

International Family Therapy Association

# Official Book of Abstracts

2015 IFTA World Congress

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FAMILY PROCESS

# Featured Panelists



**Johnben Loy, Ph.D., LMFT**, moderator of the two panels on systemic training in Asia, is a clinical fellow and approved supervisor of the AAMFT. He is the founder and clinical director of Rekindle Centre for Systemic Therapy and Rekindle Academy in Malaysia. He is working on developing evidence-backed and contextually-relevant systemic therapy education for Southeast Asia.



**Linna Wang, Ph.D.**, born and raised in China, is a faculty member and Systemwide Program Director of Couple and Family therapy MA and Psy.D. Programs of Alliant International University. Her researches focus mostly on diversity related issues in MFT education, and identifying and utilizing indigenous healing mechanism.



**Joyce L. C. Ma, Ph.D.**, Professor and Chairperson, Department of Social Work, The Chinese University of Hong Kong. She is the Clinical Fellow and Approved Supervisor of AAMFT. She has published 5 books and over 80 academic papers at venues with significant impact and visibility.



**Kok-Mun Ng, Ph.D.**, is Professor of Counselor Education at Oregon State University. He is licensed to practice counseling in Texas and North Carolina. His research interests include cross-cultural issues, supervision and counselor education, emotional intelligence, internationalization of professional, attachment theory, and couples and family issues. Dr. Ng has published many peer-reviewed journal articles.



**Shin-Ichi Nakamura, M.D.**, is the Director of the Nakamura Psychotherapy Institute, in Tokyo, Japan. Dr. Nakamura was a Founding Member (1983) of the Japan Association of Family Therapy, and Vice President and Member of the Consortium of Institutes on the Family in the Asian Regions (CIFA). A member of the American Family Therapy Association and the Academy of Family Therapy (Hong Kong), he is the General Manager of the Asian Center for Therapeutic Assessment.



**Mee-Gaik Lim, Ph.D.**, has been teaching marriage and family therapy classes for over 20 years in US. She has administered preventive education grants for community agencies and schools. Grant programs focused on building effective parenting and discipline skills, working with resistant children/teens, etc. Research focus includes building strong families, marital satisfaction, and clinical supervision.



**Timothy Sim, Ph.D.**, has focused his main research and practice interest over the past decade to developing culturally sensitive family-based treatment in Asian contexts, particularly for the Chinese family that is in a constant flux. He has been involved in child and adolescent health-related behavior research, with a particular focus on the family dynamics of adolescent drug abusers, as well as pathological video game use among children and adolescents. In the wake of the 2008 Sichuan earthquake, he has been working closely with international and Chinese experts across disciplines in developing practice, policy and research projects in disaster interventions.



**Susanna Wong Ip, Ph.D., M.P. H., M.A.**, has been a teacher, therapist and supervisor for over 10 years in Hong Kong, Mainland China and Macau. Susanna is the director of Bethel Counseling Center, professor of Bethel Bible Seminary in Pastoral Counseling. She advocates mental health education and low cost counseling to the under-privileged and she is active in community services. Susanna is also a writer. She has authored four books with Dr. Eddie Chan on the application of Satir model in family therapy, intimacy and treating emotional disorder cases.

# Plenary and Featured Speakers



**Wai-Yung Lee Ph.D.**

**“Working with Asian Chinese Families”**

While Asian Chinese share a very family-oriented culture, psychotherapeutic approaches in Asia are mostly focused on individuals. In this presentation, Dr. Wai Yung Lee will demonstrate how family therapy can be conducted with families from different Chinese regions, including Shanghai, Taiwan, and Hong Kong. Using video segments of live family interviews, she will explain the therapeutic process by presenting a variety of problems in each region: a young girl with an eating disorder in Shanghai, a woman with mental illness in Taiwan, and children with psychosomatic problems in Hong Kong.

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**Judith Landau M.D.**

**“The ARISE Model”**

The ARISE Model is a cross-cultural approach for enhancing family connectedness, engagement, prevention, and treatment in the face of trauma and addiction. Using a compassionate Invitational Intervention®, the ARISE Model® is a three-phase process which is a Continuum of Care that leads your loved one into appropriate treatment and recovery. The addicted individual is invited to join the process right from the beginning with no surprises, no secrets, no coercion, and absolute respect and love. ARISE introduces the addicted person and the family to a new life of recovery and healing. The individual does not need to hit bottom before getting help.

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**Kathlyne Maki-Banmen M.S.W.**

**“The Essence of Therapeutic Change”**

The Satir Transformational Systemic Therapy Model (STST) is unique in encompassing both the intrapsychic and interactive components of therapy. The process taps the universal yearnings and spiritual essence of individuals within their personal family and social systems and helps them work towards a sense of responsible wholeness. Intrapsychic change, therefore, not only occurs in clients' behaviour, cognition and affect but in their sense of Being. With transformational change, clients experience more of their true essence and release the negative impacts they have held. Intrapsychic transformational change makes family members become more willing to make new connections, accept differences, and release reactive feelings, perceptions and expectations that have kept them from being open to each other.

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**John Banmen Ph.D.**

**“Happiness for Many or Fear No Reason: Using the Satir Model”**

Satir Transformational Systemic Therapy Model (STST) has long been known for combining intrapsychic and interactive components of therapy. Virginia Satir believed that there were spiritual yearnings in all human beings which evolved and were experienced within the family. The session will demonstrate how people can release negativity and experience themselves and their family in positive ways. By making new connections and accepting differences, people can find new avenues of experiencing each other and bring happiness to their lives.

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**Maurizio Andolfi M.D.**

**“Adolescents' Violent Behavior and Fathers' Absence: How to Intervene”**

Adolescence is a critical stage of development with a lot of misunderstanding and prejudice inside families, schools and helping professions. In this presentation, violent behavior, bullying, and self-destructiveness in adolescence will be explored from a systemic-developmental perspective. The absence of the father has a long history in many disadvantaged families and multicultural social contexts, but is also a relevant issue in wealthy families with the increasing number of divorces, single parents and step-families. The risk of father's absence and lack of commitment for young kids is very high. Often professionals and institutions don't include fathers in their treatment programs. They focus on the mother-child.

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# IFTA's XXIV World Family Therapy Congress Kona, Hawaii March 30 - April 2, 2016



The 24th World Family Therapy Congress will be held March 30 - April 2 2016 in Kona, Hawaii. We invite you to join colleagues from around the world at the Congress Hotel, the Hilton Waikoloa Village, a four-star hotel tropical resort on the Big Island of Hawaii.

The International Family Therapy Association was an outgrowth of the East-West Bridging Congress conducted in Prague in 1987. Since that time, IFTA's goal has been the same: Advancing family therapy worldwide by promoting research, education, and sound practice while promoting international cooperation and the exchange of knowledge and ideas that support the health and well-being of families and persons around the world.

**CALL FOR  
PROPOSALS**

Open **April 1, 2015** until **August 31, 2015**  
Plan NOW to present at next year's Congress!

# Experience of Engaging with Malaysian Families with Child Mental Health Client

*Fairuz Nazri Abd Rahman - Malaysia*

**Short Description:** Stigma against mental illness is strong in Malaysia and local child & adolescent services are limited. This speaker presents a case series describing experiences engaging with 3 families with child mental health clients. Approaches to enhancing engagement with families are discussed.

**Abstract:** Stigma against mental illness is strong in Malaysia and local child & adolescent services are limited. This speaker presents a case series describing experiences engaging with 3 families with child mental health clients. Each family is different. Parents themselves may have mental health issues. Not all attempts are successful. Trusting the therapist is a major issue. Approaches to enhancing engagement with families are discussed, which include family-centered and culturally-sensitive services. These include respect for families, recognition of each family's strengths, unbiased information-sharing, collaborating and empowering families, continuity of care and provision of a family-friendly environment. A certain level of flexibility in service provision is acknowledged while the family adjusts into therapeutic alliance. Overall, sincere and continuing communication as well as psychoeducation are essential when engaging families.

# The Role of Hijab in Reducing Individual, Familial, and Social Vulnerability

*Khodabakhsh Ahmadi – Iran*

**Short Description:** The aim of this study was to determine the role of Hijab in Reducing Individual, Familial, and Social Vulnerability.

**Abstract:** The aim of Present study was determine the role of Hijab in Reducing Individual, Familial, and Social Vulnerability. Methods: The study population was adolescent and adult girls in Iran, who were 15 to 29 years old. They were selected by multilevel cluster model. In the first stage, 10 provinces were randomly selected. All provinces were divided into five zones (north, center, south, east and west). The randomly selected provinces were Tehran, Qom, Isfahan, Hamedan, Mazandaran, Ardebil, Kermanshah, Khuzestan and Khorasan Razavi. The sample size was calculated 531, based on Morgan table. The questionnaire was then validated and confirmed by sociologists and psychologists besides other researches. This questionnaire had 20 subscales to cover all aspects of vulnerability. Results: The results show the meaningful relationship between lack of proper hijab and different aspects of vulnerability. In addition, there was a significant correlation between age, education, family problems, personal control and the belief in hijab. Conclusion: Hijab is a prime Islamic rule and a way to prevent moral deviation and social harms. And hijab has been targeted by cultural invasion and has faced paradoxes as a cultural social issue, there have been few studies in this regard. It can be an effective step in developing research in this field. Keywords: Hijab, Individual, Familial, Social Vulnerability

# Determination of Predictive Factors of Marital Burnout in Wives

*Khodabakhsh Ahmadi – Iran*

**Short Description:** It has been well established that marital satisfaction lies in cultural and psychological perspectives. So, it varies between different cultures. The aim of this study is to extract the important factors that had impacts on marital burnout in typical Iranian families.

**Abstract:** The gradual decrease of the marriage rate in the past few years along with the divorce rate increase in some countries, had been supported the search for predictors of marital stability and satisfaction. It has been well established that marital satisfaction lies in cultural and psychological perspectives. So, it varies between different cultures. The aim of this study is to extract the important factors that had impacts on marital burnout in typical Iranian families. **Material and Methods:** Present marital burnout survey had been performed on 328 Iranian couples who were randomly selected for including the present cross-sectional study. Within present survey some standard research questionnaire including Marital Conflict Questionnaire (MCQ), parenting styles (PS), Marital Instability Index (MII), Comprehensive Marital Satisfaction Scale (CMSS), The CMSS scale Correlation of demographic factors with marital burnout among husbands and wives conducted with education, job, and financial satisfaction as variables. There was significant effect demonstrating job and financial satisfaction. **Results:** Marital dissatisfaction is determined as the main factor affecting burnout. In fact, families with lower marital satisfaction had higher marital burnout. Lack of love & affection, lack of exercise, annoying habits and doing homework deficiently came second to fifth in importance. These five variables tend to determine nearly 84.3% of the variation in marital burnout. Other related factors seemed to have less effect on burnout. **Conclusion:** The results confirmed the importance of marital dissatisfaction in marital burnout. Emotional expressivity, stress coping exercises and forsaking annoying habits are among the main marital problem solvers. **Key words:** Burnout; Marital conflict; Marital satisfaction

# **The Impact of the Ministry of Justice New Divorce Regulations on the Welfare of Women and Children**

*Mansour Aldehaiman - Saudi Arabia*

*Nasser Aloud - Saudi Arabia*

*Abdulaziz Aldakhil - Saudi Arabia*

**Short Description:** This presentation will discuss the impact of the Ministry of Justice in Saudi Arabia's new regulations. This presentation will discuss the impact of such regulations on the well-being of divorced women and their children.

**Abstract:** The Impact of the ministry of Justice new divorce regulations on the welfare of women and children Aldakhil, Abdulaziz Aldehaiman, Mansour Aloud, Nasser Abstract During the last two years, the Ministry of Justice in Saudi Arabia has launched number of regulations, pertaining the family, specifically divorced women and their children. This paper will discuss the impact of such regulations on the social and financial stability, and the wellbeing of divorced women and their children. In that, a historical overview regarding the problems related to divorce and how they were handled will be presented. The marvelous step by the ministry of justice to introduce social services in courts, and their effect on helping people solving their problems will also be discussed. The services of family counseling and how they are provided are presented. In addition, this paper will discuss the regulations that help women and children gain their rights. The procedures by which these regulations are enforced and implemented are clarified. Finally, the expected effect of such regulations on the family and children, as well as the needed policies for future will be discussed Dr. Abdulaziz A. Aldakhil Associate Professor, Social Studies Department, King Saud University Dr. Mansour S. Aldehaiman Senior Therapist, Psychiatry Department, King Khaled University Hospital Dr. Naseer S. Aloud Advisor for the Minister of Justice in Saudi Arabia



# Serving Individuals and Family with Disabilities in the Court Setting

*Nasser Aloud - Saudi Arabia*

*Ibrahiem Alothman - Saudi Arabia*

**Short Description:** The research aims to identify the current disclosure of the most important services, and equipment that should be available in the courts with disabilities from the perspective of the employees of the courts setting in Saudi Arabia.

**Abstract:** The research aims to identify the current disclosure of the most important services, and equipment should be available in the courts with disabilities from the perspective of the employees of the courts setting in Saudi Arabia. The study sample included 60 workers in Saudi courts. The research tools consisted of: questionnaire consisted of 30 paragraphs. The current study adopted a descriptive analytical approach, and that the nature of the subject of the study. The results of the search for the need to provide services, and procedures that facilitate effective communication with persons with disabilities, equality Badaan, consistent with the requirements of the law of the Saudis with disabilities. It is therefore the court should provide the means to help, and services to ensure that persons with disabilities enjoy equal opportunities to participate in the program the court. Include tools and services to help many of the services, and devices that promote effective communication with persons with disabilities. One of these means , and ancillary services of sign language interpreters qualified , and listening devices to help , and services to copy data in real time

# **Habla Mi Idioma? (Do You Speak My Language) An Exploratory Review of Working Systemically With People from Diverse Cultures**

*Deisy Amorin-Woods - Australia*

**Short Description:** This study explores systemic work with CaLD clients, a neglected topic, yet 'central' to the social and emotional well-being of a multicultural society. There is pressing need to consider a multi-dimensional focus which recognizes the 'multiple voices' and 'multi-storied' nature of working with culture in multicultural Australia.

**Abstract:** This study is a review of the literature informed by both Grounded Theory and Phenomenology, which explores how culture is addressed in the family therapy field. The central question of the study is: "What are the issues that family therapists need to consider in order to work effectively with clients from culturally and linguistically diverse (CaLD) backgrounds?" The primary aim of the study is to explore the literature in order to identify relevant publications that will inform and guide Australian family therapists in working with clients from culturally and linguistically diverse backgrounds. The secondary aim is to provide recommendations that may inform research directions and clinical practice. This topic has to date been effectively neglected or ignored, yet the issue is 'central' to the social and emotional well-being of a multicultural society. There is a pressing need to consider a multi-dimensional focus which recognizes the 'multiple voices' and 'multi-storied' nature of working with culture, and more specifically multiculturalism in Australia. This paper identifies other authoritative voices that resonate with my own multi-dimensional perspective in dealing with multicultural clients. I have discovered that most of the neglect in this area is ostensibly because of the dominant culture simply being unintentionally, unaware and largely oblivious to different perspectives and other cultures. Gilbert terms this 'cultural imperialism'. The results of this literature review indicate this is not a challenge unique to Australia; indeed the issue is ubiquitous across the western world. This paper attempts to provide an opening for future dialogue and an initial discussion towards the development of a culturally sensitive approach in the Australian family therapy field. ?

# **Adolescents' Violent Behavior and Fathers' Absence: How to Intervene**

*Maurizio Andolfi - Australia*

**Short Description:** Adolescence is a critical stage of development with a lot of misunderstanding and prejudice inside families, schools and helping professions. In this presentation violent behavior, bullying, and self-destructiveness in adolescence will be explored from a systemic-developmental perspective. The absence of the father has a long history in many disadvantaged families and multicultural social contexts, but is also a relevant issue in wealthy families with the increasing number of divorces, single parent and step-families. The risk of father's absence and lack of commitment for young kids is very high. Often professionals and institutions don't include fathers in their treatment programs. They focus on the mother-child.

# Deconstructing the Myths of Adoption Disruption: Focusing on Adoptive Families

*Maite Aurrekoetxea Casaus - Spain*

**Short Description:** The research deconstructs the myths regarding adoption disruption and sheds some light on various key aspects related to adoption disruption

**Abstract:** This study, carried out during the second semester of 2014, analyzed the factors leading to adoption disruption. It was focused on the adoptive families from Bizkaia (a urban area in the north of Spain) and was developed due to an exponential increase in the number of international adoption applicants over the past decade in the region. Data were generated from detailed in-depth interviews of a small number of adoptive families. Additional data were extracted from the files of the adoptive families from the Childhood Department of the Regional Government of Bizkaia. The findings revealed that the disruption of the adoptive process is neither related to the sociodemographic variables of adoptive families nor to the previous history of the adopted minors, as previous studies evidenced. Various influential factors regarding the difficulties on the adaptation between the adoptive children and their new families were identified. The most important ones were: 1) the aspects determining the decision of adopting a child, principally the ill-fated process of infertility, 2) the social construction of maternity, 3) the waiting time, and 4) the mismatch of the initial expectations regarding the children. The findings clearly evidence the need for a deeper formation of the adoptive families as well as the need for creating accompaniment programs for them, aimed especially to enhance the knowledge about the adaptation difficulties in order to reduce the disruption of the adoptive process.

# Spirituality: A Key Factor When Working With Muslim Mothers of Special Needs Children

*Mursel Azar-Nassiry – USA*

*Marcia Michaels – USA*

**Short Description:** Muslims represent 23% of the world's population yet they underutilize mental health services. Mistrust and discrimination present barriers that can be removed by engaging the whole person in therapy, especially their spirituality. This presentation focuses on the importance of spirituality when working with Muslim mothers with special needs children.

**Abstract:** Muslims represent 23% of the world's population and it is estimated they will grow to 35% of the population in 2030. Even though there is evidence that the prevalence of mental illness in Muslims is similar to that of non-Muslims, mental health services are underutilized. The stigma of mental illness and discrimination experienced by Muslims present a barrier to seeking therapy. It is important to know, however, that Islamic teachings provide guidance that can lead to acceptance of Allah's will and a stronger connection to the Islam faith. Therefore bringing a culturally and spiritually sensitive approach to therapy with Muslims may serve to enhance therapeutic connection and outcome. Research indicates that spirituality is a prominent factor in family relationships. Many individuals and families claim some practices of spirituality in their daily lives. When specifically considering parents who have children with special needs, the literature reveals that those with a spiritual belief system tend to turn to these beliefs during their formative childrearing years. The gap in current literature with respect to Muslim parents lead to a research project specifically aiming to explore the Muslim mother's use of her spirituality when parenting a child with special needs. The current presentation will focus on the clinical implications resulting from the study of Muslim mothers with children who had special needs (e.g., autism, ADHD, cognitive delay). With having Muslim clients, it is vital for the clinician to consider the role spirituality has on the client. This can assist with the therapeutic planning of treatment and how best the client can gain meaning from the process. The current presentation will not only aim to assist the clinician in becoming comfortable in utilizing spirituality within treatment but also gain an understanding of the Muslim mothers' faith when raising her child with special needs. Finally, the aim of this presentation is to both shed light on a narrative that has negatively stereotyped the Muslim population, as well as increase awareness on the role of spirituality in parenting children with special needs.



# Utilizing Therapeutic Children's Literature to Promote Change

*Rana Banaja - USA*

**Short Description:** This presentation explores the use of children's books as a therapeutic tool in therapy practice emphasizing the development of bibliotherapy. This presentation will also discuss the creation of a specific children's book titled "o" The Owl by the presenter to highlight therapeutic topics.

**Abstract:** The uses of bibliotherapy within the clinical domain have gained increasing recognition and respect. The presenter will demonstrate through research and theory how books can help children cope and change. Benefits of the use of children's books as therapeutic intervention will be discussed through the creation of a new playful therapeutic children's book about self-esteem that can make children understand and engage in viewing the self in a different way. Viewing children's books through the family therapy lens involves a relational and systemic point of view. This type of view allows children to change their way of thinking about a problem offering them the opportunity to experience new behaviors and thinking patterns as well as understanding mindfulness. The idea of the book encourages children to express their self through their story. Besides, the book will address change and how changing our thoughts can alter/modify our behaviors and feelings. The idea of viewing self through culture is presented in the story addressing change in context followed by change in relationship patterns as well as change of the view of the self. In addition to the latter, this book also invites children to view the positive side of their story. After reading the proposed children's book followed by clarification via relational view, the presenter will then demonstrate the use of questions and therapeutic exercises. These interventions will help bridge therapeutic ideas with the children's world. To conclude, participants will gain a better understanding of how bibliotherapy assumptions inform the family therapy approach, and will learn ways to incorporate children's literature approaches into clinical work with children. Learning Objectives: 1. Gain a better understanding of the use of children's books as a therapeutic tool in therapy practice 2. Explore and discuss an actual children's book to assist in tying therapeutic concepts together 3. Learn new strategies to address a systemic view that allows children to change their way of thinking regarding the problems in the book

# A Live Therapy Session Using the Satir Model

*John Banmen - Canada*

**Short Description:** This session will be conducted by an individual using a translator. Dr. John Banmen will conduct a therapy session with an individual using the Satir Model. The interviewee will be an individual Chinese person and the session will be using translation. A question and answer session will follow. Satir Transformational Systemic Therapy Model (STST) has long been known for combining intrapsychic and interactive components of therapy. Virginia Satir believed that there were spiritual yearnings in all human beings which evolved and were experienced within the family. The session will demonstrate how people can release negativity and experience themselves and their family in positive ways. By making new connections and accepting differences, people can find new avenues of experiencing each other and bring happiness to their lives.

**Abstract:** Virginia Satir, often called the Mother of Family Therapy, was part of the historic Mental Research Institute (MRI) faculty during the 1960s. Within the Satir Model are basic assumptions that provide the framework for a proven methodology for transformational change. Developed by visionary family therapist, Virginia Satir (1916-1988), the Satir Model continues to inform and influence the work of individual, family and group practitioners seeking to facilitate a greater sense of vitality and inner peace for clients around the world. Transformational change also takes personal growth to a new level by assisting each person's spiritual core to manifest itself in more positive energy. The model is focused on bringing about change at the level of who we are, freeing us from fear and reawakening a deep place of wisdom, allowing us to experience the present with greater clarity and courage. The transformation journey starts by reconnecting to one's true Self and with one's first sources of learning. It helps us to become aware of our feelings, judgments, beliefs, rules, attitudes, expectations and methods of coping that we have learned. When we are aware, we become empowered to choose, decide, manage and transform our own internal world and to interact in a more positive way with our relationships and environment. Today, the Satir Institute of the Pacific, with others refers to the therapeutic use of the Satir Model as Satir Transformational Systemic Therapy.

# Catalyst for Change: A Case for Community Collaboration

*Nazeema Bassir Marican - Singapore*

*Eliarani Kanak Rajah - Singapore*

**Short Description:** Following a two year project working with multistressed families living in Interim Rental Housing in Singapore, an exploratory study examining intervention(s) that were crucial in increasing these families' stability was conducted. Utilizing a mixed method approach, the study revealed that multisystemic collaboration was critical in increasing families' stability.

**Abstract:** Multistressed families face complex issues that span across different dimensions such as housing, financial and family relationships. Existing literature has shown that these families usually lead highly unstable lives due to their underorganized patterns of functioning, which are often exacerbated by uncoordinated and fragmented services provided by social service systems. In Singapore, the Housing and Development Board (HDB) introduced the Interim Rental Housing (IRH) scheme in 2009 for families facing financial hardship, and who were without any alternative accommodation. The IRH served as temporary accommodation for these families while they worked towards long-term housing. Yet, many remained stuck in the IRH due to the complexity of their issues. PAVE at Siglap is a pilot program initiated in 2013 to address the needs of these multistressed families living in the IRH, so as to help them increase their level of social functioning. However, there has been a dearth of research in the area of effective interventions for multistressed families living in IRH in Singapore. Utilizing the ecostructural theory as a guiding framework, an exploratory study to examine social work intervention(s) that played a critical role in increasing the stability of multistressed families living in IRH was conducted. This study was based on a mixed method approach using quantitative data from several scales measuring the level of social support, problem-solving ability, financial stability, housing situation and family's level of adaptability and cohesion before and after intervention as well as qualitative secondary data collected from the case files of these families which documented the social work interventions delivered during the two year pilot period. The findings from this study suggest that collaboration at the various levels, from the microsystem to the macro system, was critical in increasing the stability in multistressed families living in the IRH. A conceptual framework grounded in ecostructural theory, was thus developed to guide practitioners in working collaboratively with families and the multiple systems involved in their lives. Recommendations for policy, practice and future research in the area of providing social services for multistressed families living in IRH were discussed.

# Understanding the Pathway of Help-Seeking of Malay/Muslim Survivors of Spousal Violence in Singapore

*Adisti Binte Jalani - Singapore*

**Short Description:** Little is known of how and what factors govern Malay/Muslim survivors' decisions in accessing help in Singapore. This exploratory study shows that considerations of risk and severity of their abuse and experience of support received in context of their familial, cultural and societal identities affect their help-seeking decisions.

**Abstract:** This exploratory study aimed at developing a greater knowledge of how Malay/Muslim survivors of spousal violence seek help and identifying what factors affected their help-seeking behaviours. Research has shown that survivors of intimate partner violence are impacted in many different ways including physical, emotional and psychological effects as well as death. There is therefore a great interest in how survivors of intimate partner violence or spousal violence seek help. Given that intimate partner violence or spousal violence is often experienced within the multiplicity of context, including cultural values, beliefs and practices, differences in survivors' help-seeking have been noted across cultural groups. However, very little is known of the help-seeking behaviours of Malay/Muslim survivors of spousal violence despite it being the most predominant type of domestic abuse in Singapore. This study is thus a response to this knowledge gap. Grounded theory methods were used to elicit Malay/Muslim survivors' experiences of help-seeking. Clinical information, i.e. case records were systematically and qualitatively examined from closed cases of PAVE a voluntary welfare organization that specialized in the area of family violence. Saturation was reached with 20 case records. It was found that Malay/Muslim survivors were using a range of strategies, most notably relying on themselves to cope with the experience of violence and favoured a 'wait-and-see' approach even in disclosing about the abuse. Malay/Muslim survivors were also noted to constantly appraise the risk and severity of the abuse that they experienced and the support that they receive against their multi-layered categorical identities, especially that relating to their family, culture, religion and society before deciding to seek help. This converges with the concept of intersectionality which helps in building on a conceptual model of help-seeking pathway of Malay/Muslim survivors of spousal violence from the findings of the data to inform future research, practice and policy. Recommendations and limitations are also discussed in this paper.

# Relational Correlates to Non-suicidal Self-Injury, Eating Disorders, and Substance Abuse

*Anna Bohlinger - USA*

**Short Description:** This study reports on associations and predictive relationships between relationship quality in different domains and non-suicidal self-injury, eating disorders and substance abuse. A sample of 300 high school American, mid-western high school students was used. Many significant associations were found, but predictive associations were few. Implications are discussed.

**Abstract:** Links between relational characteristics and adolescent health factors have been examined in previous literature. This study examined the associations between parent, peer, and teacher relationship quality and non-suicidal self-injury (NSSI), eating disorders, and substance abuse in a school-based sample of adolescents. The sample was drawn from 300 participants in the Minnesota Student Survey, administered by the Minnesota Departments of Health, Education, Public Safety, and Human Services. Multiple regression was conducted to examine the degree of relatedness between variables. Logistic regression analyses were conducted to examine the degrees to which relationship quality measures predicted risk factors in adolescents, after controlling for sexual abuse and mental health history. This study found that while there were significant associations between variables, relationship quality had only weak predictive qualities in anticipating NSSI, substance abuse, eating disorders and comorbidity. Implications for this researchers, clinicians and school-based professionals are discussed in conclusion.



# Mothers' Conceptualizations of Mental Illness in Their Children

*Anna Bohlinger - USA*

**Short Description:** This qualitative study reports on the ways mothers' conceptualize mental illness when they have children who live with it. Mental illness was either a problem to be solved (an unchanging metaphor) or an enemy to be contended with (a changing metaphor). Implications for research and clinical work are discussed.

