



Consortium of Institutes on Family in the Asian Region  
Inauguration cum Inaugural Symposium

# “Families in Asia: Challenges and Opportunities”



CIFA Inauguration:  
Date: 24 January 2008 (Thursday)  
Time: 9:00a.m.  
Venue: Loke Yew Hall,  
The University of Hong Kong,  
Pokfulam, Hong Kong, China

Inaugural Symposium:  
Dates: 24-26 January 2008  
Venue: Graduate House,  
The University of Hong Kong,  
Pokfulam, Hong Kong, China

Co-organized by:



**HKU FAMILY INSTITUTE**  
香港大學家庭研究院

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## Message from Chief Secretary for Administration, HKSAR Mr. TANG, Ying Yen Henry, GBS, JP

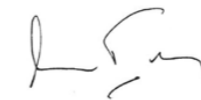


I congratulate you on the inauguration of the Consortium of Institutes on Family in the Asian Region (CIFA). CIFA is a major initiative to foster cooperation between various professions in strengthening the family unit and promoting family health in our region.

The theme of the Inaugural Symposium – “Families in Asia: Challenges and Opportunities” – highlights the importance of understanding the changing needs of families. The Symposium provides a platform for enlightened discussion as well as sharing of expertise, experience, and research. It is also a networking opportunity for governments, professionals, academia, and other stakeholders.

Family harmony is a cornerstone of social harmony. The Hong Kong Government places great emphasis on fostering a family-friendly environment and promoting the family as core social institution. In December 2007, we established the Family Council as the focal point for promoting family welfare. The Council provides a support network and follows a holistic approach to dealing with a wide spectrum of social problems.

I commend the HKU Family Institute for its dedication and contribution to the formation of CIFA. I wish CIFA every success in promoting family welfare throughout our region in the years to come.



(Henry Tang)  
Chief Secretary for Administration

**Message from Vice-Chancellor, The University of Hong Kong  
Professor TSUI, Lap Chee**



It is with great pleasure that I congratulate the Consortium of Institutes on Family in the Asian Region on its Inauguration.

The University of Hong Kong was established nearly a century ago to nurture graduates who would provide leadership and service to society. Over the years, the University has grown with Hong Kong, facing its changes and challenges together, and providing the knowledge and expertise needed by each generation of its citizens.

This is a philosophy the University shares with the Consortium, providing as it does an important and timely platform for trans-disciplinary collaboration between professionals of different disciplines. Together, they will work to strengthen family functioning and promote family health in the region, in the face of the enormous social changes that have come with globalization.

On behalf of the University, may I once again congratulate the Consortium and its members on this important and historic occasion.

A handwritten signature in black ink, appearing to read 'Lap Chee Tsui'.

(Professor TSUI Lap Chee)

**Message from Secretary for Labour and Welfare, HKSAR  
Mr. CHEUNG, Kin Chung Matthew, GBS, JP**



Nowadays, families are facing a lot of challenges. Family members try hard to balance competing priorities at home and at work. More single parents are running households on their own. And more families live apart due to increasing mobility across geographical boundaries.

Yet, the core functions of families have not changed. We still look to family members for care, protection, and support. No doubt, we must do all we can to strengthen families as the building blocks of a harmonious society.

No government or any single sector can address all the issues relating to the family. I am glad that the Consortium of Institutes on Family in the Asian Region and the Family Institute of the University of Hong Kong have brought together policy makers, academics, and professionals from various disciplines across Asia to examine important family issues. As a cosmopolitan Asian City where the East meets the West and a pluralistic society, Hong Kong is well placed to play host to this symposium on "Families in Asia: Challenges and Opportunities."

This symposium provides an invaluable opportunity for all who care about families to share their insights and aspirations, and to learn of the best practices that have effectively assisted families across different cultural settings. I am sure that this event heralds a new era of regional cooperation and synergy on promoting the well being of all families in Asia.

I congratulate the CIFA and the HKU Family Institute on staging this meaningful event. I wish it great success.

**Message from the Honorary Advisor, CIFA**  
**Ms. LEUNG, Oi Sie Elsie, GBM, JP**



On the occasion of the inauguration of the Consortium of Institutes on Family in the Asian Region Limited (CIFA), I write to offer my heartiest congratulations to the founders of CIFA for providing a regional hub for exchanges amongst organizations, scholars, and professionals who are devoted to improving family well-being, specializing in handling family problems, and are able to contribute towards shaping governmental policies and motivating the community towards measures in achieving such goal.

