical approach with a culturally diverse population. The research, which used a battery of 10 standardized instruments, measured a variety of family and also individual outcomes including level of forgiveness, family functioning, parent-adolescent relations, and parental functioning. Preliminary findings point to the potential contribution of forgiveness therapy to culturally diverse families.

## **Part II: Innovative Interventions for Families of Street-involved Children**

*López Rodríguez, Merli - Ecuador*

*Roberts, Janine - United States*

**Short Description:** Part II: A range of therapy techniques used in the homes of JUCONI families in Ecuador/Mexico such as street plans of where the children are working, paper bag puppets and other expressive arts, rituals to address trauma and loss, life time lines, & family floor plans/sculpting will be presented.

**Abstract:** For over twenty years JUCONI Ecuador and JUCONI Mexico have successfully worked with the families of street-involved kids to get the children off the streets and back in school. In this workshop following our plenary, we will present a range of therapy techniques used in the homes of these families such as street plans of where the children are working, paper bag puppets and other expressive arts, rituals to address trauma and loss, life and time lines, and family floor plans and sculpting. We will also address the intricacies of doing sessions in crowded communities where the windows are sometimes open squares in the walls and neighbors are curious and would like to be invited in.

# The Impact of Training in Family Therapy in Personal and Family Life of Students

*Lucia Horta, Ana - Brazil*

**Short Description:** This study show the impact of training in familiy therapy in personal lives and familiy for students who course in the specialization in Intervention and practice with systemic family - family therapy and couple is developed in the Federal University of Sao Paulo, Brazil.

**Abstract:** The specialization course in Intervention and practice with systemic family - family therapy and couple is developed in the Federal University of Sao Paulo and has already graduated 6 classes. It has a duration of 720 hours divided into theoretical and practical content. This study aimed to understand the impact of training in their personal lives and family for the students who were enrolled in the specialization. It is a qualitative study, data collected in focus groups and attended by 57 students. The data were analyzed from the content of the speeches having as main category the improvement in communication and relationship with themselves, with the spouse and current family and of origin. Pre established Truths, myths and beliefs could be questioned and in some cases redesigned. The speech and listening could be evaluated and elicit changes in personal, family and professional life.

# Strengths of Never-Married Single Parents: Does Gender Matter

*Maier, Candice - United States*

**Short Description:** This study examined how perceptions of single mothers and fathers varied by gender. Qualitative responses were gathered from 873 participants. The results suggested that participants' positive perceptions of single parents appeared to be more strongly influenced by gender than single parent status. These findings suggest important implications for family therapists.

**Abstract:** The present study examined the differences in the positive perceptions of never-married custodial single mothers and fathers. While the literature documenting the strengths of single parents is very limited, the studies that do exist on this topic have not examined how these positive perceptions differ by gender. Utilizing a feminist framework to determine gender based differences in perceptions, this study examined participants' ideas about the positive attributes of never-married custodial single mothers and fathers. Qualitative responses were gathered from 873 participants. The results of the thematic analysis suggested that the participants' perceptions of never-married single mothers and fathers appeared to be more strongly influenced by gender than single parent status. The results further suggest that the level of expectations were much lower for single fathers when compared with single mothers and that, overall, single mothers were held to a higher standard by participants. Suggestions for future research and clinical implications are also offered.

# Collaborative Diagnostic

*Maria Macedo, Rosa - Brazil*

**Short Description:** The aim of this paper is to present a collaborative construction of the signification of the psychological mental problem clinical clients shows as an alternative to the psychiatric diagnostic based in the DSM classification which frequently creates an stigma and/or a prejudice against people clinicians need to care.

**Abstract:** Diagnostic, in the dominant scientific paradigm, is defined as the recognition of one behavior (sickness) by the signs (symptoms) for its comprehension and to take the proper measures to intervene. By consequence, of this naturalistic and positivistic point of view, the human behavior is regulated by normative patterns: the professional looks for what is adequate or deviant according to the norm, based (in our case), in the categorization of the mental disorders trough statistical measures: the DSM. According to the constructivist paradigm, the use of that language offer the risk of stigmatization and prejudice attitudes, when emphasizes the pathological, the deficits, without any worry about its effects on the human relationships or on the culture (GERGEN, 1994). Besides the various revisions, the DSM is a-temporal so the diagnostic based on it is forever... for this it is so austere (CECCHIN, 2000). The social constructionist theory proposes to focus the linguistic and social construction of the reality, its meanings, taking out of the individual the unique responsibility for its "disorder".

# Lay Looks of the Male and Female Genders About Homoparental Family

*Maria Stefanini de Macedo, Rosa - Brazil*

*Ivone Marchi-Costa, Maria - Brazil*

*Barbin, Lucelene - Brazil*

**Short Description:** This base qualitative research aimed to understand how lay people from both genders understands homoparenthood families. Twenty people were involved in the research, living in the midwest of the São Paulo State, in Brazil. It was concluded that both genders revealed concerns about the psychosexual development of the child.

**Abstract:** After the approval of the divorce law (1977) the profile of the Brazilian family has changed, gaining space. The diversity of models and among them is the homoparenthood, composed of people of the same gender and that has at least one child, and that is the one of the settings that raises more unease and prejudice. This research aimed to understand how lay people, female and male understands the homoparental family. This is a qualitative study conducted by interview dialogue, mediated by stimulating and reflective questions, and the data analyzed from the viewpoint of social constructionism. Participants are community people of both genders, and laywomen who live in midwest of the of São Paulo State in Brazil, with 10 males and 10 females. The results showed that both genders in its entirety believe that the child will experience prejudice and social exclusion, especially in school, because of homophobia – at consequence, the child develops facing capacity. Most of the participants were female and minority males, which bet on the quality of the relationship affection between parents and children and the importance of preparation and support for children's mental health. Equal participants of both genders, which together account for almost half of the reports, judged that children will present psychological impairment, gender identity and may become homosexuals in the future and was made the correlation that it is better to be with homosexuals parents than abandoned or institutionalized, whereas homoparenthood was being considered by the minority and both genders against the laws of God. It was concluded that both genders revealed concerns and prejudices about homoparental family and restrictions with the psychosexual development of the child, however, the female gender had showed more opening minded, to signify the quality of emotional relationship, support and facing skills as positive differentials.

# **Elderly and Homoparental Family: Meanings Assigned**

*Maria Stefanini de Macedo, Rosa - Brazil*

*Ivone Marchi-Costa, Maria - Brazil*

**Short Description:** This is a study that aimed to understand what were the meanings attributed to gay families and the elderly was conducted by a dialogical interview with 10 people of both sexes. The results showed that both genders revealed prejudices grounded in the model of families heteroparental.

**Abstract:** Sociocultural, political and economic changes have caused numerous social changes, among which we highlight the emergence of other families' configurations, such as the homoparental family, characterized by the exercise of parenting by couples of the same gender. This qualitative study aimed to understand which are the meanings assigned by the elderly to the homoparental family. The research was conducted by dialogical interview, mediated by a stimulating question and reflective questions, and the data were analyzed from the viewpoint of Social Constructionism. People from both genders participated, being 5 males and 5 females, who were aged between 60 to 70 years old, outsiders about the research topic, most of them have university degree and attended a program for elderly offered by a catholic university in the state of São Paulo, Brazil. The results demonstrated that females, mostly, assimilate homoparenthood with heteroparenthood, pointing as differential and defining of the concept of family the experience of complicity, affection and care, however, also points to the need for psychological counseling due to doubts about the children's sexual orientation in the future and prejudice from society that they may experience. Males, mostly, assimilates homoparenthood as an inappropriate educational context to children, however, they recognize that this is a contemporary model of family. Both genders, although the minority, pointed that adoption by homosexual couples is positive when tied to the reduction of lines in shelters, involvement in drugs and violence. We conclude that females consider quality of emotional relationships as an important differential and defining of what is a family. However, although more evidently in males, both genders revealed prejudices anchored in the model of heteroparental families. Co-authored with Juliana Garcia Martins.

# Couples Therapy with Parents of Children Who Have Autism

*Marshak, Laura - United States*

**Short Description:** This presentation focuses on working on relationship issues with couples raising children with autism. It draws upon research and clinical experience in order to address couples issues such as conflicts due to reactions to diagnosis, divergent expectations, denial, isolation, depletion, rigid role definitions and logistical constraints on intimacy.

**Abstract:** Couples raising children with autism are faced with intensified stressors and challenges. There is much written about their vulnerability to marital deterioration and there is no doubt that the challenges couples face are daunting. However, couples often assume that it is not possible to have a healthy marriage while raising children with autism. This perspective is understandable given the stressors and popular media, but is not accurate. The stressors on couples are extensive and well documented. For example, Seltzer's research published in the *Journal of Autism and Developmental Disabilities* found the residue of chronic stress on mothers lowered cortisol levels to those similar of combat soldiers. Some studies have found higher divorce rates (approximately double) but not elevated to the levels parents had assumed (Abbott, 2013). Family finances are typically impacted by costly therapies and compromised availability for working. Furthermore, some couples need to find a way of coping with problems such as physical aggression and the possibilities that grown children will not be able to live independently due to the severity of some of their disabilities and the lack of residential options. Given the prevalence of autism, family therapists are often faced with the need to work effectively with such couples raising children on the autism spectrum yet little has been written about useful strategies. This presentation focuses on working on couples issues with parents of children with autism. These include conflicts related to mourning a child's disability, divergent expectations and denial, isolation and depletion, rigid role definitions and logistical constraints on opportunities for intimacy. The content for the presentation draws from multiple sources. In addition to a concise review of the literature, it draws on input from hundreds of couples gathered while doing research for the presenter's book [*Married with Special Needs Children: a couple's guide to keeping connected*]. In addition, examples will be used from the presenter's clinical practice, publications on family dynamics related autism as well as her work with support groups.

# Family Adaptation to Childhood Disability : Cross Cultural Commonalities

*Marshak, Laura - United States*

**Short Description:** Some commonalities in how families adjust to childhood disability are presented along with a cross-cultural model facilitating coping with childhood disability or illness. Clinical examples and Wright's succumbing-coping framework will be illustrated with comments from parents of children with developmental disabilities in India and the United States.

**Abstract:** The ability of a family to adapt when there is a child with a disability is a challenge of great magnitude and importance worldwide. On a global level, childhood disability powerfully impacts at least 10% of families and, according to the United Nations, this number is expected to increase. Across cultures, families face a substantial number of similar dynamic struggles and challenges (despite great differences in resources and living conditions). Whereas some families can cope well with even more than one child with a disability, many struggle or deteriorate due to common sequelae such as vastly increased stress, higher rates of maternal depression, marital discord, sibling issues and increased rates of child abuse (Marini, Glover-Graf & Millington, 2012). In addition, parents often are faced with mourning the loss of the "perfect child" in the context of societal stigma. Impacts on the family system are not determined primarily by the nature or the severity of a child's particular disability, but rather, varying emotional and dynamic responses to disability. Consequently, some families struggle greatly with these issues and experience a lower quality of family life while others find ways to adapt in ways that benefit the family system as well as the child or youth who has a disability. Many of the commonalities in how families successfully adjust to childhood disability and illness are presented along with a cross-cultural model for how family therapists can facilitate emotional and systemic coping with childhood disability or illness. The presenter will draw up her writing, research and 20 years of clinical experience working with families of children who have conditions such as autism spectrum disorders, cerebral palsy, spina bifida, Down syndrome and life-threatening disorders. The presentation will also include an application of Beatrice Wright's succumbing-coping framework and its usefulness across cultures. This will be illustrated with comments from parents of children with developmental disabilities in India and the United States.

# CCOPL: Online Intervention for Couples Regarding Reproductive Decisions

*Massey-Hastings, Nicole - United States*

*Rastogi, Mudita - United States*

**Short Description:** CCOPL assists couples in deciding to become parents or not by asking them to assess their relationship, motivations for having children, and the costs and rewards associated with becoming parents. The intervention is preventative and is being developed to be offered internationally through a self-paced online/webinar format.

**Abstract:** Choosing the Childfree or Parenting Lifestyle (CCOPL) is a psycho-educational program designed to assist couples with making the decision to become parents or remain childfree. The assumption underlying CCOPL is that to be effective parents who raise happy, healthy children in a functional familial environment, couples must choose a lifestyle centered around parenting rather than simply trying to fit children in to their current lifestyle. The fundamental goal of CCOPL is to help couples to realistically assess their motivations to have children and the personal, emotional, relational, and financial costs and rewards associated with choosing the parenting lifestyle or the childfree lifestyle. The point of intervention is preventative rather than reactive in that it seeks to help couples think through this important decision prior to becoming parents. CCOPL aims to increase the quality of life for both childbearing couples and childfree couples by giving the couple permission to explore goodness of fit and congruence of parenting with their personalities and their lifestyle. CCOPL's therapeutic stance is derived from both couple and individual Emotion Focused Therapies and from an enduring respect for diverse paths to life satisfaction. CCOPL is being adapted from its original format into a self-paced online/webinar version. The application of technology to this model will allow for couples all over the globe, so long as they have access to an internet connection, to benefit from the program. As a result, couples of many diverse cultural and socioeconomic backgrounds will be able to access services to help them make pivotal reproductive decisions which ultimately impact both their levels of life satisfaction and the next generation.

# Perceptions of the First Family Counseling Session: Why Families Come Back

*McAdams, Rip - United States*

*Foster, Victoria - United States*

**Short Description:** This presentation will report on a study that examined client perceptions of their initial family counseling session. Quantitative and qualitative analyses confirmed that multiple conditions exist within the context of the initial family counseling session that are instrumental in the families' decisions to return.

**Abstract:** Research suggests that anywhere from 20 percent to 57 percent of clients in psychotherapy do not return after their initial session (Swift & Greenberg, 2012). Family therapy can be a particularly stressful experience for clients, in that it risks the potential for exposure of family secrets that are not as likely to be at risk for exposure in individual therapy sessions (Roberts 2005). For clients in family therapy, the perception of their experience of the first session may be the deciding factor in whether or not they will decide to continue in family therapy beyond that session. Despite this, research in family therapy dropout rates historically has not distinguished among those clients who dropped out after only one session and those who dropped out later in the counseling process. The proposed presentation will report a study that examined client perceptions of their initial family counseling session which motivated them to accept the risks of family secret exposure and decide to engage further in the family therapy process. One hundred and fifty families receiving family counseling services at a university-based family counseling center in the United States were asked to complete a survey at their third session intended to assess factors influencing their decision to return to family counseling after attending their first family counseling session. In addition, select demographic information about the families was obtained for comparative purposes, and space was also provided at the end of the survey for them to volunteer any additional thoughts or comments about their decision to return after the first session which were not addressed in the survey. The results of both quantitative (correlational and factor) analyses and qualitative (conceptual content) analyses confirmed that multiple conditions existed within the context of the initial family counseling session that were instrumental in the families' decisions to return. The proposed presentation will introduce the audience to previous research into why families return after the first session and will present the quantitative and qualitative findings of the current study. Strategies for using the findings to optimize client retention in family counseling after the first session will be examined.

# Needs, Expectations and Dreams of Men Who Abuse Their Partners (Spanish Room)

*Medina, Argelia - Colombia*

**Short Description:** Research identify the needs, expectations and dreams of men and their relationship between dissatisfaction and the emergence and maintenance of verbal and physical masculine maltreatment.

**Abstract:** The study contributes to Partner Violence comprehension from a men's personal view of their relationship with their wives and the sociocultural realm in which it evolves, by providing a complex vision that conceives violence as a Human problem; men and women who share relationship frames with cultural meanings and common historico-political conditions that converge for inequality, domination and violence to become part of couples intimacy. Some of the needs, expectations and dreams refer to emotional and relational aspects, others to patriarchal and sexist cultural traditions and some others show a desire for a more equality. Recursive relationship is established between violence and dissatisfaction in needs, expectations and dreams in both partners. Discomfort generated by dissatisfaction in their own emotional and relational needs opens the way for violence to emerge, which prevents couples from pursuing satisfaction in actions to fulfill those needs, such as mutual exchange leading to love, solidarity, admiration and cooperation. When these exchanges diminished a physical and psychological abuse sets a pattern in a relationship. There is a kind of interaction that dominates in most of the couples that started as a complement, but became symmetrical when the woman assumed an active position about her ideas, decisions and individual projects, trying to balance the distribution of power and authority in the relationship. When the predominant relationship is complementary, there is physical violence, the man exercises it and the woman tends to stand it, reacting by crying and avoiding conflict. If violence is psychological, it is generally exercised by both partners. On the other hand when relationships have always been symmetrical or turn into a symmetrical pattern, psychological violence remains and physical violence emerges from the woman.