**Abstract:** While much of the research on family experiences of mental illness focus on perceptions of family burden and stigma, little research has examined the ways family members conceptualize mental illness. This grounded theory study examined the metaphors mothers used for mental illness when they had children who were diagnosed with mental illnesses. Two metaphor types were found: static and dynamic. Static metaphors for mental illness emphasized their unchanging qualities and problem-solving or learning strategies were highlighted as ways to approach them. Dynamic metaphors for mental illness highlighted how they were changeable. Positioning the diseases in a storyline, in which one could "try again tomorrow," was one of the primary ways participants described approaching them. My discussion focuses on the importance of understanding how the family is conceptualizing mental illness to enhance family engagement with treatment.

# Sex, Love, and Intimacy: Strategic Interventions For Divorce Prevention and Global Mental Health

*Josiane Bonte Apollon - USA*

*Alix J.M. Apollon – USA*

**Short Description:** Couples' mental health, family structure, and children's wellbeing are at risk with divorce worldwide. This presentation will explore how strategic interventions may interrupt couples' distress and reestablish sex, love, and intimacy from a systemic framework to promote general happiness and global mental health.

**Abstract:** This presentation will focus on the playful and uncommon strategies designed by Cloe Madanes and Tony Robbins (2009) to improve couples' satisfaction and prevent divorce. Despite the seeming effectiveness of couple therapy, outcome research encourages prevention to reduce the prevalence of treatment failures. To that end, recent work has revealed the importance of sexual functioning in the context of adult love and attachment bond (Birnbaum, et al., 2006; Brezsniak and Whisman, 2004; Johnson & Zuccarini, 2010). Although there is a well-established mind, body, spirit connection inherent in most cultures, traditional couple therapies tend to avoid the body and spirit elements in the benefit of the mind, alone. Previous findings in a meta-analysis research (Jacobson and Addis, 1993) have found that adding a cognitive component to a behavioral couple therapy was useless to elicit change. Hence, this presentation will outline strategic interventions to integrate the body and spirit and increase couples' marital satisfaction for general happiness. Then, they will describe the six human needs (6HN) including: Certainty, Uncertainty, Significance, Love/Connection, Growth, and Contribution. Adopting an interactional approach, individuals will identify their needs and those of their partners'. Ultimately, through the systemic lens of the principles of interconnectedness and wholeness, participants attending this workshop will learn playful ways to create intimacy and elevate their basic needs to spiritual fulfillment. The overarching goal of the proposed workshop is to enable individuals to achieve honest, trustworthy, and playful dialogues in their present relationships. As such, a shift toward systemic thinking will potentially ease couples' sexual satisfaction, emotional fitness, marital fulfillment, and general happiness, for a greater common good, across genders, race and ethnicities, religions, and cultures. Upon completion of this course, the participants will be able to:

- Explore marriage and divorce myths worldwide
- Define the six human needs as described by Cloe Madanes and Tony Robbins
- Identify needs and gain novel tools to recognize and modify non-serving behaviors
- Operationalize interconnectedness and wholeness in couples with the practice of the Bridge exercise

# Couple Therapy Training: Applying an Integrative Psychotherapy Meta-model

*Jac Brown - Australia*

**Short Description:** I will present a model for training couple therapy students incorporating both the common elements of therapy as well as the specific ingredients. Common skills which include neutrality and mutual engagement with both partners and specific skills presented through a meta-model will form the basis of the presentation.

**Abstract:** With so many competing models of therapy, it is increasingly difficult to train students in a couple therapy program that reflects the breadth of the field, particularly if it is part of a more generic degree. This issue can be confronted through reference to evidence-based practice which identifies both common elements of therapy which includes the client-therapist relationship, as well as specific ingredients of therapy that are often associated with specific models. The program that will be presented in this session will be one that addresses both the common elements of therapy as well as the specific ingredients. The common key generic skills are initially addressed in the training, including neutrality, active mutual and non-judgmental engagement with both partners, and designing comments and questions that build engagement, empathy, and therapeutic intensity, moving in harmony with the concerns that are raised by both partners. The specific skills associated with different models are incorporated into the training through the use of a meta-model, which is commonly used in connection with integrative psychotherapy methods. This meta-model will demonstrate the teaching of skills linked to a range of couple therapy models, thereby minimizing the temptation to present students with either only one model or conversely many models. Strengths and weaknesses with this training approach will also be discussed in the session.

# Providing Systemic Couple's Treatment, with Only One Partner Present

*Jay Burke – USA*

**Short Description:** Traditional, system approaches to Couple's Therapy require that both members of the relationship sub-system be present for treatment. This presentation details an approach that utilizes systemic concepts for providing couple's treatment, even when only one partner is available or willing to participate in psychotherapy.

**Abstract:** Traditional, systemic approaches to Couple's Therapy inherently include a number of biases, including: both partners in the relationship must be present for change to occur, treatment cannot be considered "couple's therapy" without both partners present, and working with only one partner in a relationship can actually damage the relationship. The reality however, according to systemic concepts, is that a change in any one part of a system invariably leads to changes in other parts of a system. Many of the major couple's treatment approaches include an awareness of and emphasis on what is often referred to as the couple's cycle. Typically this cycle is a self-reinforcing pattern of interaction that occurs repeatedly, regardless of the content of the interaction. An example of this cycle is the pursue-withdraw pattern, in which one partner pursues the other, while the other partner withdraws in response. In order to interrupt this cycle of behavior, a change only needs to be made in one partner's contribution to the cycle: if the partner who pursues can pursue less, or the partner who withdraws can maintain closeness, then the cycle of interaction invariably changes. This presentation details an approach to couple's treatment that utilizes the above-outlined ideas in providing a framework for working with only one member of a couple system. It's not uncommon for an individual to arrive for treatment requesting assistance with a relationship, and for their partner to be unable or unwilling to contribute to treatment. In these situations, this approach posits that it's still possible to provide effective couple's treatment, based on systemic concepts, with only the participating partner. Not only is this possible, but this approach can actually provide important benefits to the therapeutic process that may not be possible when both partners are present, including enhancing the therapeutic relationship, and focusing treatment on the more motivated partner.

# Families in Transition - Transitions in Families

*Ann Buysse – Belgium*

**Short Description:** Transitions change the family dynamics. A model of how family transition relates to decreased quality of life is tested. Implications based on longitudinal analysis (N > 2000 families) include supporting well-informed trajectory decisions, alternative ways of dealing with conflict, reorganization of parental role and work-life balance.

**Abstract:** In many cultures transitions in the life course of individuals have evolved from a “standard trajectory” to a “biography of choice”. Not everyone experiences transitions and not everyone undergoes them at the same time in life. Yet, the individual life course has become diverse and complex and so have families. This is visible in an increasing number of family transitions including divorces, remarriages, cohabitations, and reconstituted families. Along with this diversification of family forms, families are confronted with transition-related stress. Family transitions change the dynamics of the entire family and have been associated with an increased risk for loss of health, material, economic, emotional and social resources, and decreased quality of life. Although in many countries attempts are taken to alleviate stress in parents, children and grandparents, there are limits to the extent to which contemporary policy, societal awareness and legislative changes can limit transition-related stress. The quality of life cost of family transitions cannot be fully avoided. Yet, one would certainly like to minimize it. To this purpose, a better understanding of factors influencing the quality of life during and after family transition is needed. We present and test a conceptual model that serves as an overarching framework to understand the complex nature of how family transition is related to quality of life, with vulnerability in some families and resiliency in others. Pre-transition characteristics as well as unfolding processes during and post-transition are studied in 2096 families for 2 years following a transition. Analysis of the different ways of dealing with partnership, parenthood, child rearing and work-life balance in this ecologically valid and representative community sample of parents and children points to some therapeutic implications that we believe to be of interest for professionals working with families in transition. We present ideas on the importance of supporting well-informed decisions about the transition trajectory that best fits the needs of the family, alternative ways of dealing with conflict often inherent to family transitions, reorganization of the parental role and work-life balance, objectivizing child support decisions, sensitization of the family network, etc.



# **The Impact of New Information and Communication Technologies (ICTs) Over Childrens' and Families' lives in Argentina**

*Ruth Casabianca - Argentina*

**Short Description:** The results achieved from a 180 sample of parents and teachers regarding the perceived impact of ICTs over different areas in the children's lives aged 6 to 12 will be presented. Positive and negative aspects are analyzed regarding individual, social and family relationships.

**Abstract:** The frequent and continuously increasing use of ICTs by children that were born in the 21st Century has inspired a research from the adults' perception about their positive and negative effects over different areas of children's lives. A sample of 180 parents and teachers of middle-class students, both sexes, between 6 to 12 years of age, was analyzed applying an ad-hoc survey. Through it, influences perceived by the adults over close and distant social relationships involved in scholar activities, learning processes, physical activities and sports as well as the family life were researched. The results showed, among other data, that the ICTs are mostly daily used between 1-3 hours by children, including computers, play stations, smart phones and specific electronic games. On the different aspects of children's lives, some beneficial effects could be perceived, like the opportunity to know about other cultures and widen social networks, the development of cognitive functions for learning, enjoyment of recreational activities in the family context and enhancement of intergenerational dialogue. Likewise, other worrying and even high risk effects over child welfare along with those related with the child's environment relationships were observed, like cyber bullying or grooming, interference with communication within the family due to lack of information or ability with ICTs, as well as difficulties in the establishment of personal relationships. Some interpersonal strategies were proposed by parents and teachers in order to lessen the mentioned risks. Results will be shared with professionals from other cultures in order to enrich knowledge regarding this theme from today looking to the future.

# Studying Parentification as Lived Experience: Making a Case for Qualitative Research

*Nivida Chandra – India*

**Short Description:** Parentification is the role reversal between parent and child, and could lead to emotional abuse. Through a critique of current literature and using preliminary findings, this paper aims to provide evidence that qualitative approaches must be employed to gain a deeper, holistic understanding of the phenomenon as a lived experience.

**Abstract:** In a world where familial units are getting smaller and facing heightening pressures, children are being increasingly relied upon to substitute for adult roles. The experience of this burden on the child is called parentification, popularly defined as role-reversal between parent and child. The child becomes the caregiver and takes on age-inappropriate responsibilities. Most research has been an offshoot of this broad understanding, with little exploration of other possibilities. This paper argues that this is due, in part, to a lack of diversity in the theoretical grounding, aim, sample and methodology used for research. Thus far, most research has relied on the concepts of role-reversal and boundary dissolution to understand parentification. The aim has been to delineate the causes and effects of this phenomenon. Samples have been large, mostly including high-risk families (with alcoholic, abusive, ill or separated parents). Quantitative measures are administered and results are interpreted as statistical correlations between parentification and risk factors. These studies, though illuminating, they leave us with little understanding of the complex nuances experienced by the parentified person. This paper makes a case for shifting the object of inquiry to parentification as a lived experience, as the perceived experience of a lost childhood. By surveying current literature and using preliminary findings from India, the paper concludes that a qualitative approach could add substantially towards this aim. Recommended methodology includes in-depth engagement with parentified adults, giving agency to their memories, rather than banishing them as unreliable sources of information. The purpose is to enable the adult to make sense of their experiences through narrative reconstruction. Using such methods will allow for an appreciation of various points of view on how parentification comes to be, how it evolves and what is the complex of emotions that can be the hallmark of experiencing parentification. Samples should be expanded to 'normal' households without clinical pathologies. The argument is supported by examples from literature, and excerpts from the author's case studies. Understanding parentification as an evolving experience can greatly help individuals, couples and families make sense of their experiences and move towards healing.

# Intimacy in Tug of War: Israel, Malaysia and Taiwan Couples with Issues on Sex and Cyber Affairs

*Wentao Chao – Taiwan*  
*Wai Sheng Ng – Malaysia*

**Short Description:** Gender discrepancy is a common theme among couples. This panel explores how the tension between genders in Issues of sex and cyber affairs may manifest in couple therapy, by presenting cases from Israel, Malaysia and Taiwan respectively, and discusses how therapists can work with couples in respective social-cultural contexts.

**Abstract:** A common gender discrepancy among couples-in-distress is on the matter of sex, whereby husbands complain being rejected by their wives and feeling depressed, whereas the wives express loath for sex and resentment against their husbands' "dirty habit" on pornography use. This panel will present couple therapy cases from Israel, Malaysia and Taiwan respectively, highlight how these couples dispute on and deal with issues on sex and cyber affairs, and share how each therapist worked with these couples in respective social-cultural contexts. In specific, the Taiwan story will focus on how therapist explored the narratives behind the difference and worked with couples from resentful opposition towards reconciliation, concord and compatibility. The Malaysian story will highlight how therapist involved the children in the family to help couple rediscovered their common grounds, and reestablished their commitment towards reconciliation and compromise. The Israel story will analyze the problem of cyber affairs and its influence on families in Israel, and suggest culturally sensitive therapy for couples. The panel will have a dialogue among the three presenters to evoke further reflections on the issues and its therapeutic implication, and invite feedback and comments from the audience to enrich the dialogue.

# Family Resource Centre – The Transition Bridge

*Geok Bee Chew - Singapore*

**Short Description:** When a family member is incarcerated, the impact of incarceration on families and children, who are the unintended victims of crime, is often significant and can have a lasting negative impact on a family's future trajectories. This often results in numerous issues such as financial difficulties, adjustment issue, family crisis, childcare and parenting problems.

**Abstract:** When a family member is incarcerated, the impact of incarceration on families and children, who are the unintended victims of crime, is often significant and can have a lasting negative impact on a family's future trajectories. This often results in numerous issues such as financial difficulties, adjustment issue, family crisis, childcare and parenting problems. The primary role of the Family Resource Centre (FRC) is to respond first to the immediate needs of these families to ensure that they are not worse-off as a result of incarceration and then their long-term goals. FRC serve two key objectives: 1) provide assistance to inmates' families who are in need of additional support, at any point during the period of incarceration, 2) provide holistic casework management services to preserve and strengthen the family ties and significant relationships for inmates to return to upon their release. Majority of this inmate population belongs to the lowest stratum of society with only up to secondary education level or lower. This group of offenders and their families often represents a marginalized group if nothing is done to help them elevate out of the vicious cycles of crime and poverty. The issues are complex in the lives of these inmates' families, such as addiction, keeping a job, family violence, child support and others. This brief presentation will also include examples of how inmates and families have been supported throughout these life stages, what are the challenges faced by inmates, families and caseworkers, and what are the hopes for successful family reintegration. Supporting the reintegration of inmates and families cannot be carried out by FRC alone. FRC needs to draw on the unique strengths of the family, tap on other community collaboration, build strategic partnership, expertise and resources so as to connect, utilize community resources, provides intervention and to facilitate resilience building and self-help as anchors and supports for the inmates and their families.

# Parentification –Challenges From Within, Culture Shock Impacting Family Traditions

*Rahat Chowdhury – Australia*

**Short Description:** In collective cultures parentification is a tradition of pride, which could be challenged as a parenting weakness, when families face cultural shock. Migratory experiences lead to changes in family dynamics, impacting on traditional parenting norms. Hence, parents face unexpected scenarios challenging their authority, for which they lack coping skills.

**Abstract:** Emotionally exhausted and traumatised refugee and migrant families often face new trauma by the challenges of resettlement and, overwhelmed, can buckle under the pressure. This can present new challenges in families, such as, role reversal between parents and children. This presentation will focus on the relational issues families face negotiating the complexity of settlement in an entirely new world. Fathers may have been separated from their families for a number of years, due to being a political prisoner or involved in armed combat. Women and children reconnect with the father by joining him in Australia but due to the trauma of war, displacement and the loss of family members, through death and separation, they tend to experience isolation and depression, which has a domino effect on family members. Raising children as single mothers or facing domestic violence can lead to some women trying to cope by aligning with a child, most often the eldest. In situations of a missing father, or parental conflict, children intervene as a 'pseudo adult' and/or protector. Often the eldest son or daughter is recruited into a family dynamic where they have responsibilities that are age inappropriate. The aligned parent's impaired interpersonal boundaries and projection of his or her unmet needs results in an increasingly enmeshed relationship, where child is essentially "parentified". By exploring some cases through a cultural lens of changing traditions, I observe families where younger members have proudly taken on delegated responsibilities and are growing up as confident young people with strong leadership qualities, overcoming relationship traumas. At the same, time there are families where the young person is feeling burdened and is showing signs of rebelliousness or depression. This is often exhibited through "acting out" at home or schools. This presentation will highlight where service providers can harness the cultural strengths in parenting in various cultures, in order to minimise relational trauma whilst increasing the social capital of traumatised parents especially keeping in mind that the migratory history destabilizes the intrinsic family traditions and ongoing practices of collective cultures are being challenged from within.



# Infrastructure of Family Therapy in South Korea

*Young Ju Chun - Korea (Rep. of)*  
*Gyung-Ran Hwang - Korea (Rep. of)*  
*Bae Yoon-Min - Korea (Rep. of)*

**Short Description:** To cope with the variety of different family problems, Integrative infrastructure of family therapy has been established in public and private sectors. This poster introduces the current status of infrastructure of family therapy in South Korea focusing on both public and private centers, and examines the future directions.

**Abstract:** The area of family therapy has been extended rapidly in private sector in Korea. Also, to cope with the variety of different family problems, Korean government has actively established integrative family policy to deliver family therapy service in public. This poster introduces the current status of infrastructure of family therapy in South Korea, focusing on both public and private centers.

# **“Who am I?” Third Culture and Hidden Immigrant Experiences**

*Elise Cole – USA*

**Short Description:** Common experiences and challenges third culture kids and hidden immigrants face will be discussed including current research on the impact of third culture experiences on social relationships, identity development, cultural adjustment, and help seeking behaviors. Additionally, assessment suggestions will be shared along with a discussion of therapeutic recommendations.

**Abstract:** Third culture kids (TCKs) are persons who have spent several of their growing up years living in another country. As the world becomes more global there are an increasing number of children that are growing up outside of their “home” countries. This population includes but is not limited to: military personnel, international students, and children of parents with international jobs. Many of these children and young adults experience the challenges of being hidden immigrants; they appear physically similar to persons in their home country, yet they never fully comprehend or adapt to their home culture (Pollock & Van Reken, 2009). Common experiences and challenges third culture kids face will be discussed. Additionally, the results of a current study will be reported, which examined the impact of third culture experiences on social relationships, identity development, cultural adjustment, and help seeking behaviors. Lastly, assessment suggestions will be shared along with a discussion of therapeutic recommendations. When therapists have a better understanding of clients’ experiences and contexts they are able to help them more effectively and in a culturally appropriate manner (McGoldrick, Giordano, & Garcia-Preto, 2005).

# What Is and When to Use Single Session Family Therapy in Acute Psychiatric Settings

*Wayne Conron - Australia*

**Short Description:** This presentation will discuss the theoretical underpinnings of Single Session Family Therapy (SSFT) and what a session may look like. It will then outline development of this work in acute psychiatric settings. Successful and less successful sessions will be discussed. The presentation will conclude some criteria for successful outcomes.

**Abstract:** What is and when should Single Session Family Therapy (SSFT) be used. Single session family therapy has been used in a variety of settings (Talmon 1990, Boyhan 1996; Wallace et al 2000 and Perkins 2010). It has been seen as a viable alternative to regular family therapy for some families and has been used effectively to assist services with reducing their waiting lists. This writer has developed the SSFT approach over the past 8 years with families experiencing a psychiatric crisis and presented some of this work at this conference in Vancouver 2012. In Australia we are going through a change in mental health practice with more emphasis on a recovery model and the family. The SSFT fits extremely well within this model of practice as it aims at strengthening the emotional bonds between family members, fostering understanding and developing resilience. This paper will further explore this writer's experience with SSFT over this time. Initially it will discuss the theoretical underpinnings of this approach, it will go on to explore how a session might be set up and conducted and who should be invited. Despite its name the paper will expel the belief that SSFT is only one session although this might be the case. It will talk about what families have found helpful and how this work is different from practice as usual within our public mental health system. The work is dynamic, to the point and driven by what the family wants and needs at the time, but it is not for every family. The paper will talk of the "window of opportunity" that this writer believes needs to be present for the sessions to have full impact- timing of the session is of the utmost importance. The paper will also discuss sessions that have not been less effective and outline why this may have been the case. Finally it will discuss this writer's attempts to make this core practice within the area mental health service where I am employed.

# Family Therapy With Depressed Adolescents as a Process of Social Sharing of Emotion

*Jan De Mol – Belgium*

**Short Description:** Emotion elicits the Social Sharing of Emotion (SSE) (Rimé, 2009). SSE postulates that emotion regulation is by definition an interpersonal process. SSE includes socio-affective and cognitive modes. A family therapy model was developed in which interventions focus on how clients themselves can facilitate SSE modes in their social contexts.

**Abstract:** Emotion elicits the Social Sharing of Emotion (SSE). The theory of SSE was developed by Rimé. Abundant research indicates that humans who experience emotions need to share their emotions with others. In this way, SSE postulates that emotion regulation is by definition an interpersonal process. Moreover, the process of SSE goes beyond the dyadic relationship and illustrates how humans can get reconnected to the social discourse by sharing their emotions with others. Research into SSE demonstrates clearly that the process of SSE does not automatically repair emotions although the effects are positive for the persons who share their emotions. To understand this paradox research indicates that a distinction has to be made between two kinds of modes of SSE, i.e., the socio-affective modes and the cognitive modes. Current interventions addressing emotion regulation with depressed adolescents focus primarily on intrapersonal processes. A family therapy model for families with depressed adolescents was developed in which interventions focus on how our clients themselves can facilitate socio-affective and cognitive modes of SSE in their important socio-relational contexts, as emotion regulation implies in particular interpersonal-social processes of sharing of emotion.

# Keep Connection and Support with Separating Family

*Xiaohong Deng - China*

*Xiaoqiu Hu – China*

**Short Description:** As more Chinese move to cities, families don't live together anymore. In the past, several generations usually lived together, history and cultural tradition connected very tightly. Now families need to find new ways to maintain the household structure and connection and also need to adjust energy to adapt to challenge.

**Abstract:** In the past 35 years, China family is going through a lot of population migration. On the one hand, a large number of rural young people go to cities for work, left a lot of old people and children in rural areas, without external and internal support enough. Young people who leave home also face enormous challenges of city life, with a great impact on their heart. On the other hand, city families are also facing the effects of migration, a lot of fresh population into the city, a severe test of employment forms, forcing many family members to be a separated state. The family structure face many visible and invisible pressure. The traditional family members are often three or four generations under one roof, many traditional customs form a lot of cohesion, so that family members can meet the care, connection, security needs. The biggest challenge of separation family is members have to face multiple losses. They may bury the pain deep inside; may also be outside for the material world pursuit and ignore the truly needed. All these may bring new impact and influence to the family. The author work with family members to explore the impact of separate to them, how to face and accept the impact and influence, and to explore the internal resources of family members developing for coping separate, establish new ways to connect each other to meet the yearnings for acceptance, caring and intimate. Transfer the new resources to create better future of family

# Meaning of Interaction: Using Local Wisdom to Develop Family Intervention in Indonesia

*Kartika Dewi - Indonesia*

**Short Description:** This research reveals the meaning of family interactions based on local wisdom and Indonesian society today. Furthermore, this research explains the shift in the meaning of family interaction and intergenerational benefits. The findings are used to develop family interventions based on local wisdom that can be used by practitioners.

**Abstract:** Previous research shows that diverse findings about the benefits of parent-child interaction. Most research suggests that parenting brings adverse effects to adult individuals, but some explained that being a parent is an attempt to meet the need for children's development also provides many benefits to the parents as individuals (Nomaguchi & Milkie, 2003). In Indonesia, the problem of parent-child interaction is increasing every year. Children who have a negative perception of their interaction with the parents tend to be involved in social problems, experiencing academic problems, and involved crime (Maria, 2007). This study aims to formulate the stages of intervention to parents based on local wisdom. This intervention will train parents to interact positively with their children and help parents gain the benefits of interaction, such as personal growth. The results of the qualitative analysis in the first phase of this study reveal the meaning of interaction in generals, the processes and stages of interaction within the family were obtained based on the experience of two subjects who are leaders of local community in Central Java. The second phase, a quantitative content analysis of responses to the 20 parents (aged 36-65 years) and 92 adolescents (aged 16-23 years), showed a significant difference in the understanding of the concept of interaction between parent and adolescents ( $X^2 = 23.818$ ;  $df = 3$ ;  $sig .00$ ;  $p < .05$ ). Parents tend to understand and implement the concept in their family (85%), while children tend not to understand the concept (55.4 %) or only know without understanding the purpose and benefits (12 %). Based on the both of research results, the researcher compose four stages of parental intervention, namely: introducing kawruh jiwo (understanding about human spirit) as a media parenting, train the process of mikir rasa (understanding themselves) to parents, and how parents to understand that children differ in understanding the process of interaction in the family, also train the kandha takon technique in parent - child interaction.

# APIML The Analytic Framework For Modeling Dyadic Effects Between Couples

*Neda Deylami - Malaysia*

**Short Description:** This study describes an analytic model for obtaining a comprehensive view for interdependence data. APIM is one of the standard dyadic designs that analyze data from dyads in which the behavior's, perception's and emotion's person effect and are affected with only each other member of dyad. Siti Aishah Hassan both co-authored and was present for this presentation.

**Abstract:** In the analytic research methods, when the analysis unit is dyadic data instead of independent individual data, two dyadic designs will be used. These methods – the standard dyadic design and the one-with-many design - are particular modalities for family researchers to better understanding and analysis the research data. This study introduces the most expanded used standard dyadic design that is called actor-partner interdependence model (APIM) for family investigators. APIM is widely recommended in the family studies filed for more understanding of close relationships, and small groups. The body of knowledge has been developed increasingly by study of emotion, health issues, leisure activities, personality, communication, and attachment styles via this model. Furthermore this model can be contributed as a comprehensive framework to assess treatment effectiveness of couple therapy outcomes. The purpose of this study is to explain the APIM can examine both actor and partner effects of any interpersonal and intrapersonal factors which important between dyad. APIM illustrates bidirectional effects, it means individuals' scores on a predictor variable relate to their own outcome- Actor Effect- and or their partners' outcome- Partner Effect- as well. This model integrates a conceptual perspective to evaluate interdependence with the appropriate statistical techniques for measuring and testing it instead of traditional statistical measures. Utilizing APIM will be so beneficial for future researches to gain a more comprehensive perception of satisfied and healthy family. Additionally it is able to discover how family members' health outcomes are depended on their partners' characteristics. APIM is very applicable and interested for any family researches that interested to assess family members interaction within close relationships such as the parent-child dyad and the romantic dyad. Keywords: Dyad, Actor Effect, Partner Effect, Interdependence, Actor-Partner Interdependence Model

# **An Approach to Family Resilience and the Key Processes for its Promotion**

*Ainhua Díez Sanz – Spain*

**Short Description:** The communication sheds some light on the concept of family resilience, discussing the empirical evidence for it and suggesting some key processes for its promotion.

**Abstract:** Resilience is inherent to human nature, but it has not been until the very recent decades that the scientific community and family intervention professionals have started taking into account this positive approach. In fact, the idea of resilience was born as an alternative for the sciences and professions dealing with individuals and families in significant risk, which traditionally had been focusing only on the causes of deficits and dysfunction. In this sense, resilience consists on a transgressor concept because it challenges a predominating axiom in our culture, according to which neither individuals nor families can overcome traumatic circumstances. As every intangible and ethereal concept, family resilience it is a complex notion, becoming even more complex when considering families units of analysis themselves. This lack of agreement makes it even more difficult to find empirical evidence on family resilience. In spite of the problems found when facing this multifaceted issue, there is a certain consensus regarding the fact that there are some key processes that can be identified and enhanced by professionals for the promotion of resilience in families. Thus, the communication sheds some light on the concept of family resilience, discussing the empirical evidence for it and suggesting some key processes for its promotion.



# Sameness & Differences in Family Therapy Training in Different Cultures using Satir Model

*Sibel Erenel - Turkey*

*Kathlyne Maki-Banmen - Canada*

*Anna Maria Low - Singapore*

**Short Description:** This panel will explore how Satir Transformational Systemic Therapy training is effective in different cultures. The panelists are trainers who have worked many years in countries where family therapy is developing. Kathlyne Maki-Banmen, Sibel Erenel, and Anna Low will share experiences of working in Asia, Middle-East, Europe, and Canada highlighting sameness and differences.