Asian families have common as well as distinctive features. Comparative studies and experience will help in understanding family problems and the ways of resolving them. By providing a platform for exchanges, training courses for frontline workers, and in-depth researches, there will be better understanding of the cause of problems, development of more efficient practice, and sharing of information of countries in the region. All countries and territories within Asia will be benefited.

I wish the organization every success, starting with the first Inaugural Symposium on "Families in Asia: Challenges and Opportunities," to be held on 24-26 January in Hong Kong. May it grow by leaps and bounds.

A handwritten signature in black ink that reads "Elsie Leung". The signature is fluid and cursive.

(Leung Oi-sie, Elsie)

**Message from President of International Family Therapy Association (IFTA)**  
**Ms. LANDAU, Judith, MD, DPM, LMFT, CFLE, CAI, BRI II**



It is my great pleasure to congratulate you on the ground-breaking venture of your Inaugural Symposium. On behalf of the International Family Therapy Association (IFTA), I wish you great success and trust that this is the beginning of an inspiring series. This forum for research, training, and clinical sharing of family practitioners and scholars will certainly enrich the understanding and collaboration of all present. It will also undoubtedly enhance the lives of families in Asia and elsewhere. It is my deep regret that I cannot personally be present to share in the exchange of information but I do hope to be able to learn from the proceedings and any publications that emerge as a result of this exciting event. I also anticipate following the development of CIFA as it grows in numbers and influence.

With very best wishes both from me personally and from IFTA.

## Message from President of European Family Therapy Association (EFTA)

**Dr. VETERE, Arlene**

The European Association for Family Therapy warmly welcomes and supports the inauguration and symposium of the Consortium of Institutes on Family in the Asian Region. We look forward to finding ways to cooperate with you in future scholarly ventures designed to support both our communities!

## Message from President of American Family Therapy Academy (AFTA)

**Dr. ROLLAND, John, MD**

As President of the American Family Therapy Academy (AFTA), I would welcome development of a liaison and collaboration between AFTA and you Consortium. I wish you all great success as you develop CIFA.

## Message from Chairperson of Women's Commission, HKSAR

**Ms. KAO, Ching Chi Sophia, JP**



The Women's Commission has always placed great emphasis on the promotion of family well-being, because we believe that harmonious families are the foundation of a harmonious society. We believe that it is important for all sectors of the community to work towards this common goal and to also work together in fostering stronger support networks for families.

As continuous efforts on this front is necessary, I am delighted that The Consortium of Institutes on Family in the Asian Region (CIFA) has taken the lead to provide a platform for collaborative efforts in research, training, and development of clinical practice. Through networking, sharing, and collaboration among academics and professionals from all over Asia, I am confident that CIFA will achieve the goal of strengthening family functioning and promoting family health in the Asian region.

I would like to congratulate CIFA on its inauguration and I look forward to this trans-regional collaboration bringing about a healthier and happier society for all.

**Message from Chairman of Elderly Commission, HKSAR**  
**Dr. LEONG, Che Hung, GBS, JP**



I write to congratulate the Consortium of Institutes on Family in the Asian Region on your inauguration.

The Elderly Commission is committed to promote inter-generation harmony to strengthen family functions and provide well being among all family members.

In the past, in particular in a Chinese Society, the elders are always perceived and behaved as the “head” of the family exerting their authorities. Today, such paternalistic attitude will not work any more. Instead the different generations have to understand one another. To the young, they need to realize that it is the “sweat and toll” of the elders that give them what they are today. They have to realize that the elders of today are not someone who are totally dependant, rather they are more active, quite independent and armed with extensive life experience that they are willing to share.

The “modern” elders too have to realize that the young people today have their own ideals and agendas irrespective of age and that the best way to maintain a harmonious relationship is to act as their advisors and friends.

There is a Chinese saying “家和萬事興” or “a million success begins with a harmonious family”. How true. Yet it is the effort of each member of the family to bring it about!

The work of the Consortium is therefore vital.

**Message from Chairman of Commission on Youth, HKSAR**  
**Mr. LEE, Chung Tak Joseph, BBS, JP**



Warmest congratulations to the formation of the Consortium of Institutes on Family in the Asian Region (CIFA)! As the platform to unite major stakeholders in understanding the needs of our young people and developing means to help them achieve their life potentials, Commission on Youth also gives equal emphasis on the family’s critical role in youth development. We believe that caring relationships and stable emotional bonds within families form significant support to the youth.