# Interpersonal Fatigue

*Mendel, Daniel - United States*

*Miller, John - United States*

**Short Description:** Interpersonal Fatigue (IF) is the depletion of one's capacity to relate to and communicate with other people due to an overload of interpersonal activity. Psychotherapy requires constant use of interpersonal skills. New technologies create new interpersonal dynamics. Without awareness and self-care, IF can negatively affect one's life.

**Abstract:** Human beings are social creatures. Every day they have to deal with other people in a variety of circumstances and activities that range from mundane to complicated and from pleasant to stressful. Everyone can potentially suffer from Interpersonal Fatigue (IF). Psychotherapists are particularly vulnerable because the interpersonal demands of the profession can be omnipresent, taxing and unyielding and may therefore lead to IF. It is unrealistic and potentially detrimental to not recognize that interpersonal energy may dissipate and therefore needs to be replenished. Mental Health Practitioners need to be aware of and have strategies for dealing with IF in both themselves and their clients. Communication Technology has become an integral part of our lives and is impacting clients. Text messages, social media and interactive websites are all examples of hi-tech methods of interpersonal exchange. As Kenneth Gergen articulated in "The Saturated Self" (1991): with ever-increasing technologies, how we relate to people, groups and institutions rapidly evolves. The detrimental effects of the usage of this technology, i.e. Internet Addiction, may be playing a significant role in our client's IF and their ability to relate to the outside world. New technology has also become an important component of therapeutic service distribution. E-therapy, interactive websites, email and cellular services have given rise to a new interface between clients and therapists. Therapists are more accessible than ever before. Communicative technologies may make therapists even more susceptible to IF. Psychotherapists can ill afford to experience IF, as the profession demands constant alertness to even the smallest nuances of human interactions. They must also be able to recognize IF in their clients to provide proper treatment. Self-Care is a necessary step in this process. When discussing Compassion Fatigue, which is a kind of IF, Charles Figley emphasizes treatment and prevention. There are a wide array of activities that have proven useful, i.e. meditation, pets, exercising, support systems and psychotherapy. These activities may also help to manage IF. With greater awareness and identification of IF, it will be possible to find preventative measures and effective treatments.

# Healthcare Reform in U.S. and Around the World: Challenges and Impact on the Field of MFT

*Michaels, Marcia - United States*

*Wang, Linna - United States*

**Short Description:** International healthcare reform is creating a paradigm shift; changing from primarily physical health and treatment focused to integrative and prevention focused. A reexamination and reconfiguration of MFT's training, function, and competencies is merited. MFTs need to connect with colleagues from countries where integrative care system is being implemented.

**Abstract:** Major healthcare reform is taking place in the U.S. and other countries around the world. The World Health Organization has documented examples of reform in countries such as Brazil, India, South Africa, and Saudi Arabia. Demonstration projects have been occurring on every continent over the last decade but the Affordable Care Act, in the U.S., will create a landmark paradigm shift in mental health service delivery systems on the largest scale to date. The philosophy behind this healthcare reform is the promotion of population health; a philosophy that has been adopted by many countries in the world. Changes to the health care system will increase access to mental health care to all individuals and their families since much of mental health treatment will be provided in the primary care setting. This approach makes treatment more affordable, easily accessible, and minimizes stigma. Equally important, the philosophy behind this reform is respectful of human rights through its emphasis on person-centered, holistic, and culturally sensitive treatment. The integrated healthcare demonstration projects have been primarily staffed by medical doctors, psychologists, and social workers. MFTs have rarely been involved or were absent altogether. If MFTs are to become full members of the integrated healthcare team, then MFT training, MFT competencies, the function of MFTs, and views of service delivery must be reexamined and reconfigured. MFT trainers in the U.S. need to be informed by their counterparts from countries where integrative care is occurring. This workshop is designed as a first step in creating that community of MFT professionals. Specifically, this workshop will: 1) to provide relevant information on the paradigm shift in healthcare delivery being implemented around the world, 2) describe how these changes will impact the MFT core competencies, the training and function of the future generation of MFTs and continuing education of current MFTs, and 3) open a dialogue about the future of the field with other MFT professionals, educators, and trainees in the audience, especially those from other countries.

# International Perspectives on Trauma and Resiliency

*Miller, John - United States*

*Platt, Jason - Mexico*

**Short Description:** Trauma and its effects are an issue throughout the world. This presentation will explore how to conceptualize and promote resilience from a global perspective, including novel and indigenous ways of healing. Various methods from cultures such as those in Southeast Asia, China, and Mexico will be explored.

**Abstract:** This presentation will focus on creative, innovative, and indigenous strategies for intervening with stress, crisis, and trauma as well as explore various strategies for promoting resiliency. Accessibility to mental health services is a concern throughout the world. Most people who would benefit from some type of counseling or therapy never attempt to access services. Often this is because of stigma, access problems, or cost. Yet many therapists from across the globe have developed methods to overcome these barriers in ways that are designed to fit the unique characteristics of the culture they work in. This presentation will explore various culturally congruent and technologically creative ways that people have worked to overcome barriers to service as they strive to intervene with stress, crisis and trauma from a global perspective. The presenters will discuss unique examples of indigenous and creative healing strategies from various areas across the globe including those working with survivors of the genocide in Cambodia; a novel approach to helping victims of street crime and assault in Mexico, and newly developed services designed to overcoming barriers to therapy in mainland China (where therapy has recently become more available) and crisis intervention after natural disaster (disaster mental health strategies after Hurricane Katrina in the US) . These various ways of healing often stand in contrast to traditional Western ways of intervention, yet offer new insights on effective strategies for those interested in a global perspective on trauma and resiliency.

# From Isolation to Connection: A Case Study of a Transgender Individuals Struggle with Identity

*Miller, Amy - United States*

**Short Description:** Transgender individuals face unwanted difficulties within the context of their everyday lives. The need for affirmative therapists to provide services is imperative, given the high suicide rates among this population. This case will provide an examination of the ability to shift the problems context by utilizing a relational approach.

**Abstract:** Transgender individuals face a fair amount of difficulties within the context of their everyday lives. With suicidality rates among this population reaching shocking heights, the need for affirmative therapists to provide services is imperative. This presentation will demonstrate a single case study of a transgender woman facing struggles through her transition. Through the use of video-recorded clinical material, the case will provide an examination of the ability to shift the problems context by utilizing relational change. As an example of brief therapy, this case demonstrates the theoretical principles that suggest that problems are consistently maintained within an interactional pattern, and that the clients' view of a potential solution may limit their options for a perceivable difference to be experienced. This case will provide an insight to the needs of a marginalized community, and demonstrate to clinicians that by re-contextualizing clients struggle, meaningful differences can emerge.

# Improving Clinical Outcomes Through the Use of a Clinical Feed-Back System (FFT-CSS)

*Mørkrid Thøgersen, Dagfinn - Denmark*

*Robbins, Michael - United States*

*Christensen, Bernadette - Norway*

**Short Description:** A clinical feed-back system developed for an evidence-based treatment (FFT-CSS) will be presented. A case example from Norway will describe the use of the system over a five year period to increase therapist competency, model fidelity and clinical outcomes.

**Abstract:** Functional Family Therapy (FFT) has been implemented on a national level in Norway since 2007. Clinicians providing FFT are required to use the FFT Clinical Services System (CSS) to help guide their practice towards increasing clinical competency in application of the model. The CSS-system records data on a range of clinically significant aspects of treatment delivery in FFT. This includes the model-specific interventions used in sessions, treatment pacing, treatment duration, family members' experiences of alliance, therapist and supervisor ratings of fidelity, pre- and post-assessments of problem behaviors as well as family and therapist reported outcomes. The CSS is used actively in the supervision of therapists and allows clinically important data be shared with the team supervisor to guide the feed-back to the therapist. This helps to improve the clinical planning process of tailoring treatment to each family. The team supervisor also reviews the teams overall performance with an FFT expert consultant every four months. This aims to identify trends in the treatment delivery of each therapist and team, and identify areas of therapist competency or organizational support that is in need of improvement. The presentation will focus on the important value of designing data systems in clinical practice that focuses primarily on clinically relevant and significant indicators of good treatment. There will be detailed descriptions of how this clinically relevant data then can be used through consultation and supervision to improve specific areas of practice. Data from the Norwegian FFT-teams over the last five years will be presented as a case example on how the monitoring of clinical data and assisted feed-back loops can translate into clinically focused quality improvement plans and improve therapist model fidelity and family outcomes.

# **Better Off Dead: Experiences Shared by Co-Parents**

*Morris, Matt - United States*

**Short Description:** The results of an ethnographic study will be presented in which attendees will hear experiences from 9 Co-Parenting participants navigating the US legal and therapeutic systems. Interviewees share their experiences of court, mandated treatment, and the day-to-day struggle of trying to raise children with a co-parent.

**Abstract:** Presenters conducted a therapeutic intervention program for co-parents referred from a local court system. Participants who matriculated through the legal and therapeutic process were later interviewed about their experiences. Interviews were transcribed and analyzed using qualitative methods. This presentation will give voice to those experiences with the goal of better preparing clinicians and policy makers to address the needs of Co-Parents. Hopefully, we will all gain a greater appreciation of the challenges faced by those trying to raise children separately, but cooperatively.

# Equipping Counselors to Assess Clients' Financial Health

*Morris, Matt - United States*

**Short Description:** We know financial distress often leads to relational distress, but as therapists how do we assess financial health, and make basic recommendations to our clients? This session presents the collaborative work of a family therapist and financial advisor providing attendees a simple framework for assessing client financial health.

**Abstract:** Finances are a family clinical issue, and thus therapists must assess family finances. As therapists do we know how to assess family financial health, and make recommendations to improve the financial stability of our clients? In this session the collaborative work of a family therapist and financial advisor is presented to tackle the muddy waters of family financial distress. Assessment questions and basic financial health worksheets will be distributed. Participants will leave with a simple and solid framework that brings clarity to the murkiness of client finances.

# Culture, Diversity, and Bowen Family Systems Theory, Part 2

*Morris, Jill - United States*

*Neipert, Terri - United States*

**Short Description:** This presentation will demonstrate how understanding the concepts of Culture and Diversity using a Bowen Family Systems framework allow therapists to open up an entirely new vista for approaching such issues clinically, while avoiding many of the common problems associated with these issues. Specific examples are discussed.

**Abstract:** Working with clients using a Bowen Family Systems approach allows clinicians to see their client's "models of the world" with a high degree of thoughtfulness and clarity. From this perspective, the goal of the therapist is to remain emotionally neutral, thoughtful, and generally "differentiated" from the emotional content that client's present. As differentiation increases, a person's capacity to distinguish between thinking and feeling processes, to regulate strong emotional responses, and to think clearly under stress also increases. Such a stance allows the client as well as the therapist to distinguish between the thinking and feeling processes as they apply to the client's family, as well as social and cultural systems. This multi-systemic approach allows practitioners to avoid many of the pitfalls found in more conventional ways of thinking about issues of culture, diversity and inclusion in therapy. In this presentation, the presenters will demonstrate through clinical case studies how a therapist can: 1). Accurately track and understand a client's "model of the world" by asking questions and listening carefully to how client's reveal their individual as well as social and cultural models of the world. 2). Utilize their client's model of the world in such a way as to help them build on and expand their ideas about understanding their current problematic situations. 3). Transcend the common clinical issues associated with "Culture" and "Diversity" by framing such issues within the larger context of human family systems as "Natural Systems". The presenters will demonstrate how, when the goal of the therapeutic encounter is "understanding" as opposed to "change", issues of culture, diversity, and inclusion are fundamentally transformed for both the client and clinician. Multiple case studies from a University training clinic will show how cases which at first glance look strikingly dissimilar, can all be profoundly re-conceptualized. The implications of moving away from a "behavioral outcomes based" framework for clinicians seeking to be more culturally competent will be discussed.

# Tips for Getting Published in Journals

*Nichols, William - United States*

**Short Description:** This workshop presentation furnishes useful tips and guidance in getting published in journals, whether you are a clinician, academician, or graduate student.

**Abstract:** This workshop presentation furnishes useful tips and guidance in getting published in journals, whether you are a clinician, academician, or graduate student, including: Avoiding common problems in submitting papers; preparing your paper adequately: content, clarity, comprehensiveness, conciseness, accuracy; selecting an appropriate target journal; the open access issue; responding to editors' recommendations; dealing with rejection; recognizing that rewriting is normal.

# Person-of-the-Therapist Training (POTT): Principles, Professional Benefits and Applications

*Nino, Alba - United States*  
*Kissil, Karni - United States*

**Short Description:** This workshop will present Harry Aponte's Person-of-the-Therapist Training (POTT) model. Through lecture, vignettes and exercises, participants will learn about the POTT model and training program, the professional gains reported by previous trainees, and ways to use this training model with themselves or their supervisees/trainees.

**Abstract:** Most self-of-the-therapist approaches to training and supervision view resolution of personal issues as a necessary means of change and growth that frees therapists to become more effective professionals. Nevertheless, our clients get who we are as people and therapists in the present, not who we would like to be. Harry Aponte's "Person-of-the-Therapist Training" model (POTT) emphasizes learning the intentional use of self as-is. We all carry our personal struggles into our therapeutic encounters, and they color our thinking, emotional reactions and behavior with our clients. However, our personal issues and our struggles can be used to relate to our clients and their issues. The POTT model adopts the concept of the "wounded healer", stating that it is through our woundedness that we can empathize with and relate to the woundedness of others. Thus, our wounds can be powerful tools allowing us to feel our clients' pain, understand their life struggles, and speak to their will to change. The POTT program, built on the POTT philosophy, is a 9-month master's level class implemented in a CFT program. The program is designed to help trainees increased awareness and acceptance of their personal struggles and vulnerabilities and to reflect on how they manifest themselves in therapeutic encounters. This process translates into trainees being able to take conscious responsibility for what they bring to the therapeutic engagement with their clients, and result in enhanced ability to connect purposefully and effectively with clients around therapeutic tasks. Trainees who participate in the POTT program report experiencing tremendous professional growth. We will present the findings of a recent study exploring our trainees' perceptions of the significant professional changes they went through as a result of the POTT program, which made them feel more effective as therapists. Through lecture, case vignettes and experiential exercises, participants will become aware of the POTT model and program, learn about the professional growth trainees experience as a result of this training and acquire valuable information regarding how to work with their trainees to achieve similar results.

# On Connecting Cross-Culturally: Lessons Learned from Immigrant Cfts in the U.S.

*Nino, Alba - United States*

**Short Description:** In this workshop, participants will learn about strategies that immigrant CFTs in the U.S. have developed to establish and maintain strong therapeutic connections when working cross-culturally with clients. Through an experiential exercise, participants will also reflect on how they can apply these strategies in their clinical practice.

**Abstract:** Immigrant couple and family therapists in the United States (defined as CFTs who were born and raised outside of the U.S., and are clinically active there) face multiple challenges when establishing therapeutic connections with their clients. These challenges are rooted in differences in language, cultural values, worldviews and behaviors with their clients. Experiences of discrimination and stereotyping also add to the challenges that immigrant CFTs face when working clinically in the U.S. However, immigrant CFTs have developed creative strategies to overcome these difficulties. In fact, they have found ways to establish strong and meaningful cross-cultural therapeutic connections that have allowed them to be clinically effective in their host country. In this presentation, participants will learn about strategies that immigrant therapists in the U.S. have developed to establish strong therapeutic connections with their clients. From a multicultural perspective, all therapy is cross-cultural given that as therapists we can differ from our clients in terms of gender, race, age, sexual orientation, culture of origin, religious affiliation, political beliefs and/or language spoken, among many other variables. For that reason, the strategies offered in this presentation can be useful to all therapists who attend this workshop. An experiential exercise will allow participants to reflect on how they can use the presented strategies in their own clinical practice.

# Identification of Persons at Risk: Responses After Boston Marathon Bombing Among the Japanese Individuals in the Greater Boston Area.

*Nishijima, Misato - United States*

**Short Description:** This study conducted a survey of Japanese people in the Greater Boston area to identify risk factors that are associated with higher anxiety levels in response to a series of Boston Marathon Bombing incidents.