**Abstract:** Panelists will highlight the important components of Satir Transformational Systemic Therapy Training in training family therapists and how it is effective in different cultures. The Satir Model has been used in many countries in Asia, Europe and America. Because it focuses on the universal human processes and encompasses the whole human experience, it is applicable to all cultures. The Satir Model is an effective model in addressing the whole person, is growth oriented, strength based and a humanistic approach that is experiential and can help creating change and transformation in individuals, couples and families for a happier, healthier and peaceful life. Its approach helps individuals to grow to their potential. Like in therapy important components of training is the growth of the person-the therapist. To create Transformational change therapy needs to be systemic –working in the intrapsychic and interactive system, change focused, experiential and positively directional. Satir Transformational Systemic Therapy Training encompasses the same principles of the therapy itself. The process of training is based on parallel processes of learning and application of therapy. The training group becomes one system and the trainee's here-and-now experience in the learning process is a valuable vehicle in learning and growth. Trainees have a chance to process, practice apply personally and professionally. Skill development is via experiential exercises, triad work. Panelists will discuss the common factors that work everywhere and how the differences in every culture can be addressed. Kathlyne Maki-Banmen as director of Training at Satir Institute of the Pacific has been training in many countries in Asia, Middle East, Europe and in Canada. She will address the commonalities and the unique differences that enrich training. Sibel Erenel as founding director of Satir Human Development & Family Therapy Institute has established a competency based 3 year program in Turkey. She will address the importance of core competencies in training. Anna Low is the founding President of the Satir Centre Singapore will share her experiences as Satir trainer in Singapore and China

# The Family's Experience of Elderly Patients with Delirium

*Lia Fernandes - Portugal*

**Short Description:** Delirium is a complex neuropsychiatric syndrome, common in elderly hospitalized patients. It can be a psychologically traumatic experience for the patients and their family/caregivers. This study aims to identify delirium symptoms as perceived by family, as well as the different interventions that can alleviate psychological distress in these caregivers.

**Abstract:** Delirium (or acute confusional state) is characterized by a rapid onset of symptoms, fluctuating course, an altered level of consciousness, inattention, global disturbance of cognition (e.g. memory impairment) or perceptual abnormalities (e.g. hallucinations), with evidence of a physical cause. This neuropsychiatric syndrome is frequently observed in elderly patients hospitalized and it has been associated with negative clinical outcomes. In this context, the early identification, timely and optimal management of people with delirium are fundamental in the treatment. The importance of the role of the family's members in the management of delirium, helping nursing and medical staff in its care, has been increasingly recognized. Its presence becomes beneficial to the patient, helping protect against emotions of fear, anxiety, loneliness or isolation. They can also facilitate effective communication, using some strategies such as verbal reorientation, clear instructions, eye contact, making the patient feel more secure. In spite of the families and caregivers may have an important role in caring for and comforting delirious patients, it is also important that their own needs and stresses are recognized and minimized. This medical condition can be a psychologically traumatic experience, not only for the patients, but also for their family or caregivers. Several studies have reported that family members showed high levels of psychological distress. In this way, the development of supportive interventions for these families/caregivers (namely with psychoeducational programs) becomes essential and can contribute to the improving management and alleviating psychological distress. Further research is needed about the effects of information and psychoeducational programs to caregivers, regarding delirium.

# **Working With International Students – A University Counsellor's Reflections on How International Education Impacts Families, For Better or for Worse**

*Lu-Chin Fong – Australia*

**Short Description:** This presentation will look at the impact on families who send their children overseas for education, in particular at the financial burden and changes to the family dynamics that can occur and the challenges these children face while studying and when attempting to reintegrate upon graduation.

**Abstract:** This presentation is a collection of insights gained from working as a university counsellor with international students who hail from various parts of the world (Asia-Pacific, the Americas, Middle East and Africa). Many of these students are not from wealthy backgrounds therefore there is a significant financial burden borne by their families who have had to save for years and/or borrow money to fund their education. These students carry the hopes of their families who expect them to return home as soon as they finish their studies and find immediate employment in order to help fund the education of their younger siblings or apply for permanent residency in the country where they have studied so they can sponsor their families over. Although many international students successfully navigate their way through and thrive in a new education system and country, others are not so lucky and struggle academically and psychologically during their course. They do not always feel they can confide in their families for fear of worrying or further burdening them especially when extra funds have to be found to pay for failed subjects. Working systemically in this context means having to be mindful of the many stakeholders – the student, their parents/grandparents/other relatives, their partner, their friends, their housemates, the university staff and the student's employer(s). It can be a juggling act trying to support the student in the face of these often competing agendas.

# Stateless Families and Education Deprived Children

*Seyed Mohammad Ghorashi – Iran*

**Short Description:** According to the Iranian civil law, children who were born by Iranian women with foreign husbands are not Iranian. They have suffered hard situations. For instance stateless children are prevented from education. We study this problem to advise Iranian government and parliament.

**Abstract:** According to the Article 987 of the Civil Code of Iran, women who have married foreign men can maintain their Iranian nationality, unless the nationality act of their husband enforces them to change. In addition, based on the Article 976 of that Act, children who were born by Iranian women with foreign husbands are not Iranian. Since 1979, after the Soviet invasion of Afghanistan, a large group of Afghan refugees has immigrated to Iran. Naturally, many of these refugees were married Iranians and have had children. Some years later, the same story was repeated by Iraqi refugees. Now, based on official statistics there are at least 865,000 refugees in Iran which is reported around 1,400,000 refugees by unofficial sources. Iranian wives of refugee men and their children not only don't have Iranian nationality but also they, mostly, don't have any other citizenship. This problem deprives them of some civil rights. For instance, their children are prevented from education. Solving this problem and with respect to the Global Action Plan to End 2014-24 Statelessness of the UN Refugee Agency, to end statelessness in the world, We study this problem to advise Iranian government and parliament.

# Gender Differences in Terms of Relationship Between Family-of-origin Experiences and Marital Adjustment

*Soudabeh Ghoroghi - Malaysia*

**Short Description:** This study sought to gender differences in relationship between family-of-origin experiences and marital adjustment. Using a web-based survey, 220 randomly selected married postgraduate students completed survey questions online. The result established the relationship between variables, but did not show any significant difference based on gender. Siti Aishah Hassan both co-authored and was present for this presentation.

**Abstract:** The focus of this study is on gender differences of married Iranian students living in Malaysia by examining the relationship between their family-of-origin experiences and marital adjustment. The rationale for our research is grounded in the theoretical work of Murray Bowen theory that focuses on the connection between the emotional legacy of one's family of origin and adult intimate partnership. Using a self-administrated web-based survey on Google Docs, 220 postgraduate students were randomly selected by their email addresses. The respondents consisted of 117 married females and 103 males aged 25-60 at postgraduate levels. They completed demographic information, Family-of-Origin Scale (FOS; Hovestadt, et al., 1985), and Locke-Wallace Marital Adjustment Test (LWMAT; Locke & Wallace, 1959), electronically. The Pearson correlation was used to determine the correlation of family-of-origin experiences and marital adjustment initially. In order to find significant differences in the results, a Fisher's Z transformation was used to compare correlations across independent groups of male and female respondents. The results of this study established the relationship between family-of-origin experiences and marital adjustment. The result revealed that this association is more significant in men comparing to women. Then we sought to find out whether this difference was significant or not. To this end, Fisher r-to-z transformation was used to compare the result of correlation based on gender. The findings showed that there was not a significant difference in association between male and female students' marital adjustment and their family-of-origin experiences. Findings of the study on the basis of family-of-origin correlation with marital adjustment, stress the need to help individuals understand the significance of their family-of-origin experiences in their later intimate relationships, particularly in their married lives. The results can interest marriage counselors particularly, since they develop and implement various educational and intervention programs to improve the individuals' romantic relationships.

# Source of Pain, Source of Strength: Transgenerational Trauma and Resilience in Family Therapy

*Tatiana Glebova – USA*

*Korlany Chhun - USA*

**Short Description:** This presentation will summarize existing literature and research on transgenerational trauma and resilience transmission conceptualized within a family systems paradigm. Relevant clinical assessment tools and interventions will be illustrated by two cases of immigrant families from different backgrounds with a focus on transgenerational trauma and the current functioning of young adults.

**Abstract:** The beginning of the 21st century, along with positive events and advances, brought about many tragedies, both natural and manmade disasters (wars, conflicts and technological catastrophes), that have deeply affected individuals, families, and communities worldwide. The impact of various types of trauma, both on individual and group levels, has been increasingly recognized in the field of mental health. That impact and its consequences are systemic in nature and influenced by multiple factors on intrapersonal, interpersonal, sociopolitical and cultural dimensions during and after a traumatic event. They may also interact with effects of trauma transmitted from the previous generations. Transgenerational trauma impact may be hidden and silent but still powerful. Family systems approach seems to be a perfect fit for addressing the interaction of intergenerational and current systemic factors for promoting health and functioning of families and individuals who experienced traumatic events. However, the recognition of transgenerational trauma influence on current and future family functioning in the field of family therapy remains rather limited. This presentation will summarize existing literature and research findings on transgenerational trauma as well as on the transgenerational transmission of resilience, coping and growth from various fields. That knowledge will be conceptualized within a broad family systems paradigm. The presenters will describe several available tools for assessment of transgenerational trauma and its impact on current family functioning as well as possible interventions to address them in clinical practice. This will be illustrated by two cases describing experiences of immigrant families from two different cultural, religious and sociopolitical backgrounds with a particular focus on how the trauma and resilience transmitted from the parent generation might influence the current functioning of young adults. The knowledge and clinical illustrations may be useful for family therapists practicing in different countries which experienced severe historical traumas and are currently facing sociopolitical challenges or traumatic events.

# Further Cross-Cultural Validation of the Russian Version of the Relational Ethics Scale

*Tatiana Glebova – USA*

**Short Description:** The purpose of this study was further cross-cultural validation of the Relational Ethics Scale (RES; Hargrave, Jennings, & Anderson, 1991) previously translated into Russian. Findings from the Russian sample data are compared with the results of the US validation and interpreted within the contextual theory framework.

**Abstract:** The purpose of this study was further cross-cultural validation of the Relational Ethics Scale (RES; Hargrave, Jennings, & Anderson, 1991) previously translated into Russian. The RES was developed to measure the construct of relational ethics as described in contextual family therapy (Boszormenyi-Nagy & Krasner, 1986). The construct includes aspects of relational trust, loyalty, fairness or justice, and entitlement that are proposed to be transmitted through generations. The contextual theory asserts that individuals' overall healthy functioning as well as balanced current (horizontal) relationships depend on their early life experiences with their family of origin (vertical relationships) in the realm of trust, trustworthiness and fairness. The RES was validated in the US (Hargrave & Bomba, 1993) and used in a few studies that investigated relationship between relational ethics and individual as well as relational well-being (Gangamma et al., 2012; Grames, et al., 2008). The aim of the present study was to examine some aspects of cross-cultural validity of the RES. Specifically, we investigated relationship between gender, age, relational status (e.g., single, dating, married) and socio-economic status (education and income) and vertical and horizontal components of relational ethics in the Russian sample and compared findings with the results of the original RES validation (Hargrave & Bomba, 1993). The Russian version of the RES was administered to 169 individuals residing in the Russian Far East, both women (69%) and men, most ethnically Russian (94%), of an average age of 35 years (range 18-66). 42% of participants were legally married, 17% cohabiting, 16% dating and the rest were either single (12%), divorced (7%) or widowed (2%). The proposed poster will present results of statistical analyses as well as interpretation of findings within the contextual theory framework. Limitations and future research will be discussed.

# Transgenerational Trauma Amongst Second-Generation Cambodian-Americans

*Tatiana Glebova - USA*

*Korlany Chhun - USA*

**Short Description:** This qualitative study seeks to find how second-generation Cambodian-Americans perceive transgenerational trauma of their parents' experiences during the genocide and Khmer Rouge regime. In-depth interviews will be conducted to explore participants' experiences and meanings related to their parents' trauma. The data will be analyzed utilizing grounded theory.

**Abstract:** The late 1970s proved to be a difficult time for Cambodian natives as the Khmer Rouge regime wreaked havoc by killing more than 1.5 million Cambodians in one of the most significant genocides in the 20th century. Studies have found a rather high prevalence rate of PTSD among survivors of the Khmer Rouge, accounting for approximately 14% of the survivor population (Sonis et al., 2009). Thus, a fair amount of survivors' offspring will have grown up with parents who suffer psychologically from the effects of the Khmer Rouge regime. However, there is scant research on the phenomenon of transgenerational trauma in second- and third-generation Cambodian-Americans. Previous studies have explored parental trauma on depression among Cambodian American college students, the relationship between trauma and psychological distress among Cambodian refugee adults, and the impact of parental styles in intergenerational transmission of trauma among mothers and their teenage children (Field, Muong & Sochanvimean, 2013; Field, et al., 2011; Han, 2004). There is a current gap in knowledge of how second- and third-generation Cambodian Americans perceive transgenerational trauma of their parents' experiences, as well as the interactions of intergenerational and current systemic factors in second- and third-generation Cambodians' psychosocial functioning. This specific population is under-represented and researched in the mental health field, and the clinical implications would be useful for marriage and family therapists in working with trauma and family systems. This study will present a synthesis of the recent literature on the impact of genocide on second- and third-generation Cambodian-Americans. A summary of studies conducted on the possible transmission of transgenerational trauma and the effects on future generations of Cambodian-Americans will be provided. In addition, the researcher will discuss directions for future research.



# **Student Driven Evaluation: Using Qualitative Action Design to Engage Undergraduate Students Toward Department Change**

*Dania Gonzalez – USA*

**Short Description:** This research employed a qualitative action design using students in training as the researchers and participants in developing a school climate assessing protocol for the Undergraduate Family Therapy/Psychology/Criminal Justice (DUP) training department in order to provide feedback and recommendations for future implementation.

**Abstract:** The goal of using the qualitative active research design is to create a progressive reflective process led by the students of the Departments of Marriage and Family Therapy; Psychology; and Criminal Justice (DUP) as part of a community of practice to improve the overall academic program. Thus, leading to the researcher's question: "How can DUP students be motivated, as part of a community of practice, to provide descriptive feedback and information meant for specific and general academic program change?" There have been great changes in the academic sectors over the past few years which have impacted the educational approaches and the culture of academic institutions. Even still, before and during these times outcomes in educational programs have long been a focus of academic institutions to ensure they have distinguished reputations and are economically viable. All sorts of creative curriculum and cost saving measures have been tried. As such, these academic institutions have recognized the importance of their chief assets, their faculty and institutional culture. In traditional academic institutions, they have long acknowledged the faculty as the key asset to educational outcomes and subsequent reputation. There have been few traditional/nontraditional institutions that have employed research on how to create and nurture an efficient and supportive academic culture with having the student body drive the evaluation and recommendations for change within their own academic programs. This study will serve as a forum for the DUP students, as the primary researchers and as participants, to continue to add their voice to express their academic experiences. The perceptions of the students are examined for meaning, phenomenological methodology, and meaning measured by using an integration of ad hoc analysis methods. The researchers believe that this process may reveal possible proactive ideas to increase the ethics, understanding and creativity in engaging DUP student's to be more active in providing real time and reach program feedback. In addition, this research could add to the greater understanding of systemic methodologies and ethical practices in engaging student voice to provide feedback within academic systems.

# Family Resilience in Normal and High Risk Pregnant Women

*Hüdayar Cihan Güngör – Turkey*

**Short Description:** This study aimed at comparing how normal and high risk pregnant women cope with the stress. As a result of the content analysis, we came up with three different categories: social resources, spirituality and positive outlook. Various comparisons have been conducted between normal and high risk pregnant women.

**Abstract:** System theory argues that every family is a system and all experience certain developmental risks/challenges which affect the balance of the family. One of these challenges is the process of including one member into that system; that is pregnancy. Developmental risks are expected risks in family life cycle. From this perspective, pregnancy can be considered as a developmental risk and a challenge that a family may ever encounter. Not all pregnancies are experienced in the same way. They can be categorized into two broad categories; normal and high risk pregnancies. High risk pregnancy is conceptualized as having thyroid dysfunctions, hypertension or any illnesses that require medication. Developmental problems of the fetus may also result in high risk pregnancy. Therefore, this study aimed at comparing how normal and high risk pregnant women cope with the stress that is resulted from their pregnancy status. One-hundred ninety-two participants took part in the study, (Age Mean= 28.65, SD= 5.90). There were 105 women in normal pregnant (NPG) and 87 in high risk pregnant group (HRPG). Together with demographics (age, education level, number of children, etc.), an open-ended questions is asked (what did help them to cope with this stress?). The answers are content analyzed and inter-coder reliability has been calculated, % 98. As a result of the content analysis, we came up with three different categories which are compatible with Walsh's family resiliency theory: social resources, spirituality and positive outlook. Various comparisons have been conducted between normal and high risk pregnant women on Walsh's dimensions. Firstly, the comparison due to social resources showed no difference among the groups; secondly, significant differences were found on spirituality (HRPG scored higher), and finally, two groups differed on positive outlook (NPG scored higher). Demographics provided further differences among groups: HRPG were older than NPG and HRPG had lower education level. Moreover, correlation coefficient between support from family and spouse indicated negative relationship ( $r = -.22, p < .02$ ). The more spouse-support is emphasized, the less family-support is emphasized, which requires scrutinizing from System and Family Resiliency Theory Perspectives.

# Building a Therapeutic Relationship with Black Youth Engaged in Delinquent Behavior

*DeAnna Harris-McKoy - USA*

**Short Description:** Due to the disproportionate contact with the justice system, Black youth are more likely to come involuntarily to therapy. Youth perceptions of therapy and therapists' perceptions of delinquency are barriers to building a therapeutic relationship. Contextual therapy will be used to discuss assumptions and techniques in working with this population.

**Abstract:** Minority youth, especially Black youth, have disproportionate contact with the juvenile justice system (Huizinga et al., 2007). In 2008, Black youth composed 16% of the population between the ages of 10-17. However, they were 52% of Juvenile Violent Crime Index arrests and 33% of Juvenile Property Crime index arrests (Puzzanchera, 2009). Due to the disproportionate contact with the juvenile justice system, Black youth are more likely to come involuntarily to therapy. It is difficult to engage clients that are involuntarily in therapy (Pope & Kang, 2011). It may be more difficult when the involuntary client is a Black adolescent. Considering this developmental period, adolescents in general may be unwilling to come to or participate in therapy (Kazdin, 1994). Specifically, Black adolescents have been found to have a more negative view of therapy (Lindsey, Chambers, Pohle, Beall, & Lucksted, 2013). These three factors can be barriers to building a therapeutic relationship. Another barrier is the therapist perception of delinquency its etiology for Black youth. When Black youth engage in delinquent activities, individual and cultural factors are discussed instead of contextual or environmental issues (Cross, 2003). This suggest that the delinquent behavior is associated with the adolescent being Black and the negative stereotypes associated with that image, instead of the larger structural issues that create the space for delinquent behavior. This proposed workshop will be interactive. Participants will be encouraged to share their own barriers and successes when working with this population. Contextual therapy will be used to help therapist analyze their biases and assumption when working with this population. Finally techniques to help build a therapeutic relationship with Black youth engaged in delinquent behavior will be discussed.

# **Hierarchy of Love in Human Relation from Quranic Language: Implication for Marriage, Couple and Family Counseling**

*Siti Aishah-Hassan – Malaysia*

**Short Description:** We propose the hierarchy of love in human relation from the Quranic perspective. Focusing on the kinds of love between couples and romantic love we differentiate between pure love and adulterated love according to Islamic perspectives. It discusses love as a factor for marital satisfaction and divorce.

**Abstract:** The word love has semantic problem for English-speaking people. Falling in love and making love are two different meanings of love. Hence, we aim to highlight the richness of Arabic terminologies in describing the word love. Then, we propose the hierarchy of love in human relation from the Quranic perspective. Focusing on the kinds of love between couples and romantic love we differentiate between pure love and adulterated love according to Islamic perspectives. Next, it discusses love as a factor for marital satisfaction and divorce. Subsequently, factors that erode love between the spouses are suggested for conceptualizing the case of marital problem that lead to the intention of divorce. Finally, applications of family counseling techniques to enhance love and intimacy between couples are illustrated in the case vignettes.

# Cyber Sexual Activities and Depression among Johorian Juvenile Delinquent as Danger and Opportunity in Family

*Harisa Hawafi - Malaysia*

**Short Description:** This study examined the relationship between cyber sexual addiction and depression level among Johorian Juvenile Delinquent. An ex post-facto research design was adopted. The results showed there was a positive relationship between cyber sexual activities with depression level. Siti Aishah Hassan both co-authored and was present for this presentation.

**Abstract:** This study examined the relationship between cyber sexual addiction and depression level among Johorian Juvenile Delinquent. Additionally, the study also identified the differences between gender and ages in cyber sexual addiction and depression. There were 178 respondents selected from school in Pasir Gudang Johor. Juvenile Delinquent was defined as students that involved in truancy, smoking, having sexual intercourse and low academic performance. An ex post-facto research design was adopted. The data was analyzed through Statistical Package for Social Sciences (SPSS 20.0). T-test, one way ANOVA and Pearson Correlation was used to analyzed the differences and relationship between several variables. The cyber sexual activities level and depression level the Johorian Juvenile Delinquent were low. The results showed there were significance differences between ages and cyber sexual addiction ( $p = .007$ ) and between gender and depression ( $p = .004 < .05$ ). However, there were no significance differences between gender and cyber sexual ( $p = .117 > .05$ ) and between ages and depression ( $p = .378 > .05$ ). Finally, the results showed that there was a positive relationship between cyber sexual activities with depression level with  $r = .30$ .  $p < .001$ . Thus, we concluded that cyber sexual activities may likely jeopardized mental health and family stability. Implication to family counselling is then suggested at the end of this paper.

# Autism in Love: The Evolution of a Documentary

*Ira Heilveil – USA*

**Short Description:** This presentation will discuss the evolution of a new documentary film from its inception as a blog post to a full-length documentary. Excerpts will be shown from the compelling film, which follows five individuals, all of whom received the diagnosis of autism, in their pursuit of romantic love.

**Abstract:** What began as research for a blog post on romantic love among young adults with the diagnosis of autism, eventually turned into a full-length documentary feature film following the lives of two couples and one individual as they struggled to come to grips with the challenges of relationships. After researching the blog post, it became clear that there was little to no extant research on romantic love among those with autism, most likely due to the belief that love and autism were mutually exclusive. The author went about interviewing 30 verbal adults with autism on the topic of romantic love, and then content analyzed the results. Following these videotaped interviews, it became clear that many of the stories were compelling enough to create a documentary. Seven couples were originally followed for a period of 6 to 9 months by a film-maker, and only two of those couples and one individual made it into the final cut of the film. The film documents the challenges these individuals face in forging meaningful romantic relationships, and in the process sheds light on the challenges all of us face in making relationships work.

# Qualitative Research on Family Therapy Practiced by Mental Health Social Workers in Korea

*Dawoon Heo - Korea (Rep. of)*  
*Jo Kyoungsook - Korea (Rep. of)*  
*Sunin Shin - Korea (Rep. of)*

**Short Description:** This research investigates the effectiveness and impediment factors for family therapy in the Korean mental health field through in-depth interviews with mental health social workers on their family therapeutic interventions, and proposes a plan to facilitate family therapeutic interventions in the area of mental health social work.

**Abstract:** The proportion of the population with mental health problems has been increasing in Korea due to the nation's rapid change in socioeconomics. As of 2011, 27.6% of the total population had experienced mental illness at least once in their lifetime. The number of individuals with psychological problems such as depression and suicide has also been increasing very rapidly. The effective treatment of these mental disorders requires effective family therapeutic interventions and thus the majority of mental health social workers provide a variety of family services. However, specific family therapeutic interventions that can help the rehabilitation of the mentally ill by resolving family conflicts and mending family relationships are not commonly practiced. Previous research to elucidate this phenomenon, especially empirical studies on the clinical implementation of family therapeutic interventions by mental health social workers, is scarce. Therefore, this research aimed to investigate the effectiveness of and impediments to family therapy practices in the mental health field. The research was conducted by in-depth interviewing of 15 mental health social workers who have practiced family therapy, with respect to their therapeutic experiences. The data was qualitatively collected with a semi-structured interview schedule and analyzed using the grounded theory method. Most of the participants reported the positive effects of family therapy, including improvements in the family's awareness of mental illnesses, communication, emotional stability, and the patient's level of functioning and quality of life. The major impediment factors for family therapy in the mental health social work field were the client's or family's refusal to participate, lack of expertise in family therapy, and heavy workload or time pressures. Based on these findings, we propose the expansion of therapy delivery systems through collaboration with related organizations, and the establishment of rigorous training courses for family therapy in the mental health social work field.

# International Accreditation Commission for Systemic Therapy Education (IACSTE)

*William Hiebert - USA*

*John Lawless - USA*

**Short Description:** This workshop will explore various family therapy preparation programs around the world, both academic and clinical. The workshop will use IFTA's Family Preparation Guidelines.

**Abstract:** Many countries have asked for guidelines in order to establish family therapy preparation programs. IFTA has published the IFTA Family Therapy Preparation Guidelines on its website, [www.ifta-familytherapy.org](http://www.ifta-familytherapy.org). This workshop will explore the basics of a preparation program including academic courses, clinical training and supervision.



# Seeking Views of Children and Young People – Social Work Research on Children in a Chinese Context

*Hannah Ho – China*

*Mooly Wong – China*

**Short Description:** One of the key issues of children research is the imbalance of power between researcher and children. In this presentation, the research methods of two newly conducted studies will be illustrated how to minimize this imbalance of power. Researchers' reflexivity on utilization of power in children research will be examined.

**Abstract:** With the advocacy and practice of children's rights worldwide, the collection of children's voice in research is on the rise both globally and locally. One of the key issues of children research is the imbalance of power between researcher and children. In this brief presentation, a systematic review of social work research on children and young people in Hong Kong will be conducted. Both the topics and methods of studies would be introduced. The research methods of these studies are predominately questionnaires and in-depth interviews, with limited attentions to the power issue between researcher and respondents. The research methods of two newly conducted studies (on children with attention-deficit/ hyperactivity disorder and children who placed in out-of-home care) will be illustrated how to minimize the imbalance of power between researcher and children and young people by employing innovative data collection method like photo elicitation; and data collection process like utilization of family dynamics . Researchers' reflexivity on utilization of power in children research will be examined. Recommendations will be made for future children study.

# **"If Only It Is ADHD" - Enlarging the Therapeutic Circle, an Integrative & Systemic Approach When Working with Adolescents Afflicted with "The Problem" called ADHD.**

*David Hong - Austria*

**Short Description:** David finds working from a developmental framework and the emphasis on the competence of the child and the resources of the family and community is more conducive to change as well as a liberating experience for the family. Through the use of case studies, participants will be able to grasp and appreciate what makes intervention effective.

**Abstract:** ADHD is not without its controversy, the media continues to portray a negative picture of this debilitating condition. According to Peters & Jackson [2008] in their research on mothers' experiences of parenting a child with ADHD states, "It's been 10 years of being on the edge. The caring and responsibility is overwhelming. If I had my time all over again, I wouldn't tell the truth: stigmatized, scrutinized and criticized." Despite significant progress and research on ADHD, the importance of collaborative care, systemic school intervention and a team approach is often neglected. Summary of school research indicates a school can create a "coherent" climate, more potent than any single influence – teachers, classroom, family, neighborhood – so potent that for at least six hours a day it can override almost everything else in the lives of children. If that is the case what makes school intervention effective? David finds working from a developmental framework and the emphasis on the competence of the child and the resources of the family and community is more conducive to change as well as a liberating experience for the family. Also, the idea of, "What is right with you is more powerful than anything that is wrong with you" [Henderson, 2007] provides a positive starting point when working with ADHD adolescents. Further given that there is now a body of substantial findings on the neurobiological perspectives of ADHD how are systemic therapists addressing the tension of psycho-pathology versus a developmental framework? It is anticipated in this interactive workshop some of these core ideas will be explored. Through the use of case studies, participants will be able to grasp and appreciate what makes intervention effective.

# Utilizing Integrative Family Therapy as a Treatment Modality with Suicidal Depressed Adolescents Who Presented at Emergency Department at a Major Teaching Hospital in Sydney, Australia.

*David Hong – Austria*

**Short Description:** When young people presents to emergency department with suicidal attempts following relational and or familial crisis, the opportunities to view the young person's "suicidal message" from a systemic framework creates a therapeutic opportunity to enter the family system. Through the use of case studies and raw data the author will share the clinical implications and systemic impact of this approach on early intervention and service provision.