A family-friendly society will bring a harmonious community. Especially in Hong Kong, a predominantly Chinese community, the concept of “family” is central to her core values. The Hong Kong Government has placed high priority in these two years to strengthen and support families. Every effort made to safeguard and enhance the family unit’s well-being is much appreciated and needed. With distinguished subject experts across the region, I hope CIFA will add insight in strengthening the family function and our Government’s efforts in reinforcing families and family values. I wish CIFA every success in “converging professional wisdom for family well-being!”



**Message from Chairperson, CIFA**  
**Mrs. CHU YEUNG, Pak Yu Patricia, BBS**



On this historic occasion of the Inauguration cum Inaugural Symposium of the Consortium of Institutes on Family in the Asian Region (CIFA), I would like to welcome you all for joining us to witness a milestone in the setting up of the Consortium

With rapid social and economic changes in the 21st century, the Asian families are facing many new challenges, bringing along with them new opportunities and possibilities. With these developments, new approaches and solutions are called for, requiring multi-sector and trans-disciplinary involvement.

With concerted efforts by all those who share the same mission of "Converging Professional Wisdom for Family Well-being," we are pleased to see the birth of this platform for sharing, networking, and collaboration in research, training, and development of clinical practice in the Asian region. We believe that CIFA will also contribute to the body of knowledge in the relationship science in the international arena as we gradually establish closer link with similar organizations in other parts of the world.

The growth and success of CIFA relies very much on the enthusiastic and growing support by all those who are committed to strengthen family functioning and improve family health. I look upon all of you to get involved in this important task which will, in the long run, contribute towards the sustainable development of the whole region.

**Message from the Chairman, Board of Directors, HKU Family Institute**  
**Mr. WONG, Hong Yuen Peter, GBS, JP**



We are indeed honoured to have been entrusted in taking the lead to set up CIFA. HKUFI is founded to promote trans-disciplinary collaboration on research, training, and clinical practice on family issues. Our belief in merging Western concepts with Eastern philosophies has inspired our philosophy in producing knowledgeable, skilled, and committed human service professionals who can cope with different family structures while being sensitive to gender issues and cultural diversity with the various populations in Asia.

Throughout the years, the HKUFI has developed into a world-class institute in Asia that has accumulated valuable indigenous data, conducted empirical research, and provided training of marriage and family therapists through its vigorous master degree programme. We are proud that our work has received recognition, not only in Hong Kong, but in the international arena. I believe that the establishment of CIFA will foster more active participation and collaboration to create more family friendly environment in promoting the well-being of families in the region.

It is a great pleasure for HKUFI to work closely with CIFA to organize this Inaugural Symposium to mark its Inauguration. May I wish you all an enjoyable and fruitful Symposium that the Organizing Committee has put together for this unique and memorable occasion.

**Message from the Chairperson, Inaugural Symposium Organizing Committee**  
**Mrs. LEUNG NGAI, Mou Yin Justina**



On behalf of the Organizing Committee, I wish to extend a warm welcome to all distinguished guests, invited speakers, and participants to the Inaugural Symposium on “Families in Asia: Challenges and Opportunities.”

Family is the most important social unit in the society as it is very crucial to the growth, development and well-being of every individual. Nowadays, in a globalized decade, families are facing increasing challenges. Yet, there are also opportunities if they can rightly appreciate and grasp such. Some countries and cities in the Asian Region share many similarities while there are also diversities among each other due to differences in culture, history, and social systems. This symposium will provide a precious occasion for academics and practitioners from different disciplines gathering together to deliberate on many issues and concerns on working with families in this region. We are pleased to have very renowned experts speaking to us at the keynote presentations, plenary sessions, and workshops on their evidence-based research and practice wisdom which will certainly inspire us in our professional pursuit, trans-disciplinary training, and enhance our effectiveness in working with families at service intervention, community level, as well as policy aspect. We would also like to invite overseas participants to explore some interesting features during your stay in Hong Kong.

Wishing you a fruitful and treasurable experience at the symposium.