**Abstract:** Purpose: Previous research has found that ethnic minorities, females, unmarried people, children, and older adults are particularly vulnerable to traumatic events and exhibit higher levels of emotional disturbance. In addition, initial responses to the event and anxiety levels are significantly correlated to later PTSD symptoms. However, few studies have focused on the Asian population. This study conducted a survey of Japanese people in the Greater Boston area to identify risk factors that are associated with higher anxiety levels in response to a series of Boston Marathon Bombing incidents. Methods: Data are from paper and online surveys collected from 313 Japanese people living in the Greater Boston area. Surveys were conducted two months after the bombing incident. Logistic regression analysis was executed to identify factors associated with anxiety. Results: During the incident, 74% of the participants answered that they had anxiety. After two months, 19% of the participants still exhibited some anxiety. During the incident, the odds of having higher level of anxiety were 2.2 times greater for females than males ( $p < 0.05$ ) and 92% lower for older people than younger counterpart ( $p < 0.001$ ). Analysis also revealed that a prolonged high anxiety level was associated with one's location to be exposed; closer to the scene, more anxiety ( $OR = 2.35$ ,  $p < 0.05$ ). Discussion/Implications: This study illustrated the importance of psychosocial support for women, regardless of their family structure. Moreover, the older population is less likely to perceive anxiety, which might cause less preparation for an emergency situation. The ways of alarm for older generation need to be considered. The findings from this study encourage professionals in the community agencies to set an agenda to provide effective service for both prevention and intervention. This study has implications for practice, including the promotion of emotional and behavioral health for vulnerable populations in the community.

# You Want to Bring Who? Utilizing Family Strengths to Enhance Substance Abuse Treatment

*Northey, William - United States*

**Short Description:** This interactive session will focus on ways that families can be engaged in substance abuse treatment, which can range from providing information to families to utilizing interventions shown to decrease the problematic use of substances. Opportunities for case consultation and a discussion of challenges when engaging families will be included.

**Abstract:** Participants will not only learn about the different interventions available to them, but practical skills that will improve their ability to work with clients and their families. The course will follow the model provided in U.S. Substance Abuse and Mental Health Services' Treatment Improvement Protocol 39: Substance Abuse Treatment and Family Therapy that considers not only the need of treatment providers, but the needs to the clients being served. Specific approaches to effectively address denial, resistance, codependency, and similar challenges will be covered in this workshop, as well as a comprehensive list of resources that can quickly be incorporated into substance abuse treatment. Opportunities for case consultation and a discussion of challenges faced when including family members will be included.

# The Migration of Evidence Based Practice

*Northey, William - United States*

*Justine, Rodolfo - Panama*

*Leiro, Carlos - Panama*

*Urrutia, Lilia - Panama*

**Short Description:** In this interactive session the presenters will address the opportunities and challenges presented when implementing evidence-based practices in different countries and contexts from where the models were originally developed. Advantages and disadvantages of using evidence-based models will be explored.

**Abstract:** Tremendous resources have been invested in the development and determining the efficacy and effectiveness of evidence-based treatments. By some estimates there are over 400 different types of evidence-based treatment available to address a large number of individual, couple, and familial problems. The advantages of evidence-based models are that there is research support for their efficacy; however, these models have often been tested in rather controlled contexts that likely maximize their impact. For countries and contexts that do not have the resources to develop, modify, or test evidence-based treatments locally, the question arises whether implementing models that have been developed elsewhere is prudent. In this workshop clinical faculty from Panama who are considering utilizing evidence-based treatment in a number of context will share their thought process in deciding how to develop and implement a program to reduce the impact of domestic violence. The participants will also engage workshop participants in exploring how context and fit impact decisions around the practicality of utilizing existing evidence-based models in other contexts.

# Couple Relationship Dynamics and Facebook Use

*Northrup, Jason - United States*

*Smith, Jessica - United States*

**Short Description:** This research aims to understand whether causal relationships exist between a couple's online social networking behavior and relationship factors (satisfaction, commitment, intimacy, etc.). If such relationships exist, professionals can begin identifying problematic online social networking behaviors among couples, and introduce online social networking behaviors that may improve couple dynamics.

**Abstract:** The purpose of this research is to better understand whether or not causal relationships exist between a couple's online social networking behavior and relationship factors such as satisfaction, commitment, intimacy, trust, passion, and love. This study is informed by the work of Hertlein (2012), who proposes a multitheoretical model describing how technology influences couple and family life. Specifically, Hertlein (2012) suggests that the ecological influences of technology into couple and family relationships (e.g. factors such as anonymity, accessibility, affordability, approximation, acceptability, accommodation, and ambiguity) create two types of changes in relationships: changes to structure and changes to process. Changes to relationship structure include redefined relationship rules, altered boundaries around the couple/family system, and redefined roles within the relationship. Changes to relationship process include redefined intimacy, new relationship formation processes, and new methods of relationship maintenance. The research design for this study is correlational in nature, in that there are no manipulated variables that would constitute an experimental design. Couples will be recruited from an online snowball sample, and asked to anonymously and independently complete an online questionnaire that contains minimal risks to the participant. In order to encourage participation of both members of the couple, participants will be asked to share a link with their partner to an identical second survey that will have an online marker pairing it with the first survey. In addition to demographic questions and questions about their Facebook use as well as their perception of their partner's Facebook use, participants will complete an online version of the Perceived Relationship Quality Components Inventory (PRQC; Fletcher, Simpson, & Thomas, 2000), which measures couple relationship satisfaction, commitment, intimacy, trust, passion, and love. A path analysis will be used to determine any causal relationships between various structural and/or process changes created by online social networking behaviors and the PRQC relationship variables. If such relationships are found to exist, this information may become useful for mental health professionals in regards to identifying problematic online social networking behaviors among couples, as well as introducing online social networking behaviors that may improve couple dynamics.

# Couple and Family Based Treatment of Internet and Video Game Addicts

*Northrup, Jason - United States*

**Short Description:** While plenty of research on internet and video game addicts exists, little has been written about the experiences of the spouses of these addicts. This workshop focuses on qualitative research describing the experience of spouses of video game addicts while also proposing treatment models based in outcome research for alcoholism.

**Abstract:** While plenty of research on internet and video game addicts exists, little has been written about the experiences of the spouses of these addicts. This narrow focus on the individual leaves researchers and mental health professionals with few tools for helping family members of the addict or involving them in the treatment process. The purpose of this workshop is to describe the lived experiences of spouses of online video game addicts, and to provide possible treatment options that incorporate the partner of the addict. Phenomenological data suggest three categories that help describe the experience of being married to a male online video game addict: Changes in My Husband, Changes in Me, and Changes in the Marital Relationship. Among these categories, seven themes and 12 subthemes emerge. The category Changes in My Husband included the themes Real World Isolation, Defensiveness, and Personal Consequences. The category Changes in Me includes the theme Emotions, which includes the subthemes Anger and Resentment, Stress, and Frustration. The category Changes in the Marital Relationship includes the themes Our Roles and Responsibilities, which includes the subthemes of Chores and Parenting, the theme Distance, which includes the subthemes of More Conflict, No Emotional Intimacy, Rare Physical Intimacy, and No Communication, and the theme of Financial Losses. The themes here often correspond with the themes of spouses of alcoholics, including emotional distress, conflict, and neglect. Outcome research has mainly focused on individual and group treatment approaches for internet and video game addiction treatment. However, family-based treatment for chemical addictions has been supported in the literature and could be adapted for treatment of internet or video game addictions. Family-based treatment approaches that demonstrate efficacy in treating adults for substance use problems include Family Behavior Therapy (FBT) and Behavioral Couples Therapy (BCT). Suggestions for adapting these approaches to the treatment of internet and video game addicts and their spouses are presented in this workshop, as are approaches for treating the spouses when the addict does not want to participate in treatment.

# The Impact of Sports Injuries on the Family System- A Research Report

*Ochoa, Alexander - United States*

**Short Description:** An overview of the impact of athletics on the family system will be reviewed. Data from a recent study conducted in St. Louis with families in which a member has experienced a sports concussion will be presented. Clinical implications for family adjustment and therapy will be discussed.

**Abstract:** Researchers have begun to explore and investigate the functioning of families who have children involved in organized athletics. These families develop an identity focused on supporting the involvement of their children in sports. The family dedicates significant money, time, and emotional energy to youth-sport activities. Often these parents have become so invested in their child's athletic career that they view themselves through their child's success and failures. Additionally, daily functioning of the family can be governed by sports practices and events. With increased proportions of family time and resources invested in athletics, the relationships within the family may become strained. Changes in family dynamics caused by injury may impact family functioning and create additional tension in the household. It is the intent of this presentation to present an overview of the current literature on the athletic family. Characteristics of the athletic family system, such as differences in an athletic family life cycle and athletic development will be described. The presentation will also present the findings from a study recently conducted in St Louis.. The study was a survey of athletic families. A particular focus of the study was the occurrence and impact of sports concussions as well as how sports affects family functioning and the family's quality of life after sports concussions. Recommendations regarding approaches to family therapy with athletes and the athletic family will be presented. Particular focus will be on special clinical considerations the family therapist should make when conducting therapy with families where an athlete has experienced a sports concussion, or injury.

# Plugging in to Reconnect: Increasing Family Cohesion Through Technological Interventions

*Ochoa, Alexander - United States*

**Short Description:** As technology continues to advance, therapists may find it difficult to help families connect in traditional ways. This presentation is to provide therapists with technological interventions to help parents and children reconnect outside of sessions. Results from a study conducted in St Louis will be presented.

**Abstract:** Technology is constantly growing and developing with each passing moment. With the advancement of technology comes increased recreational outlets such as gaming consoles and applications as well as social outlets for individuals to express and share their daily events and feelings. Playstation 3, Xbox- Angry Birds, Facebook, Instagram, Snapchat; all are a part of the developing and ever expanding technological scene. However, with the increasing uses for technology can come changing problems for parents trying to maintain connection in their children's life. Differences in technological communication styles, abilities, and general knowledge can lead to arguments and feelings of loss in the parent-child relationship. Therapists seeing families undergoing conflict and dysfunction over communication and technological issues may find it difficult to find means for the family to connect in traditional ways. While family time away from technology can be beneficial, it is imperative that therapists embrace new interventions and creative outlets to increase a family's cohesion. It is the intent of this presentation to present an overview of the current literature on technology and the family. Characteristics of the impact that technology has on the family will be explored. The presentation will also present the findings from a study recently conducted in St Louis. A particular focus of the study was the occurrence and impact of technological congruences between the children and their parents. Recommendations regarding approaches to working with families using technology will be presented. Interventions and activities for families outside of sessions will be discussed.

# The Use of Technology in Working with Rural Families in America: Strengths and Challenges

*Oliphant, Emmerentie - United States*

*Belanger, Kathleen - United States*

**Short Description:** Technological resources can be used to provide rural families in America access to family therapy. The presentation will use three different case studies to illustrate the use of technology in terms of barriers and strengths. Guidelines on how to use technology in an effective and ethical way will be presented.

**Abstract:** Utilizing technology in family interventions is becoming increasingly popular in rural America. Families in rural areas experience challenges in accessing specialized services and family therapy for HIV/AIDS patients. In some remote areas family therapy is available on a limited scale only and families have to travel 2 – 3 hours for sessions. Technology is enabling family therapists, counselors and social workers to bring families together. The use of telemedicine for multi-disciplinary teams, SKYPE and ooVoo for family therapy sessions as well Screencast-O-Matic allow rural therapists to reach the family. The presentation will focus on the strengths and challenges of using these technological resources by using case studies from practice. The use of telemedicine will be illustrated by explaining the application to HIV + patients and their families. Special Health Resources for Texas, Inc. is a non-profit agency serving 23 rural counties. As the largest HIV service provider in the area, SHRT uses telemedicine to reach patients. Telemedicine technology is not only used for medical purposes, but also enables family therapists, social workers, counselors and case managers to intervene. In the second illustration Screencast-O-Matic is introduced as a tool used to enhance cognitive behavior modification in families. This is done through specific exercises and CD's personalized for the family. The specific case study will show how the technology is used to change the behavior of a HIV + woman. It also provides information on how to include the family and significant others in a family therapy session. The third illustration is the use of SKYPE in teaching family therapy. SKYPE has been used successfully to connect families. For example foster care children and their biological parents can connect under supervision. In this specific illustration the presenters will show how SKYPE is used to train family therapy from a strength perspective. The presentation will address specific challenges and identify the strengths in using technology. The authors will present guidelines on how to use technology in an effective way and consider ethical issues in the development of strategies.

# Survival Stories and HIV + Women: A Technique to Break the Cycle of Partner Abuse

*Oliphant, Emmerentie - United States*

*Belanger, Kathleen - United States*

**Short Description:** The use of survival stories is a method to reconnect women with their positive skills from the past. Case studies of the use of survival stories with HIV+ women of color will be shared. The methodology, protocol and ethical considerations in using this technique will be explained.

**Abstract:** HIV positive women of color living in rural East Texas are marginalized and disempowered. The women are often victims of domestic violence and find themselves in a cycle of abuse. Living with violent partners places them in a vulnerable position and impacts their decision-making. Using the strengths perspective and solution-focused methods, a method of “survival stories” was developed. These narratives enable the women to focus on their own strengths of the past, make decisions based on their survival skills and change behavior. It is assumed that by looking at their past survival, they become stronger and can build on their skills to empower themselves. The survival stories guide the women to explore their opportunities to change; it provides opportunity for catharsis and enables women to develop hope. By developing hope the women discover ways to leave an abusive relationship. Even though clients experience difficulties such as financial or health problems, they still have strengths that can help them overcome difficulties partner violence. Clients need the support of their family to change their behavior. The survival stories provide information on the importance of families and other support networks. It allows the women to see how their families can help them break out of the cycle of abuse. The intervention is based on the notion that the patient functions in a specific context, never in isolation. Patients can change if they focus on solutions rather than problems. By doing this, the women are less problem-focused and able to find solutions rather than only focusing on the negative. By using survival stories family therapist can work towards changing patterns of behavior and decision-making including decisions about sexual partners, problem-solving about intimate partner violence. The presentation will focus on the method of using survival stories in family therapy, the benefits and ethical considerations. In addition it will illustrate how to train family therapist, counselors and social workers in the use of survival stories.

# Utilizing Constructivist Therapy/Mediation for Policy Mediation (and Vice Versa)

*Palm, Christian - Curaçoa*

**Short Description:** Our information technology society is extremely individualized and uncertain, which leads to many policy conflicts. In this presentation insights from constructivist family therapy and mediation are utilized for policy mediation. An enriched mediation is illustrated in case of controversies of a multi-actor policy formulation against domestic violence.

**Abstract:** Utilizing Constructivist Therapy/Mediation for Policy Mediation (and vice versa) The first part of the presentation addresses effects of the information technology age on social relations. Its network oriented, globalized connections produce a multicultural and ultra-individualized modernity. A change which the Polish sociologist Zygmunt Bauman describes as a passage from solid to liquid modernity in which social forms no longer keep their shape. One in which relationships become relative and short. And one where identities are network oriented, fluid and produce endemic uncertainty, diversity and on-going conflicts; often fundamental conflicts. Some governments in divided societies now make use of policy mediation for the many complex, often emotional conflicts in policy formulation, like in the case of gay marriage, euthanasia or environmental issues. Against this background the second part of the presentation will present insights from constructivist therapy and especially mediation, like narrative and solution focused mediation. However at small scale these are being welcomed and evaluated for the field of policy mediation, which often operates in large contexts, and which deals with different stakeholders and their competing interests. Constructivist family therapists and mediators seem to use in their daily work other constructivistic insights and tools, like different listening and dialogue techniques than the average policy mediator. They also make use of radical new problem descriptions, like externalization, alternative conflict management tactics, brief procedures and different participative tactics. On the other hand this group often misses in their work the dynamics of different stakeholders, political power plays, critical discourse, network-focused and deliberative analysis. Which picture do we get when frameworks and toolboxes of these two professional groups, are compared, evaluated or eventually combined? The third part discusses advantages of this cross-pollination. Its possible value will be illustrated in a multi-actor policy analysis and mediation concerning controversies in interactive policy formulation against domestic violence on the South Caribbean island of Curaçao. Does this comparison of the multi-actor policy mediation in political context and constructivist family therapy/mediation lead to enrichment for both professional groups? And does it open new horizons?

# Preliminary Results of a Weight and Body Awareness Curriculum for Couple and Family Therapists

*Palmer, Elizabeth – United States*

**Short Description:** This study explores Couple and Family Therapists' views on weight and body awareness curriculum and presents preliminary results of student-therapists' self-reported weight-bias towards overweight clients. Results are further analyzed for differences in participants reported weight-bias based on selected demographic variables and self-reported weight status.