**Abstract:** When young people presents to emergency department with suicidal attempts following relational and or familial crisis, the opportunities to view the young person's "suicidal message" from a systemic framework creates a therapeutic opportunity to enter the family system. Utilizing a systemic framework provides opportunities for family intervention, capacity building, skills development and collaboration with PECC Unit; a brief crisis assessment service and COMHET, a brief crisis ambulatory service in Liverpool and Fairfield Hospital. In this paper David seek to illustrate an innovative he develops in working model in relation to providing a consultation liaison, assessment and integrative family therapy as a treatment modality with "at risk" adolescents and their families. Through the use of case studies and raw data as well as feedback the author will share the clinical implications and systemic impact of this approach on early intervention and service provision. David Hong Clinical Nurse Consultant / Family Therapist The Delta Clinic, Sydney, Australia.

# Working with Lesbian Couples in Taiwan: Adaptation and Evaluation of “Hold Me Tight”

*Wang-Chieh Huang - Taiwan*

**Short Description:** In this poster presentation, the researchers will present the development of a culturally adapted group intervention for lesbian couples in Taiwan, followed by a detailed description of major research findings. Qualitative feedback from participants to enhance clinical practice will be summarized. Clinical implications specific to the population will be provided.

**Abstract:** The Hold Me Tight (HMT) Couple Intervention Program: Conversations for Connection was originally developed by Dr. Susan Johnson (2009) to help couples repair and strengthen their relationship by targeting emotions and facilitating secure attachment (Johnson, 2009) in group settings. This program is based in Emotionally Focused Therapy (EFT) (Johnson & Greenberg, 1985), one of the most empirically validated approaches for couples in distressed relationships (Johnson et al., 1999). There are many studies, which have demonstrated the effectiveness of EFT with distressed couples (Denton, Wittenborn, & Golden, 2012; McLean, et al, 2011; Halchuk, Makinen, & Johnson, 2010; Clothier, et. al., 2002). However, no research has been conducted to evaluate the effect of HMT program with lesbian couples, nor has the HMT program been adapted cross-culturally. With permission from Dr. Johnson, the researchers developed a treatment manual with modified examples and illustrations specific to lesbian couples in Taiwan. Rather than following the original weekly format, the group met on two Saturdays (four 110-minute sessions each day). The lead facilitator has completed total of 13 days of standardized trainings for EFT certification with two co-facilitators who were graduate students in a counseling program. A certified EFT supervisor oversaw the group intervention to ensure treatment fidelity. Seven Lesbian couples (14 individuals) were recruited for the study with ages ranged from 18 to 40. Twelve people completed the pre-, post-, and 1-month follow-up assessments and participated in the focus group interview after their completion of the intervention program. The research findings showed that participants increased their attachment security, relationship satisfaction, and relationship commitment over time. No significant change was found in the participants' strategies to manage conflict in the relationship. In the focus group interview, participants identified the stigma of homosexuality and their anxiety associated with the “coming out” as the primary reason to preclude them from attending couple's intervention program. In addition, couples found the lesbian-specific case examples helpful, but they reported to have high anxiety when sharing vulnerable feelings with their partners. Clinical implications and recruitment ideas for future studies with lesbian couples in Taiwan were discussed.

# Marital Dysfunctions in the Nigeria Context: Causes and Effects

*Grace Idowu - Malaysia*

**Short Description:** This study presents insight exploratory opinions of married adults' personal experiences on marital issues, particularly focusing on how deep love in marriage can sometimes turn to hatred. Findings pointed at infidelity and lack of attention as the culprits while frequent communication and trust served as keys to a successful marriage. Siti Aishah Hassan both co-authored and was present for this presentation.

**Abstract:** In the world today, marital dysfunctions are a big issue and its consequences often affect the product(s) of the marriage. This qualitative study presents an insight exploratory opinion of married adults' personal experiences on issues that revolved around marriage with particular focus on what can make deep love turn to bitter hatred, in the Nigerian context. Some in-depth face-to-face interviews were conducted with a total of four (4) married adults with supporting related literature on the subject matter; to draw up a progressive prospect and hope for marriage in Nigeria. The findings indicate that, infidelity and lack of attention in marriage mostly turn love to hatred while frequent communication, and unconditional love, serves as key to a successful marriage among married adults. This study recommended with a concrete conclusion among others that: trust is generally imperative to a successful marriage while communication, physical, and emotional intimacy are practically recommended for its sustenance. Theoretically, Guidance Counselors should be maximally utilized for both formal and informal assessments, in order to bring about favourable changes through a better understanding of the situation at hand. Moreover, the popular Marriage Creed is highly recommended as a good compass and map for a marriage journey. However, the study is only an addition to the body of knowledge and not enough to make generalizations on what can turn love to hatred in a Marriage, thus further studies are still needed for detailed, long-term research outcomes on the topic.

# **The Influence of Family and Social Media in the Perception and Construction of the Ideal Body Weight Among Obese Individuals: A Qualitative Perspective**

*Aida Jimenez - Puerto Rico*

**Short Description:** The present study is a phenomenological qualitative research design that focuses in exploring the meaning construction of the ideal body image of obese people. In addition, we explored the influence of the family on participant's body image and weight management.

**Abstract:** Ideal body image has traditionally been guided by social comparison theory that places emphasis on the role of media (thin-ideal media images) in promoting body dissatisfaction. However, literature alone does not support the notion that media exposure alone increases body dissatisfactions. Recent findings have challenge a purely sociocultural explanations and have integrated other models to better explain body image dissatisfaction. For example, a developmental model based on attachment theory has been used to understand this phenomenon. For the purpose of this study we will integrate a systemic perspective (attachment model), social comparison theory and a narrative perspective based on social constructionism to understand how obese people construct meanings of their body image and the ideal image. The present study is a phenomenological qualitative research design that focuses in exploring the meaning construction of the ideal body image of obese people. In addition, we explored the influence of the family on participant's body image and weight management. This study is part of a broader survey of 216 participants, males and females that lived in Puerto Rico. The study was a mixed design model, exploratory survey. For the purposes of the present study, only a subsample of 60 participants who were categorized as obese was selected for analyses. The participants were adults of both genders over 21 years old. Three open-ended questions were transcribed analyzed for themes. Preliminary data will be discussed on the participant's perceptions of ideal body image and themes identified related with their body weight and family relationship.

# The Relationship Between Obesity and Adult Attachment in a Puerto Rican Sample

*Aida Jimenez - Puerto Rico*

**Short Description:** This study assessed the relationship between family history and adult relationship attachment on weight status of individuals who are married or cohabitating. The participants were predominantly overweight and obese.

**Abstract:** According to the World Health Organization, Obesity has become a global epidemic. Obesity is a highly prevalent condition with significant health and mental health implications. In this study we evaluated the role of attachment and family on individuals' weight status and obesity. A cross sectional anonymous survey, mixed method design was conducted. Two hundred and sixteen adults over the age of 21 who lived in Puerto Rico were selected using convenience sampling. Only participants who were married or cohabitating were included for analyses (N=140). Body mass index (BMI) was calculated from the individual's height and weight and adult attachment was measured with the Experiences of Close Relationships-Revised (ECR-R) questionnaire Spanish translation. The sample consisted of 78 females and 61 males with a mean age of 42.7. The mean weight for females was 164.3 pounds while males was 198.5 (p= .003). There was statistically significant difference in BMI mean scores among gender (p = .003). Males obtained higher BMI scores (M=31.94, SD=8.99) than women (M=27.95, SD=4.93). Over 73% of the sample was overweight or obese. One-way ANOVA was performed to test differences between ECR-R scores and BMI classification. Results showed significantly lower ECR-R total scores with increasing BMI category (p=0.005) with healthy group scoring a mean of 92.61 (SD=11.09) and obese scoring a mean of 83.72 (SD=15.07). The lower the ECR-R scores, the lower the secure attachment. Participants were classified in different attachment styles: secure attachment (N=65), preoccupied (N=21), avoidant (N=16) and fearful (N=32). A chi-square test was performed to examine the relationship between the BMI and attachment categories. Those classified as having a fearful-avoidant attachment had a higher BMI score. Our findings suggest that weight seems to be related with attachment representations. Obese individuals had a higher insecure attachment than individuals with a healthier weight, with a tendency to a more fearful-avoidant style of attachment.

# **The Use of Music and Art to Enhance Family Cohesion Among Latino Families At-Risk of Mental Health Problems**

*Ana Jimenez-Hami – USA*

**Short Description:** The present study aims to uncover the meaning creative expressive treatments such as music and art has on Latino Women at-risk of developing mental health problems. Preliminary qualitative data will be discussed on the phenomenological effect of music and art on family cohesion and well-being of this population.

**Abstract:** Latino families in United States have been identified as a high-risk group for developing mental health problems such as, depression and anxiety. The prevalence of depression is higher in Latino women (46%) than Latino men (19.6%), according to the National Institute of Mental Illness. Despite these high statistics, many Latino families do not seek treatment for mental health problems in traditional mental health settings. Instead, they prefer to go to settings such as, general health care, community settings or the clergy. The present study examined the nature of a community-based family wellness program that utilized music and art as a therapeutic intervention to enhance family cohesion and wellness among Latino families at-risk of mental health problems. More specifically, our study focused primarily on Latino women and children at-risk of developing depression and anxiety due to their life circumstances. Most of these women are immigrants, of very limited financial resources that have a child with a disability or youth experiencing severe academic and/or socio-emotional challenges in their life. The present study is a qualitative research design aim to uncover the meaning creative expressive treatments such as music and arts has on Latino women at risk. The sample consisted of 60 Latino women between the ages of 21 and 70, who participated in a community-based family wellness program for 60 weeks. Preliminary qualitative data will be discussed on the phenomenological effect of music and art on family cohesion and well-being of this population.



# Writing for Publication in Marriage and Family Therapy

*Jake Johnson – USA*

**Short Description:** This workshop will focus on how to be successful in writing for publication in the field of marriage and family therapy. Particular attention will be paid to navigating the process of publication as well as current scholarly trends in MFT.

**Abstract:** The process of getting one's work published in scholarly journals can be complex, confusing, and, at times, disheartening. The purpose of this workshop will be to unpack the publication process, paying special attention to how to build the skills and attributes necessary for becoming a successfully published author of scholarly MFT work. Attention will also be paid to current scholarly trends in the field of marriage and family therapy in order to provide participants with a broader sense of what types of scholarly work are getting published more frequently than others.

# Strategies for Working with Couples Raising Children on the Autism Spectrum

*Jake Johnson – USA*

**Short Description:** Couples raising children with autism spectrum disorders face unique barriers in their attempts to promote healthy marriages/intimate partnerships. In this lecture, key challenges to fostering vibrant relationships among these couples will be highlighted, and marriage and family therapy-informed interventions for addressing these challenges will also be provided.

**Abstract:** Couples raising children with autism spectrum disorders (ASDs) face unique challenges in their attempts to promote healthy marriages/intimate partnerships not experienced by other couples with typically-abled children or children with other types of developmental disabilities. Five key challenges to fostering vibrant relationships among couples raising children with ASDs will be highlighted, including: 1) partners holding different views on what it means to be a couple raising a child on the autism spectrum, 2) partners having difficulty working as a team in raising children with ASDs, 3) trouble finding effective ways to communicate with one's partner in the midst of the stressors related to raising autistic children, 4) partners experiencing little time together as a couple due to their children's special needs, and 5) partners misunderstanding each other's experiences of and contributions to caring for children with ASDs. On top of developing an understanding of each of these key challenges and learning how to assess for their presence among couples raising children on the autism spectrum, therapeutic interventions for addressing these challenges will also be provided. These interventions, tailored to working with these couples in conjoint therapy, will offer therapists and other helping professionals with a variety of marriage and family therapy-informed approaches to reducing the aforementioned challenges and improving relationships among couples raising children on the autism spectrum.

# A Process Model for How Couples Raising Children on the Autism Spectrum Negotiate Intimacy

*Jake Johnson - USA*

**Short Description:** Empirical literature regarding experiences of intimacy among couples raising children on the autism spectrum suggests some very divergent outcomes. This presentation details the results of a study conducted to explain the disparities in the literature through the development of a process model for how couples raising autistic children negotiate intimacy.

**Abstract:** Extant literature related to experiences of intimacy among couples raising children with autism spectrum disorders (ASDs) suggests some very divergent outcomes. Some studies have suggested that these couples experience more intimacy than other couples not raising children on the autism spectrum while others studies have suggested just the opposite. This poster presentation will demonstrate the results of a study conducted in an attempt to explain the disparities in the aforementioned literature through the development of a theoretical model. This model offers a way to conceptualize that which may lead some couples raising children with ASDs to experience more or less intimacy than others. Specifically, in this theoretical model, intimacy is viewed as an interactive process between partners in which each works with the other to make several key cognitive and relational shifts regarding how they relate to their autistic children and each other. Partners may be either aided or hindered in making these shifts by the degree to which the contextual and environmental factors they face in their daily lives are experienced as resources or as roadblocks. The result of the degree to which couples raising children with ASDs navigate the necessary cognitive and relational shifts, also taking into account the influence of any contextual factors on these processes, is a couple's experience of intimacy. Intimacy, however, is not a fixed point at which couples one day arrive, but is instead an iterative process taking place over time and requiring work to develop and maintain. Thus, according to this model, it may be the case that some couples who are better able to negotiate the necessary cognitive and relational shifts may, over time, experience more intimacy than couples not raising children on the autism spectrum or other couples caring for children with ASDs who are struggling to work together to make these shifts.

# Experiencing Near Death or Life Threatening Illness: Lessons for Positive Living

*Madhu Kasiram - South Africa*

**Short Description:** Near Death Experiences and receiving a positive HIV diagnosis have several commonalities but also differences. This presentation examines this topic as evidence, based on 2 related research projects.

**Abstract:** Introduction This presentation is based on two related research studies that explored the debility experienced by HIV positive women and patients who had near death experiences (NDEs). The experiences were so profound that they produced shifts in future living, the subject of this presentation. Aim The presentation examines how Science, Spirituality and Health are interconnected and how best to use this interconnection in offering therapy and promoting teaching and learning. Method: Both projects were qualitative, using exploratory and descriptive designs and purposive sampling to glean thick, rich descriptions. Results and Discussion Both studies demonstrated just how life- transforming respondents' experiences were, with implications for change, doing good, living life to the full and making good with God, being core findings. Marrying both projects has yielded rich outcomes for teaching and training in the helping profession, and for positive living in the face of trauma, death and dying. The international audience with whom this presentation will be shared would be privy to this groundbreaking work and have opportunity to engage with and/or use this work with adjustment in their various contexts, considering the universality of the topic.

# **The Positive Effect Relationship Model: the Observation of Negative Effects on Each Individual in Couples Therapy is the Main Cause of Communications Difficulties.**

*Johannes Kelder – Australia*

**Short Description:** Positive Effect Relationship Model Negative emotions are the cause of communications difficulties. When the subconscious perceives negative emotions it creates tension and the expression of tension. PERM is a cognitive, emotional and behavioral approach to therapy that gives understanding to what thinking, feelings and behaviors creates tension.

**Abstract:** Positive Effect Relationship Model The Positive Effect Relationship Framework Model I have developed is an emotional, behavioural and cognitive, based approach to couple counselling that gives insight and understanding to the couple as to what behaviours, thinking and feelings are having a negative effect on their relationship. It then explores with the couple how they can work together to create positive effects of behaviour, thinking and feelings which encourages the expression of love. PERM guides the therapist to help couples discover the effect emotions have on a relationship, particularly the expression of negative emotions. During the therapeutic process couples explore, with the aid of the therapist, the patterns of individual and joint reactions in arguments of tension that are based on feelings expressed by their partner. The therapist may also uncover the root cause of this kind of tension, since a tension response may result from issues from the past, strong values, culture or expectations. The effect of tension is primarily expressed in the pitch and tone of voice and evident in the bodily stance of the person who is upset and tense. The use of PERM, gives the couple insight as to how their self-protective reaction creates negative emotions which potentially causes greater tension. The therapist offers the solution that to the partner the skill to self-regulate and respond with the intention of producing a positive outcome for their upset partner. This creates an opportunity for discussion rather than conflict. A positive outcome is founded on the ability to respond rather than react. Couples are taught what works and what does not work in moments of tension, taking into account their unique personal situation, character traits, background and culture. 5 Key Concepts 1. Couples create negative effect on each other. 2. Negative effects are created due to feelings and expression of tension. 3. Therapist assists a couple uncover source of tension. 4. Therapist assists a couple to ease negative tension and create a positive effect on each other. 5. A positive effect opens the way for better communication, conflict resolution and couple togetherness.

# **The Effectiveness of Marital Skill Training Based on Gottman's Model on Marital Adjustment and Relational Beliefs**

*Saba Khazeni -Iran (Rep. of)*

**Short Description:** Based on three decades of research on divorce in Iran, researchers have found relational beliefs and adjustment have important role in couple's conflicts and involve in their divorce. This study aims to apply Gottman's model to decrease the chance of divorce through modification of relational beliefs and adjustment.

**Abstract:** Based on three decades of research on divorce in Iran, researchers have found that relational beliefs and adjustment have important role in couple's conflicts and involve in their divorce. This paper aims to apply Gottman's model as a method to decrease the chance of divorce through modification of relational beliefs and adjustment. To investigate the effectiveness of Gottman's model on marital adjustment and relational beliefs, 30 couples were recruited through an accessible sampling method (from a larger sample of volunteer couples) who have lower than median scores on DAS and RBI questionnaires in comparison with others. These 30 couples were divided into two 15-couple groups marked as group A & B haphazardly. Couples included in group A received psycho-education skills on marital and interpersonal concepts as presented by Gottman (1994) for 8 weekly 90-minutes sessions. Couples on group B were told that will receive three free lectures after 2, 6, and 8 weeks to compensate their contribution in the research. Both groups completed questionnaires of DAS and RBI before, after, and in one month follow up. Data was analyzed by SPSS. Results indicated that intervention group (couples of A) gets higher scores in comparison with group B on both scales. After 1 month following differences between groups were still observable significantly.

# Unpacking challenges of Korean American Immigrant Youth and Their Families in USA

*Seung Yun Kim - Korea (Rep. of)*

*Hyemin Lee - Korea (Rep. of)*

**Short Description:** International migration has increased considerably in the past few decades, posing unique challenges and opportunities for families and professionals. This poster will present results from two qualitative studies of Korean American immigrant youth and youth experts, especially pertaining to their unique challenges, needs, and some practical recommendations for professionals.

**Abstract:** International migration has increased considerably in the past few decades, posing unique challenges and opportunities for individuals, families, and professionals. According to the recent data, Europe and Asia combined hosted nearly two-thirds of all international migrants worldwide in 2013 (72 and 71 million respectively), and Northern America hosted the third largest number of international migrants (53 million). As such, U.S. Census reported one of five people residing in America is either foreign born or second generation of immigrant families, and 25% of children under the age of 18 are raised by immigrant parents. Considering immigration is a stressful and challenging process affecting all aspects of lives for those who are involved, it seems critical to attend to challenging experiences of immigration and its impact on family members. In particular, children of Asian American immigrants are reported to experience a host of challenging stressors (e.g., hurried child syndrome, model minority syndrome) in combination with the commonly identified developmental stressors. Thus, exploring Asian American immigrant youth's experiences of navigating two cultures and developing a practical understanding seems urgent and critical. In this study, we focused on Korean American immigrant youth and their families. Korean Americans are one of the fastest growing Asian American ethnic groups in the United States, but information regarding Korean American immigrant youth's lived experiences and appropriate methods to approach and serve them and their families are scarce. With an intention to address this gap, two studies were conducted in three metropolitan areas in the Pacific regions of the United States: the first study involved interviewing 15 immigrant youth utilizing focus group interviews and the second study involved interviewing 10 professional experts of Korean-American youth utilizing consensus qualitative research method. Our completed data analysis identified several key themes and core ideas, and we believe that these findings will be helpful in developing more understanding of immigrant youth and their families, especially pertaining to their unique challenges and needs. Also, we hope that our study will provide participants with some practical ideas in working with immigrant clients.

# **The Effect of Child Care Support Services On the Isolation of Motherhood**

*Minami Kinouchi – Japan*

**Short Description:** It has been demonstrated in various researches the isolation of motherhood causes parenting stress. I'd like to focus attention on promoting resilience in child care reduces parenting stress of mothers. This study reveals how effective the child care support services on the isolation of motherhood.



# Visual Techniques as a Part of the Family Therapy Training

*Tarja Koffert - Finland*

**Short Description:** The presentation is based on experiences of using photographs and phototherapeutic techniques during Family Therapy Training for Specialized Level and Family Therapy Training for Advanced Level. The training courses were arranged at the University of Turku, Center for Extension Studies.

**Abstract:** The phototherapeutic techniques were based on experiences of the workshops and lectures of photographer Rosy Martin and PhotoTherapists Judy Weiser and Lauri Mannermaa. Given methods were then adapted to the family therapy setting. Using photographs at the beginning of the training helped to make acquaintance to each other, increased the group cohesion and created safe, relaxing atmosphere for the small group work, where the training therapy, discussions, and supervision happened. Training therapy, genograms, studying your family of origin on the perspective of at least three generations were systematically worked with help of family photos. The trainees made a photographic genogram to work on the central issues of their life story. The theoretical training of the family therapy were partly handled and illustrated with phototherapeutic methods. Discussions of the theoretical themes were united with personal experiences via family photographs, for instance the themes of the family life cycle. Photos worked as a bridge building new opportunities of new way of thinking. On the field of supervision and working with families phototherapeutic methods were used as a part of the family and couple therapy. The treating process became more active when photos were used. From family albums you could find the family narrative. The additional use of autobiographic visual material activated memory and emotion systems and allowed a new kind of emotion-cognition interplay. Photos helped families to speak more openly about the problems and build up a more acceptable family story. The different sides of self and its various states could be examined through these photos. They also offered the opportunity to see the relationship with the significant people near family through life history of the family, which enabled recognition of the interpersonal schema of family members and various sides of self. Through the activation of reflection and emotions, it was possible to build a new kind of positive attitude towards oneself and learn more understanding inside the family. Using photographs and phototherapeutic methods deepened both handling the theoretical issues and personal experiences of the training therapy and made the training course creative, inspiring for both the trainers/trainees.

# Shifting Attitudes of "Respect" From Adults to Children in a Hierarchical Society: Lessons in a Community Outreach

*Sudha Kudva - Malaysia*

**Short Description:** Drawing from my experience gained through play therapy with children and counseling with adults, I have been offering workshops on “respect” to parent and child-workers, to subtly shift “unhealthy hierarchical attitudes” when interacting with children. I share my learning lessons in reaching out to our Asian communities in Malaysia.

**Abstract:** There is a strong ingrained belief in the Asian tradition: Mother, Father and Teacher, they are gods in human form. The unspoken message behind this tradition: Respect them! Respect is highly valued in the Asian context, yet little understood, and oftentimes abused. Respect needs to be earned, but in many Asian cultures, respect is a developmental and status right – the older you are, the higher the statuses you hold, the more right you have to be respected. How then do adults respect children? Adults respect children? I will discuss how I use the concept of Respect in my workshops as an invitational tool to ignite interest in adults to learn more. I will share my experience working with Asian adults and children in the community, and how I try to help adults understand the subtle unspoken messages that underpin their hierarchy-based interactions with children: well-intentioned actions that unwittingly lead children to believe that to be respected one needs to be feared, and as such, for the children to resort to power-based behavior to gain what I coin as “unhealthy respect” amongst their peers. I will share in summary the content of the Respect workshops that I give to the community, touching on the following: - The psychological dynamics that operate below one’s interactions with another human being, and linking this to the effects on children; - Empowering adults with simple practical skills to “respect” children, so that in time, these children can develop skills of reflection, responsibility, and accountability; - How respect-filled interactions with children can add to children’s sense of self-worth and confidence, which lead to children exhibiting kindness and compassion towards others; - How one’s understanding of relationship and interpersonal skills are influenced to a large degree by one’s children experiences; - The idea that children become adults who will add or detract from the “collective consciousness of respect” in society. - Lessons learned: the challenges and rewards that I face in doing this work.

# Ecomaps Beyond Assessment

*Udhia Kumar - Singapore*

**Short Description:** Traditionally Ecomaps were used as a tool for the assessment of the family's situation in relation to physical systems. This presentation will expand on its use beyond assessment. It will demonstrate the incorporation of post-modernist Family Therapy models to inform the use of the tool.

**Abstract:** Traditionally Ecomaps were used as a tool for ecological systems assessment of the individual and family's situation in relation to physical systems it was interacting with. This presentation/training will expand on its use in the Assessment, Planning, Intervention and Evaluation stages of the helping process. This need for the expansion of this traditional tool arose from the experience of author in working with multi stressed families in Singapore. Another impetus came from how students the author was teaching needed a practice framework to organize and work with their clients systemically utilizing post-modernist approaches. Its use as a tool for deconstructing past narratives and constructing future narratives of the client will be explained. A structured model utilizing the Ecomap as a fundamental tool of work with multi stressed families in Singapore will be shared.

# **An Analysis of How Teachers Are Responding When Grief Goes to College**

*Denise LaBarge – USA*

**Short Description:** An online survey was administered to higher education teachers (n=160), at three universities, to determine their awareness of students' grief, and how they are responding to support students experiencing these issues. The study also addressed the need for a course for higher education teachers on grief and loss.

**Abstract:** My name is Dr. Denise LaBarge. I am licensed in the state of Missouri as an LMFT, LPC and RN. I am in private practice and teach at Maryville University and St. Louis University in St. Louis, Missouri. Last year I completed my dissertation research, "An Analysis of How Are Teachers Responding When Grief Goes to College." I would be happy to present my research findings at the upcoming conference. Let me know if you have any questions about my study. Bereavement among college students is more prevalent than many persons suspect. At any given time, 22 to 30% of college students are grieving the death of a family member or friend (Balk, 2012). Colleges and universities committed to promoting the well-being of their students should address the needs of those students experiencing loss and grief. An online survey was administered to higher education teachers (n=160), at three universities, to determine their awareness of students' grief, and how they are responding to support students experiencing these issues. The study also addressed the need for a course for higher education teachers on grief and loss, which could ultimately improve teachers' ability to effectively support students experiencing these issues. This workshop will discuss the results of my study, along with helpful information for teachers working with students experiencing loss and grief. Denise LaBarge PhD, MA, LMFT, LPC, RN

# The ARISE Model

*Judith Landau – USA*

**Short Description:** The ARISE Model is a cross-cultural approach for enhancing family connectedness, engagement, prevention, and treatment in the face of trauma and addiction. Using a compassionate Invitational Intervention®, the ARISE Model® is a three-phase process which is a Continuum of Care that leads your loved one into appropriate treatment and recovery. The addicted individual is invited to join the process right from the beginning with no surprises, no secrets, no coercion, and absolute respect and love. ARISE introduces the addicted person and the family to a new life of recovery and healing. The individual does not need to hit bottom before getting help.

# Working with Asian Families

*Wai-Yung Lee - China*

**Short Description:** While Asian Chinese shares a very family-oriented culture, psychotherapeutic approaches in Asia are mostly focused on individuals. In this presentation, Dr. Wai Yung Lee will demonstrate how family therapy can be conducted with families from different Chinese regions, including Shanghai, Taiwan, and Hong Kong. Using video segments of live family interviews, she will explain the therapeutic process with a variety of presenting problems in each region: a young girl with eating disorder in Shanghai, a woman with mental illness in Taiwan, and children with psychosomatic problems in Hong Kong.

# Family Therapy for Persons Struggling with Schizophrenia in Maintaining Employment in Korea: Based on Stress-Diathesis Theory and MRI's Meta Communication Theory

*Choonhee Lee - Korea (Rep. of)*

**Short Description:** This study investigates the efficiency of family therapy as an intervening method in aiding persons diagnosed with schizophrenia struggling to maintain employment, and their family members.