**Message from the Chairperson, Inaugural Symposium Scientific Committee**  
**Dr, LEE, Wai Yung, Ph.D.**



On this rare occasion, representatives from Japan, Korea, Singapore, Malaysia, Mainland China, Taiwan and Hong Kong will use the platform to share their expertise on working with different issues on families. This synergy will radiate our attempts of cross-regional collaborations that enhance our unique collective cultural identity while also recognizing diversity.

Keynote addresses include a trans-regional study held between Hong Kong, Shanghai, and Shenzhen that examines children’s physiological responses in relation to couple conflicts as a way to understand children’s emotional health in the family context. We will also be presenting the monumental study of The London Depression Intervention Trial, that confirmed the effectiveness of couple therapy over drug and alternative treatments. On the third day, Salvador Minuchin, in a pre-recorded tape, will share his experience on integrating the family perspective with government policy in the U.S. This will kick off the dialogue between clinical practitioners and policy makers from the region on our Asian experiences.

Furthermore, we will review core competencies of marriage and family therapists conducted by the American Association for Marriage and Family Therapy (AAMFT) since its subsequent effects on the field and professional accreditation will be of practical interest to family clinicians from all regions.

In addition to the symposium, there are three pre- and post- symposium workshop/ training programmes. The two-day workshop on Multi-family Groups, presented by Eia Asen, is an innovative clinical approach that has gained momentum in Europe and North America. The two AAMFT courses following the conference are designed for clinicians who are interested in seeking professional accreditation. This is the first time that such courses are offered in Asia. It will be jointly presented by the faculty members of University of San Diego and the HKU Family Institute. I hope you will find this an enlightening experience.



## About CIFA



Family well-being is the root of a harmonious and stable society.

Innumerable research has demonstrated that family has profound influence over one's physical and mental health. Some individual and family problems can even pass on to the next generation unless timely and appropriate intervention is made.

Nowadays, families are being re-shaped by the enormous social changes from globalization, income disparity, ease of mobility, IT development, ageing of population, and attitude towards marriage and parenthood. With these developments, new solutions to family issues are urgently called for.

Some complex family problems involve the larger socio-political context that requires multilayer professional and societal involvement; therefore, we must tackle family problems with a wider perspective involving researchers, practitioners, policy makers, educators, lawyers, doctors, parents... and YOU.

Many organizations orientated to family studies in other parts of the world have pulled together international and regional efforts. However, there is no such organization in Asia that represents our cultural specific concerns. After the successful launching of the International Conference on Couples in May 2005 in Hong Kong, the idea of a Consortium of Institutes on Family in the Asian Region (CIFA) was conceived. The HKU Family Institute (HKUFI) was entrusted to initiate its formation.

## About HKU Family Institute



## HKU FAMILY INSTITUTE 香港大學家庭研究院

HKU Family Institute (HKUFI) is the leading centre in the Asian region dedicated to promoting family health through family-friendly clinical practice and educational efforts. With experts from the five departments of Psychology, Psychiatry, Family Medicine, Pediatrics & Adolescent Medicine, and Social Work & Social Administration at the University of Hong Kong, the Institute advocates a trans-disciplinary approach to research, clinical training, and practice on family.

Aside from establishing the first master programme of its kind in marriage and family therapy in the East, the clinical and research findings accumulated on Asian Chinese families has enabled the Institute to contribute extensively in the mainstream family field of the West as evident in the numerous keynote speech invitations and international conference presentations. The Teaching model of the Institute has been adopted by training institutions of neighboring Asian countries such as Mainland China, Taiwan, and Singapore. Recognition of the work at the Institute has enabled the recent official partnership with the University of San Diego's MFT programme for faculty and student exchange. Closer affiliation with the American Association for Marriage and Family Therapy (AAMFT) has also been established recently. For the first time in Asia, two AAMFT courses will be offered through the Institute as part of CIFA.

Through the successful launching of the International Conference on Couples by the Institute in 2005, the need for a platform for the professionals of the Asian region to share their expertise on working with families was recognized and the Institute was subsequently entrusted upon the leading role of forming CIFA. At this juncture, HKUFI is much honored to play its role in not only launching CIFA, but also facilitating the Inaugural Symposium. This will certainly lead to significant cross-regional collaborations and enhancement of the identity of the diverse yet collective Asian family culture and value.