**Abstract:** Previous research demonstrates that mental health and other healthcare professionals, like medical students, dieticians, nurses, and psychologists have shown weight bias when working with overweight and obese adults. Without formal training on weight-bias and overweight clients in the field of Couple and Family Therapy (CFT), we can expect that CFT students will report similar levels of weight-bias as their colleagues in mental health and healthcare. It is important for CFTs to discuss their views about body size and weight, and to assess their own biases in order to assist their clients as they explore the potentially negative experiences they may have had. The purpose of this pilot study is to conduct focus groups to inquire about participants' reactions of a weight and body awareness curriculum delivered to CFT graduate students, and to determine measures of implicit and explicit weight bias among CFT students at universities where the curriculum was delivered. Our inquiry is two-fold: 1) Participants were asked to be part of a focus group inquiring about the feedback on the curriculum and working with the population of interest- overweight clients; 2) Students at universities where the curriculum took place will have the opportunity to complete weight-bias assessments measuring implicit and explicit bias. Focus groups will be transcribed and we will begin identifying key phrases and then developing coding categories. Inductive themes will be identified as they emerge. To analyze the weight-bias survey we will run descriptive statistics for all demographic variables, scales and subscales, and calculate scale means. Chi-square tests will be used to determine relationships among our categorical variables, and Pearson's Product correlations among continuous variables. Finally, we will use multiple regression to determine the best predictor of reported weight-bias. We anticipate that participants who have personally been a victim of weight-bias or are currently overweight will have less bias towards working with this population. After continued study and focus group analysis, a developed curriculum addressing clinician's weight-bias and working with clients on their weight-related behaviors can be implemented into CFT training programs across the country.

# Therapeutic Intervention Protocol in Child-to-Parent Violence, Featuring an Adolescent in Residential Care

*Patuleia, Neusa - Portugal*

**Short Description:** In an ecosystemic perspective our protocol integrates intervention in different socio-therapeutic levels, focusing on all areas of teenager's life, based in the familiar therapeutic intervention, throughout individual and socio-educational therapeutic intervention.

**Abstract:** We intend to present a Therapeutic Intervention Protocol in Child-to-Parent Violence, featuring an Adolescent in Residential Care, towards the family reunification. Following the growing phenomenon of Child-to-Parent Violence (CPV) in Portugal, with no common reference around this problematic available to both professionals and families, requests for assessment and intervention within the protection of youth proliferate, with adolescents characterized as having a disruptive behavior, placing themselves constantly in hazard, with parents being unable to impose limits. Once evaluated in residential care, we realize the problematics highlighted are the result of a CPV pattern. The CPV appears as a symptom of a pathological relationship between the different elements, with a homeostatic function, where there is a subversion of the family hierarchy and a misappropriation of power. Having as residential care major goals the adolescent protection and family reunification, we work on family relationship repairing, skills promotion and parental power reappropriation. In a perspective of an ecosystemic intervention, considering experience, and the literature review, we felt the need to advocate an integrated intervention in different socio-therapeutic levels, focusing on all areas of teenager's life, based in the familiar therapeutic intervention (taking as reference the protocol used in the intervention center in CPV, Euskarri), throughout individual and socio-educational therapeutic intervention. Family therapy, counseling/psychotherapy and an individual life skills plan are used as working tools. Keywords: Child-to-Parent Violence; Ecosystemic Intervention; Residential Care; Socio-Therapeutic Levels; Family Reunification.

# **(De) Constructing Child-to-Parent Violence – Family Therapeutic Intervention in Child-to-Parent Violence, Featuring an Adolescent in Residential Care**

*Patuleia, Neusa - Portugal*

**Short Description:** The process of family therapeutic intervention in a CPV case, featuring an adolescent in the context of residential care, held in monthly cotherapy sessions (10 sessions+2 follow-up), focusing on 3 dysfunctional family areas: hierarchy; protection/secret; separation/fusion.

**Abstract:** Following the growing phenomenon of Child-to-Parent Violence (CPV) in Portugal, with no common reference around this problematic available to both professionals and families, requests for assessment and intervention within the protection of youth proliferate, with adolescents characterized as having a disruptive behavior, placing themselves constantly in hazard, with parents being unable to impose limits. Once evaluated in residential care, we realize the problematics highlighted are the result of a CPV pattern. This poster presents the process of family therapeutic intervention in a CPV case, featuring an adolescent in the context of residential care, towards the completion of family reunification, in an ecosystemic perspective. The CPV appears as a symptom of a pathological relationship between the different elements, with a homeostatic function, where there is a subversion of the family hierarchy and a misappropriation of power, therefore family therapy was used as a major working tool in the processes of changing, held in monthly cotherapy sessions (10 sessions+2 follow-up). Taking as reference the Protocol used in the Intervention Center in CPV, Euskarri, it was sought to reformulate the identified problem and to deconstruct the dominant narratives around CPV, focusing on the 3 dysfunctional areas of the family: hierarchy, protection/secret; separation/fusion. During the intervention period, the problem perspective changed from the violent adolescent to current family dynamics, through circularity and meta-communication; qualitative changes in the pattern of the family functioning were noted and reunification was possible. Keywords: Child-to-Parent Violence; Residential Care; Family Intervention; Change; Family Reunification.

# The Role of Attachment to Parental and Romantic Figures on Couples' Fear of Intimacy

*Pedro Sobral, Maria - Portugal*

**Short Description:** This dyadic study showed influences of the quality of early mother-attachment and the attachment anxiety of the partner on fear of intimacy, for men and women. It stretches therefore the importance of considering relationships with both mothers and romantic partners in counseling with couples with fear of intimacy.

**Abstract:** Fear of intimacy was recently proposed to gather two components within romantic relationships: the fear of losing the self (FLS) and the fear of losing the other (FLO) (Sobral & Costa, in press). The variables that may contribute to these fears remained, however, unstudied. Willing to contribute to bridge this gap, we used a sample of 276 heterosexual couples with ages from 18 to 64 ( $M = 35.01$ ,  $SD = 11.03$ ) who completed two attachment measures and the Fear of Intimacy Components Questionnaire (Sobral & Costa, in press), to explore the relationships between parental and romantic attachment and fear of intimacy. First we verified that, among the dimensions of parental attachment, the only attachment parental figure that influenced both men and women's fear of intimacy was the mother, namely the mother's Inhibition of Exploration and of Individuality, for men, and the Quality of the Emotional Bond to the mother, for women. Then, we verified that the relationship between these variables and fear of intimacy was mediated by individual romantic attachment. Finally, dyadic analysis showed both FLS and FLO to be influenced by partner anxiety, both for men and women. No significant partner avoidance effects were observed. These results are in accordance to attachment theorists who state that parental attachment orientations have continuity in adult romantic attachment orientations. Furthermore, they point to a developmental nature of fear of intimacy, which seems to be molded within life-span significant relationships, specifically the mother and the romantic partner. They also underlie the role of the romantic partner on individual fear of intimacy, suggesting that partner's high desires of closeness may increase the fear of intimacy. Taken together, these findings highlight the importance of considering both individual early relationships and development, and current couple dynamics when conducting intervention on fear of intimacy.

# Children of the Disappeared in the Argentinian Dictatorship: Reviewing Cultural and Technology Issues

*Penalba, Valentina - United States*

**Short Description:** A poster to describe preliminary findings of a pilot study conducted by video and face-to-face interviews with three Argentinian children (now adults) of the disappeared. The aim of this study is to understand the methodological challenges a larger study is likely to encounter.

**Abstract:** On November 24, 1976, eight months after a military coup in Argentina, the Dirty War was launched and between 13,000 and 30,000 people, mostly young Argentinians, were abducted from their families, tortured, and killed, their fates still unknown to history. Many of these victims left behind babies and small children who were taken and placed with families mostly aligned with the military faction. Founded in 1994, HIJOS (Hijos por la Identidad y la Justicia contra el Olvido y el Silencio) is a human rights organization with an aim of obtaining justice for the victims and their families by systematically searching for these stolen children and reconstructing their personal histories, which are in many cases completely unknown to them. As HIJOS has become an increasingly vocal force in the public sphere, in the wake of new freedoms allowed under democratic governments over the last thirty years, it has become much more effective at accomplishing its mission, and many children of the disappeared have now had their personal histories and original identities restored. The purpose of this pilot study is twofold. First, we will identify methodological and practical concerns associated mainly with cultural, technological, and linguistic complexities. Second, we will explore how the children of the disappeared's identities have been impacted by historical perceptions of the events surrounding the military dictatorship. This pilot study will investigate those issues related to recruiting and interviewing participants that future researchers are likely to encounter with similar populations and will provide a foundation for the development of a comprehensive study that will more thoroughly investigate the experience of the children of the disappeared. An in-depth examination and evaluation of the effects of the tragic experience of the children of the disappeared will also help to develop international awareness of this population. Two open-ended, online video calls and face-to-face interviews will be conducted with each of the three participants.

# Results of Piloting Home Systemic Intervention to Improve the Quality of Life of the Elderly

*Pérez Sánchez, Lucía - Mexico*

**Short Description:** The evaluation of a pilot-controlled trial of a home systemic family therapy intervention to improve quality of life of an old patient with diabetes. The intervention took place at the family's home, lasting ten sessions of treatment and three follow up sessions.

**Abstract:** Researchers: Lucía Pérez Sánchez, Roberto Oropeza Tena, Cecilia Colunga Rodriguez, Monica Raynaga Flores, Nayeli Selene Ramirez Trujillo, and Veronica Concepción Macias Espinosa

**Purpose:** the evaluation of a pilot-controlled trial of a home systemic family therapy intervention to improve quality of life of an old patient with diabetes.

**Sample:** A family of four: A 68 year old male and his wife, a 66 year old female, their 47 year old son, and their 19 year old granddaughter.

**Research design and Methods:** This was a one group, pretest / posttest study. The intervention took place at the family's home, lasting ten sessions of treatment and three follow up sessions.

**Instruments:** UISESS Scale (García del Alba et.al., 2005). It evaluates the clinical stage of the disease according to the natural development of diabetes.

ZARIT Interview of the caretaker's burden (ECCZ, Monitorio, Izal, López y Sánchez, 1998). It measures the caretaker's perceived burden through a Likert scale.

Self-efficacy to perform everyday activities for elderly Mexicans (AeRAC, González-Celis, 2009).

Evaluation of the quality of life in the elderly population of Mexico (WHOQOL, González – Celis, 2010).

Family Functioning Questionnaire (EFF, Atri y Zetune, 1993).

Family genogram (Mc Goldrick y Gerson, 1987).

**Results:** There were significant changes related with self-efficacy and subjective well-being. The recreational activities increased, as a result, primary care provided by his wife decreased and also alleviated her stress. The family dynamic improved, emphasizing demarcation of the frontiers among subsystems. The emotional communication improved among the four family members.

**Conclusions:** The home systemic family therapy intervention showed its utility as a brief treatment, improving the quality of life of an old patient with DM2, alleviating the stress from the primary caregiver and establishing more functional changes in the family dynamic.

# Outsourcing Strategies Workshop, Visualization and Imagery for Pain: An Approach Based on Narrative Therapy M. White and D. Epton

*Pérez Sánchez, Lucía - Mexico*

**Short Description:** The following paper is intended to present the objectives and procedures of a workshop for pain management based on the model developed by M. Narrative White and D. Epton, in which colorful pictorial language, metaphorically charged by the central role of treatment raised here.

**Abstract:** The workshop "Strategies for outsourcing, visualization and imagery for pain management" aims to work with the patient with some type of physical or emotional pain, the family system as a primary social group surrounding the patient, led not only to the primary caregiver but other family members, health staff interested in learning the strategies for the treatment of pain in order to lessen feelings and emotions resulting from the disease, helping to improve the quality of life in the family system, generate new forms of communication, greater understanding between the different members and the symptom that has been installed as a new member of the family. All this makes it important that the workshop is supported under a systemic perspective from the model of narrative therapy as White and Epton (1993) suggest that people create stories about their lives determine both the attribution of meaning to their experiences, as the selection of the aspects of experience that are to be expressed, these stories are constitutive or shapers of life of people. Importantly, therapeutic interventions that arise in the workshop should be adapted to the stage in which the disease is found. In this regard, the workshop "Strategies for outsourcing, visualization and imagery for pain" is planned in six sessions: 1) How do you see, feel and hear the pain?, 2) facing me pain, 3) Letter farewell: "Bouncing my pain through Hello", 4) Today I decide ..., 5) Conclusion, 6) Closure: Recognizing achievement. Traductor de Google para empresas: Google Translator Toolkit Traductor de sitios web Global Market Finder.

# Family Therapy: is There Such a Thing?

*Phipps, Warwick – South Africa*

**Short Description:** The original term "family therapy" confused two logical levels; the approach—the systems approach—with the application of that approach—the family. Such confusion resulted in a range of disparate approaches. Although there is a systems approach to working with families, there is no such thing as family therapy.

**Abstract:** Today family therapy represents an assortment of diverse and vaguely integrated theoretical approaches and applications. There is little agreement as to what constitutes family therapy and, moreover, it scarcely resembles the original approach conceived by the systems thinkers in the 1950s. Central to this problem is the designation of this approach as "family therapy". Early thinkers tended to refer to this approach as family therapy and it was for this reason that one of the first journals in the field was named "Family Process". The term family therapy, however, confuses two different logical levels, that is, the approach with the application of the approach. In terms of approach, these early theorists invoked a systems approach, which incorporated two main developments, namely that from the intrapsychic to interpsychic perspective and the lineal to nonlineal one. The former development marked the transition from the speculation about the individual's subjective experience to the observation of behaviour, whilst the latter the transition from the observation of phenomena on their own to the observation of them in the context of relationship or interaction. It was this approach then, namely the systems approach—or more aptly, considering its emphasis on interaction, the interactional approach—that received widespread application with couples and families and quickly became known as family therapy. This term, therefore, confuses the approach, namely the systems/interactional approach, with the application of that approach, namely family. This confusion has given way to a range of disparate approaches that have little in common other than their application to family. Therefore, although there is a systems/interactional approach and, for that matter, a narrative, cognitive-behavioural, or psychodynamic approach, for example, to working with families, couples, and even individuals, there is ultimately no such thing as family therapy.

# An Integrative, Interactional Approach to Psychotherapy: Going Beyond Narrative Therapy

*Phipps, Warwick – South Africa*

**Short Description:** That narrative therapy, a leading development, has returned to an earlier phase—the intrapsychic perspective—suggests that family therapy is in a cul-de-sac. In going beyond narrative therapy, an integrative, interactional approach integrates a systems/interactional approach with the communication theory and humanistic approaches.

**Abstract:** That narrative therapy, a leading development thought to supersede the systems/interactional approach, actually involves a return to the earlier, intrapsychic perspective (i.e., inferring about another's subjective experience) and that such a perspective is neither a necessary nor logical corollary of postmodernism (i.e., the act of knowing is subjective or interpretive), suggests that the field of family therapy has landed itself in a cul-de-sac. Not only has it returned to an earlier phase of development—the intrapsychic perspective—but also the logical line of development from the intrapsychic to intersychic perspective (i.e., the observation of behaviour between individuals), as incorporated by the systems/interactional approach, has been unnecessarily discarded. In going beyond narrative therapy, then, it is necessary to restore the original line of development and, in so doing, to incorporate an intersychic and, specifically, an integrated interactional approach. Such an approach to psychotherapy, as pioneered by Charl Vorster, represents an integration of the earlier systems/interactional approach with the communication theory and humanistic approaches. In practice, this approach involves understanding the client's systematically observed patterns of interaction/communication against the background of his or her presenting problem within the context of a person-centred therapeutic relationship. The value of this integrative interactional approach to psychotherapy is, ultimately, that it incorporates the original elements of the systems/interactional approach—namely, the trained observation (i.e., intersychic perspective) of (circular) patterns of interaction (i.e., nonlinear perspective)—with an heightened awareness of the client's subjective experience (i.e., the presenting problem); how this relates to his or her pattern of interaction; and the recursive diagnosis and treatment, thereof, in a person-centred therapeutic relationship, that is, one characterised by empathy, congruence, and unconditional positive regard.

# **MFT Bilingual/Bicultural Competence & Mexican Client Perspectives on Therapy with Spanish as Second Language (SSL) Clinicians**

*Platt, Jason - Mexico*

**Short Description:** As many members of minority language communities struggle in connecting with competent mental health providers with language being a significant barrier, this presentation explores how being a Spanish as a Second Language (SSL) clinician may have an influence on clinical work with native Spanish language speakers in an international context.