**Abstract:** This study investigates the efficiency of family therapy as an intervening method in aiding persons diagnosed with schizophrenia struggling to maintain employment, and their family members. For this research, in a governmental family support center setting, family therapy interventions based on Stress-Diathesis Theory (SDT) and MRI's Meta Communication Theory (MCT) were carried out to a total of 2 families; 1 family with a husband (IP), and 1 family with a daughter (IP). The clients in both families were struggling to maintain employment, and the common desire of both clients were self-actualization through sustaining a job- namely an independent life. For one case, the family had 1 session, the couple 4 sessions, the husband 3 sessions, the wife 2 sessions, the son 1 session, in total 11 sessions were held, and 5 telephone therapy sessions were held as follow-up care. For the other case, the mother and daughter had 4 sessions, daughter 3 sessions, mother 6 sessions, and as follow-up care 1 interview therapy session (daughter), 4 telephone therapy sessions (daughter 3 sessions, mother 1 session) were held. The focus of this intervention was to help the family members clearly understand the illness, resolve relationship conflicts, and thus encourage the family members to actively support the client to adequately carry through daily life and maintain employment. More specifically, the family therapy grounded in SDT allowed the family members to gain a more precise understanding of the characteristics of schizophrenia, and by using MRI'S MCT in family therapy an attempt was made to change negative mutual conversation to positive mutual conversation among the members of the family. As the promising outcomes, such as family members developing into a positive support system for the persons struggling with schizophrenia to experience self-actualization through sustaining employment, show that family therapy using Stress-Diathesis Theory and MRI's Meta Communication Theory demonstrates effective in helping not only the persons diagnosed with schizophrenia in Korea, but also their family members. **KEYWORDS:** schizophrenia, Stress-Diathesis Theory (SDT), Meta Communication Theory (MCT), job maintenance, self-actualization.

# Perspectives on Inter-Cultural Dating Among Young Adult Foreign Residents in South Korea

*Jody Lee - Korea (Rep. of)*  
*Young Ju Chun - Korea (Rep. of)*  
*You Young Dal - Korea (Rep. of)*

**Short Description:** A qualitative examination of factors that affect intercultural dating relationships in South Korea and possible ramifications for the therapeutic process.

**Abstract:** Recent global and economic developments have made once homogeneous and closed countries such as South Korea more open to persons from a wide cross-section of ethnicities, races and cultural backgrounds. The present study seeks to examine the phenomenon of inter-cultural dating among young adult residents in South Korea. Eight 23-30 year old foreign residents were interviewed. The data were transcribed verbatim and collated by themes and patterns. Patterns emerging included considerations for language, gender roles, sexuality and displays of affection, commitment, social and family influence. The findings support theories of interdependence and exchange and further suggest that the transient status of foreigners makes commitment difficult. There was also a significant gender role component. Further research would explore more specific differences and delve into their larger social and economic impact.



# Reflecting Team Approach to Restore Hope and Construct Optimistic Outcomes in Couple and Family Therapy

*Mee-Gaik Lim – USA*

**Short Description:** The session will focus on using a reflecting team approach to implement systemic change and construct healthy ways of communication among family members. A variety of intervention techniques will be utilized to highlight inner strengths, attributes, and resources to help couples and families relate in complementary and constructive manner.

**Abstract:** The session will focus on using a reflecting team approach to implement systemic change and construct healthy ways of communication among family members. The reflecting team seeks to help couples and families discover optimistic, solution generating techniques to de-escalate destructive communication patterns. Constructive changes will be implemented by giving voice to hopeful, optimistic outcomes to re-author client's narratives. A variety of intervention techniques will be utilized to highlight inner strengths, attributes, and resources to help couples and families relate in complementary and constructive manner. A reflecting team approach will be used to conduct couple and family sessions and participants will learn creative intervention techniques to implement systemic changes: Sculpting is a re-construction process of bringing powerful changes non-verbally. It increases choice-makers with a broader band of personal choices and help family members experience themselves in new ways and thus making the changes they desire. Letter writing is a simple strategy to create a healing experience for the entire family. It seeks to move families from negative, self-defeating, and dead-end the narratives to alternate ways to re-story and reinvent positive narratives. This technique helps the family create and internalize new stories, new assumptions, new roles, as well as to explore the future possibilities. The goal is to free and families from problematic labels and stories and help them see themselves in a different light. Music is a therapeutic stimulus to achieve non-musical goals in therapy. It is a powerful and safe form of emotional expression that enhances communication among family members. YouTube musical clips will be used to promote hope and humor and to articulate family dynamics. Affirmations serve to shift families from negative prescribed roles and patterns to redefined successful, healthy, productive dialog and scripts. In addition, affirmations help families improvise empowered patterns of relating.

# **P.L.A.Y: A Practical Coaching Strategy for Families With Children Who Learn Differently**

*Mei Wah Phoebe Long – Malaysia*

**Short Description:** PLAY is a practical coaching strategy that aims to revive the natural family system for parents and caregivers of children with learning difference. A case study of a nine-year-old child demonstrates how the simple principles of PLAY can be effectively applied to bring hope to children and families.

**Abstract:** Studies show children who learn differently experience more stress now as compared to previous generations. The expectations of family, school and society are higher given the prevalent fast-paced and information technology era. Often, parents and caregivers look for 'quick fixes' to resolve their children's learning challenges in the false hope that their children could have a head-start at a younger age. However, they do not realise that a lack or absence of a natural family system is the main contributor to their children's learning, behavioural and emotional challenges. In a natural family system, both parents share a healthy relationship and commitment in setting values and nurturing the development and growth of their children since birth. In this vein, a coaching strategy called P.L.A.Y, developed by the Breakthru Enrichment Station through vast experience of working with children with learning difference, aims to revive this natural family system through a practical and flexible approach. P.L.A.Y constitutes: P (Presence, Plan and Progress); L (Listen, Language and Lead); A (Acknowledge, Appreciate and Aspire); and, Y (Yeah! equals Celebration or Breakthrough) with the core base of educational kinesiology and reflex integrations. The principles of this multidimensional model overlap or create a ripple effect to support the optimal development of children. To demonstrate the efficacy of this model, the case study of a nine-year-old child diagnosed with Aspergers syndrome, Attentional Deficit Hyperactivity Disorder and behavioural disorder will be presented. In summary, the paper will demonstrate how the simple principles of P.L.A.Y, if applied effectively, can bring hope to children with learning difference and their families alike.

# **A Family Affair: Using Action Methods to Create Change**

Norman Lord - USA

JeanieLow - USA

Maria Marchetti-Mercer - South Africa

**Short Description:** Participants will engage in action methods related to creating change in family systems. Modalities will include role reversal, doubling and surplus reality from a psychodramatic perspective.

**Abstract:** This presentation incorporates the use of Psychodrama and Family Systems theory to demonstrate methods to participants for creating change in the family dynamic. Experiential methods have been shown in research to increase the ability to learn and assimilate new methods of behavior and communication in adolescents and children. Action methods with families yield greater results in terms of changing the paradigm than talk therapy. As J.L. Moreno, the father of Psychodrama, stated "the body remembers what the mind forgets".

# Islamic Spiritual Hypnotherapy for Sexually Abused Children

*Sofiyyah Low - Malaysia*

**Short Description:** The main purpose of this study was to understand the experience of Spiritual Hypnotherapy with Sexually Abused Children. The qualitative research methodology, was selected since it was deemed the most appropriate for the study. In-depth interview sessions were carried out, with each session ranging from 45 to 90 minutes. Each interview were video recorded, transcribed verbatim and analyzed using Nvivo. Results of the study are expected to contribute for more effective practices of helping the sexually abused children through Islamic Spiritual Hypnotherapy. Siti Aishah Hassan both co-authored and was present for this presentation.

**Abstract:** Abstract The main purpose of this study was to understand the experience of Spiritual Hypnotherapy with Sexually Abused Children. In this research, Spiritual Hypnotherapy in Islamic approach was used. Element of Islamic spiritual its connection healing experience from sexually abused children was explored and to explain how Islamic spiritual concepts and beliefs may be integrated into the hypnotherapeutic process to enhance the treatment outcome with sexually abused children. The study was carried out with three research questions. They include: (1) Where and when hypnotherapy started? (2). How does Islam view Hypnotherapy? (3). What are the similarities and differences between in the process of Spiritual Hypnotherapy based on Islamic perspective as compared to original Hypnotherapy to be applied on sexually abused children? The qualitative research methodology, was selected since it was deemed the most appropriate for the study. Content analysis was carried out to answer the first two research questions. In-depth interview sessions among three Muslim and three non-Muslim hypnotherapist were carried out to answer the third research questions, with each session ranging from 45 to 90 minutes. Each interview were video recorded, transcribed verbatim and analyzed using Nvivo, a qualitative software program. Results of the study are expected to contribute for more effective practices of helping the sexually abused children through Islamic Spiritual Hypnotherapy.

# Peace Within, Peace Between and Peace Among

*Anna Maria Low – Singapore*

**Short Description:** I present briefly, Virginia Satir's ideas that "the world is a family of nations, make up of people like you and me. Creating peace in the world strongly resembles making peace in the family". I believe that as family therapists, we are peacemakers.

**Abstract:** I present briefly, Virginia Satir's (1916-1988) ideas that "the world is a family of nations, make up of people like you and me. Creating peace in the world strongly resembles making peace in the family". I believe that as family therapists, we are peacemakers. The foundation for peace is congruent living. In her book, *The New Peoplemaking* (1988), Virginia lists the essentials: - to communicate clearly, - to cooperate rather than compete, - to empower rather than to subjugate, - to enhance individual uniqueness rather than categorize, - to use authority to guide and accomplish "what fits" rather than force compliance through the tyranny or power, - to love, value and respect themselves fully, - to be personally and socially responsible, and - to use problems as challenges and opportunities for creative solutions. It is a three step process: within - between - among. When there is peace within, we can then share peace between. When there is peace between, we can then share peace among.

# Using Figure Constellations in Supervision: A Demonstration and Discussion

*Roger Lowe – Australia*

**Short Description:** Figure constellations involve the use of small abstract objects which are used to represent important people and other elements in a supervision dilemma. They provide a more visual, spatial, tactile and intuitive approach to mapping the present situation and the preferred future, and can complement our more traditional verbal approaches.

**Abstract:** We tend to think of supervision as a conversational practice. Sometimes, however, talking can only take us so far and may even be an impediment to change. Perhaps the situation is so complex or overwhelming that it is difficult to grasp, contain, or convey in words. Perhaps there are aspects that remain invisible or intangible, or we may simply feel “talked out”. In these circumstances, we need a creative catalyst of a less verbal kind. This workshop introduces figure constellations as a way to enhance conventional supervision. It involves the use of small abstract objects and figures which are used to represent important people and other elements in a supervision dilemma. Derived from the European tradition of systemic and family constellations, this approach offers a more visual, spatial, tactile and intuitive approach to mapping the present situation and the preferred future. The workshop offers an integration of constellations work with a solution-focused approach to supervision. I will use a live demonstration with a volunteer from the audience to illuminate the principles.

# **State of Systemic Training in Asia: The Perspective of Trainers Who Live Outside of Asia**

*Johnben Teik-Cheok Loy – Malaysia*

*Kok-Mun Ng – USA*

*Mee-Gaik Lim – USA*

*Linna Wang – USA*

**Short Description:** This panel discussion is part of two panels in which panelists discuss the state of systemic therapy training in Asia. In this panel, trainers who reside outside of Asia share their work in Asia and their perspectives on the state of systemic training as well as future directions for Asia.

# The Use of Sandtray Therapy with Adoptive Families

*Marshall Lyles – USA*

**Short Description:** This poster will feature descriptions and pictures of sandtray creations by adoptive families moving through different phases of attachment-based therapy. The use of sandtray therapy will be supported as attachment-friendly and trauma-informed.

**Abstract:** With the number of adoptions consistently increasing, most family therapists will encounter a family created through adoption in their clinical work. Adoptive families benefit from whole family intervention that is attachment and trauma-informed, but the therapy also needs to involve a playful element as children are typically involved. Sandtray therapy offers a modality that is equally effective with children and adults, but it also meets the clinical needs of being attachment and trauma-friendly. This poster will overview the theoretical support of using sandtray therapy with adoptive families while illustrating the use of sandtray therapy with an adoptive family case study. Pictures of sandtrays from the assessment, treatment, and termination phases of treatment will demonstrate how a therapist can facilitate the healing of trauma in adopted children while reinforcing attachment bonds between parents and children.



# Emergent Treatment Issues in Chinese Families of Children with Attention Deficit Hyperactivity Disorder Who Experience Child and/or Parent Maltreatment in Hong Kong

*Joyce Lai Chong Ma – China*

**Short Description:** The purpose of this presentation is to describe the common patterns of family interactions discerned from a clinical sample of Chinese families of children with ADHD seeking help because of child and/or parent maltreatment and to identify emergent therapeutic issues critical in family assessment and treatment.

**Abstract:** Child and/or parent maltreatment in Chinese families of children with attention deficit hyperactivity disorder (ADHD) are not documented in Hong Kong; nor is there any professional effort to identify essential treatment issues to be addressed by family therapists. The purpose of this presentation is dual focuses: (a) to describe the common patterns of family interactions discerned from a clinical sample of Chinese families of children with ADHD seeking help from a university-based family treatment center because of child and/or parent maltreatment; and (b) to identify emergent therapeutic issues critical in family assessment and treatment. Qualitative and exploratory in nature, this study has employed a multi-case method as its research design. The results have identified the common patterns of family interactions: (a) progression and escalation of parent-child conflicts; (b) parents disqualifying each other in parenting due to marital discord or paternal under-involvement; and (c) tensions and stresses exerted by the academically oriented education system on children with ADHD and the parents; and its link with the parents' overreaction toward academic underachievement of children. Emerging from family treatment were issues related to parental control versus parental support; overtly focus on ADHD symptoms versus psychosocial development of the child; parents' mental health versus parental strength and competence; and social isolation of families versus active collaboration of families with larger social systems (e.g., school, health care services and social welfare services). The results of this study have reminded local and overseas family therapists to be vigilant and sensitive in detecting both types of maltreatment in these families and render timely and appropriate help.

# **Feminist-Informed Emotionally Focused Couples Therapy as Treatment for Eating Disorders**

*Candice Maier – USA*

**Short Description:** Emotionally focused therapy (EFT) for couples is a compelling framework for treating couples where one partner has an eating disorder. A feminist approach to EFT offers the possibility of adding to the knowledge base of etiological factors that contribute to the development of eating disorders.

**Abstract:** Research has documented associations between relationship quality and eating disorders; however few have explored treating eating disorders with couple therapy. Individuals with eating disorders report anxious and insecure attachments, decreased intimacy, and poor communication. Emotionally focused therapy (EFT) for couples is a compelling framework for treating couples where one partner has an eating disorder. A feminist approach to EFT offers the possibility of adding to the knowledge base of etiological factors that contribute to the development of eating disorders. Overviews of eating disorders and EFT are provided, and a case example is given demonstrating how the phases of EFT can be adapted to address the fear, shame, and secrecy often associated with eating disorders within the context of larger social schemes which contribute to eating disorders.

# Marital Processes in a Newlywed Sample

*Candice Maier - USA*

**Short Description:** This study explored associations among perceived fairness, marital distress, and depression. We found that wives' fairness was associated with their husbands' distress at Time 2, and that husbands' fairness at Time 2 was associated with their wives' depression at Time 3. Findings suggest support for addressing perceived fairness with couples.

**Abstract:** This study explored associations and possible temporal orderings among perceived fairness, marital distress, and depression in a newlywed sample. Data for this study included married participants (n = 401 couples) from the Marriage Matters Panel Survey of Newlywed Couples (MMPS) which conducted a 5-year panel study from 1998-2004. Drawing on tenets of equity theory, this study tested three autoregressive cross-lagged models. The final model found that wives' early perceived fairness was associated with their husbands' distress at Time 2, and that husbands' perceived fairness at Time 2 was associated with their wives' depression at Time 3. Findings suggest some support for equity theory and suggest support for addressing perceived fairness with couples seeking therapy during the early stages of marriage.

# The Essence of Therapeutic Change

*Kathlyne Maki-Banmen – Canada*

**Short Description:** The Satir Transformational Systemic Therapy Model (STST) is unique in encompassing both the intrapsychic and interactive components of therapy. The process taps the universal yearnings and spiritual essence of individuals within their personal family and social systems and helps them work towards a sense of responsible wholeness. Intrapsychic change, therefore, not only occurs in clients' behaviour, cognition and affect but in their sense of being. With transformational change, clients experience more of their true essence and release the negative impacts they have held. Intrapsychic transformational change makes family members become more willing to make new connections, accept differences, and release reactive feelings, perceptions and expectations that have kept them from being open to each other.

# Aging, Migration and the Burden of Care

*Maria Marchetti-Mercer - South Africa*

**Short Description:** This paper explores the experiences of South African families with aging parents who have had a child/children emigrate from the country. This departure profoundly impacts upon the family dynamics as well as placing the burden of care of elderly parents upon the members of the family left behind.

**Abstract:** Much of the literature on migration focuses on the experiences of and challenges to emigrants and their families but, by comparison, little attention has been paid to the psychological effects of emigration on family and friends left behind. However, emigration is never an individual event: its impact is far-reaching, affecting more than the emigrating individual or family. Recent transnational perspectives acknowledge that family relations extend across time and distance and require an interest in the experiences of those left behind. This presentation will focus on the preliminary findings of a research project exploring the experiences of South African families with aging parents who have had a child/children emigrate from the country. Today many South African families have become fragmented, some with family members living in countries all over the world. This departure is believed to have a profound impact upon the family dynamics as well as placing the burden of care of elderly parents upon the members of the family left behind. This change in the family system may require some attention especially given that preliminary findings indicate that parents often experience emotional ambivalence in this situation as they understand their children's reasons for emigrating, but still experience deep distress, especially regarding the loss of a close relationship with grandchildren. Although the project took place in a South African context, which has a particular history of emigration, it is believed that the results may be of relevance to scholars worldwide working in the field of emigration and family life.

# Communication of Genetic Risk Information Within Families: How Can Systemic Family Therapy Be of Help?

*Álvaro Mendes – Portugal*

**Short Description:** The challenges faced by families living with inherited conditions while communicating about genetic risk information are explored. Considering family dynamics and the ethical boundaries around genetic information, we reflect on how systemic family therapy concepts and interventions may assist genetic services in helping families to discuss genetic risk information.

**Abstract:** Genetic conditions differ from most other diseases, since individual genetic tests may reveal potential risks for other family members. Biological relatives share genetic material that may determine their risk of either suffering from a specific disease themselves or of having a child carrying a genetic condition. As such, genetics is a family affair, as opposed to a strictly individual matter. Family communication about genetics is a growing challenge for healthcare systems. Knowledge of genetic risk in the family might enable at-risk individuals to seek medical and psychosocial advice. However, despite compelling clinical reasons, people do not always disclose or feel comfortable discussing genetic information with their families. This can be important because these relatives may then be denied the opportunity to make informed choices, for example, regarding reproductive issues or the uptake of preventive measures (when available). Also, other family members, not related by blood, could benefit from this knowledge. Sharing genetic risk information within families is not straightforward; practical, individual, familial and cultural aspects may prevent family members from being informed. Common difficulties involve secrecy about the disease; doubts on who, what and when to tell, and whether relatives 'need to know'; and conflicting senses of personal responsibility towards kin around 'doing the right thing'. Guidelines in genetic counselling recommend that patients should be supported, in a non-directive way, in this communication process. On the other hand, with more genetic diseases having potential treatment or preventive measures, a more proactive role of genetic health professionals and services towards informing relatives is being advocated. Ethical issues permeate this debate, namely the need to balance patient's right to confidentiality versus the potential for harm to uninformed relatives. The content for the presentation draws from multiple sources. In addition to data from qualitative research with individuals affected and at-risk for adult-onset genetic conditions, and their families, it draws on input from a literature review and from clinical observations in genetic counselling. We reflect on the role that systemic family therapy can play in assisting genetic services on ways of helping families to communicate effectively and sensitively.

# The Role of Internal Family Models on Obesity: A Pilot Study on Eating Practices and Behaviour Patterns in a Sample of Puerto Rican Families.

*Carlos Morales-Rodríguez - Puerto Rico*

*Aida Jimenez - Puerto Rico*

**Short Description:** This study assessed the role of internal family models on obesity, reported attachment experiences and its effect on eating behaviours and calculated BMI. Participants reported that both positive and negative attachment experiences influenced eating behaviours and obesity.

**Abstract:** In Puerto Rico 61.6% of the population is considered obese by standard guidelines (BMI>30), and even though the prevalence is higher in men, there are no gender differences (Perez et al. 2006). While obesity may be attributed to various reasons, studies that have focused on emotional and cultural aspects of eating behaviors have concluded that family systems behavior have some relationship with healthy or unhealthy eating lifestyles (Hons & Wooley, 2012). Specifically ambivalent attachments styles have been reported to be associated with obesity (Tognarelli, 2012; Ponson, 2011). This study aimed to explore patterns associated to eating practices, obesity and family internal models of attachment in a sample Puerto Rican adults. The Core study was a 2-step Mix-model method: qualitative and quantitative design, and the present study focused on the quantitative model. The instrument CAMIR was included to assess attachment factors reported by the subjects. Descriptive analyses such as frequency and percent were included, as well as comparative analyses including: t-test, ANOVA and Chi-square to assess possible patterns in practices, knowledge and other demographic variables. The sample was mostly females (57.7%) from the Metro area (54.6%), mean age of 40yrs with at least a Bachelor's degree (79%), married (55%), and a family size of at least 3-4 people (60%). Seventy five percent of the sample reported having a family history of diabetes, 68% of heart disease, 81% of obesity, and 35% reported being overweight. Calculated BMI showed a mean of 29.8 (Overweight by CDC guidelines), and SD= 7.4. In the CAMIR questionnaire there were associations observed with calculated BMI and the subscales Parental Support ( $p=.020$ ) and Parental Interference ( $p=.011$ ). The higher perceptions of lack of parental support the lower the BMI scores. The higher distress perceptions of parental dependency the higher BMI scores. Observed associations between calculated BMI and attachment remain consistent with previous findings. While other factors show to be associated with eating behaviors, attachment styles are some of the least considered, and unconventionally preventable.

# Artistry in Engaging Multi-Stressed Families: The Singapore Experience

*Sudha Nair – Singapore*

**Short Description:** This qualitative study examines artistry used by helping professionals at PAVE, a specialist centre for family violence, to engage hard-to-reach families, with intergenerational patterns of dysfunction, in the therapeutic process. Using an eco-structural approach, the study highlights creative practices that helped families enhance their coping capacities.

**Abstract:** Working with multi-stressed families with intergenerational transmission of dysfunction requires much more than family therapy modalities alone. It also requires artistry on the part of the helping professional to reach out to these families and keep them engaged in the therapeutic process. Social workers at PAVE, a non-governmental organisation that specialises in family violence, participated in a 3 year government-led study to ascertain if a more systemic, intensive community-based family centered approach, would work with these families to address and break, where possible, the multi-faceted and multi-generational dysfunctional patterns that were keeping these families locked in their present situation. Cases received were alleged child abuse cases who were generally uncooperative or unresponsive to intervention by Child Protection Services. Children in these families were identified to be at medium risk of child abuse. In Singapore, even though the numbers of this group of families are small, they take up a disproportionate amount of resources. There is recognition that an ecological systems framework is vital if these families are to be helped. The most noted systems work that has shown consistently good outcomes is that of Minuchin's and Aponte's structural and eco-structural approaches. PAVE received 23 cases over a 3 year period from Child Protection Services and the social workers worked very intensively with these families using an eco-structural approach. Applying a qualitative method and adopting content analysis to examine themes from case files and focus group discussions, the results revealed that while an inordinate amount of professional time was essential to reach out to these families, the most successful outcomes were those where social workers not only used a theoretical orientation in their work but also demonstrated creativity and artistry in practice. This included among others the use of humour, family space and time and working in partnership with families and systems. Recommendations and limitations of the study will also be presented.



# Some Characteristics of Japanese Couple Communication in Comparison With Other Asian Regions

*Shin-Ichi Nakamura – Japan*

**Short Description:** In our comparative study of couple communication in five Asian regions, our Japanese data showed marked differences especially in the style of argument. It seemed very difficult to identify overt verbal fighting in Japanese couple. I will consider the cultural background of our Japanese communication style.

**Abstract:** In our comparative study of couple communication in five Asian regions(2014), our Japanese data was clearly different from other four regions (Korea, Hong Kong, Shanghai and Taiwan).It seemed very difficult to identify overt verbal fighting in our 10 Japanese couples. One of the major assumptions for these phenomena might be related to our traditional culture-bonding attitude, also referred to as "shame". Generally speaking, such overt marital arguing or fighting in front of others is recognized as shameful behaviour. Any kind of public displays of aggression is considered ignominious conduct according to Japanese culture. On the other hand, we have observed open fighting in the family home similar to other countries all over the world. But even in the conversations in the Japanese DVD, we can recognize a "hidden or silent" hostility between the couple through their nonverbal communication, such as changing tone of voice, posture, eye movements and pauses in their conversation. Through these nonverbal signs, they can recognize the other's anger, hostility, criticism, frustration and so forth. Furthermore in Japanese conversation structure, we usually omit not only the subject but also the object. Sometimes even as therapists we need to identify the subject during sessions with clients. So we can say that even in verbal communication, it is quite difficult to understand what people are talking about due to the indirect nature of the Japanese language. In such an ambiguous stream of conversation, we habitually make assumptions about what the context of the conversation is, mainly because of the omission of the subject and object but also because of the vague nature of the Japanese language in general. I will point out some essential cultural backgrounds understood through our couple research.

# A Group Therapy Method For Healing Family Abuse: Can the Leopard Change His Spots?

*Sandra Neil - Australia*

*Robert Silverberg – Australia*

**Short Description:** This group psychotherapy method for healing abuse describes types of traumatic abuse, representing: the Man, the Child, the Family, the Self, and Tools of Abuse. The group process resulted in the transformation of the emotional signature of a adult man who wishes to never repeat family patterns of abuse.

**Abstract:** This Group Emotion-Based Satir therapy method for healing abuse in the family is described, then illustrated by a case report. The levels of fathering are explicated. A traumatic emotional signature remains in a man who had recently become a father himself. He wishes to never repeat family patterns of abuse, and be different to his Father. Two types of trauma are described. The trauma of neglect results in self-critical, compliant behaviours; the trauma of abuse results in other-focused, defiant behaviours. The group techniques used include: reframing, sculpting, sensory based communications, communication stances, parts party, and explicated family rules to protect self-esteem. The use of touch is used in experiential learning. Therapist feedback (visual, auditory, kinaesthetic), permits knowledge of when and how to regulate intimacy, and appropriate touch between family members. Sandra E. S. Neil, PhD, MA, BEd, BA, FAPS is a Clinical Psychologist and Family Psychologist at The Satir Centre of Australia for the Family. With over 45 years of experience as a clinician, teacher, and family therapist, she is a Fellow of the Australian Psychological Society, and President of the International Council of Psychologists (ICP) in 1998, She is currently World Area Chair 2000-2016, and is Chair of the ICP International Relations and Human Rights Interest Group. She conducts the ICP's Endangered People and Children World Summit" annually. Her most recent book is "The Family Chessboard," which describes new methods for creating differentiation, integration, and awareness for family change. Robert L. N. Silverberg, MD, BS, BA, FAAFP is a physician specialising in psychological medicine with over 40 years of clinical experience. He is Physician of the Satir Centre of Australia, and has served in the Departments of Psychiatry and Medicine, Faculty of Medicine, University of Melbourne, at St. Vincent's Hospital. Born in America, he received his medical training and specialist qualifications there. For many years he was Clinical Assistant Professor in the Temple University School of Medicine. He is a Member of both the Australian Medical Association and the American Medical Association, and a Member of the Society of Teachers of Family Medicine.

# Exploring the Association Between Sexual Well-being and Life Satisfaction Among Malaysian Women

*Avis Ng – Malaysia*

**Short Description:** A Study of sexuality and life satisfaction among Malaysian Women is conducted to explore whether Malaysian Women associate sexual satisfaction as a major part of overall life satisfaction.

**Abstract:** Limited study has focus on examining the link between sexual satisfaction and life satisfaction among Malaysian Women. Participants in this study are sexually active women ages 30-40, Malay, Chinese and Indian race from Klang Valley. The Sexual Satisfaction Scale for Women (Meston & Trapnell, 2005) and Satisfaction with life scale (Diener et, al., 1985) were used. It is hypothesized that there is a positive relationship between Sexual well-being and life satisfaction among Malaysian Women. The research findings would serves to improve the understanding of Malaysian women's happiness and how to nurture life satisfaction and quality of life.

## **Tune in to Children's Voices in Child Protection Work**

*Sook Wai Ng – Singapore*

**Short Description:** A caseworker learns to tune in to the 'voice' of children through their playful and thoughtful expressions to understand their difficulties and to guide the work with their caregivers in child protection work.