For further details, please access: <http://hkufi.hku.hk>

## List of CIFA Council Members

Region	Name	Organization
HK	Mrs. CHU YEUNG Pak Yu Patricia (Chairperson)	HKU Family Institute
HK	Dr. CHAN Lai Foon Miranda	Hong Kong Young Women's Christian Association
China	Prof. DU Ya Song	Shanghai Mental Health Center
Taiwan	Prof. FENG Yen	Child Welfare League Foundation
China	Dr. HU Chiyi	Shenzhen Mental Health Center
Korea	Prof. KIM Yoosook	Hans Counseling Center
HK	Mr. KWOK Wai Keung	Hong Kong Christian Service
Korea	Dr. KWON Jung Hye	Korea University Marital Counseling Center
HK	Mr. LAI Chi Tong	Aberdeen Kai-fong Welfare Association Social Services Centre
Singapore	Dr. LEE Ngak Siang	Thye Hua Kwan Moral Society
HK	Dr. LEE Wai Yung	HKU Family Institute
HK	Mrs. LEUNG NGAI Mou Yin Justina	The Boys' and Girls' Clubs Association of Hong Kong
HK	Mr. LING Dominic	One Learning Institute
HK	Dr. LUK FONG Yuk Yee Pattie	Hong Kong Institute of Education
China	Dr. MENG Fu	Tongji University
Japan	Dr. NAKAMURA Shin-Ichi	Japan Association of Family Therapy (JAFT)
Singapore	Dr. NGIAM Tee Liang	National University of Singapore
HK	Ms. NG Kwok Tung Agnes	Christian Family Service Centre
Malaysia	Dr. NG Wai Sheng	HELP University College
Singapore	Rev. Fr. SIM Charles S. J.	Family Life Society
China	Prof. TANG Deng Hua	Peking University 6th Hospital
HK	Ms. TSUEI Jane	Hong Kong Council of Social Service
Taiwan	Dr. WANG Hao Wei	Taiwan Institute of Psychotherapy

## List of Founding Members

Region	Member Organization
Hong Kong	Aberdeen Kai-Fong Welfare Association Social Service Centre
Hong Kong	Alliance Bible Seminary
Hong Kong	Association for the Promotion of Family Harmony
Hong Kong	Caritas – Hong Kong (Social Work Services Division)
Taiwan	Child Welfare League Foundation
Hong Kong	Chinese YMCA of Hong Kong
Hong Kong	Christian Action
Hong Kong	Christian Family Service Centre
Hong Kong	Conflict Resolution Centre
Taiwan	Dwen An Social Welfare Foundation
Singapore	Family Life Society
Korea	Hans Counseling Center
Malaysia	HELP University College
Hong Kong	HKU Family Institute
Hong Kong	Hong Kong Children & Youth Services
Hong Kong	Hong Kong Christian Service
Hong Kong	Hong Kong Council of Social Service
Hong Kong	Hong Kong Family Welfare Society
Hong Kong	Hong Kong Sheng Kung Hui Welfare Council
Hong Kong	Hong Kong Women Development Association
Hong Kong	Hong Kong Young Women's Christian Association
Hong Kong	ICC LTD.
Hong Kong	International Social Service Hong Kong Branch
Japan	Japan Association of Family Therapy (JAFT)
Korea	Korea University Marital Counseling Center
Singapore	National University of Singapore
Hong Kong	New Life Psychiatric Rehabilitation Association
Hong Kong	One Learning Institute
China	Peking University 6th Hospital
Hong Kong	Po Leung Kuk
Hong Kong	Richmond Fellowship of HK
Hong Kong	Senior Citizen Home Safety Association
China	Shanghai Mental Health Center
China	Shenzhen Mental Health Center
Hong Kong	Sisters of the Precious Blood – Precious Blood Children's Village
Taiwan	Taiwan Institute of Psychotherapy
Hong Kong	The Boys' and Girls' Clubs Association of Hong Kong
Hong Kong	The Hong Kong Anti-Cancer Society
Hong Kong	The Hong Kong Church of Christ Co. Ltd.
Hong Kong	The Hong Kong Institute of Education
Hong Kong	The Nurturing Education (TyNE) Limited
Hong Kong	The Salvation Army
Singapore	Thye Hua Kwan Moral Society
China	Tongji University
Hong Kong	Tung Wah Group of Hospitals
Hong Kong	Yan Oi Tong

\*Currently, there are 46 Full members and 32 Associate members of CIFA.