**Abstract:** While the field of family therapy has recognized the vital need for therapists to be trained to address race, gender, ethnicity, class and sexual orientation, it has only recently begun to widen its lens to include a non-U.S. perspective of diversity and to address the topic of language. There is a limited number of systemically oriented training programs that address language training. As globalization has exponentially created interactions across national lines, the need for bilingual and bicultural mental health professionals has logically followed. It's now paramount for mental health professionals to consider the implications of language differences and how a person's linguistic roots intersect with other contextual variables. This presentation explores how being a Spanish as a Second Language (SSL) clinician may have an influence on clinical work with native Spanish language speakers in an international context. Even though Mexicans living in the U.S. especially tend to have higher rates of psychological distress while simultaneously facing major barriers to receiving culturally and linguistically appropriate mental health services, the current literature is very scant on therapists working in a second language with monolingual clients. Many members of other minority language communities struggle as well in connecting with competent mental health providers with language being a significant barrier. After reviewing the above and the major findings of an IRB-approved preliminary study interviewing 11 monolingual Spanish-speaking clients about their experiences of their family therapy with SSL clinicians, the presenters plan to encourage audience participation, commentary and questions, especially because Panama is also a Spanish-speaking country.

# Believable Hope for the Family

*Raiter, Wayne - United States*

**Short Description:** This will be a presentation of a new family treatment program in an Inpatient (Compulsive behavior and mental health patients) setting. Inclusive in the presentation will be new techniques for the use of online work with families.

**Abstract:** This presentation will be a discussion of the techniques and processes of a new family therapy model that creates an opportunity to treat the entire family with reasonable cost and convenience. The affordable price point allows more family members to participate in the edu-therapy process and in the identified patient's inpatient treatment. The model also allows us to work with family members who may be living in another country or for other reasons cannot attend in person. It allows these family members to attend in real time and interact with the therapist and with family members. The new process is designed to depathologize the language and the perception of family members regarding the identified patient and their relationship to the larger culture or subculture. We have the family see themselves as a system rather than a collection of individuals. This perception allows for the family to see themselves and the clinical issue in a historical context. They see the problem as coping skills rather than pathology. We will discuss the various paradoxical techniques used to create a new and workable perception of the family's history, values and norms. We will also discuss new family paradigms to replace current coping mechanisms.

# The Double Gain of Parental Empowerment: A Five-Session Child-Focused Family Therapy Model

*Reid, Fatma - Turkey*

**Short Description:** The workshop will explore how the first and the last sessions reinforce collaboration with the couple as parents and how IOSB (insight-oriented skill building) is introduced to the parents. The second through fourth sessions are used for assessment and play therapy with the child.

**Abstract:** The ASAM Child and Family Development Center (founded 1979 in Istanbul) owes its credibility to the effectiveness of its brief child therapy model, which emphasizes the importance of building and sustaining an alliance with parents. In fact, parents in this process are referred to as “co-therapists” and are regarded as such. The rationale for the five-session approach, with a minimum of two follow-up sessions, is based on the belief that brief therapy can achieve much more than symptom relief. It is absorbable and affordable, and has gains both for parents as a couple as well as for the child. Among the multiple gains for the parents are increased motivation to work together for better parenting, the development of new insights and skills in dealing with the problem, and improved communication as a couple, which in turn has a pivotal impact on the child and on the well-being of the family as a whole. The workshop will explore how the first and the last sessions reinforce collaboration with the couple as parents and how IOSB (insight-oriented skill building) is introduced to the parents. The second through fourth sessions are used for assessment and play therapy with the child. Case reviews will be shared and discussed interactively, with a focus on developing hypotheses based on intake information, observation and assessment. The theoretical framework will have references to psychodynamic, developmental, transactional and three-generational approaches.

# Innovative Interventions for Families of Street-Involved Children

*Roberts, Janine - United States*  
*López Rodríguez, Merli - Ecuador*

**Short Description:** Part I: A range of therapy techniques used in the homes of JUCONI families in Ecuador/Mexico such as street plans of where the children are working, paper bag puppets and other expressive arts, rituals to address trauma and loss, life & time lines, family floor plans/sculpting will be presented.

**Abstract:** Innovative Interventions for Families of Street-involved Children For over twenty years JUCONI Ecuador and JUCONI Mexico have successfully worked with the families of street-involved kids to get the children off the streets and back in school. In this workshop following our plenary, we will present a range of therapy techniques used in the homes of these families such as street plans of where the children are working, paper bag puppets and other expressive arts, rituals to address trauma and loss, life and time lines, and family floor plans and sculpting. We will also address the intricacies of doing sessions in crowded communities where the windows are sometimes open squares in the walls and neighbors are curious and would like to be invited in.

# Systemic Therapy with Families and Children Working in the Streets in Ecuador and Mexico

*Roberts, Janine - United States*  
*Lopez Rodriguez, Merli - Ecuador*

**Short Description:** JUCONI, Ecuador is an organization that provides family therapy (among other services) to street working children and their families to get the children off the street and back in school. The leader of JUCONI's clinical teams, Merli Lopez, and Janine Roberts (who has trained the therapists at JUCONI for more than a decade) will present both the JUCONI therapeutic model and work done in family homes and communities, as well as describe key processes to enter organizations and do trainings especially when working in another language and culture.

**Abstract:** Over the last twenty years, two JUCONI (Together with the Children) centers have developed and very successfully implemented a four-stage framework for working with marginalized and excluded families. They break multigenerational cycles of poverty and lack of access to education and get kids off the streets and back in school. The clinical leader from JUCONI Ecuador (Merli López Rodríguez) will explicate these four stages as well as creative strategies for engaging families in therapeutic work. Janine Roberts, who has trained therapists for both JUCONI Ecuador and JUCONI Mexico for over a decade will describe key processes in entering organizations to do trainings including: shadowing staff, delivering topics on demand, moving in and out of the role of facilitator and participant, entering into the trainings from different vantage points within an organization, and designing activities with an eye to how they will impact work relationships of staff and clients.

# The Impact of Demographic Categorizations on Middle Easterners: A Critical Theory Analysis

*Samman, Sarah - United States*

*Parker, Allison - United States*

**Short Description:** This presentation will review the impact of the categorization of biopsychosociospiritual demographics commonly acquired from intake forms on the therapeutic relationship through a critical theory analysis. We wish to highlight the impact of the lack of distinction for Middle Easterners and that commonly minimize the experiences of this population.

**Abstract:** Over the years, technology has impacted individuals' intra- and inter-personal experiences in positive ways. Examples include the use of Skype with immigrant populations, teletherapy with family members who are on low income, and demographic databases for research purposes. Being able to quickly synthesize data obtained through intake forms by entering independent variables into managed databases is efficient. However, this efficiency appears to render invisible some of the ways in which individuals differ greatly from the categories in which they are placed. This also impacts the therapists and researchers' inferences and assumptions about their clients and the population as whole. We wish to illustrate how the categorization of biopsychosociospiritual demographics within subjective and conflated categories strips individuals of their rich experiences, and most importantly, their sense of inclusion and exclusion. Specifically, we wish to examine the experiences of Middle Easterners, regardless of United States citizenship, through the use of critical theory analysis. There is a paucity of research regarding therapeutic alliance and Middle Easterners' experience with therapy. Furthermore, the media post 9/11 has often labeled Middle Easterners, Arabs, and Muslims as mutually inclusive categories, thereby impacting this population's sense of identity and well being. We wish to highlight that such variables often minimize the nuances of this population's experience and do not account for the true hierarchical ordering of an individual's position within larger American society, and subsequently, this impact on their therapeutic services. The goal of this presentation is to address non-dominant issues on the behalf of less privileged minority populations who are enfranchised by exclusionary categories. We offer case presentations and opportunities for dialogue to build towards equity and justice for all within the larger social and global contexts.

# Teaching Parents Mindfulness: A Systematic Review of Research

*Scott, Jenna – United States*

**Short Description:** Preliminary research suggests that mindfulness-based parenting interventions may improve family functioning. This presentation aims to advance family therapists' understanding of mindfulness-based parent training interventions by synthesizing the existing research, engaging attendees in the practice of mindfulness, and providing implications and recommendations for clinical practice.

**Abstract:** Recently, the practice of mindfulness is being incorporated into various therapeutic contexts. Mindfulness-based parent training interventions, a form of treatment that teaches parents skills such as meditation, deep breathing, and centered awareness, are growing in popularity. These interventions hypothesize that targeting parental attention and awareness will help improve parental mental health, parenting practices, and the parent-child relationship; in turn, child behavior problems may decrease. Research in the area of mindful parenting is in its infancy; in order to successfully implement these interventions, however, family therapists need to better understand the current state of the literature. This presentation will introduce the practice of mindfulness and explore a systematic review of the existing literature on mindful parenting. First, the presentation will identify studies that implemented a mindfulness-based parenting intervention targeting parents of school-aged children. Next, the presentation will highlight the treatment programs utilized, the targeted sub-populations, and the intended outcomes and how they were measured in the studies. The presentation will then include a summary of the reported findings and outline how mindfulness-based interventions can positively impact various levels of family functioning, specifically parental mental health, the parent-child relationship, and child behavior. In the last section of the presentation, the clinical implications of the research findings will be explored, and the session will cover concrete recommendations and examples of how these interventions can be incorporated into clinical practice. Finally, attendees of the presentation will have the opportunity to engage in the practice of mindfulness meditation such as deep breathing and centered awareness to better understand how the components of mindfulness-based interventions can be used in clinical treatment with families.

# Authoring Stories of Resilience: Guidelines for Practice

*Scott, William - United States*

**Short Description:** The collaborative, relational therapist as an audience to clients' stories empowers them to become authorities, and more involved in the construction of their own stories. In this workshop guidelines for a therapeutic stance, and key elements for reauthored stories will be presented, while participants are invited to explore additional resiliencies.

**Abstract:** Systemic counselors are moving toward collaborative and narrative models of therapy. Clients tell us when we are helpful—if we will listen. Counseling becomes a circular process involving “dialogue” between the counselor and the client, as opposed to “pathologizing monologues.” A counselor stance of “curiosity,” where multiple perspectives are entertained, is replacing explanation and attempts to discover an objective reality apart from the input of the client. Counselors more clearly see themselves as part of the treatment system, and examine their part in constructing the “problem story.” Counselor “use-of-self” becomes important, and distinctions are made between counselor “intentionality” and “willfulness.” How do these ideas look in counseling situations? The distinctions between assessment and treatment become blurred as a circular dance evolves between counselor and client. The treatment context is expanded to include the interactions between members of the “language system.” Treatment is conducted as a “conversation.” The counselor gives up the “expert position” and becomes a partner with the client in retrieving resources to construct solutions. Questions gather information, introduce “differences,” and facilitate change. Externalizing of the problem generates space for alternative stories in the present. The client’s presentation tells a story. The story is told and retold so that the client becomes his/her own author-ity, or more involved in the construction of his/her story. Client resources are retrieved and the re-authored story includes elements of resilience: competence, courage, hope, forgiveness, humor, etc. Drawing on stories and experiences, utilizing slides which contain quotes from multiple sources (family therapists, poets, literary works), drawings, graphics etc., this workshop will present guidelines for a therapeutic stance, key elements for re-authored stories, while inviting participants to contribute and explore additional resiliencies. This workshop can be more interactive by engaging participants in considering the chapters making up their stories. I can also present it in 45 minutes in more of a lecture format. I could also present this over several hours as a pre-conference workshop.

# The Fourth Dimension: 4-D Communication with Adolescents

*Scott, William - United States*

**Short Description:** The therapeutic relationship with adolescents has been referred to as the ‘fragile alliance.’ Communicating effectively with adolescents poses challenges to the most seasoned therapists. Assessing and properly utilizing Distance, Direction, Development, and Dialogue will provide a frame for understanding and guiding more effective communication with today’s youth.

**Abstract:** Adolescents have been referred to as the ‘alien-nation’ (Family Therapy Networker). Communicating effectively with adolescents can challenge the most seasoned therapists as we are faced with inherent double binding messages: ‘notice me,’ ‘leave me alone,’ ‘come closer,’ ‘back off,’ ‘help me,’ ‘I can do it myself.’ Drawing on Edwin Friedman’s 3-D’s of communication, the 4-D’s of communication (Distance, Direction, Development and Dialogue) provide guidelines for translating these mixed messages and communicating more effectively with today’s youth. Relational Distance is influenced by Structural boundaries as well as the nature of the therapeutic alliance (John Meeks). One ‘unholy alliance’ signals a relationship with diffuse boundaries (too close) where the therapist is experienced as a colluding, voyeuristic peer, while another ‘unholy alliance’ signals a relationship with rigid boundaries (too distant) where the therapist is experienced as another correcting authority figure. The teen longs for a relationship (the ‘fragile alliance’) with a caring, authentic adult who can serve as an ‘ego’ support, or trusted mentoring figure. Direction is influenced by the 3-M’s: movement (pursuit and distancing), hearing and understanding the teens’ metaphorical expression, and respecting, yet challenging, misdirection. Development involves understanding and utilizing developmental theories that support a resilient identity, and increased levels of differentiation. Through Dialogue, the self of the teen is affirmed and validated as the therapist serves as audience, and co-author to the teen’s re-authored story. The therapist intentionally invites, makes room for, and calls forth stories of competence, courage, and hope (Waters and Lawrence). A bonus D, Disclosure, involves therapist self-disclosure as well as the thorny issues of client confidentiality and parental right to treatment information. As is readily apparent, the D’s overlap to suggest guidelines for more effective interaction and communication with today’s youth. The first rule of communication is that ‘everything is communication.’

# 21st Century Family Therapy: Adolescent Treatment Using Modern Technology

*Scott, Dalesa - United States*

**Short Description:** Adolescent development has changed significantly since the 20th century. With the addition of technological advances such as social media, cyber bullying, etc., presenting problems in therapy with adolescents have expanded tremendously. This workshop will explore ways in which clinicians can understand and utilize modern technology to treat adolescent families.

**Abstract:** Adolescent development has changed significantly since the 20th century. With the addition of technological advances such as social media, text messaging, worldwide access, cyber bullying, etc., presenting problems in therapy with adolescents have expanded tremendously. Adolescents relate to one another differently, as the outlets available for socialization have altered drastically. As technology continues to advance, some parent may struggle with relating to their children and feeling confident in their parenting abilities, resulting in distant relationships and acting out behaviors. This workshop will explore ways in which clinicians can understand and utilize modern technology to treat adolescent families. Clinical implications will be examined, including exploration of ways to build relationships with adolescent clients and their families.

# Generations of Violence: Technology in Intimate Partner Violence Across the Lifespan

*Scott, Dalesa - United States*  
*Henry, Racine - United States*  
*Cooper, Candice - United States*

**Short Description:** Intimate Partner Violence (IPV) is a prevalent issue that impacts families across the globe. With constant new advances, it is vital for clinicians to understand the role of technology in intimate relationships. This workshop will explore the influence of technology on violence in intimate relationships throughout the lifespan.

**Abstract:** Intimate Partner Violence (IPV) is a prevalent issue that impacts families across the globe. With constant new advances, it is vital for clinicians to understand the role of technology in intimate relationships. This workshop will explore the influence of technology on violence in intimate relationships throughout the lifespan. In today's fast-paced society, adolescents learn socialization through the use of technology, including social media, texting, and other cyber connections. These outlets are becoming increasingly influential in the ways in which adolescents interact with each other and develop relationships. As they progress through the lifespan, young adults use technological advances, such as internet dating and other outlets to meet romantic interests and to connect with childhood friends, allowing for a higher likelihood of potential for connection with others. Smart phones have become the norm, with people having access to the world at their fingertips. Such technology can be important to long distance or newly developing intimate relationships. However, in violent relationships, these same gadgets, along with navigation systems, tablets, and laptops can make it easier to keep track of another's movements as well as impede the process of relocating or leaving an abusive partner behind. While there are many positive repercussions to using technology in intimate relationships, there can also be a potential for consequences that can be detrimental to a relationship. This workshop will explore intimate partner violence throughout the lifespan, from adolescence to late adulthood, and will examine the added dimension of abuse through the use of internet and social media.

# Narratives of Clients From Family Therapy Failures

*Sequeira, Joana - Portugal*

*Patuleia, Neusa - Portugal*

**Short Description:** A qualitative analysis of clients' narratives from therapeutic failures allowed identification of the aspects (narrative structure and processes) that block change in therapy. Clients' narratives remain static, blocked in past or present and present a linear causality. Problems that brought family to therapy are the central issue of sessions.