**Abstract:** Using cases, a caseworker reflects and examines belief systems in negotiating the system to manage child protection cases. The caseworker uses the tradition of being 'a part' of the family, community and child protection agency system to engage the family and child. She realizes she needs to be 'apart' from the system to use other opportunities in order to engage her clients. The tension of be 'a part' and 'apart' is the ebb and flow of the intervention process of assessing risks and reducing risks while learning not to lose sight of the child's needs and rights to safety and protection.

# Opportunities in Intergenerational Ambivalence: “Differentiation of Self” in the Parent Adult-Child Relationship

*So Wa Ngai – China*

**Short Description:** This workshop will share the research findings of the process of adult children in developing and managing their ambivalence towards their parents over the course of life. Six types of parent-child dynamics were identified as sources of ambivalence. Five stages are highlighted as participants' attempts to manage their ambivalence.

**Abstract:** Bowen intergenerational theory is regarded as the “most fertile system of ideas in family therapy” by Michael Nichols in the popular textbook in the field of marital and family therapy, *Family Therapy: Concepts and Methods* (2013). Although one of the most practiced marriage and family approaches for the past several decades, there are not sufficient studies looking into its core concept: differentiation of self, especially in the Chinese societies. Dr. Ngai has conducted an in-depth study exploring the experiences of adult children in Hong Kong developing and managing their ambivalent/conflicted internal experience toward their parents. The concept of differentiation of self between the participants and their parents stood out as a useful framework for analysis and understanding of the participants' experiences. In this presentation, Dr. Ngai will discuss six types of intergenerational issues as sources of intergenerational ambivalence: 1) son preference and parental unfairness, 2) parental psychological control, 3) parental marital discordance, 4) moderate to severe corporal punishment, 5) parental dependence, and 6) parental selfishness. She will also illustrate the five stages that the participants went through in managing their conflicting thoughts and emotions towards their parents: 1) potential ambivalence and felt ambivalence, 2) confrontation and persuasion, 3) disappointment and anger, 4) compassion and respect, and 5) acceptance and self-agency. This process of resolving intergenerational ambivalence provides an opportunity for adult children to make new meaning about their experiences with their parents, and it also facilitates their personal growth and sense of self-agency. This study has significant clinical implications for working with intergenerational issues in Chinese societies by comparing the participants who have come to the last stage of the process to those who are stuck with intensive negative emotions. Dr. Ngai will share insight about how to work with adult children and their parents, either together or separately, on resolving their long conflictual relationships.

# **Systemanalytic Approach to Incest: To Change or Not To Change**

*Martine Nisse – France*

**Short Description:** A major issue for many psychotherapists in France. In a paradoxical attempt to protect themselves, in resonance with the desperate feelings of abused children – most professionals block opportunities for growth for incestuous families. We will share how to use resonance (M Elkaïm) to achieve change for families.

**Abstract:** Despite increasing protocols regarding laws to protect children from abuse, incest is still a major issue for many professionals, psychologists and social workers in France. In a paradoxical attempt to protect themselves from negative feelings of fear and powerlessness – in resonance with the desperate feelings of abused children – most professionals prefer to believe that incest does not exist, which blocks opportunities for growth for incestuous families. The resonance is an amplification of a subject or a common problem with deep-seated beliefs common to two interacting systems (Mony Elkaïm 1989). We will share our specific approach, named systemanalytic approach to incest, illustrated by examples of how we supervise trainees from different cultures using the resonance and its effects to hopefully achieve change for children and their families.

# **The Significant of Malay Songs with Romantic Lyrics on Hierarchy of Love: Implication on Couple Counselling**

*Nor Azwahanum Nor Shaid - Malaysia*

**Short Description:** In this study, it will discuss how romantic lyrics can affect respondents' hierarchy of love. The aim of this study is to examine the hierarchy of love among students by using a set of questionnaire consists of romantic lyrics from several songs. Siti Aishah Hassan both co-authored and was present for this presentation.

**Abstract:** Previous studies have shown that music and song lyrics have the ability to influence people's emotion and behaviour. In this study, it will discuss how romantic lyrics can affect respondents' hierarchy of love. The aim of this study is to examine the hierarchy of love among students by using a set of questionnaire consists of romantic lyrics from several songs. The lyrics from several of Romantic Malays songs were extracted into 97 items in questionnaire form. The reliability of the questionnaire is .99. The research was conducted among undergraduate students in Universiti Putra Malaysia aged between 18-23 years old were chosen as samples. The samples were selected through cluster random sampling. The obtained data was analyzed by using Statistical Packages for Social Sciences (SPSS) 22.0. From the study, it was found that 45.3 % respondents' have high level on hierarchy of love. Finally, counselling implications are recommended and a future research is suggested.

# Systemic Approach in the Supervision and Family Therapy

*Ilze Norman - Sweden*

**Short Description:** In this Clinical Training I am going to present some of the most important issues within the Systemic Family Therapy and Collaborative Practice.

**Abstract:** Some of the most important things in the Systemic Family Therapy: Context settings; Social Domains; Systemic Collaboration; On-going Contracting and Negotiation; Co-creation; Mutual Learning; Using and Thinking of "Social graces"; Language; Joining the each other's grammar; Key words; Circular Questions; Questions What Make a Difference; Expert Roll; Not Knowing Position; Reflexivity; Active Listening; Modern Power. I would like to say that respectful curiosity and ethical approach gives a possibility of using expertise of "non-expert" position and willingness of being collaborative learner. The main point with a not-knowing position is that the therapist or supervisor's actions must convey a genuine curiosity. That s´ seems to me a respectful way of treating people. From my "not-knowing" position, I am not guessing, I'm not so quick to understand frustration of the other person, I do not show my own ethical or power point of stand, instead I ask for her experience and I am showing my curiosity about – what is happening to her. I think if I would have been quicker to understand and acknowledge the other persons perception that, for ex, this mother does not care about her son that she just wanted to exercise her power position over her son, then I would put myself in an "expert role" which doesn't leads of curiosity. I could show this social worker my unique curiosity and not judging, which hopefully leads to awareness and respect in our conversation. Collaboration by using not knowing position gives us a possibility to try to understand each other, without knowing it in advance. That sounds to me a "collaboratively respectful way of joining the conversation" and gives an understanding and meaning of using collaborative approach in the systemic supervision. Ilze Norman Social Worker and Family Therapist MS and MA in Systemic Supervision, Teaching and Training [www.pratamera.se](http://www.pratamera.se)



# Advancing Family Therapy through Technology and Data Analytics

*William Northey – USA*

**Short Description:** This workshop will explore the how in advances in technology, real-time feedback, and the use of data analytics are being used to advance MFT. Examples of the use of cutting edge of technology to improve training and delivery of family therapy services will be reviewed.

**Abstract:** Advances in technology have made it possible to provide real-time clinical feedback to students, trainees, clinicians, and supervisors in a variety of clinical contexts. The use of distance-technologies has allowed for the training and supervision of clients from anywhere there is a WiFi signal. And the ability to collect, store, and analyze gigabytes of data have made it possible to develop efficient and effective ways to deliver MFT services. In this interactive workshop participants will explore the role of technology plays training, supervision, clinical services, and research. Special attention will be focused on the use of Clinical Feedback Systems (CFS) which are designed to provide clinically relevant information to clinicians and supervisors in real time. CFS are more than just technical tools, but rather dynamic systems that inform systemic and comprehensive treatment by using client and psychotherapy information and providing a mechanism for translating actionable clinical information using real-time technology (Sexton & Fisher, 2014). Additionally, CFS can provide feedback to clinicians and supervisors that identify potential problems (e.g., relationship ruptures) allowing clinicians to be responsive to client needs and modifying treatment plans before therapy is terminated (Bickman, Kelley, & Athay 2012; Pinsof et al., 2014). As Sexton and Fisher (2014) point out, CFS provide more efficient approaches to skill development and training when compared to traditional trial-and-error learning and facilitate the development of complex skills for diverse clients and contexts.

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

*William Northey - USA*

**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 Effect on the Development of Emotion Regulation by Family Interactions that Invalidate the Child's Negative Emotions: A Research Project in the USA and Japan**

*Mii Okawara – Japan*

**Short Description:** The problem of emotion dysregulation caused by family interactions that invalidate the child's negative emotions may be universal. However the manner may differ from one culture to another. The specific cultural features of the Japanese parenting communication were clarified by a research project in the USA and Japan.

**Abstract:** The development of emotion regulation depends on the progress of vertical integration between the limbic system and the prefrontal cortex under the influence of a sound attachment system. A diagram of the hypothetical model for the mother-infant interaction as a brain function system will be shown in my poster presentation. The model explains that invalidating the child's negative emotions and somatic sensations leads to emotion dysregulation. The effect on the development of emotion regulation by family interactions that invalidate the child's negative emotions and somatic sensations may be universal. The manner of invalidating them, however, may differ from one culture to another. In Japan, the relationship between mother and child is very strong, and the boundaries between them are less clear than in the USA. This type of ego boundary causes a unique Japanese way of invalidating child's negative emotions and somatic sensations. People in Japan generally believe that "crying isn't good behavior". That leads to children's mental problem. The purpose of this presentation is to explicate the differences between the USA and Japan in the invalidating environment and to discuss about the cultural differences between American and Japanese societies in the manner by which parents invalidate their children's felt experiences. A research project in communication was conducted for the mothers of young children (n=71 in Japan and n=61 in USA) in the parks of USA (Central Park in New York) and Japan (Showa-Kinen Park in Tokyo). These observations suggest that many Japanese mothers, unlike their American counterparts, use double-bind communications, which suppresses a child's negative emotional expression by compliments. This control raises the possibility that the often seen bifurcated characteristic in Japanese children of "a good child in front of parents/a tantrum child in school" may be caused by specific cultural features of the Japanese parenting communication. The young child's brain system chooses 'dialectically' to dissociate under the conflict between the limbic system and the prefrontal cortex in order to adjust himself/herself to the family system.

# The Prospect of Couples in the Child Care Period

*Moe Onojima – Japan*

**Short Description:** The present study is intended to consider and make a suggestion for couples in the child-care period to deal with specific problems of the period. Loads of the couples are increasing in Japan. To search a good method, the study surveys research about the issues.

**Abstract:** These days in Japan, loads of couples in the child-care period are increasing since they have to care children only by themselves due to the trend of nuclear families. The child care under the double earner circumstance due to women's social progress is also impacts the couples. To deal with the heavy load during the period, good couple relationship and cooperation are needed. But there are some cases to have problems such as infant-care neurosis and marital conflicts because of stresses of child-care. To consider the problems of couples in the child-care period and to search valuable research and solutions, the present study surveys researches about couples in the child-care period.

# Evidence Based Treatment on the Effectiveness of Human Systems Therapy Through Four Control Research Trials

*Nicholas Paritsis – Greece*

**Short Description:** Human Systems Therapy is based on general systems principles, applicable at many human systems levels. Evidence based treatment is realized through control research trials on a) reducing psychotic symptoms in young schizophrenics b) eliminating hashish use in adolescents c) developing skills in profound retarded adults d) upgrading high school students.

**Abstract:** Abstract Introduction about Human Systems Therapy Human Systems Therapy (HST) is developed gradually during the last 35 years in Greece. It is based purely on general systems principles and is applicable at many levels of human systems hierarchical organization such as individuals, groups, couples, families, schools and other organizations. In the context of HST a number (more than 20) of specific new techniques have been developed. For an outline of HST see Paritsis (2010). An evidence based treatment of the effectiveness of HST realized through four control research trials as follows. The trials, the evidence based treatments and the effectiveness of HST were tested in four control research trials so far. a) In reducing psychotic symptoms in young schizophrenics living with their families, through intervention on the schizophrenics and on their families (15 subjects, 8 interventions, 39% reduction of psychotic symptoms,  $p=0.042$ ) b) In eliminating hashish use in adolescents after intervention at a group of users discussing personal and family issues (15 subjects, 8 interventions, 100% reduction,  $p=0,007$ ). c) In developing social and personal skills in adults with profound mental retardation after intervention at the individuals, groups and their families (30 subjects, for 1,5 years,  $p=0,043$ ). d) In upgrading high school students after intervention at individuals, teachers, parents, the class and the school as a whole (46 subjects, 8 months,  $p= 0.001$ ). Discussion and conclusions In all cases, directly or indirectly, the intervention included individuals and families, and in most cases there was also intervention on groups and wider systems. We consider that the multilevel intervention is a very significant factor of success; besides the general systems principles and the many additional techniques based on the theory. The results in all the above mentioned research trials shown a higher effectiveness compared with the results of other methods so far according to the present bibliography References Paritsis N. (2010) Human Systems Therapy, Syst. Res. 26, 1-13

# State of the Art in the Integrative Interactional Approach to Family Therapy

*Warwick Phipps - South Africa*

**Short Description:** Integrative interactional therapy is a recent development in family therapy that integrates the systems, humanistic, and communication approaches. Based on the work of the late Charl Vorster, it incorporates a new psychodiagnostic procedure known as interactional pattern analysis (IPA). The IPA yields a truly relational/circular diagnosis of interactional psychopathology.

**Abstract:** In recent years the interactional approach to family therapy has undergone further development. Pioneered by the work of the late Charl Vorster, an integrative, interactional approach to family therapy has emerged that integrates the systems, humanistic, and communication approaches. The basis of this approach, referred to as the interactional pattern analysis (IPA), is that psychopathology can be observed directly in the way an individual(s) interacts within the environment. Specifically, by careful and systematic study of the individual's interaction according to 18 interpersonal variables and by examining them within the context of the presenting problem, the (psycho) pathology of the interaction and patterns of interaction becomes directly visible. Such a psychodiagnostic procedure in family therapy, the IPA, yields a truly relational or circular process of interactional pathology, which simultaneously explains the evolution and development of the presenting problem. By rendering more accurate diagnosis, the family therapist is able to draw on various therapeutic modalities in a systematic, integrative, and ultimately creative manner.

# Interactional Pattern Analysis: Advancing Psychodiagnosis in Family Therapy

*Warwick Phipps - South Africa*

**Short Description:** Interactional pattern analysis is a psychodiagnostic procedure pioneered by the late Charl Vorster. It enables the systematic description of circular processes, which are examined in the context of the client's presenting problem. Although adding structure and clarity to diagnosis, it does not limit the choice of treatment procedure employed.

**Abstract:** Interactional pattern analysis (IPA) constitutes a new psychodiagnostic procedure in family therapy. Developed by the late Charl Vorster, the IPA draws on developments in the integrative, interactional approach. In this approach, psychopathology is viewed from an interactional perspective: Psychopathology is considered visible through behaviour and the way in which the client interacts within the environment. This psychodiagnostic procedure involves a person-centered interview in which the therapist, as a participant observer, carefully observes and describes the client's interaction both within the therapeutic relationship and the client's primary system, according to 17 distinct interpersonal variables. These variables, which are linked to mental wellness and psychopathology, range from, for example, clarity of communication, emotional distance, congruence, and empathy through to expression of needs, problem solving, and degree of interpersonal flexibility/rigidity. Subsequently, the link between the client's pattern of interaction and his or her presenting problem is carefully mapped out, aims for the therapy are established moving from the general to the specific, and an integrative, psychotherapeutic treatment plan for the client is tailored. The value of this emerging psychodiagnostic procedure is that it provides for the systematic description of circular processes that are examined within the context of the client's frame of reference, that is, his or her formulation of the problem. It is undertaken within the context of a person-centered approach and it does not dictate the choice of psychotherapeutic procedure employed.

# Application of the Satir Model in Family of Patients with Schizophrenia in Thai Culture

*Nawanant Piyavhatkul – Thailand*  
*Suwanna Arunpongpaisal – Thailand*

**Short Description:** A study comparing effectiveness of family therapy based on the Satir model vs. family psychoeducation on family function, self-esteem, depressive symptoms, the social functioning and severity of symptoms in families with patients with schizophrenia. Both interventions produced positive results, but the family therapy group had more significant results.

**Abstract:** Piyavhatkul N, Arunpongpaisal S, Patjanasoonorn N, Rongbutsri S, Maneeganondh S and Pimpanit W Objectives: To compare the effectiveness of family therapy based on the Satir model vs. family psychoeducation on family function, self-esteem and depressive symptoms in family members and the social functioning and severity of symptoms in patients with schizophrenia. Material and Method: A randomized control trial was conducted. We recruited 13 families to a family therapy group and 11 to a control (psychoeducation) group. Each group received 6 sessions of intervention. The intervention of family therapy group included working with internal experiences and the interactive parts from each member, using the personal iceberg metaphor: explored the impact of the, drew a family map, sculpted impacts, resolved unmet expectations and unfinished business, connected individuals to their internal resources in order to fulfill their yearnings, and de-enmeshed relationships and enhanced congruent communications. The effectiveness of the interventions were assessed using the Chulalongkorn Family Inventory, the Clinical Global Impression Severity Scale (CGI-S), the Personal and Social Performance Scale–Thai version, the Self-esteem visual analog scale (SVAS), the Rosenberg Self Esteem Scale–Thai version (RSES-T) and the KKU-Depression Inventory. The effectiveness of each intervention was measured at baseline, one month after the 4th session (the 3rd month), one month after the last session (the 5th month) and one year after the last session (the 16th month). Results: Both interventions helped to improve the perception of family functioning, self-esteem and depressive symptoms among family members and decreased the severity of symptoms and improved social functioning in patients with schizophrenia. The SVAS score of the family therapy group at the 3rd month and the CGI-S score at the 16th month were more significantly improved than they were in the control group. The RSES-T and the SVAS scores of the family therapy group at the 3rd month were significantly increased at the 3rd and 5th month. Conclusion: Both interventions produced positive results in almost all of the follow-up measurements, but the family therapy group had more significant results.



# Reconstructing Singapore Malay Narratives: A Spiritual, Sociopolitical and Cultural Interviewing Framework for Working with Families in Poverty

*Elizabeth Quek – Singapore*

*Shaikh Mohamed Bamasri – Singapore*

**Short Description:** Low income Malay families face systemic, significant challenges and discriminatory practices in Singapore. We developed a useful and accessible interviewing framework for helping professionals to engage with families about these issues.

**Abstract:** Low income Malay families face systemic, significant challenges and discriminatory practices in Singapore. There are societal ideas on what it means by being motivated or deserving. Low income Malay families are often measured against mainstream ideas of meritocracy and normative family functioning. Helping professionals, sometimes replicate a disempowering process that pathologises the families, subjecting them to guilt and shame, and eroding their dignity and self-worth. Helping professionals struggle to address discriminatory practices, shame and guilt. There are few concrete models that demonstrate how to bring these issues into the therapy room especially in the context of Singapore. In addition, a significant majority of Singapore Malays are Muslims. Islam therefore naturally plays an instrumental role in shaping their spirituality which in turn directly influences their lives. However, the opportunity to discuss spirituality, especially during sessions involving non-Malay/ Muslim helping professionals, appears very much curtailed. A sense of awkwardness often falls on the therapist, for the lack of a specific practice model, further limiting an open discussion. We see potential spaces of empowerment if ideas on spirituality are to be reexamined, enriched and reconstructed. We developed a useful and accessible interviewing framework for helping professionals to engage with families about these issues. The framework consists of 3 interviewing maps: a) Reconstructing ideas of spirituality and the family, b) Addressing shame and guilt: self-accusations and escaping from blame, c) Acknowledging impact of discriminatory practices, assumptions and developing stories of resistance and resilience. This paper illustrates a way in which this framework was used with a Malay family consulting us at the Family Service Centre (FSC). We will also share some of our reflections of the impact on the family and the FSC helping professionals. These interviewing maps provide a way to honour alternative ways of living, in terms of values and priorities, reducing the effects of discriminatory practices, shame and blame and allowing for meaning making and reconstruction of ideas. We hope that these will create possibilities for these families and the helping professionals.

# The Effects of Pornography on Family Life

*Ahsha Vaksalla Rajan – Malaysia*

**Short Description:** Pornography is being defined as sexual explicit material initially to arouse sexual interest or present erotic pleasure. Pornography can be in any media and it may be legal or illegal, (Diamond, 19951). Many researchers in various field such as social scientists, clinical psychologists and biologists has stated that there are powerful negative effects of pornography. This contributes to family life.

**Abstract:** Pornography is being defined as sexual explicit material initially to arouse sexual interest or present erotic pleasure. Pornography can be in any media and it may be legal or illegal, (Diamond, 19951). Many researchers in various field such as social scientists, clinical psychologists and biologists has stated that there are powerful negative effects of pornography. This contributes to family life. Married men that are involved in pornography viewing become less satisfied and have less emotional attachment to their wives. Wives become upset and notice the differences in their husbands. Pornography viewing leads to a lack of interest in good family relations according to researchers, (Fagan, 2001). There are two theories to explain the effect of pornography. Theory according (Stark, 1997) from the Feminist Perspective viewpoint states that all pornography enhances a belief system of social inferiority of women, male supremacy and dehumanizes women by reducing them to sexual objects (Lederer, 1980; MacKinnon, 1993). According to (MacKinnon, 1993), pornography promotes male power. On the other hand, social learning theory states that offenders learned sexual behavior from violent pornographic materials. Some sexual violent material where women are clearly not enjoying the encounter, the man is typically receiving pleasure from his action. Therefore, the consumer of such materials is learning that positive reinforcement to get involved in such behavior and the modeling occurs, Emmers-Sommer, & Burns, (2000).

# On Becoming a Family: Shifting Roles and Challenges Facing Couples as They Transition to Parenthood

*Fatma Reid - Turkey*

**Short Description:** This interactive workshop will focus on the effects the birth of a baby will have on a couple as they assume a new role as parents, their adaptation to changing gender expectations, life styles, and relationships with friends and family members.

**Abstract:** This interactive workshop will focus on the effects the birth of a baby will have on a couple as they assume a new role as parents, their adaptation to changing gender expectations, life styles, and relationships with friends and family members. The birth of the first baby, in particular, can provide an opportunity for the couple to enhance and strengthen their relationship contrary to the energy- draining experience that is often common. Parenting programs focused on the particular stresses and relational issues that impact upon the couple with the arrival of a baby could substantially ease the strains inherent in this period. Present programs for first- time parents tend not to go beyond infant care and coping mechanisms. The workshop will invite participants to share concerns from their own cultures and reflect on possible projects on “pre-parenting counseling and family therapy” which would strengthen marital relationships and enhance intergenerational communication and cooperation on the joint venture of raising children.

# The Clinical Playground: Incorporating Playfulness into Therapist Training

*Helen Reynolds - USA*

**Short Description:** How does playfulness in the training setting influence the work of trainee therapists? How can playfulness be incorporated and what are its benefits? This presentation considers the role and impact of playfulness in the relationship between supervisor and supervisee, and how this influences the relationship between supervisees and their clients.

**Abstract:** Play and therapy share much in common. Each involves the creation of a unique social context within which the everyday expectations of normal life are temporarily suspended and novel interactions become possible. The rules delineating the contexts of both play and therapy transform the meaning of the activities that take place within their bounds. Thus, participants are permitted to enter into “as-if” scenarios, in which behaviors, ideas, and feelings can be explored in relative freedom from the consequences of the “real” world. Such liminal spaces create opportunities for those who enter them to engage differently with themselves and the world, to come to new understandings of what is possible, and to experience new ways of adapting to life’s challenges. While playfulness is widely recognized as an essential component of childhood development, the role of playfulness throughout the lifespan is often underappreciated. In the serious business of training clinicians, how does playfulness in the training setting influence the work of trainee therapists? How can playfulness be incorporated into training and what are its benefits? This presentation considers the role and impact of playfulness in the relationship between supervisor and supervisee, and how this influences the relationship between supervisees and their clients. Beginning with an introduction to the function of play in the cognitive, social, and emotional development of humans and other animals, the many benefits of playfulness are addressed. This is followed by a review of some of the ways in which playfulness can be found throughout the therapy process, and the significance of playfulness to both clients and clinicians. Examples of playfulness in supervisor-supervisee relationships are provided, along with examples of the influence this had on supervisee’s relationships with their clients. Finally, ideas for further incorporation of playfulness in therapist training contexts are provided.

# Culturally Responsive Supervision in Cambodia: A Responsive Evaluation

*Desiree Seponski – USA*

*Lorien Jordan - USA*

**Short Description:** This poster explores how Cambodian therapists and non-Cambodian supervisors experience Western models of supervision. The overarching category of Need for Culturally Responsive Supervision suggests that failing to consider the themes of location, cost, time, methods of learning, communication, clear requirements, and power imbalances greatly hindered the supervision.

**Abstract:** Isomorphic relationships occur at various levels of interrelationship and interconnection between supervisor, supervisee/therapist, family, client, and the therapeutic and educational settings, and these patterns and sequences must be taken into account by the supervisor (Storm et al., 2001), especially working across cultures. Previous studies have found that successful cultural supervisors create a safe environment, promote conversations of cultural issues, values, and ideas, and are self-aware of their own cultural biases; unsuccessful cultural supervision results in defensive supervisees, closed conversation, and supervisors making incorrect assumptions on behalf of the supervisees (Dressel, Consoli, Kim, & Atkinson, 2007). Few studies have examined this relationship when the supervisors are non-native, expatriates and the students are native residents. The current study utilizes responsive evaluation methodology to explore how Cambodian student-therapists and non-Cambodian supervisors experience Western models of supervision as culturally responsive to Cambodian needs. Quantitative and qualitative data were triangulated across multiple stakeholders including trained student therapists (N =16), the student therapists' department head, program head, professors/lecturers, clinical supervisors and peer supervisors serving as cultural advocates and an advisory board (N =11), workshop participants (N=54), and crisis response therapists (N = 14). Methods included focus group, interviews, surveys, case illustrations, and live supervision observation. Data were analyzed using constant comparative analysis (Charmaz, 2006). The overarching category of Need for Culturally Responsive Supervision suggests that the lack of culturally responsive supervision and training greatly hindered supervision and therapeutic processes. Within this category, 1) benefits, 2) location, 3) cost, 4) time, 5) methods of learning, 6) communication, 7) clear requirements, and 8) power imbalances emerged as themes. Student-therapist emphasized that when supervision was culturally unresponsive, they were less likely to attend supervision and felt discouraged, while supervisors experienced frustration and impasses. Findings and implications will be discussed in detail.

# Considerations for Conducting Culturally Responsive International Family Therapy Research

*Desiree Seponski – USA*

*Lorien Jordan – USA*

**Short Description:** This workshop discusses the steps and challenges of conducting culturally responsive family therapy research in an international context. Considerations to be discussed include setting parameters, shifting between being responsive to participant and researcher needs, maintaining positive relationships during culture shock, and working with other international scholars through cultural misunderstandings.

**Abstract:** As family therapists working across cultures, we must be aware of how our overlapping needs as researchers, therapists, supervisors, teachers, and human beings support and conflict with the competing needs of the project, participants, and host community. This workshop presents the challenges of conducting culturally responsive family therapy research in an international context and outlines steps in preparing one's self for such work. Data to support this paper are drawn from two grant-funded family therapy research projects conducted in Cambodia in 2008 and between 2010-current, and analyzed using the constant comparison method as described by Charmaz (2006). Considerations and challenges to be discussed in detail will include: gathering background literature in one's home country, identifying clinical and research measures on/for the international population, setting parameters with a host site prior to arrival, getting Internal Review Board (IRB) approval in the home and host countries, clarifying how grant funds are allocated and the primary purposes of the study, shifting between being responsive to participant needs and your own needs of adaptation, performing duties not associated with the research study, reporting unethical behaviors, maintaining positive relationships during periods of culture shock and frustration, having a lack of mentorship, peer network for reflection, or access to communication, and working with other international scholars through cultural understandings, misunderstandings, shared vs. "shared" language, competing priorities and funding, and cultural or historical disagreements that now cause politics in the work environment. Participants will be encouraged to share their experiences and suggested steps for a rich discussion.

# **Collaborative Approaches to Engaging Families For Positive Child Welfare Outcomes: Case Studies From a Singapore Community-Based Child Protection Specialist Agency**

*Koh Shi En Grace – Singapore*

*Sook Wai Ng – Singapore*

**Short Description:** This study seeks to explore collaborative approaches in engaging children and families referred to HEART@Fei Yue, a Singapore-based Child Protection Specialist Centre. They include a) Family Group Conference, b) Child and Adolescent Needs and Strengths (CANS) c) other culturally-adjusted family-focused and child-centric tools.