**Abstract:** Systemic narrative family therapy promotes change through disruption of the dominant stories about the problem and construction of new stories to signify life events. The aim of this work was to understand the aspects that block the narrative change. In case studies we analyzed concluded family therapies, considered failures by clients and therapists. Family therapy sessions were intensively viewed and analyzed through the Assessment System of Narrative Change (SAMN). The results showed that: (a) the narratives remain static, centered in the present or in the past, with total absence of future perspectives, (b) the families explain their problems based on direct relations between causes and effects (linear causality) and (c) the emergence of singularities and narrative reflexivity are punctual and unable to disrupt the dominant narrative and to be amplified by therapeutic system. Based on a model of narrative organization into three distinct logical levels, the authors discuss the results of this study highlighting the need to identify and work on the level where the narrative is blocked, to enhance therapeutic change or 2nd order change.

# Religious Discrimination and Race-Related Stress Among North American Sikhs

*Shahreen Kaur Arora, Kiran – United States*

**Short Description:** Sikhs in North America have historical and continuous experiences of discrimination, which heightened after the events of 9/11. This study examined the trauma of religious discrimination and race-related stress among North American Sikhs. Results provide a more holistic view of the experiences of discrimination that Sikhs continually face.

**Abstract:** Racism and discrimination are ingrained in nearly all aspects of life in societies all over the world. They are phenomena that are present at individual, cultural, and institutional levels of interaction that are embedded within customs, laws, and traditions. Overall, emerging literature strongly indicates that there are harmful impacts on the relationships, mental health, and well-being of those who experience discrimination. While the negative impacts of trauma associated with religious discrimination and race-related stress have been found across cultures, different racial groups have varying political and social histories and, and can thus experience racism and its effects differently. Muslims and Arabs specifically have experienced discrimination based on both knowledge and/or assumptions of religious affiliation and race. However, less is known regarding how these factors may affect the lives of other groups, such as Sikhs. Extant research indicates that Sikhs are targeted because their turbans and long beards resemble Osama Bin Laden. The current study examined the trauma of religious discrimination and race-related stress among North American Sikhs. Specifically, the study aimed to investigate the following: (1) the participants' experiences of discrimination, (2) the trauma symptoms they experienced as a result of those experiences, (3) the messages communicated among family members about discrimination, and (4) factors related to resiliency in Sikhs. Results from this study help to provide a more holistic view of the experiences of discrimination that Sikhs continually face. Further, Sikh families can use technology to heal and transform from the trauma they experience. Clinical implications will be discussed.

# Placing Attachment in Cultural Context: Clinical Assessment and Intervention

*Shi, Lin - United States*

**Short Description:** Based on analyses of desired attachment outcomes in cultural contexts, the presentation will offer a comprehensive clinical assessment of attachment experiences and their influences pertaining to clinical and relational symptoms. The assessment includes four domains which will be illustrated with clinical examples. Important conclusions will be provided.

**Abstract:** While attachment theory highlights common themes across cultures and generations, variations should and do exist in making and maintaining emotional bonds in the course of achieving desired developmental outcomes. The variations inevitably lead to an acknowledgement of cultural influences on attachment practices when applying principles of attachment theory in clinical practices. Innately matching the culture's gravitation toward the nuclear family constellation, the dyadic focus on attachment was accepted widely in the West. However, it may fall short for the East, as well as other sub-cultural groups which may include ethnic minorities, gay/lesbian families, and within-the-culture variations. Based on analyses of desirable attachment outcomes in cultural contexts, the presentation will offer a comprehensive clinical assessment of attachment experiences and influences pertaining to clinical and relational symptoms. The assessment includes four domains which are consistent with the spirit of Bowlby's five therapeutic tasks, but are also integrative of analyses of cultural contexts including interwoven triads. Domain one focuses on multiple layers of culture that influence particular attachment practices and experiences as well as the evolving nature of culture. Domain two involves the understanding the client's perspective on his or her experience of receiving and perceiving love and attention. Domain three assesses as well as builds insight in attachment relationships and interactions. Domain four is to expand the unit of analysis to include various triads by integrating the systems perspective. The four domains will be illustrated with clinical examples. Important conclusions will be offered.

# Family and Couples Therapy Across Continents: How Does it Work?

*Singh, Reenee – United Kingdom*

**Short Description:** As a migrant from India, working in the U.K., I work over Skype with families in India, where systemic family therapy is not as well developed as in the West. In this workshp I will explore the impact of Skype on the therapeutic relationship and process.

**Abstract:** "Does the evidence suggest that family therapy over Skype is any less effective than face to face contact?" asked one of my clients, when I attempted to refer the family to a local psychiatrist, rather han to engage in a solely internet based therapeutic relationship. As a migrant from India, working in the U.K., I work over Skype with families living in India, where systemic family psychotherapy is not as well developed as it is in the West. The other kind of families I work with over Skype are international families, where the couple may have a commuting relationship or where one family member lives in a different country. Drawing on my clincial practice and research on couples, in this workshop I will explore communication between couples who live apart together and the impact of Skype on the therapeutic relationship and process. I will conclude by summarizing the possibilities and limitations for clinicians.

# How Attachment Style Influences the Patient-Physician Relationship and Health Outcomes

*Smith, Michele - United States*

**Short Description:** Trust is an important component of successful patient-physician relationships and promotes positive implications for treatment outcomes. Attachment style affects the way a person perceives trustworthiness and interacts within interpersonal relationships. This presentation reviews how attachment styles affect patient trust and interactions with healthcare providers. Clinical implications will be discussed.

**Abstract:** Patient attachment style is a significant factor in a person's perception of illness and health care behavior. Attachment Theory provides a framework of how developmental experiences at an early age affect interpersonal processes, associated physiological responses, and an individual's health across the lifespan. We know that attachment is a basic component of human nature and affects several areas of a person's life, including romantic relationships, parenting, mood, ability to resolve conflict and self-esteem. Given the fundamental influence on human interactions, it is reasonable that it would also affect health and wellness. Personal attachment style dictates the degree of trust that a person places in their interactions with other people. The degree of trust in an individual's physician has been shown to have important implications for patient satisfaction and treatment outcomes. This presentation aims to use existing research to explore the possible etiology of what many physicians would describe as patient noncompliance or dependence. The information presented is applicable to community health, community mental health, primary care, private practice, and any other medical setting that benefits from positive patient-practitioner relationships. The ultimate goal of this presentation is to give a behavioral health perspective of difficult patient-physician relationships. The audience will gain a comprehensive knowledge of the existing research surrounding Attachment theory and the implications of an individual's attachment style. Empirically based suggestions, tools, and solutions to improve difficult patient-physician relationships will be included.

# Cheating, Breakup, and Divorce: Is Facebook Use to Blame?

*Smith, Jessica - United States*

**Short Description:** Does Facebook ruin interpersonal relationships? Research has discovered that a high level of Facebook usage, when mediated by Facebook-related conflict, is associated with negative relationship outcomes such as breakup/divorce, emotional cheating, and physical cheating. However, this is only true for newer relationships of 3 years or less.

**Abstract:** Social networking sites (SNSs) have exploded with popularity, specifically Facebook. Since its conception in 2004, Facebook has reached an outstanding 1.15 billion monthly active users with 699 million users engaged in daily use. The dynamics of a romantic relationship are complex and constantly influenced by numerous external influences outside of the relationship itself. Adding Facebook to the relationship equation can add even more complexities and dynamics to an already convoluted process. The purpose of the present study was to investigate the relationship between using the social networking site known as Facebook and negative interpersonal relationship outcomes. A survey of 205 Facebook users aged 18–82 was conducted using a 16-question online survey to examine whether high levels of Facebook use predicted negative relationship outcomes (breakup/divorce, emotional cheating, and physical cheating). The researchers hypothesized that those with higher levels of Facebook use would demonstrate more negative relationship outcomes than those with lower use. The study then examined whether Facebook-related conflict mediated these relationships. Furthermore, the researchers examined length of relationship as a moderator variable in the aforementioned model. The results indicate that a high level of Facebook usage is associated with negative relationship outcomes, and that Facebook-related conflict does indeed mediate these relationships. This series of relationships only holds for those who are, or have been, in relatively newer relationships of 3 years or less. These findings suggest that Facebook may be a threat to relationships that are not fully matured. It is therefore important for practitioners to keep this information in mind when treating couples who are in newer relationships. Practitioners can warn their clients that individuals who are on Facebook often may be indirectly neglecting their partner, directly neglecting their partner by communication with former partners, and/or developing Facebook-related jealousy or constant partner monitoring, which may lead to future relationship conflict or separation. The current study adds to the growing body of literature investigating Internet use and relationship outcomes, and may be a precursor to further research investigating whether Facebook use attributes to the divorce rate, emotional cheating, and physical cheating.

# **Social Exchange and Behavioral Marital Therapy: Teaching Couples How to Utilize Facebook**

*Smith, Jessica - United States*

**Short Description:** This poster focuses on research regarding the positive and negative effects of Facebook on romantic relationships. Then, Social exchange theory and behavioral marital therapy provide a framework for describing couples' Facebook utilization and are further reviewed as potential therapeutic conceptual tools for couples' on-line relational activity.

**Abstract:** With the ever-increasing popularity of media, internet, and social networking sites (SNSs) such as Facebook as avenues of communication, it is becoming apparent through current research that each of these mediums has an impact on romantic relationships. This poster first focuses on research regarding the positive and negative effects of these mediums on romantic relationships, in addition to specific behaviors that are a prominent result of media, internet, and SNS use. Then, social exchange theory and behavioral marital therapy (BMT) provide a framework for describing couples' Facebook utilization. Finally, the poster critiques the utility of social exchange theory and BMT as potential therapeutic conceptual tools for couples on-line relational activity.

# The Uninvited Guest: Multiple Sclerosis Challenges for Family Management

*Smith, Michele - United States*

*Godsall, Robert - United States*

**Short Description:** Chronic illness in a parent presents unique challenges to family homeostasis. One means families utilize to achieve stability is having children assume parental responsibilities. The change in roles presents both opportunities and challenges for the child. This presentation will describe types of parentification and interventions to strengthen the family.

**Abstract:** Chronic illnesses are the leading cause of death worldwide, responsible for over 60% of all deaths since 2008. While life expectancy around the world has increased, chronic illness and disability are more prevalent. Chronic illnesses frequently entail a slow progression and long duration. These include cardiovascular diseases, diabetes, cancer, chronic respiratory diseases, and degenerative neuromuscular diseases. Neuromuscular diseases present additional challenges for families in that they usually involve both cognitive and muscular changes resulting in increased need for assistance. Multiple sclerosis (MS) affects about 2.5 million people worldwide, most of whom are diagnosed between the ages of 20 and 40. While the world wide prevalence of MS is only about 0.4 %, the age of onset is the time when people are most likely to begin families or have children living at home, putting them at the highest risk for challenges to family adjustment in accommodating parental disability. Even though we will be looking at the issues in the context of MS, the concepts are generalizable to any family with chronic illness. The changes involved when a parent has MS present unique challenges to family homeostasis. One means by which families attempt to achieve stability is to have children assume parental responsibilities. The change in roles presents both opportunities and challenges for the child. One of the risks is that children will take on responsibilities that are beyond their physical and emotional ability and maturity level, resulting in parentification. While the assumption of responsibility by the child may serve the family's purpose, it can have significant developmental consequences for the child that can last into adulthood. This presentation will describe types of parentification, and interventions to extract the parentified child from his or her role and strengthen the family.

# A Two-Component Instrument to Measure Fear of Intimacy

*Sobral, Maria - Portugal*

**Short Description:** The new Fear of Intimacy Components Questionnaire is a two-factor, ten-item measure whose proposal is to embrace fear of dependence, along with fear of exposure, as a component of fear of intimacy. This study shows FICQ to be a theoretically and psychometrically adequate measure of fear of intimacy.

**Abstract:** Self-revelation has gathered most of attentions in intimacy and consequently fear of intimacy studies. Considering also dependence as a key component of intimacy, this study proposes to include it, along with self-revelation, in fear of intimacy assessment. Within an attachment perspective, we considered both those components to devise a new self-report instrument regarding specifically romantic relationships, the Fear of Intimacy Components Questionnaire (FICQ). Across three studies a 10-item, two-factor solution emerged and was tested. Qualitative analyses verified its content validity. Exploratory and confirmatory factor analyses tested its factor structure. Relations to insecurely attachment orientations and perceptions of risk in intimacy demonstrated convergent validity. The scales also showed adequate discriminant validity and internal consistency, and good three-week period test-retest reliability. Multi-group confirmatory factor analyses supported its configural, metric and scalar invariance across gender, age and relationship status. Embracing for the first time two dimensions, we believe this new measure may contribute to future research on fear of intimacy and to the extension of its traditional self-revelation-focused conceptions.

# **A Clinical Doctorate for the Global Village: Intercultural and Communitarian Approaches**

*Southern, John - United States*

*Esteban Montilla, Romulo - United States*

*Yu, Fangzhou - United States*

**Short Description:** This program describes the evolution of an international doctorate in family therapy. Intercultural and communitarian approaches encourage dialogue and post-colonial treatment perspectives. The clinical doctoral program emphasizes technology applications, specialization development, and action research. The doctorate balances clinical specialization with community service and social justice.

**Abstract:** This program describes the evolution of a clinical doctorate in family psychotherapy offered in China, Mexico, Central and South America, and USA. Intercultural and communitarian approaches were included to encourage dialogue and post-colonial case conceptualization. The Four Pillars of Higher Education advocated in Learning: The Treasure Within, a UNESCO report, were incorporated in the competency-based program: Learning to Know, Learning to Do, Learning to Live Together, and Learning to Be. In addition, the doctoral program emphasizes use of technology, development of a specialization, and action research. The doctorate balances clinical specialization and therapist wellness with community service and social justice advocacy. The doctoral program includes coursework on the person of the therapist, postmodern interventions, intercultural perspectives, personal practice theory, evidence based practice, psychotherapy integration, group work, family systems approaches, clinical assessment and case conceptualization, action research, and internship in diverse settings. Coursework and internship converge on the capstone experience of a project demonstrating excellence in service to the community. Due to the international nature of the program, students from several countries and cultures share their wealth in rich intercultural dialogue. Students learn consultation, program development, advocacy, and transformational leadership skills. Twenty-first century learning technology and study with international practitioner-scholars facilitate the processes of collective learning and cadre cohesion to achieve the global village perspective in doctoral education. Doctoral students define specializations within marriage and family therapy; trauma and addiction services; forensic therapy with juveniles and adults, mental health counseling and agency interventions, child and adolescent therapy, and pastoral counseling. There are subspecialties in sexuality therapy, juvenile justice interventions, parenting training, and play therapy.

# Sexuality Therapy: An Overview

*Southern, John - United States*

*Yu, Fangzhou - United States*

**Short Description:** This program will present an overview of sexuality therapy approaches associated with cases presenting dissatisfaction, dysfunction, or disorder. We will review biopsychosocial, feminist "new view", and intimacy enhancement methods. An integrative case conceptualization and treatment planning model will be presented. We will describe sexuality therapy in China and the USA.

**Abstract:** This program will present an overview of sexuality therapy approaches associated with cases presenting dissatisfaction, dysfunction, or disorder. We will review biopsychosocial, feminist "new view", and intimacy enhancement methods. An integrative case conceptualization and treatment planning model will be presented. Participants will learn basic sexuality therapy techniques originally developed at Masters & Johnson Institute and revised by cognitive-behavioral, feminist, trauma resolution, intimacy/object relations, and medical models. Participants will review case studies, receive integrative case conceptualization and treatment resources, and learn basic techniques including sensate focus. Barriers to sexual health will be identified, as well as resources for constructing meaningful and satisfying sexuality. We will review intercultural factors by addressing WHO recommendations and other international statements on sexuality. We will describe sexuality therapy in China and the USA.

# Nurturing Spirit in an Age of Technology: The Practice of Genuine Meeting

*Stauffer, Janet - United States*

**Short Description:** “Faster,” “productive,” “connected,” “brief” are hallmark icons of our era. We risk missing the human spirit deeply present to another in time and place. This interactive workshop will explore how technology can serve human becoming or truncate human existence dependent on how we care for the interhuman dimension.