**Abstract:** This study seeks to explore and reflect on the use of a range of collaborative approaches in engaging children and families referred to HEART@Fei Yue, a Child Protection Specialist Centre based in Singapore. The case studies will explore the use of these approaches in Singaporean families referred to HEART@Fei Yue from the statutory child welfare system. HEART@Fei Yue social workers and therapists use both case management and therapeutic interventions to ensure the holistic care needs of the children are being met in their care environment. In the light of multiple socio-cultural-generational changes impacting families, HEART@Fei Yue had to adapt and innovate effective case management and therapeutic approaches to meet the changing needs of families in the child welfare system. The collaborative approaches being explored include a) Family Group Conference, b) Child and Adolescent Needs and Strengths (CANS) assessment tool and c) other culturally-adjusted family-focused and child-centric tools that have been adapted and developed through practice experience. These approaches share the core values of being child-centered, empowering, restorative, participation, partnership and strength-based, which are congruent with two of the core values of HEART@Fei Yue: being “child-centric” and “family-focused”. The paper will trace the risk and resilience factors present in the family, their socio-cultural context and the outcome of using one or more of the collaborative approaches stated above. The opportunities and challenges of these collaborative approaches will be shared and discussed. It is hoped that this exploratory study and reflective piece can lead to further studies on the effectiveness of these approaches on child outcomes, and expand the use of collaborative approaches to a wider range of child welfare work.

# Family Therapy Practices in the Field of Social Work in South Korea

*Sunin Shin - Korea (Rep. of)*

**Short Description:** This research focuses on identifying the current family therapy practices of the workers in four main settings of social work in South Korea: mental health, school social work, child care, and community welfare service centers. Case load, desire for skills improvement, and effectiveness of and impediments to practice were studied.

**Abstract:** This research presents an overview of the family therapy practices of the social work field in South Korea. Dramatic socio-environmental changes have increased the demand for family therapeutic services in South Korea, such that providers from various academic concentrations have increasingly participated in family therapy or counseling, especially over the last decade. This phenomenon is likely to cut down the family therapy practices of social workers, who were previously the majority of the providers, in turn leading to their decreased professional interest in family therapy. This research focuses on identifying the current family therapy practices of the workers in four main settings of social work fields, including: mental health, school social work, child care, and community welfare service centers. The current state of their practice with respect to case load, desire and needs for improving skills and activities, and effectiveness and impediment were mainly studied. This study also aimed to help social workers become aware again of the importance of family therapy for their interventional work. Research was conducted through a mixed methodology comprising quantitative and qualitative research. Over 92% of the 660 respondents of the four kinds of settings expressed the strong desire to practice and/or train in family therapy, but the majority of them were not actively practicing family therapy or participating in necessary continuing education programs. This was primarily due to their lack of knowledge and skills in family therapy as well as suboptimal work circumstances with a lack of budget on counseling or heavy workload. Also, on average only 12% of the social workers' family therapy credentials were from accredited associations. The uncooperative attitudes and reactions of the clients or their families also hindered their work. In order to facilitate and promote their family therapy activities, the social workers stated that professional knowledge and skills are most needed, followed by the development of efficient therapy delivery systems in conjunction with related organizations. Therefore, in order to maintain and increase the involvement of social workers in family therapy practices, efforts should be made to develop and strengthen comprehensive education and training programs for social workers.



# **The Psyche and The Soma - A Satir-Based "Body Parts Party" for Diagnosis of a Brain Tumour**

*Robert Silverberg - Australia*

*Sandra Neil - Australia*

**Short Description:** "The Psyche & the Soma" is a group therapy method assisting early diagnosis. A multidisciplinary team used the Body Parts Party indicating a combined physical-psychological pattern. After early detection in Group Therapy, a cerebellopontine angle brain tumour was diagnosed by a Neurosurgeon. A twenty-year follow-up revealed permanent remission.

**Abstract:** "The Psyche & the Soma" is a Satir Based group therapy method of exposing physical symptoms which appear in conjunction with psychological and family pain. Previous medical examination revealed no objective findings. A physician and psychologist as co-therapists discover covert markers originally thought to be psychological. The Star participated in the Group. Initial symptoms were tinnitus, vertigo, headache, inability to hold books and general physical weakness. The "Body Parts Party" group process assigns participants to represent parts of the body as sculpts. The Clinical Psychologist and physician recognize these sculpts as a physical pattern and extensive medical diagnosis was undertaken. A cerebellopontine angle brain tumour was diagnosed, and following successful neurosurgery the patients symptoms resolved. The tumour was discovered at a very early stage before overt signs were detectable on routine medical examination. After twenty years follow-up, neither physical nor psychological symptoms have not returned. The Psyche & The Soma method resulted in significantly earlier diagnosis than either conventional medical examinations or psychological assessment alone. Robert L. N. Silverberg, MD, BS, BA, FAAFP is a Physician in Psychological Medicine at the Satir Centre of Australia with over 40 years of clinical experience. He has served in the Departments of Psychiatry and Medicine, Faculty of Medicine, University of Melbourne, at St. Vincent's Hospital. He was Clinical Assistant Professor in the Temple University School of Medicine, USA. He is a Member of both the Australian and American Medical Associations, and of the Society of Teachers of Family Medicine (USA). Dr. Sandra E.S. Neil PhD (Psychology), MA (Clinical Psychology), BEd (Counselling), BA, FAPS, is a Clinical Psychologist and Family Psychologist at The Satir Centre of Australia for the Family. She is a Fellow of the Australian Psychological Society, a member of IFTA and the APA, and was President of the International Council of Psychologists (ICP) in 1998, She is currently World Area Chair 2000-2016, and is Chair of the ICP International Relations and Human Rights Interest Group. She conducts the ICP's Endangered People and Children World Summit" annually.

# Challenges and Opportunities in Intercultural Relationships

*Reenee Singh – USA*

**Short Description:** Intercultural and interfaith relationships provide unique opportunities for couples, parents and families in negotiating difference. In this workshop, I will draw on experiential exercises, research findings, case vignettes and extracts from popular media to illustrate some of the challenges, dilemmas, opportunities and resiliencies for intercultural couples and their practitioners.

**Abstract:** It could be argued that all couples, regardless of racial or cultural differences, come together in an (ongoing) process of negotiation. Does this process become more complicated when the partners are from different racial, cultural and religious backgrounds? How do these differences impact on their parenting? Although there is a growing body of literature focused on working with interracial and intercultural couples in the U.S, there has been very little written about this area of work in multicultural Britain and in other countries and cultures. In this workshop, I will provide an overview of current theory, research and practice. I will draw on findings from research, case vignettes and extracts from popular media to illustrate some of the challenges, dilemmas, opportunities and resiliencies for intercultural couples and the practitioners who work with them.

# Recipes With Smiles: An Intergenerational Initiative to Promote Culture and Learning

*Liliana Sousa – Portugal*

**Short Description:** Recipes with Smiles is an intergenerational project developed in Aveiro, Portugal. It was designed to bring together children and seniors in cooking activities to enhance intergenerational learning and relationships; and to create a recipe book including a compilation of knowledge and memories on culinary heritage to promote local identity.

**Abstract:** Recipes with Smiles is an intergenerational initiative supported by the project TOY - Together Old & Young (funded by the European Commission, Grundtvig Lifelong Learning Programme). TOY focuses promoting intergenerational learning and developing in community spaces, involving older people (over 55 years) and young children (8 years and younger). People are living longer but old people and young children are having less contact with each other. Recipes with Smiles is a pilot-action promoted by the Centro Social de Azurva (Aveiro, Portugal), an private non-profit institution with facilities which provides services for young children and older persons. This initiative aims to bring together children and seniors in cooking activities to enhance intergenerational learning and relationships; and to create a recipe book including a compilation of knowledge and memories on culinary heritage to promote local identity. The piloting was carried out during 2 months (May to July 2014), comprising weekly sessions, each lasting around 2 hours. In total, 45 children (from 3 to 6 years old), 8 seniors (from 63 to 95 years old) and 3 staff members were involved. In general, both seniors and children gave positive feedback on the enjoyment of doing things together. For children, the seniors visits was a special day, waited with desire during all week. Seniors expressed feelings of accomplishment because they shared their knowledge with the younger generations, what made them feel useful and responsible for the community heritage and identity. It was observed that during sessions the kindergarten teachers tended to be over-involved in the interaction children-seniors; this inhibits the seniors from sharing with the children what they know and are capable of doing, decreasing their level of involvement. In consequence, children experience cooking mostly as a 'skill', rather than also as an enriching practice connected with culture and life stories. The recipes book seems a good contribution that can bring the community a better understanding of the meaning and richness of promoting intergenerational initiatives.

# Intergenerational Toy Library: 1, 2, 3... Let's Play Again?

*Liliana Sousa - Portugal*

**Short Description:** Intergenerational toy library (1, 2, 3... Let's play again?) is an intergenerational initiative, developed in Aveiro, Portugal, that brings young children and older people together. The aim is to create an intergenerational toy library, conceived as an intergenerational place with resources and tools for games and playing.

**Abstract:** Intergenerational toy library (1, 2, 3... Let's play again?) is an intergenerational initiative supported by the project TOY - Together Old & Young (funded by the European Commission, Grundtvig Lifelong Learning Programme). TOY focuses promoting intergenerational learning and developing in community spaces, involving older people (over 55 years) and young children (8 years and younger). People are living longer but old people and young children are having less contact with each other. Parents and young grandchildren are migrating to cities and countries far away from grandparents. Other reasons for the lack of contact between old and young is that often senior citizens are living in old people's homes where they rarely see children and many young children are spending their days with their own age group in pre-schools and schools. Social and economic solidarity between generations, one of the key factors for a future strong Europe, will only happen if the various generations have the opportunity to do things together and understand and value each other. The Intergenerational toy library is an pilot-action promoted by Centro Comunitário da Paróquia São Pedro de Aradas (CCPSPA, Aveiro, Portugal), a private non-profit institution with facilities which provides services for young children and older persons, in different premises (although located nearby: around 100m distance). The aim of this initiative is to create an intergenerational toy library, conceived as an intergenerational place with resources and tools for games and playing. The piloting was carried out during 2 months (from May to July 2014), comprising weekly sessions, each lasting between 1 to 2 hours. In total, 88 children (from 3 to 6 years old), 15 seniors (from 74 to 96 years old) and 6 staff members were involved. Main benefits suggest that games and playing have positive outcomes and benefits both for children and older persons, mostly related with having fun and improving wellbeing, learning and development, intergenerational interactions. This initiative needs an institutional frame, i.e. to be integrated in the institutional practices, instead of being an "extra" activity.

# Long-term Low-income Households: Insufficient Management or Management of Insufficiency?

*Liliana Sousa – Portugal*

**Short Description:** This study explores these households' difficulties and strategies of family financial management, taking both the perspectives of household's members and professionals. Main findings suggest that: professionals consider that these households show insufficient management strategies; while household's members report struggling to manage insufficient resources.

**Abstract:** Long-term low-income households face economic hardship, together with a lack of resources and opportunities, which restrict their social participation. There is a widely belief among professionals that these households perform financial management poorly. This exploratory study aims at get a deeper understanding on these households difficulties and strategies of family financial management (FFM), taking both the perspectives of household's members and professionals. Crossing angles is relevant to identify how they might be informing, in positive and/or negative ways, the interactions and intervention. A qualitative approach based on semi-structured interviews was used; the sample comprises 10 household members and 10 professionals. Main findings suggest that: professionals consider that these households show insufficient management strategies; while household's members report struggling to manage insufficient resources. These distinct views seem to facilitate interaction patterns characterized by mutual distrust, which should be taken into consideration when designing intervention, in special if involving financial management programs.

# Toward International MFT Accreditation

*Daniel Stillwell – USA*

**Short Description:** IFTA is initiating an accreditation process for Family/Systemic Therapy training programs. This presentation shows how it is better suited than the COAMFTE process for international accreditation, depicts what we know about the both processes, opportunities for success, and obstacles still yet to overcome. Cultural and contextual issues are highlighted.

**Abstract:** The Standards for Accredited Family (Systemic) Therapy Preparation Programs was adopted by IFTA July 2014. This presentation focuses on its utility around the world and comparing it to the COAMFTE process so entrenched in the US. Cultural issues will illustrate the limitations of applying the COAMFTE process to the rest of the world, and potential ways IFTA will improve on it to both ensure that quality of training and cultural flexibility are balanced properly. It is difficult to gain accreditation from COAMFTE in the US and Canada. The stipulations and rigors require the personnel and institutional infrastructure to support a given graduate program. The process of data collection and collation take valuable time from professors and administrative workers. Educational outcomes must be congruent with the parent institution, COAMFTE, and the US Department of Education. Faculty and student have to meet certain criteria and the programmatic structure must be formed and maintained in particular ways. Despite the effort, this all creates a great deal of accountability that is designed to raise the bar of the field and insure that even minimum competence for MFTs protects the public and promotes systemic mental health for the US. MFT is a young field in most countries around the world. Psychology and counseling are not always valued due to cultural and political differences. Training programs in most countries do not have the rigor and institutional accountability that is more prevalent in North American universities. These concerns have kept the MFT field from expanding in often credible ways, but need not be a hindrance everywhere. COAMFTE is not able to be applied internationally due to a variety of cultural and contextual issues. IFTA is poised to provide the initial international credibility for this purpose. The presentation will go into and lay out IFTA's proposed accreditation process. Attention is paid to the overlap and difference between it and COAMFTE's requirements and standards, as well as other international accrediting bodies. Systemic/family therapy organizations from around the world will be used to emphasize certain competency or training standards.

# Refining Rituals: A 6-dimensional Model for Assessment and Design

*Chitra Subrahmanian – Switzerland*

**Short Description:** The Presenter will introduce a template for assessing and designing Rituals in order to harness their power and utility in our lives, while modifying their potential to reinforce negative behaviours, patterns and experiences. Participants will learn to collaboratively decode existing ritual practices, identify solutions and design new rituals from scratch.

**Abstract:** Rituals are naturally recurring events in family life and provide a fascinating glimpse into family history, culture, and current functioning. When they work well, rituals are linked to individual and family resilience and wellbeing: Acting as a safety net; marking change while maintaining stability; promoting cohesion, a sense of belonging and the experience of positive emotions. Equally, ritual practices may constrain and stifle, exclude and hurt, reinforce and maintain distress and dysfunction. As a clinical tool, rituals provide a snapshot of system process and action. They are blueprints of culture, and provide a glimpse into how individual, family and community levels interact. We learn about rules, roles and identities, how the past guides the present, and about the emotional climate in the system. Focusing on ritual practice is a useful clinical exercise, one that can be incorporated into all phases of therapy and with individuals, couples and families. Collaboratively exploring and implementing modifications in current practice, designing new rituals taking into consideration the needs and desires of multiple interactants, and enabling participants to alter dysfunctional patterns replicated during rituals, can transform relational experiences and interactional systems. Based on emerging findings from the Presenter's research on rituals in expatriate families, this workshop will introduce a template for assessing and designing rituals in order to harness their power and utility in our lives, while modifying their potential to reinforce negative behaviours, patterns and experiences. Participants will learn to use a six dimensional model in order to collaboratively decode existing ritual practices, identify fixes and solutions and design new rituals from scratch. The six dimensions encompass common factors prevalent across models of systemic therapy and provide a holistic assessment of ritual practice. The template helps to empathically understand the perspectives of multiple interactants in light of their needs and developmental stages and to empower individuals and systems to live, both in accordance with their own life goals and values, as well as in synchrony with others. It can be used in-session or assigned as homework for clients, as a self-assessment tool for clinicians and in training and supervision settings.

# Family Therapy in Asia

*Takeshi Tamura – Japan*

*Young Ju Chun - Korea (Rep. of)*

*Wai Yung Lee - China*

*Hao-Wei Wang – Taiwan*

**Short Description:** Family therapy organizations in Asian region got together and established “Asian Academy of Family Therapy” in 2013. Four representatives from Korea, Hong Kong, Taiwan and Japan will share their experience of family therapy practice, training and research issue in their social context, and discuss directions for the future.

**Abstract:** Family therapy organizations in Asian region (Japan Association of Family Therapy, Korean Association of Family Therapy, Academy of Family Therapy Hong Kong, and Taiwan Association of Psychotherapy) got together and established “Asian Academy of Family Therapy” in 2013. Family therapists from Japan, Hong Kong, Korea, Malaysia, People's Republic of China, Singapore, Taiwan meet annually to share their family therapy training and clinical issues. The families in Asia have changed their traditional value and structure influenced by the rapid social change and modernization, which create new type of problems in the family. Family therapy was first introduced from the Western culture, then developed further in a way to fit their own cultural context. Therapists who are trained in both overseas and domestic institutions, have struggled to meet the needs of their clinical families. At the workshop, four representatives from each domestic organization will share their experience of family therapy practice, training and research issue in their social context, and discuss directions for the future.



# **Social Withdrawal and Internet Addiction Among Youths in Korea and Japan: Cross-cultural Case Consultation.**

*Takeshi Tamura – Japan*  
*Young Ju Chun - Korea (Rep. of)*  
*David McGill - USA*

**Short Description:** Two family therapy cases from Korea and Japan will be presented and shared with the audience. The discussion topic will be a) cross cultural perspective on the influence of modern technology to the youngsters and their family life, and b) how to support these families.

**Abstract:** Social Withdrawal (hikikomori) and Internet Addiction are two of the major mental health concerns among young people in Korea and Japan in the last twenty years. Many youths, who used to be normally functioning in early childhood, are withdrawn from social life, refused to attend school, stay all night spending most of their time on line. Youngsters' lives are so complicated between the two worlds (real and virtual), with the advancement of information technology and electric devices. Social withdrawal and internet addiction often involve serious conflicts within family relationship, especially between parents and youth. Family therapy is even effective when parents bring the unmotivated child for support. Two family therapy cases regarding the issues of social withdrawal and internet addiction from Korea and Japan are presented at the workshop and shared with the audience. Those cases were previously discussed by the cross-cultural consultation team consisting with six experienced family therapists from different cultures. The discussion topic will be a) cross cultural perspective (what are common and/or different by culture) the influence of modern technology to the youngsters and their family life, and b) how to support these families.

# Managing Caregiver Stress through Psychosocial Enhancement in Discharge Planning

*Prabha Techna Miti - Singapore*

**Short Description:** Family caregivers are instrumental in caring and enabling their loved ones cope and age in place in the community. However, they often experience caregiving stress that impact their well-being, family relationships, hospital readmissions and length of stay.

**Abstract:** Aim of Project: To assist BVH caregivers cope effectively and support them in the caregiving journey. Methods Plan: Cause and Effect analysis: • The team brainstormed and developed a fishbone to identify root causes of caregiver stress. • 2 main causes identified: • “Don’t know where/how to get help” • “An emotionally lonely journey” Do: The team has noted that current approach to performing discharge planning is often task-oriented and focuses mainly on information and referral to services. This does not address psychosocial • Concerns of the caregivers. • Hence, in addition to generic provision of practical information and referrals, the team embarked on enhancing discharge planning by incorporating counselling as a form of psychosocial support to caregivers. Example: discuss options and empower caregivers to adopt concrete solutions for theirs and patients’ benefit. • M-CSI was administered to caregivers at pre-intervention phase to assess caregiver strain. Study: • A post intervention survey was administered to survey coping status of the caregivers. Act: • Continue with dual approach (therapeutic and practical assistance) to support caregivers when performing discharge planning. • Adopt M-CSI as core screening and assessment tool in discharge planning. Results Caregivers reported 2 main psychosocial issues in M-CSI assessment: • “Feeling completely overwhelmed” • “Caregiving is confining” • Results from post intervention survey on caregivers: • 80% know where to get more information. • 75% feel less stressed. • 75% are able to cope better. • 90% are satisfied with the service. • 70% feel more confident and hopeful. Discussion/conclusion BVH’s psychosocial enhancement to performing discharge planning is a helpful therapeutic intervention for caregivers who experience caregiver stress in coping with the care of their loved ones.

# Saying Goodbye and Moving On

*Prabha Techna Miti - Singapore*

**Short Description:** The Medical Social Service (MSS) Department surveyed 54 HCWs (doctors, nurses and allied health therapists) about their responses and coping upon their patient's demise. The results showed that many emotionally affected HCWs did not receive adequate closure and support upon the demise of their patients.

**Abstract:** Aim of Project: To provide a means of closure and support for HCWs upon their patient's demise. Methods Cause and Effect analysis: • The team analyzed the root causes and developed a fishbone and Pareto diagram. • Main root cause: Absence of a tool to provide staff with closure and support upon the demise of their patients. Do: • MSS adopted a Sympathy Card as a tool for HCWs to convey their condolences when the patient passed away. • Muscular Dystrophy Association, a charitable organization, was engaged to design and print 200 cards. • MSS disseminate the sympathy card to HCWs to write on within 3 days of the patient's demise. Study: A second survey was conducted to: • measure the impact of the card; and • Identify challenges in its execution. Act: The use and effectiveness of the card will be reviewed 3 monthly. Results 80% of HCWs surveyed found the card helpful in providing closure and a sense of fulfilment in their caring and support to the bereaved families. Their comments include: • "it's a meaningful wrap up for me". • "I feel affirmed and comforted". Discussion/conclusion The simple act of bidding goodbye through the use of a sympathy card enables HCWs to develop a sense of closure and satisfaction in their work. Project impact 1. Raised awareness of self-care of HCWs. 2. Empowering and creating job opportunities for the disabled clients at the Muscular Dystrophy Association 3. Simple and cost-effective to implement. Sustainability 1. Project can be extended to HCWs from other disciplines (i.e. Chronic Sick Unit, Sub-acute and Nursing Home).

# The Culture of Peace, A Way to End Violence in Brazilian Schools

*Carlos Temperini – Brazil*

**Short Description:** Based on assumptions of the systemic thought, this research is a proposition to implement a method to eradicate the violence in Brazilian schools, promoting a culture of peace, applying the principles of the restorative justice, considering the four pillars of education in the XXI century as per Dellors report. Co-Authors: Graziella Mofarrej, Rosa Maria Stefanini de Macedo, Valeria Pascoal e Vera Pacheco

**Abstract:** The current political, social and economic Brazilian scenery, plus the uncertainty of values, creates great difficulties in the educational environment. Violence is present as a daily reality in the Brazilian schools, putting Brazil in first place in the ranking when it comes to violence in schools against teachers according to data from OCDE (2014). The educational model applied today in the public and private schools is based in “trues”, punitive conducts prevail giving no opportunities to dialogue. We verify school evasion, low academic results; teachers, students, school staff and families demotivated and uninterested. The increase of violence in the educational environment shows how regressive the structures are and its need for innovation. We believe that the conflicting situations can be transformed into opportunities for the construction of a culture of peace, being the school a promising territory for the dissemination of this thought. We defend the importance of developing comprehensive programs in the schools according to the four pillars of education for the XXI century, according to Manifesto 2000 from UNESCO which pleads for a culture of peace and not violence: learning to know, learning to do, learning to live in community and learning to being. Its application reverts efficiently the situation of violence. In order to implement it, we based ourselves on the social construction of reality paradigm, using the assumptions of the systemic thought for the educational environment. We apply a methodology based on the principles of restorative justice and non-violent communication. Such methodology aims to promote autonomy of all scholar community offering more collaboration, respect and dialogue. The five basic restorative assumptions are contemplated as such: to value the individual perspectives; to considerate the relation among thought-feeling-action; to identify the consequences of the act; to understand the needs; and to enable more favourable outcome. These practices are already being applied in some schools successfully, as such the process of dialogue as a everyday practice, enabling better productivity to everyone involved.

# Homoparental Adoption and Childhood: The Brazilian Media Analysis

*Carlos Temperini – Brazil*

**Short Description:** This study describes content about gay and lesbian families that was published in a Brazilian newspaper between the years of 2000 - 2012, to comprehend the social construction of childhood and debate about homoparental adoption. The treatment given to the homoparental adoption questions were much more controversial than discussed. Co-authored by Rosa Maria Stefanini de Macedo

**Abstract:** This study describes and interprets content about homoparental adoption and childhood that was published in Folha de S. Paulo (a Brazilian online newspaper) between the years of 2000 and 2012, to comprehend the social construction of childhood and debate about homoparental adoption. The study hypothesis is that the construction of social problems is subordinated by domination relationship. The theme published in the biggest Brazilian newspaper multiplies, through symbolic forms, relations of power. The theory of this study was built by ideology studies of John B. Thompson (2009) and social and clinical studies about childhood. To analyze the newspaper was used deep hermeneutic and content analysis of Bardin (1977). Elected as the total of 245 newspaper articles were analyzed, with the majority showing national content and at least 16 articles portraying cases of homoparental adoption. The results introduced the homoparental adoption theme being debated in the newspaper articles as a secondary theme, diluted in the new discussions of adoption law, such as the homosexual civil union. It showed that adoption is directly connected to the right of build a family but the newspaper didn't discuss this issue in relation to children's rights or homosexual's rights. The treatment given to the homoparental adoption questions were much more controversial than discussed, confusing children's and teenager's rights. Examining the ethical principles, the speech by Folha de S. Paulo (newspaper) about homoparental adoption and childhood disregards the well-being of the characters presented and could be considered ideological as it contributes to stigmatization of children and homosexuals, supporting relations of domination.

# Laugh When It Is Serious

*Katia Tikhonravova – USA*

**Short Description:** The separation among communities and individuals leads to serious consequences; like prejudice, feelings of mistrust and danger, which prevents partnerships and opportunities for growth. Like yawning, laughter is contagious. Creating fun and entertaining experiences could be among the best ways to deliver a message about diversity, acceptance, and love.

**Abstract:** Like yawning, laughter is contagious. Sharing simple, funny experiences could be among the best ways to deliver a message about diversity, acceptance, and love. Communities that find comfort in separation and avoidance of each other may prefer that disconnection as the best way of communication. The separation issues lead to serious consequences. “Them and us” mentality creates misunderstandings, moving communities against each other, generating feelings of mistrust and danger, preventing partnerships and opportunities for growth. As a founder and president of the Equality Club—which promotes rights for gay, lesbian, bisexual, and transgender communities—I struggled to find ways to bring heterosexual and homosexual communities together. Overcoming biases begins in a community. That is why we wanted to provide space where differences and similarities between communities could be discussed, ideas shared, and questions answered, as well as providing opportunities to grow and be accepted. We have created and continue to create fun events, which are open to the public. All members of the LGBTQ and heterosexual communities were invited. In a friendly, fun, relaxing, and engaging atmosphere, people were able to see each other in a light of friendship and support. Education about LGBTQ topics were provided through games, such as trivia and jeopardy. The positive energy of laughter helped break down barriers and created non-threatening experiences that helped people see each other in a positive light. Laughter strengthens relationships, attracts others to us, enhances teamwork, helps defuse conflict, and promotes group bonding. Producing familiar “ha, ha, ha,” triggers an increase in endorphins, the brain chemicals known for their feel-good effect, helping us feel relaxed, safe, and joyful. Laughter has many positive links with mental health. For instance, laughter dissolves distressing emotions, helping us relax and recharge, reduces stress and increases energy. Introducing this fun event to the community generated positive outcomes. For instance, communities showed enthusiasm to unite and work together; increase in business opportunities; decrease in prejudice, leading to a friendlier and welcoming environment. I encourage you to promote similar fun activities, where you can find new friends and expand diversity horizons.

# Parents Trapped in Separation Conflicts: Challenges for the Professional and Ideas to Overcome Them

*Odd Arne Tjersland – Norway*

**Short Description:** What are the underlying differences when parents enter into war about solutions for children and how can these differences be addressed by the professionals? The presenter – an experienced mediator and couple therapist – bases his reflections upon a study of high conflicts couples in mediation. A video illustration will be used.

**Abstract:** The reflections and ideas presented in this workshop are inspired by family therapy and mediation literature, 30 years of practice working with separating parents and two broad empirical studies of mediation headed by the presenter. The latter study started in 2008 and with a representative sample of 154 mediating couples, 38 of them identified as "high conflict (HC) couples ". The data were gathered by questionnaires, sound recordings from mediation sessions and by follow-up interviews. It was a naturalistic study of "practice-as-usual", involving twelve mediators. Two sub-studies have addressed the mediation process with the HC-group, using qualitative analyses of the audiotaped dialogues from the sessions. One study focused on the nature of the conflicts between the parents. Behind the different views about custody and visitation schedules we identified six sources of a more profound nature to the differences. In order to help the parents it seems important that the mediator address them. In the other study we identified six dimensions, each representing contrasts in how the mediators met the parents. They were labeled: \* Focus on the law and regulations versus the parents themselves \* The mediator defining subjects to talk about versus asking for the parents proposals \* Agreement oriented work versus a focus on emotional and relational reactions \* Verbally versus written orientation \* Limited versus rich time space \* Narrow parent focus versus system focus. Each dimension may also be seen as a space the mediator can use with flexibility and over time, in order help the parents and their children to reorient and make decisions in an emotional difficult time. These studies represent a background for the workshop that primarily will be clinically oriented. Approaches are illustrated by video recordings.

# Raise Your Kids With L.O.V.E : An Effective Parenting Model for Multicultural Families

*Jacqueline Tome – USA*

**Short Description:** Using rituals from different cultures, development theories, play therapy and filial therapy techniques, the parenting program model LOVE prepares parents to create a positive relation with their children throughout their lives. With this interactive workshop, participants will learn techniques to use with their clients to become better parents.

**Abstract:** A major challenge for therapists working with families is to find a parenting program model that would be flexible and adaptable to different cultures. Most programs are created and developed to be used either by the Eastern or the Western culture. It becomes a main issue when working with expatriates, refugees, and immigrants. The parenting program model L.O.V.E., created by Jacqueline Tome, can be adapted to different cultures, taking into consideration the family's core cultural values. Creative tools on how to work systemically with families to address children's feelings, effective communication and problem solving skills will be used during this workshop.



# **Executive Coaching and Corporate Social Responsibility: How Systemic Theory Can Be Applied to Global Change**

*Jacqueline Tome – USA*

**Short Description:** Coaching was seen in the past as a tool to help professionals who underperformed; now it has been widely used and recognized as an effective tool to support important decision makers. Learn how you can make meaningful social global impact as an executive coach.

**Abstract:** Families have always been the most important foundation of any community. Many global corporations want to give back to the community by investing on social projects to strengthen families in order to create safer and healthier environments. It has been proved that coaching works when it is systematic, that is the reason why family therapists are great candidates to become executive coaches. One of the roles of the executive coach is to help senior level professionals and CEOs of corporations to develop leadership skills by creating meaningful social projects.

# Website Best Practices and Strategy

*Douglas Tschopp – USA*

**Short Description:** This workshop will focus on current best practices in website development. Come and learn how to make the web work for you. Topics include content strategy, digital trends, search engine optimization, usability and responsive web design. Use the Q & A to draw from this business expert's experience.

# Birth Order in the Family: Implications of Parental Differential Treatment on Children

*Ikechukwu Uba – Malaysia*

**Short Description:** This paper examines the implication of parental differential treatment of children based on birth order and argues that eldest children benefit from their parents' love and care. The writing suggested that African and Asian parents preferred authoritarian parenting. Finally, the review noted the cultural specific nature of parenting style. Siti Aishah Hassan both co-authored and was present for this presentation.

**Abstract:** This paper examines the implication of parental differential treatment of children based on birth order. The paper argues that eldest children benefit from their parents' undivided love and care, particularly at an early age. Given, the initial attention they receive from their parents, the assessment based on theory indicated that they were more likely to perform better than their siblings in educational and other developmental tasks. On the other hand, youngest children the review found performed less well compared with their older siblings. The writing further suggested that African and Asian parents preferred authoritarian parenting style as against authoritative parenting practiced by parents in Western societies because parenting style is not static rather it adjusts to the birth order of a child. Finally, the review noted that the adoption of parenting style was culture specific and intended to suit different purposes in societies, hence no parenting style was adjudged better than the other.

# Gender Survivors: Male to Female Journeys Across the Lifespan

*Carolina Utz – USA*

**Short Description:** Five clinical examples will be used to illustrate how transgender clients navigate challenges at different developmental stages. This lecture will present practical ways to foster healthier relationships and diminish uncertainty and fear among family members.

**Abstract:** This presentation is designed for therapists who wish to become more instrumental in helping gender variant clients. The journey of self-discovery for transgender individuals is laborious and often lonely. In the quest to become more congruent with their authentic gender, clients experience psychological distress that can lead to dysphoria, depression, anxiety, and a host of other conditions. Across the United States, transgender and gender nonconforming people are forcing society to evaluate its traditional views; furthermore, they are openly requesting treatment interventions that include family education and support. The presenter will provide insight based on experience gained from working with transgender clients at different developmental stages (childhood, adolescence, early adulthood, middle age and elderly). Five male to female clinical examples will be used to illustrate how to navigate concerns such as school issues, medical interventions, employment opportunities, and legal rights. Most importantly, this lecture will present practical ways to foster healthier relationships and diminish uncertainty and fear among family members, as an effort to decrease self-harm and violence toward transgender individuals. Family acceptance is the number one reason for healthy development among gender variant clients. Thus, therapy must be seen as a relational process and also as an opportunity for the family to facilitate an individual's authentic gender.

# Changing Models in Family Therapy: School-Child-Family Interconnectedness

*Gertina J. Van Schalkwyk – China*  
*Maria Marchetti-Mercer - South Africa*

**Short Description:** We introduce School-Based Family Counseling as a useful integrated model combining school and family counseling in a broad systems approach. As a culturally sensitive model, this model, combined with the Collage Life-story Elicitation Technique, help establish professional partnerships to address the different interfaces of child, school and family.

**Abstract:** The 21st century is characterized by an ever-increasing exposure to dual-income families, globalization, increased mobility and access to the electronic media. This requires constant re-examination of models of family therapy and how we address the different interfaces of child, school and family. In this context we have found a School-Based Family Counseling (SBFC) approach, as developed by Gerrard and Soriano, a useful integrated model that combines school counselling with family counselling in a broad systems approach. SBFC provides an integration of school counselling and family counselling models within a broad based systems meta-model that is used to conceptualize the child's problems in the context of all his/her interpersonal networks: family, peer group, classroom, school (teacher, principal, other students), and community. In order to practically illustrate how this model may be applied in clinical and educational settings we will engage participants in reviewing the performances of teachers, children and families using the Collage Life-story Elicitation Technique (CLET), and their representation of relational patterns and connectedness to others. As an innovative auto-ethnographic technique the CLET elicits autobiographical remembering and narrative performance through collage-making, storytelling, positioning of the self and juxtaposition to explore the dynamic conflicts underlying their school-child-family relationship patterns. In the workshop, participants will be engaged in an in-depth thematic analysis of the CLET to explore the utility of the tool as a changing model to illustrate how the different dimensions of school-child-family are interconnected and need to be integrated both theoretically as well as clinically. Whereas the SBFC model offers general guidance for goal setting and developing meaningful and attainable goals for school counselling across the boundaries that traditionally separate school and family counselling, the CLET is utilized for conceptualizing cases within the school and agency settings in order to provide holistic services to all involved. As a multi-culturally sensitive model, the SBFC approach and the CLET help establish professional partnerships with the school (teachers and administrators) and the family that will benefit all parties and in the best interest of the child.

# Field Trial Outcome of Proposed DSM-5 and ICD-11 Parent Child Relational Problem Criteria

*Marianne Wamboldt – USA*

**Short Description:** Criteria for Parent-Child Relational Problem were proposed by an international work group and tested in the format of the DSM-5 field trials with 133 parent-child dyads. Weighted prevalence in psychologically symptomatic children was 34%. Interclass kappa for agreement between clinicians was .58, indicating good inter-rater reliability.

**Abstract:** Caregiving relationships are significant factors in the development, mediation, or moderation of childhood mental health problems. However, epidemiologic and clinical research has been limited by lack of reliable, succinct and standardized methods of assessing parent child relationship constructs. The Relational Processes Workgroup (ad hoc to the DSM-5 process) proposed more specific criteria to define a Parent-Child Relational Problem (PCRP). These criteria were field tested in one of the DSM-5 Field trial sites, utilizing a similar research design as DSM-5. Participants included 133 symptomatic children (5 - 17 years) in active treatment for a mental health problem and their primary caregiver (86% mothers). Two separate clinicians, each blinded to the assessment of the other clinician as well as the DSM-5 diagnoses, interviewed the dyads within a 2-week period, utilizing the proposed PCRP criteria. Prior to each interview, parents were asked to write about their relationship with their child, and children (over the age of 10 years) filled out the Parental Bonding Instrument, Brief Current, and the Perceived Criticism Measure. Clinicians were able to read the narratives and see results of the child report measures before assessing the dyad. The weighted prevalence of a PCRP in this sample was 34%. The interclass kappa for overall agreement between clinicians was 0.58 (0.40, 0.72), which indicates good inter-rater reliability. Further, clinicians found the PCRP diagnostic criteria clinically useful and an improvement over the brief description of PCRP that was presented in DSM-IV. Relationships between children and their primary caregiver can be assessed in a reliable manner, based on clinical interview with the child-caregiver dyad and several self-report measures.

# Successful Family Management of Childhood Asthma

*Frederick Wamboldt – USA*

**Short Description:** Asthma is one of the most common chronic childhood illnesses and is associated with many adverse outcomes including missed school and parental/family stress. Research from our team will be presented that highlights the challenges that families face and ways for families to successfully cope with and overcome these challenges.

**Abstract:** Asthma is the most common chronic illness of childhood which affects 7-15% of children worldwide, and the prevalence of asthma in children continues to increase over time. A cornerstone of asthma therapeutics is “self-management” – helping persons with asthma recognize and manage their asthma symptoms when they arise, as well as reduce their exposure and reactivity to asthma “triggers” in the environment. Given that asthma usually starts in early childhood, “self-management” of childhood asthma obviously becomes a family affair. In this presentation we will highlight research from our team that suggest that: 1) families have a major influence in promoting good treatment outcomes in chronic illnesses such as asthma; 2) family factors influence asthma outcomes by influencing self-management behaviors; 3) different family factors are important for influencing different self-management behaviors; and 4) community and broader sociocultural context of any given family can be an equally important factor in influencing asthma outcomes. This information will be useful for family therapists and family researchers in their efforts to best assist families with children with asthma, as well as families dealing with similar chronic childhood illnesses.

# **Chinese Children's Subjective Experiences of Attention Deficit and Hyperactivity Disorder in Hong Kong: The Co-construction of Meanings in Multiple Family Group**

*Erica S. F. Wan – China*  
*Joyce Lai Chong Ma – China*  
*Julia Lo Wing Ka – China*

**Short Description:** Chinese children's subjective experiences of Attention Deficit and Hyperactivity Disorder in Hong Kong are seldom explored. This presentation presents findings of a qualitative study on the meanings of ADHD co-constructed by the children and their parents in the Multiple Family Group. The implications for clinical practice are discussed.

There are around 8.9% of school boy in Hong Kong suffering from Attention Deficit and Hyperactivity Disorder (ADHD) in according to DSM-V criteria. Commonly, ADHD in Hong Kong is treated with stimulant medication and behavioral training for children and parents. The majority of the research effort is undertaken into the pharmacological treatment of ADHD, Chinese children's subjective experiences of ADHD are seldom explored in Hong Kong. This presentation discusses the qualitative findings of children's subjective experiences of ADHD in Hong Kong among a clinical sample of families who have participated in a joint research project by the Department of Social Work and Department of Psychiatry of the university to study the efficacy of Multiple Family Group (MFG) for Chinese families with children suffering from ADHD since January 2013. With the aid of the MFG activities, the parents of children suffering from ADHD were assisted to explore the subjective experiences of their children's symptoms, medication and family relationship, and the meanings of ADHD were therefore co-constructed and emerged in the group. The implications for clinical practice are discussed at the end of the presentation. Acknowledgment: The Research Grants Council (RGC) of Hong Kong financially supports this study (RGC Ref. No.: CUHK449012).



# Advancing Family-centered Care in Adults' Mental Health

*Erica S. F. Wan – China*

*Ka Yan Ho – China*

**Short Description:** This presentation discusses findings from an exploratory study to examine social workers' perspectives on factors that affect the implementation of family-centered care to adult mental health practice in Hong Kong. Recommendations on facilitating the implementation of family-centered care for adults with mental health issues are outlined.

**Abstract:** Family-centered care has been recognized as one of the best-practice approaches for treatment of adult mental health problems worldwide. However, the implementation has not been without difficulties. Nurturing of new practices presents a challenge to many societies, including a Chinese society such as Hong Kong, because a family-centered approach to adult mental health care is almost non-existent in the field. Recently, two mental health organizations in Hong Kong pioneered innovative service attempts and introduced changes to the individual focused mental health practice in the community setting. These organizations recruited the expertise of overseas and local trainers to offer a series of systematic clinical training programs to cultivate the staff's competence in providing family-centered community mental health care. The attempts aimed to shift the staff's attitude from individual focused to family oriented and from pathology focused to strengths based, so that quality service to service users and their families can be ensured. This presentation reports some results of a qualitative study conducted in Hong Kong, through which mental health professionals' perspectives on factors that support and impede the implementation of family-centered care to adult mental health practice were explored and identified. Seven mental health social workers participated in the study. Three themes emerged from the data: (1) paradigm shift, (2) professional identity of psychiatric social worker, and (3) organization's challenge in response to Social Welfare Policy. Implications of the findings at individual, organizational, and policy level are also discussed.

# Help the Students Receive More Success in Chinese Gaokao Using Satir Mode

*Qiang Wang – China*

**Short Description:** The author has the experience of Chinese Gaokao (The university entrance exam) consultation which have continued for more than 10 years, especially the significant results in supporting and helping students after using Satir Mode. He summarized these to share with 2015 World Family Therapy Congress to contribute his strength.

**Abstract:** The author has the experience of Chinese Gaokao (The university entrance exam) consultation which have continued for more than 10 years, especially the significant results in supporting and helping students after using Satir Mode. He summarized these as follows to share with 2015 World Family Therapy Congress to contribute his strength. 1. Belief is the foundation of success. 2. Excite yearning to develop intrinsic motivation 3. Set up target, take responsibility to self. 4. The firm attitude of consultant is the confidence guarantee of visitors. 5. Accept and appreciate yourself and others. 6. Manage your emotions effectively. 7. Experiences light success to promote visitors' confidence. 8. Cultivation of autonomous learning ability is successful action. 9. Positive application of family and school support system. 10. Effective plan make consistent change.

# Does MFT Models Travel Well Internationally? Inter/Intra Cultural and Research Implications

*Linna Wang – USA*

*Tatiana Glebova – USA*

**Short Description:** Does globalization provide the second chance for imperialism? This presentation summarizes the literature that cautions unexamined exportation of Western culture based theories and models to non-Western cultures, and provides some guidelines and suggestions based on existing literature and research principles.

**Abstract:** Does globalization provide the second chance for imperialism? The authors' answer is "yes, if Western culture based theories and models were exported to non-Western cultures examined." Globalization creates complex contexts in which different cultures encounter and clash. The commonly used mechanism to reduce intense, sometimes deadly, cultural conflict is to impose western economic, political, and cultural standard and practices as the norm. Such promotion of monoculturalism has demonstrated to increase, rather than decrease, international conflict. Yet more than ever there are dire needs to develop treatment for social and psychological illness. Such needs, especially in the non-Western world, create space for the imposition of Western theories and treatment models as the golden standard. The imposition of treatment models, although may not be bloody, can be just destructive to the social fabric of the importing countries. As globalization and capitalism decrease between country cultural differences, they increase within country differences. The polarization within the country is a variable not often considered in the effort to transfer theories and models. This presentation will have four components: 1. Shares the summary of literature that cautions unexamined exportation of western theories and concepts, 2. Explores factors that impede exportation of models across borders, and 3. provides some guidelines for "importers" to evaluate which models to accept based on research principles, and 4. Provide some suggestions to well intentioned "exporters" in promoting global citizenship.

# Motivational Interviewing: A Practical Application for Special Populations

*Katheryn Whittaker - USA*

*Jay Burke - USA*

*Khadijah Bhutto Ramirez - USA*

**Short Description:** This presentation offers an overview of how to use Motivational Interviewing when addressing specific addiction populations in treatment. Specific steps on how to use this treatment approach with clients dealing with addiction including specific issues such as sexual addiction, eating disorders and working with couples will be offered.

**Abstract:** This presentation offers an overview of how to use Motivational Interviewing when addressing specific addiction populations in treatment. Participants will gain an overview of basic concepts of Motivational Interviewing. A brief review of current research and program design will be presented in order to understand the effectiveness of Motivational Interviewing. Specific steps on how to use this treatment approach with clients dealing with addiction including specific issues such as sexual addiction, eating disorders and working with couples will be offered. Participants will learn through interactive participation and role-play how to increase their therapeutic skills in treatment as well as learn how to utilize motivational interviewing with specific populations. Objective 1 Participants will learn the basic application of, and clinical rationale for, motivational interviewing. Participants will learn the effectiveness of this model in treating clients with addiction issues. Objective 2 Participants will understand basic treatment techniques, including specific lines of questioning, use of affirmation, and reflective listening interventions for clients dealing with various addictions, including substance and sexual addictive behaviors. Participants will practice basic techniques of motivational interviewing to use with clients during the different phases of treatment including resistant clients. Role-play and video clips will be incorporated to highlight the stages of change and introduce therapists on how to move clients through these stages effectively. Objective 3 Participants will learn how to use Motivational Interviewing when working with diverse client populations struggling with addictive behaviors. Issues in treatment working with diverse populations (e.g., early vs. later recovery) will be addressed during the presentation. This presentation is relevant in terms of practical skills-building through interactive learning. Also, it gives the attendees the ability to incorporate the learned skills with specific addicted populations. The presentation is designed to build therapeutic skills as well as to train participants in how to incorporate these skills in their current treatment environments.

# Family Centered Practice on Child Protection: A Supervision Model for a Welfare Agency in Hong Kong

*Mooly Wong - China*

*Monica Yau – China*

**Short Description:** A supervision model on how to build up the capacity for family centered practice at a welfare organization rendering out-of-home care service in Hong Kong will be introduced.

**Abstract:** To safeguard security, children at risks of family violence or other types of maltreatment might be temporarily removed from their own families and placed under the care of out-of-home care services. During the stay period of these children, social workers, given the authority on child care, play a significant role in bridging the parent-child interaction and preparing the families to receive these children back home. In this presentation, a supervision model on how to build up the capacity for family centered practice at a welfare organization rendering out-of-home care services will be introduced. The presenters will share the findings on the study of service expectations among families receiving service and explain the strategies employed in changing the organizational culture of this agency in working with families. The presenters will also evaluate critically the effectiveness of applying this supervision model in bringing mindset change among the management team and frontline practitioners of this organization in working with these families.

# Family Dynamics Viewed Against the Backdrop of the Interaction Between Family and Larger System in China

*Chung Ping Wong Ip – China*

**Short Description:** What happened in the larger systems have caused certain adaptive behaviors in the family system. This presentation will look at how some adaptive social holons have created blockage in communicating and handling problems in marriage and family in China.

**Abstract:** This presentation stems out of my experience in doing family therapy and conducting counseling training in various parts of China. I find that enmeshed relationship has created blockage both in marital intimacy and personal growth. Among the younger clients that I have contacted, quite a number of them have expressed frustration in boundary issue between parents and children. There is a prominent big mother syndrome in how mothers are overly involved in their children's welfare and overly protective of their families. The mothers' reaction to form close ties with their children may seemed normal in the cultural lens and children are forced into accepting it in terms of filial piety. But as I trace for major events and results of family-larger system interaction, I find that the big mother syndrome may have related to their coping strategy during a difficult time. The Big China Famine from 1959-1961 and the Cultural Revolution from 1965-1976 represents a very difficult time over a stretch of over 20 years period which has made very significant impacts and changes to people's lives and their families. By rough estimation, the survivors of the famine who were 10-20 years old are well into their 60s and 70s. Those families who experienced the upheaval of the Cultural Revolution have moved into their second and third generations. The big mothers were both survivors of these calamities.

# Forms and Functions of Sequence Observed during Couple Conflict in Middle-Aged. Comparing Clinical and Non-Clinical Japanese Data by Applying Conversation Analysis.

*Sho Yabugaki - Japan*  
*Shin-Ichi Nakamura - Japan*

**Short Description:** The purpose of this study is to reveal both forms and functions of sequence observed during couple conflict in Japanese middle-aged. Also, to show both similarities and differences between clinical and non-clinical data is the purpose of this study.

**Abstract:** The purpose of this study is to reveal both forms and functions of sequence observed during couple conflict in Japanese middle-aged. In addition, the purpose of this study is to show both similarities and differences between clinical and non-clinical data. 9 clinical and 8 non-clinical couples are recruited. For all clinical couples, the communication between couple members is a common focus of the treatment in couple therapy. 30 minutes discussions are video-recorded and analyzed by applying conversation analysis. Each discussion is divided into 3 phases: (a) opening, (b) negotiation, and (c) closing. The focus of analyze are followings: (a) how the utterance relates to speaker and listener, (b) what is the meaning of the utterance, which follows previous utterance, (c) how the utterance react to previous utterance, and (d) what the utterance indicates to the next utterance. These focuses are used in order to examine both speaker's and listener's position, what the couple achieved through the sequence of utterances, and the function of the sequence to negotiate the couple conflict. As results, conversation analysis revealed both similarities and differences between both clinical and non-clinical couples. Communication patterns observed during couple conflict are mostly similar between 2 groups. Also, differences of communication patterns between 2 groups indicate both adaptive and constructive way of discussion and maladaptive and destructive way to negotiate couple conflict. Finally, future tasks and clinical implications, such as the possibility to create a new psycho-educational communication skill training program which is distinguished from assertion training or active listening skill training, are discussed.

# Developing a Competent Therapist: The Use of Self in Supervision and Therapy

*Pei Li Yeo – Malaysia*

**Short Description:** The use-of-self is a concept that has significant impact in therapy and supervision. This session is about understanding the self-using the Satir's Iceberg Metaphor and highlighting Haley's Isomorphism as systemic supervisor also need to focus on the interrelational similarities between therapy and supervision.

**Abstract:** The therapist's use of self is a concept that has been recognized as a significant aspect of therapy (Baldwin, 2000). Virginia Satir believed that using oneself as a therapist is an awesome task as we are people dealing with people (Satir & Baldwin, 1983). In order for the therapist to genuinely connect with his or her clients, the therapist needs to have awareness of self. The awareness of self will empower the therapist to become more effective, creative, spontaneous and flexible when connecting with clients (Andolfi, Ellenwood, & Wendt, 1993). Just as clients carry negative impacts from the past, therapists also carry their own negative impacts from the past events (Lum, 2002). While recognizing that therapists do have personal issues that may hinder their therapeutic work, Aponte (1994, cited by Rowan & Jacobs, 2003) advocated that therapists ought to deal with their personal issues in order to heal and to prepare themselves to be therapeutically congruent. Satir (1988) believed that a congruent therapist can focus on staying more connected with themselves, being fully present, whole, centered, and in a state of peaceful harmony, instead of being concerned of transference or counter transference in therapy. Hence, it is important that the supervisor is also able to therapeutically use of self in supervision, just as their supervisee has to therapeutically use of self in therapy. This session seeks to understand the parallel processes in which "supervisees unconsciously present themselves to their supervisors as their clients have presented to them (Friedlander, Siegel & Brenock, 1989)." It is important that the supervisor is able to initiate a dynamic that would then be played out in the supervisee's therapy when the process is reversed, i.e. the supervisee adopts the attitudes and behaviors of the supervisor in relating to the client. This session is about understanding the use of self as supervisor and therapist using the Personal Iceberg Metaphor of the Satir model and the concept of isomorphism as coined by Haley (1976) where the systemic supervisor also focus on the interrelational and structural similarities between therapy and supervision.



# The Use of Metaphoric Cards in Couple Therapy

*Pei Li Yeo – Malaysia*

**Short Description:** Counseling couples can be fun and need not be stressful and tense. The use of TANDOO metaphoric cards can help facilitate discussion of sensitive topics for couples. Participants will experience the fusion between the use of projective technique and conventional therapy based on Reality Therapy approach in couples work.

**Abstract:** All newly formed couples wish for a relationship filled with trust, intimacy, pleasure, security and friendship. However, not all couples are able to maintain the expectations and sustain the optimism of their relationship. Over time, reality of life sets in. Problems of communication, issues of control, unresolved anger, tension around sexual needs and desires jealousy, arguments over money, unclear boundaries with relatives, unrealistic expectations and restrictions, gender roles, clashing values, and parenting disagreements are just some of the issues that can contribute to couple's distress in the relationship. Counseling couples can be fun and need not be stressful and tense. The use of TANDOO metaphoric cards can help facilitate discussion of sensitive topics for couples in an accepting and safe environment. The name TANDOO stems from the Aramaic language that means, "in two," or "two together." In these sense, the cards can be used by any pair, not necessary couples in romantic relationships. TANDOO cards consist of 99 picture cards and 44 action signs about life as a couple. The images depict scenes of couple-life, symbolizing feelings, wishes, needs, conflicts, and healing patterns that emerge in any couple relationship. The action cards provide ideas and act as a roadmap for the couples in their journey to enrich, build and restore their relationships. The use of metaphoric cards, a form of projective techniques in therapy can put us in touch with ourselves and with those around us. This workshop aims to introduce two decks of the metaphoric cards in the OH-Card series, with particular emphasis on relationship building and professional development in couple therapy. It allows participants to get in touch with their own creativity and reflective skills. Participants will also experience the power of the cards through group sharing and group work. More importantly, participants get to experience the fusion between the use of projective technique and conventional talk therapy using Choice Theory and Reality Therapy approach in couples work.

# Therapy with Muslim Couples a Malaysia Perspective

*Azah Yazmin Yusof – Malaysia*

**Short Description:** Having a certain amount of knowledge about Islam and the Syariah may be useful in counselling Muslim couples. An overview of the syariah legal system in Malaysia and areas of the syariah law that affect the family institution will be discussed as well as certain Islamic terminology will be explained.

**Abstract:** When a marriage of a Muslim couple is in crisis, be it an affair, emotional distance or the threat of divorce there are many considerations that are different and may not arise in a non-Muslim marriage. In Islam Polygamy, where a man is able to marry up to four wives is not an issue that will arise in a non-Muslim marriage. Where the power of uttering the Talaq (power of divorce) is in the hands of the husband. Where custody of the children is dependent on how old the child is and their gender, to name a few differences. Therefore it is suggested a certain amount of knowledge about the Syariah coupled with legal definitions and terminology maybe useful for the counsellor during counselling sessions. An overview of the Syariah Legal System in Malaysia will be discussed as well as certain terminology to help practitioners be at the starting line of learning the Syariah. Secondly, there is clearly cultural considerations such as Islamic faith, values and traditions when counselling Muslim families. There is scarcity of research for practitioners working with Muslim families and couples. This lack of research may leave clinicians unprepared to adequately help Muslim clients faced with marital problems, which may inadvertently lead to ineffective counselling. A general understanding may help to fathom the world view of a couple either individually, as a couple and within the extended family as a whole. It may also help to provide insight to the thought process and emotions behind the interaction and language they use during session. Therefore it is hoped in this two pronged brief lecture of an overview of the Syariah Legal System and the Islamic faith may provide some insight for the practitioner to better understand and be of better service to their Muslim couples during sessions

# Family Therapists' Adult Attachment Styles And the Therapeutic Alliance

*Yusmarhaini Yusof – Malaysia*

**Short Description:** Interviews with therapists of different attachment styles were conducted to explore the relationship between their adult attachment styles and their perceptions of the therapeutic alliance. A framework analysis was employed and responses were compared according to 'secure' and 'insecure' attachment styles. Therapists differed in their emotional connections to family members.

**Abstract:** A therapist's adult attachment style may affect their ability to form effective therapeutic alliances. An analysis of semi-structured interviews with 11 family therapists explored the relationship between their adult attachment styles as assessed using a self-report measure and their perceptions of the therapeutic alliance. A framework analysis was employed, using four dimensions of therapeutic alliance: engagement in the therapeutic process, emotional connection to the therapist, safety within the therapeutic system and shared sense of purpose within the family. Responses were compared according to 'secure' and 'insecure' attachment styles. There were no substantial differences in therapists' accounts of their approach to engagement and creating a sense of safety, however they differed in their approaches to managing clients' hostility. 'Secure' and 'insecure' therapists differed in their emotional connections to family members. Training and supervision could incorporate understanding of attachment style. Suggestions are made for future research based on this exploratory study.

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