**Abstract:** The spirit of the age is to quantify and measure, produce more in less time, consume rather than treasure. This interactive workshop will explore how the therapeutic relationship can value and honor the gifts of technology, the need for briefer therapy, and the quantification of outcomes in therapy without losing the treasure of human relationship with its attendant requirements of time, care, and the courage to turn and face another human in one’s primary relationship and say “Here I am.” The tension between being fully present with openness to possibility and the press to function, to consume, to produce is profound. Balance for ourselves and our clients requires finding a viable way to live with that complexity. Contextual therapy offers a vision for human engagement where healing takes place through the primary relatedness of one to another without negating the realm of function. It delineates a way in which members of a family or persons of significance can engage one another in dialogical ways that repair injuries, restore trust, and deepen the capacity to see and know the other in meaningful ways. It also addresses the authentic relationship necessary between therapist and client which studies show has more to do with the outcome of therapy than the chosen therapeutic model. The contextual theory will point to processes that facilitate presence, openness, and direct address that invites clients to grow into fuller being and personhood. While one model will be presented as a way to guide and nurture human relatedness in the midst of function, participants will be engaged in exploring and sharing both the benefits and limits of technology as they experience it with their clients and how they nurture human spirit and relatedness in their lives as well as the therapy room.

# Relational Formation in the Classroom: Preparing the Person of the Therapist

*Stauffer, Janet - United States*

**Short Description:** This interactive workshop engages participants in discerning educational practices that are formative for the person of the therapist which studies indicate is the core of the therapeutic relationship. An educational paradigm rooted in Contextual theory and its perspective on the development of the interhuman will be presented.

**Abstract:** The classroom regardless of its academic content can become an organic space to invite and nurture a process between persons in ways that are formative for each one. As philosopher Martin Buber notes the educator cannot just pour knowledge into a student's head, but real learning occurs through the dynamic of trust and real relationship between teacher and student (Friedman, 1991). How we write our syllabi, how we address a student and respond to him or her in the classroom, how we present and engage the student around content has implications for whether a student will simply retain head knowledge or incorporate "knowing" and real living at a deeper level into her or his being. In this interactive workshop, we will review educational paradigms and practices in juxtaposition to findings that the core of the therapeutic relationship is the person of the therapist. Together we will explore ways that the process of educating therapists with attention to self of the therapist can be isomorphic to the expectations we have of interns in relationship to clients as they begin their practicums in the therapy room. An educational paradigm will be presented incorporating contextual theory with its focus on the interhuman dynamics of "healing through meeting" in ways that offer secure attachment and the practice of being deeply present to self and other. Participants will be engaged in sharing their theories of educational practices that are relationally and academically formative for the MFT classroom. Results of a pilot focus group study of education through dialogical engagement in the classroom will be shared (Stauffer et al, 2013). Friedman, M. (1991). *Encounter on the narrow ridge: A life of Martin Buber*. New York, NY: Paragon House. Stauffer, J. R., Minnich, F. S., Morford, J., Trani, S., Tomlinson, N. J. (2013). Formation of the therapist through dialogical engagement: A qualitative study. *Journal of Family Psychotherapy*, 24, 208-227.

# Technological Ambiguity of Confidentiality for Family Therapists Around the World

*Stillwell, Daniel - United States*

*Penalba, Valentina - United States*

*Kim, Seongjun - United States*

*Alotaiby, Asmaa - United States*

**Short Description:** MFTs from different countries will assist an international audience on navigating confidentiality ambiguities around electronic therapy, phone calls, texting, email, Facebook, Twitter, Skype, and being searchable online. Attendees will have an opportunity to share their own experiences.

**Abstract:** The advent of technology has changed the way people in counseling roles relate and connect to clients. What used to be only face-to-face or written letter, transformed significantly with the ubiquity of the phone. In recent years, digital innovations ascended suddenly in a way that people integrated them into their lives without creating the professional guidelines that would protect them against confidentiality conflicts. This workshop's goal is to present an international perspective of technology in both therapy and therapeutic communication with regard to confidentiality, and to create a space for attendees to participate in the dialogue. Ethical codes in the mental health field around the world rarely state specific requirements for the inclusion or exclusion of technology in therapeutic practice. For example, in the AAMFT Code of Ethics, there is one paragraph about ensuring the appropriateness of providing therapy via electronic means, and one paragraph on protecting electronic information. However, there is no guidance or restriction regarding the increasing number of electronic access points that clients and therapists encounter. MFTs with experience in Argentina, Belgium, Saudi Arabia, and South Korea will also be discussing their codes and practices to nuance different perceptions of confidentiality and how these are influenced by emerging technologies. As social networks become more integrated into the lives of therapists and their clients, there are inherently created ambiguities. What happens on these sites is generally public, and holds the potential for misuse. Also, email and texting services around the world are increasingly granting their secure information to governments and high-bidding marketing companies. Trust is at the heart of the therapeutic relationship, and ensuring confidentiality in the internet-driven age is crucial to the field moving forward. This workshop will present different laws and practices from family therapists around the world regarding technology and confidentiality. Specific emphasis will be placed on violations and safeguards that range from increased security of website payments to best practices on emailing with clients. It will all be presented in a non-tech savvy way to empower therapists to take these actions and awareness into their own contexts.

# Incorporating Expressive and Projective Interventions into Family Therapy

*Sweeney, Daniel - United States*

*Shaw, Richard - United States*

**Short Description:** Many challenges in family therapy may not respond to traditional verbal interventions. The creative nature of projective and expressive interventions – such as sandtray, art, and drama therapy – provide a safe and nonverbal avenue for family members to process presenting crises. This workshop will explore these exciting and active therapeutic techniques.

**Abstract:** Family therapy is challenging, regardless of the therapeutic approach. Often, one or more family members are reluctant to participate in therapy. Presenting issues are frequently complex and entrenched, as many families delay seeking treatment until crises develop. Patterns of communication may be difficult to assess. Creative and projective interventions – such as sandtray, art, and drama therapy – provide safe, expressive, and nonverbal avenues for families to present and process therapeutic issues. Expressive and projective therapeutic modalities offer clients the opportunity to process painful issues without having to directly verbalize. When family members are unwilling or unable to verbally express themselves, in daily relationships and during therapy, providing a nonverbal means of expression is welcome. The use of these techniques in family therapy can also “level the playing field” for family members, particularly children. Additionally, for family members experiencing crisis, verbalizing painful issues may not only be difficult, but also neurologically hampered. Expressive and projective means of therapeutic expression can thus be essential. Expressive therapies have both psychotherapeutic and neurotherapeutic benefit. Also, since family members may have varying communication styles (auditory, visual, kinesthetic), sensory-based interventions bridge differing communication dynamics. Using expressive and projective techniques in family therapy allows family members to express their own perspective on the family, giving the therapist and clients opportunity to view family relationships and communication dynamics. The contribution to the process may reflect the investment that family members have in family functioning and relationships. The frequent “dancing” that family members engage in to avoid issues emerge in expressive and projective work, creating opportunities for a new waltz to begin. Triangles and related emotional processes can be identified and resolved. This workshop will focus on a variety of expressive and projective interventions in family therapy. This practical training will look at creative engagement, assessment, and treatment interventions that can be used in family therapy. Interventions that take advantage of expressive and projective techniques in therapy in the family systems context will be discussed that are both effective and meaningful for family members. These will include family art therapy, family puppet therapy, family sandtray therapy, and other methods.

# Clinical Application of Attachment Theory in PACT Couple Therapy

*Tatkin, Stan - United States*

*Arduman, Eda - Turkey*

*Kreuz Smolinski, Annette - Spain*

**Short Description:** This PACT workshop will focus on attachment theory which, by itself, presents significant challenges to long-term adult romantic relationships. Through lecture, demonstration, and a panel presentation of PACT approach clinical video examples of couples, the audience will learn how to work with matters of attachment in adult primary relationships.

**Abstract:** Couple therapy has had a long tradition of ineffectiveness, possibly because earlier approaches attempted to retrofit cognitive, behavioral, and psychoanalytic models to a dyadic system. Systems theory seemed to promise a more appropriate model for family therapy; however, that too did not fully address the intersubjective, phenomenological problems of the two-person system. To meet the complexity of the couple system, an integrated psychobiological approach to couple therapy must be employed—one that addresses that system from a bottom-up, procedural memory perspective. In essence, this approach combines the contributions of three key domains: attachment theory; arousal and affect regulation; and neuroscience, including the social-emotional deficits of the right brain. This PACT workshop will focus on the first domain of attachment theory which, by itself, presents significant challenges to long-term adult romantic relationships. Through lecture, demonstration, and a panel presentation of PACT approach clinical video examples of couples, the audience will learn how to work with matters of attachment in adult primary relationships. Educational Objectives - Attendees will be able to:

- Describe at least three markers for assessing attachment organization in partners
- Identify at least two different attachment concerns in couples
- Apply at least three bottom-up interventions for various attachment organizations
- Describe at least five principles of secure-functioning in couples.

# Clinical Application of Regulation Theory in PACT Couple Therapy

*Tatkin, Stan - United States*

*Arduman, Eda - Turkey*

*Kreuz Smolinski, Annette - Spain*

**Short Description:** Pact workshop with focus on the psychobiological approach to couple therapy, which presents perhaps the most significant challenge to long-term romantic relationships. Through lecture, demonstration, and panel presentation of PACT approach clinical video examples of couples, the audience will learn how to work on arousal regulation issues with couples.

**Abstract:** Couple therapy has had a long tradition of ineffectiveness, possibly because earlier approaches attempted to retrofit cognitive, behavioral, and psychoanalytic models to a dyadic system. Systems theory seemed to promise a more appropriate model for family therapy; however, that too did not fully address the intersubjective, phenomenological problems of the two-person system. To meet the complexity of the couple system, an integrated psychobiological approach to couple therapy must be employed—one that addresses that system from a bottom-up, procedural memory perspective. In essence, this approach combines the contributions of three key domains: attachment theory; arousal and affect regulation; and neuroscience, including the social-emotional deficits of the right brain. This Pact workshop will focus on the second domain of a psychobiological approach to couple therapy (i.e., the sub-psychological matter of the autonomic nervous system, neuroendocrine system, the vagal complex), which presents perhaps the most significant challenge to long-term romantic relationships. Through lecture, demonstration, and a panel presentation of PACT approach clinical video examples of couples, the audience will learn how to work on arousal regulation issues with couples. Educational Objectives - Attendees will be able to:

- Differentiate between regulatory strategies, such as auto-, self-, external, and interactive regulation
- Identify particular arousal bias in individuals and couples
- Apply at least three bottom-up methods for working with arousal dysregulation
- Identify personality disorders, based on a two-axis level of attachment organization and arousal predilection.

# **Wired for Love: A Psychobiological Approach to Couples**

*Tatkin, Stan - United States*

**Short Description:** A brief introduction to a psychobiological approach to couple therapy (PACT), a bottom-up, body-oriented method for working with implicit memory systems in primary attachment partnerships.

**Abstract:** This presentation will focus on the importance of using bottom-up, somatoaffective techniques for discovering and treating problems related to attachment history, arousal dysregulation, and social-emotional deficits. Attendees will view clinical video examples that demonstrate methods for accessing nonverbal information implicit in microexpressions and micromovements and for effectively using that information in the therapy session.

# Efficiency Analysis of Couple Therapy with PKS and Consensus Rorschach

*Tóth-Vajna, Rita - Hungary*

**Short Description:** Ten couples participated in our research at the start of the therapy and three months later, to measure the changes on the quantitative and qualitative way. Our poster presents the results and one couple's answers to illustrate the development and show, that the Consensus Rorschach is an effective instrument.

**Abstract:** In our work the changes of couples were researched on the quantitative and qualitative way.

Ten couples, who started the therapy voluntarily, took part in the analyses and after three months, seven couples participated in the measurement of changes. 46 pairs of sample were used as a control group, who didn't participate in any therapy.

The instruments used were the PKS and Consensus Rorschach. The PKS (couple climate scales; Schneewind and Kruse, 2002) tests the couples based on the following factors: attachment (convergence, inclination to conflict, openness, organization), independence (autonomy, control), and motivation/activity (performance orientation, leisure activity, cultural orientation). The processometric Consensus Rorschach (Bagdy et al, 2006) monitors the relationship model, the communication strategy and the quality of the joint decision through the dimensions of dominance, relation's activity and intimacy.

In the mathematical processing, the results of men and women, the tested pairs versus the control groups and the first and second measurement were compared to get the changes.

The most important results are the following: the couples, who felt the therapy necessary had more conflicts and were less converging, open, independent, motivated, attached and they spent their leisure time less active than the control group. During the therapy the difference between the members of the couple reduced in the control, the motivation and the cultural orientation. The results of the Consensus Rorschach show the problems of the couples, and highlights new interesting correlations about them, that were hidden so far. By the time of the second measurement, the quality of the communication increased. This improvement appeared mainly in the joint decision. Our poster will present one couple's answers too to illustrate the development.

The importance of the results is, that they show that the Consensus Rorschach is an effective instrument in the family therapy research and help in understanding and developing the couple. The processometrics Consensus Rorschach is being improved continuously.

# Working Effectively with Third Culture Families

*Tome, Jacqueline - United States*

**Short Description:** TCF develop unique characteristics due to their relocation experience. With this workshop you will learn about differences between refugees, immigrants, expats and third culture families; developmental differences while adjusting into a new culture; and effective techniques, presented on a movie with clients from different cultures.

**Abstract:** The term TCK, Third Culture Kid was initially used in the 50s by Hill Useem to refer to “the children who accompany their parents into another society”. More recently an American sociologist, David Pollock, developed the following definition: “A Third Culture Kid (TCK) is a person who has spent a significant part of his or her developmental years outside the parents' culture. The TCK frequently builds relationships to all of the cultures, while not having full ownership in any. Although elements from each culture may be assimilated into the TCK's life experience, the sense of belonging is in relationship to others of similar background.” We are considering Third Culture Families the ones who have TCKs and who spend most of their lives relocating to other countries far from their original home. Working effectively with Third Culture Families is needed today more than ever as a fundamental tool for cross-cultural adjustment. With globalization, more people are relocating overseas and need competent professional help. Many family therapists lack proper training in working with these families that present unique characteristics. Their family system is in constant change. Values, rules, hierarchy and roles are always questioned. The ability to work effectively with these families is a core competency for family therapists and other mental health professionals. The objective of this workshop is to share information about successful cases and provide participants with tools to use while working with Third Culture Families.

# **Systemic Approach Applied to Executive Coaching**

*Tome, Jacqueline - United States*

**Short Description:** This workshop is designed for professionals interested in expanding their practice to the corporate world. Learn the differences and similarities between a family therapist, a coach and a consultant and how to use the expertise you have to broaden your professional area.

**Abstract:** Organizational systems are very similar to family systems. It is as dynamic and complex, and in constant change. Rules, roles, hierarchy, narratives, subsystems, triangulation and communication will be discussed. This workshop will also show you how to expand your professional practice to the corporate world as a coach and consultant.

# Demographic Shifts in Puerto Rico: Implications for Family Therapists

*Torres Bernal, Anibal - United States*

**Short Description:** Puerto Rico is experiencing unprecedented demographic changes. For the first time in history its population is shrinking. These demographic trends have the potential to impact both communal and familial life. The presenter will highlight the significance of these changes and how family therapists can aid families in navigating these changes.

**Abstract:** Puerto Rico is experiencing unexpected and unprecedented demographic changes. For the first time in one hundred years its population is shrinking, the fertility rate has fallen to an unprecedented 1.66 children per woman (below the population replacement rate of 2.1 children per woman) and the birth rate is at its lowest in over a century (currently estimated to be 11.42 births/1,000 people). These emerging demographics trends have the potential to severely impact both communal and familial life in Puerto Rico. This presentation will seek to address how Puerto Rican families and communities are and will be affected by the current demographic trends. The presenter will highlight the significance of these changes and how family therapists can aid families and communities in effectively navigating these changes.

# Mom and Dad Count in Preventive Intervention

*Verlaan, Pierrette - Canada*

**Short Description:** The study evaluated the added effect of father participation in a parent training program. Results indicated that mothers' parenting improved when fathers participated but deteriorated for mothers who attended alone and for control parents. Results confirm the importance of implicating both parents in prevention programs for disruptive children.

**Abstract:** The study conducted by Pierrette Verlaan and Thérèse Besnard measured the added effect of father participation in the parent-training component of a violence and school dropout prevention program on quality of parenting practices (from self-report and direct observation) and level of kindergarten child behavior problem (CBP; from teacher and mother report). Pre- and post-test evaluations were conducted with three groups (a) MF: both mother and father participating (n = 37); (b) M: mother only participating (n = 13); and (c) C: control group (n = 18 mother–father pairs). Maternal parenting practices improved in the MF group but deteriorated in the M and C groups, whereas paternal parenting practices remained unchanged in the MF group but deteriorated in the C group. Overall, father participation had no short-term effect on CBPs; the children in all three groups improved their behavior. Results confirm the importance of stepping up efforts to implicate both parents in prevention programs for disruptive children.

# Continuing Conscious Competence

*West, Charles - United States*  
*Paff Bergen, Lois - United States*

**Short Description:** Presenters will introduce the concept of conscious competence and the role it plays in therapists' self-awareness and establishing goals regarding maintaining and growing essential skills, knowledge, attitudes, and judgments. Audience members will be invited to contribute from their own experiences regarding conscious competence.

**Abstract:** It is not enough to just be knowledgeable about an area of therapy or ethical obligations: therapists are expected to maintain and grow in their skills, knowledge, attitudes and judgments. However, we may or may not be aware of both our strengths and deficits or how to address them. To be consciously competent requires self-awareness and honesty, as well as the willingness to set goals to increase competence. The presenters will discuss what available research says about what it means to be consciously competent, and audience members will be invited to contribute from their own experiences about what helps and hinders the process of conscious competence in their local context. We hope that some participants will be actively involved in regulatory bodies in their home country and will be able to contribute from their own experience of how these bodies might play a role in understanding and promoting conscious competence.

# Training Chaplains as Family Therapists

*White, Jeffrey - United States*

**Short Description:** This presentation will describe the unique challenges and opportunities that chaplains face in providing marriage and family therapy to their clients.

**Abstract:** In training multiple chaplains in marriage and family therapy, it became clear that such training would impact the functioning of the chaplain. This presentation will describe the role of the chaplain and how it overlaps and differs from the role of the family therapist. It will also discuss how additional training in family therapy impacts the functioning of the chaplain, as well as how the training impacts the person of the chaplain. This presentation will describe the family therapy training program provided to the chaplains and describe the experiences of the chaplains during the receiving of their training. Other professions that might also benefit from family therapy will be discussed.

# The Gottman-Johnson Summit: Was Someone Supposed to Win

*White, Jeffrey - United States*

**Short Description:** Gottman Method Couples Therapy and Emotion Focused Couples Therapy are popular methods for providing couples therapy. Typically, competing approaches in specialized areas seek to differentiate themselves from one another. In this presentation, you will learn why these scholars chose to come together recently and explore their differences and similarities.

**Abstract:** Gottman Method Couples Therapy and Emotion Focused Couples Therapy are popular methods for providing couples therapy. Typically, competing approaches in specialized areas seek to differentiate themselves from one another. In this presentation, you will learn why these scholars chose to come together recently and explore their differences, as well as their similarities. In this presentation, the participant will learn key qualities of each approach that are shared with one another. Additionally, each participant will learn areas of difference between the approaches, as well as understand the potential impact such differences make with couples. Additionally, the participant will learn how training in both approaches can contribute to the development of the family therapist's ability to help couples improve their relationship.

# Getting to Know the DSM-5; Education and Training of Therapists and Supervisors on the New Changes in Diagnosis, Assessment, and Cultural Competence

*Whittaker, Katheryn - United States*

**Short Description:** Diagnosing individuals with mental health and substance challenges concerns clinicians, educators, and supervisors. May 17, 2013, the American Psychiatric Association released the DSM-5. Participants will receive interactive knowledge on diagnosis and changes. They'll also participate in administering new assessment instruments for use in clinical practice.

**Abstract:** Change is difficult in a time where healthcare advances are inevitable and diagnostic criteria is restructured. Learning how to diagnose individuals with mental health and substance use challenges have always been a concern for clinicians, educators, and supervisors. On May 17, 2013, the American Psychiatric Association released the DSM-5. The presenters will inform clinicians on important aspects of the DSM-5; including new and combined criteria, specifiers and eliminated diagnosis. Participant interaction will be central throughout this presentation in order to acquire skills in using the DSM-5. Two assessment instruments presented in Section III of the DSM-5; The WHODAS 2.0 (World Health Organization Disability Assessment Scale) and the Cultural formulation interview, will be explored in depth. While these two assessment instruments are under consideration in The DSM-5, participants will receive knowledge on administering, scoring, and interpreting these assessments for use in clinical practice.

# The Matrix Model; Evidence Based Treatment for Individuals with Chemical Dependence and Co-Occurring Disorders

*Whittaker, Katheryn - United States*

*Bhutto-Ramirez, Khadijah - United States*

**Short Description:** The Matrix Model is a proven, evidence-based treatment for individuals with chemical dependence (Huber, 1997; Rawson, 2004). The presenters will identify basic principles of addiction, incorporating a history, research and overview of the Matrix Model. Attendees will interactively learn aspects of this group-treatment strategy for clinical practice.

**Abstract:** The Matrix Model; Evidence based treatment for individuals with substance use conditions. The Matrix Model is a proven, evidence-based treatment for individuals with substance use dependence (Huber, 1997; Rawson, 2004). Developed, refined, and validated through research over the past 25 years, it has been recognized as one of the few evidence-based programs for substance abuse disorders and has been listed on the Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Practices (SAMHSA, 2006). This manualized treatment provides psycho-education to individuals and families in a group dynamic atmosphere. The presenters will identify basic principles of addiction, incorporating a history, research and overview of the Matrix Model for addiction treatment. Furthermore, the presenters will outline some of the critical, distinguishing features of the model, as well as identify specific populations that have benefited greatly from this innovative model. Attendees will interactively learn and apply an effective group-treatment strategy that can be applied to adolescents and adults with chemical dependency issues. They will also become versed in a group-treatment strategy that can be applied for adolescents and adults with chemical dependency issues. Learning different aspects of the Matrix Model will strengthen the counseling skills and enable counselors to learn new skills in the area of addiction.

# Cultural Perspectives on Family Therapy Education

*Williams, Isha - United States*

**Short Description:** Family therapy education will be presented from two different cultural perspectives. One presenter is an American who has taught and provided supervision to MFT students in Romania and the US, while the second presenter is Romanian who has taught and provided supervision to MFT students in South Africa and Romania.

**Abstract:** Family therapy education will be presented from two different cultural perspectives. One presenter is an American who has taught and provided supervision to FT students in Romania and the US, while the second presenter is Romanian who has taught and provided supervision to FT students in South Africa and Romania. Each brings their own cultural perspective which is different from the students who are being taught. The presenters will discuss the challenges that exist in providing family therapy education specifically in training and supervision when the presenter has been taught theory from one cultural perspective and must adjust her context to that of the students. Both presenters use experiential teaching methods and will discuss how some family therapy concepts and theories were adapted to make it culturally pertinent for the students.

# Multicultural Perspectives on Family Therapy Training and Supervision: A Three Continents Journey

*Williams, Isha - United States*

**Short Description:** Cultural perspectives of family therapy training and supervision will be discussed from different cultural contexts. The presenters bring the following perspectives: an American instructor teaching Romanian and US FT students; a Romanian instructor teaching South African and Romanian FT students; and a Romanian instructor teaching American and Romanian FT students.

**Abstract:** Cultural perspectives of family therapy training and supervision will be discussed from three different cultural contexts. The presenters bring the following differing perspectives: one presenter is an American who has taught Romanian FT students; one presenter is a Romanian who has taught South African students; and one presenter is a Romanian who has taught American students. The presenters will discuss how training and supervision issues have been addressed from different cultural contexts. Each presenter was trained from a specific, different cultural context. Those cultural contexts affect how the presenters engage students around theory, training, and supervision. Each presenter will discuss how her cultural context impacts her way of thinking about training and supervision. Each presenter will also discuss how her cultural differences were changed based on her students' contextual needs. Finally, to address a specific theoretical content area, the presenters will discuss how family therapy theory was taught experientially by providing specific examples from their teaching, training, and supervision experience with their respective students. The presenters will engage participants in a group discussion experientially about how instructors can adapt family therapy theory to provide culturally competent training and supervision.

# Techniques for Working with Couples Impacted by Addiction

*Williams, Amy - United States*

**Short Description:** This session will provide specific techniques for engaging couples in exploring the impact of addiction on their relationship. The use of genograms, structural family diagrams, timelines, and letter writing will be explored as techniques for encouraging conversations around the impact of addiction and for framing conversations focused on change.

**Abstract:** Addiction's impact on couples can be devastating, and both the individual coping with addiction and his or her partner may struggle with the impact of addiction on the couple system. This session will provide specific strategies for engaging couples in conversations surrounding the impact of addiction on the relationship. Techniques presented will also help couples identify goals and make changes to promote improved communication and relational functioning. Because addiction affects each partner's communication, trust, and relational engagement, working with the couple as a unit can promote relational shifts that support recovery from addiction and encourage resilience in the couple. The techniques presented will also offer couples opportunities to identify changes they would like to make as they move forward. The genogram serves as a tool for identifying and analyzing family substance use patterns across generations. This technique will be explored as a cooperative endeavor for the couple to undertake to better understand their family history, including family history of addiction, and the role history plays in their present relationship. The family structural diagram provides each individual with an opportunity to illustrate his or her current view of the family system. This technique will be extended to encourage the couple to co-create a vision of their future relationship and to identify specific goals for attaining this vision. The timeline is a technique that provides an opportunity for the couple to work together to identify the important events in their relationship and to explore the connections between these events and the existence of addiction in the couple system. This technique will be extended to help the couple identify future goals and steps they can take together to achieve these goals. Letter writing is a technique that provides partners with an opportunity to communicate feelings directly toward the addiction. By externalizing the addiction and addressing it directly in writing, the couple can begin to separate addiction from the individual in whom it resides. Letter writing between partners extends this technique, and allows partners to express feelings toward each other in written form to support ongoing, open communication.

# A 'Divorced' Case--A Drastic Measure of Self Defense

*Wong Ip, Susanna – Hong Kong*

**Short Description:** This presentation discusses how traumatic experience blocks relationship development. Vulnerability, a good opportunity for bonding may be misunderstood and trigger the reaction of the automatic system that defies rational and logical thinking.

**Abstract:** This presentation will explore in detail how unresolved trauma will affect the development of intimacy between marriage partners. Neuroception comes in the way of communication and affects reaction between marriage partners. The ways people defend themselves may also attracts their partners to attack them.

# Issues in Access to Information in an Emergency Situation: Needs Among Japanese Individuals in the Greater Boston Area After Boston Marathon Bombing

*Yokoyama, Naomi - United States*

**Short Description:** We conducted a survey of Japanese people in the Greater Boston area to investigate which information sources and needs in emergency situations.

**Abstract:** Purpose? Being able to access precise and reliable information is essential in emergency situations, such as pandemic, terrorism and natural disasters. Ethnic minority groups and limited English proficiency populations have been reported as particularly vulnerable in emergency situations because of the cultural and linguistic barriers to communication. We conducted a survey of Japanese people in the Greater Boston area to investigate which information sources they utilized during the Boston Marathon bombing events. We also tried to understand how useful such information sources were and what types of support Japanese people think necessary in future emergency situations. ?Methods? The sample consisted of 313 Japanese people. We collected data using paper and online based surveys two months after the bombing incident. The survey included 27 questions asking about utilized information sources, perceived trouble and anxiety, and unmet needs. Content analysis was executed to identify utilized information sources as well as types of desired supports in the future. ?Results? The most utilized information came from television reports and online sources provided by the local mass media. However, some people found such information sources confusing. Instead, participants perceived the following types of information as useful: immediate information, outline of the incident and present situation, dangerous areas, restrictions. Forty-two percent of participants had trouble with “speculated information”. Sixty-four percent of participants were worried about “getting hurt by another terrorist attack”. Valuable types of support needed in the future include “Japanese community network developed around the Japanese Consulate General”, “timely information in Japanese” and “information provided by social media”. Anxiety and how long participants had been in the U.S. were not correlated. ?Discussion/Implications? The findings indicate that building an information infrastructure through which Japanese people can share critical information in their own language in emergency situations is needed. In addition, Japanese people perceive it as ideal if such infrastructure is developed around the Japanese Consulate General.

# Internet Infidelity: How Does it Start and How Can it Be Treated?

*Zorn, Shannon - United States*

*Eduardo Estrada Pescador, Angel - United States*

**Short Description:** Given the impact technology has on relationships, there's a growing body of research on how the different mediums of technology can promote infidelity in couples. Few studies explore treatment of internet infidelity; therefore, this workshop will delineate behaviors surrounding internet infidelity and explore implementation of Gottman couple therapy model.

**Abstract:** Research shows that Internet infidelity is becoming more prevalent and that 42% of compulsive Internet users report engaging in an affair while online. Given the advancement of technology through the years, it now provides the opportunity to seek personal contact through the click of a button. However, this accessibility comes with great risks. When an individual in a relationship fails to have their emotional needs met, and the possibility of satisfying those needs is only a click away, infidelity becomes an easy solution. Internet infidelity generally refers to scenarios with a sexual and or emotional component, but the interaction is facilitated online rather than in person. The Internet becomes an easy venue to begin a relationship, or even continue an old one through Facebook, Twitter, emails, etc. As the interest in couples therapy and technology has evolved, there are many published treatment frameworks for Internet infidelity. In general, marriage and family therapists treating Internet infidelity have been found to generally use solution-focused, transgenerational theories, and emotionally-focused therapies. However, there is no literature on implementing Gottman's Sound Relationship House to couples dealing with internet infidelity. The purpose of this workshop is to analyze the behaviors surrounding internet infidelity through the social exchange theory framework, to understand possible causes of infidelity, and explore how the Gottman therapy model can rebuild couple relationships. Gottman couples therapy is based on systemic approach that incorporates Emotionally Focused Therapy (EFT) and Cognitive Behavioral therapy (CBT). EFT is based on the Attachment theory that explains the emotional needs every individual has. Meanwhile, Gottman's couple therapy model is the result of more than 30 years of research and is based on the Sound Relationship House. Outcome research shows that one way to improve couple relationships is through couple workshops, which can reduce the risk of divorce in 30% of cases. Couple workshops focus on communication and problem solving skills, thus satisfying emotional needs. Gottman, EFT, and CBT, are three of the most data based researched therapy models with manuals, demonstrating efficacy to improve couple relationships.

# The Impact of Technology on Relational Aggression with Minorities

*Zorn, Shannon - United States*

*Casso, Adriana - United States*

**Short Description:** Relational aggression, also known as bullying, has been given a lot of attention in the last few years. However, the impact of cyberbullying has been overlooked. Therefore, this workshop will explore this phenomenon from a uniquely systemic lens while focusing on its occurrence within ethnic minority populations.

**Abstract:** According to Wolak and colleagues, from 2000 to 2005 there was a 50% increase in the percentage of youth who were victims of online harassment (David-Ferdon & Hertz, 2007 as cited in Johnson, 2009). The number of victims and bullies are steadily rising and is positively correlated with the increase of technology usage by adolescents and technological improvements. Relational aggression is a covert form of bullying that is often unrecognized or minimized in schools, communities, and the workplace; it can lead to low self-esteem, low achievement, borderline personality symptoms, and long-term psychological damage. As a result of technology's rapid development, new venues for positive peer connections through both locally-based and World Wide social networking forums have been established. Youth are constantly turning to the Internet for social connections; however, an unfortunate development is the emergence of cyberbullying. Both can be defined as an aggressive, intentional act carried out by a group or individual using electronic forms of contact, repeatedly and over time against a victim who cannot easily defend him or herself" (Smith et al., 2008). Cyberbullying occurs through the use of Instant Messaging (IM), chatroom communications, cellular telephone tools such as text messaging ("texting") and forwarding electronic images. It can occur in delayed messaging such as electronic mail (email) and website posting (Alfors, 2010). There are a number of cyberbullying prevention and intervention websites that have been developed and are currently available on the World Wide Web. While specific cyberbullying prevention programs, including online programs, have been field tested already, analysis of the general information and themes available through online cyberbullying prevention and intervention websites has not yet been conducted (Alhors, 2010). The goal of this workshop is to identify how developmentally and socially appropriate forms of dominance and power become abusive. Whether victim or instigator, family responsiveness plays a role in perpetuating and combating these behaviors. Presenters will focus on viewing cyberbullying within ethnic minorities and effective interventions in addressing this issue.

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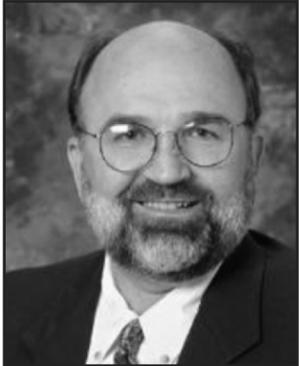
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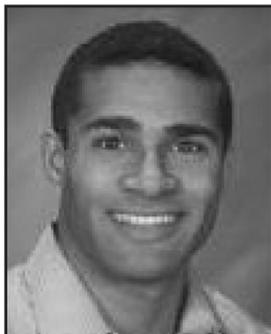
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