## List of Members of Inaugural Symposium Organizing Committee

- Chairperson: Mrs. LEUNG NGAI Mou Yin Justina, the Boys' and Girls' Clubs Association of Hong Kong
- Members: Ms. CHAN Elda, Tung Wah Group of Hospitals  
Dr. CHAN Lai Foon Miranda, Hong Kong Young Women's Christian Association  
Mrs. CHU YEUNG Pak Yu Patricia, HKU Family Institute, the University of Hong Kong  
Ms. HO Tabitha, experienced social worker, individual member  
Dr. LAM Zarina, experienced health and social service practitioner, individual member  
Dr. LEE Wai Yung, HKU Family Institute, the University of Hong Kong  
Mr. LING Dominic, One Learning Institute  
Ms. LIU Iris, International Social Service Hong Kong Branch  
Dr. LUK FONG Yuk Yee Pattie, Hong Kong Institute of Education  
Ms. NG Kwok Tung Agnes, Christian Family Service Centre  
Dr. TSOI Ting Kwok Peter, Specialist in Psychiatry, individual member  
Ms. WONG Margaret, Harmony House

### Scientific Committee

- Chairperson: Dr. LEE Wai Yung, HKU Family Institute, the University of Hong Kong
- Vice-Chairperson: Professor NG Man Lun, HKU Family Institute, the University of Hong Kong
- Members: Prof. CHEN Xiang Yi, Shenzhen Nanshan Hospital, Teaching Hospital of Guangdong Medical College  
Prof. DU Ya Song, Shanghai Mental Health Center  
Prof. HASEGAWA Keizo, Tohoku University  
Dr. HU Chiyi, Shenzhen Mental Health Center  
Prof. KWON Jung Hye, Korea University Marital Counseling Center  
Prof. KIM Yoosook, Hans Counseling Center  
Dr. LIU Dan, Tsinghua University  
Dr. NAKAMURA Shin-ichi, Japan Association of Family Therapy  
Dr. SIM Timothy, National University of Singapore  
Prof. TANG Denghua, Peking University 6th Hospital  
Dr. WANG Hao Wei, Taiwan Institute of Psychotherapy  
Prof. ZHAO Xu Dong, Tongji University

### Publicity and Hospitality Sub-committee

- Chairperson: Mr. LING Dominic, One Learning Institute
- Members: Mrs. CHAN May, individual member  
Mr. MA Timothy, Senior Citizen Home Safety Association  
Mrs. MAK Rosanna, Management Consultant, individual member  
Mr. WONG Anthony, Hong Kong Council of Social Service  
Dr. YUNG Anna, Specialist in Obstetrics & Gynecology, individual member

## Programme Rundown of Inauguration of CIFA cum Opening of Inaugural Symposium

- Date : January 24, 2008 (Thursday)
- Time : 9:00 am – 10:00 am
- Venue : Loke Yew Hall,  
The University of Hong Kong,  
Pokfulam, Hong Kong

### \*\* Programme Rundown \*\*

1. Performance
2. Welcoming Remarks by Prof. TSUI Lap Chee, Vice-Chancellor, The University of Hong Kong
3. Speech by Mrs CHU YEUNG Pak Yu Patricia, Chairperson, CIFA
4. Keynote Address by the Guest of Honour, The Hon. Henry TANG, Chief Secretary for Administration, HK-SAR
5. Souvenirs Presentation
6. Inauguration of CIFA Council Members
7. Congratulatory Remarks by
  - a. Mme. ZHAO Shaohua, Vice-President and Member of Secretariat of the All-China Women's Federation
  - b. AVILÉS Francisco G., President-Elect of International Family Therapy Association
8. Vote of Thanks and Declaration of the Commencement of the Inaugural Symposium by
  - a. Mrs. Justina LEUNG (Chairperson of Organizing Committee)
  - b. Dr. LEE Wai Yung (Chairperson of Scientific Committee)

# Programme at a Glance

22-23 January 2008 (Tuesday-Wednesday)	24 January 2008 (Thursday)	25 January 2008 (Friday)	26 January 2008 (Saturday)	27 January 2008 (Sunday)	28 January 2008 (Monday)	28-31 January 2008 (Monday-Thursday)
<b>Pre-Symposium Workshop</b>	<b>Inauguration cum Inaugural Symposium</b>				<b>Post-Symposium Training Programmes</b>	
08:30 09:00 09:30 ASEN, Eia UK (HKU Family Institute)	08:30 09:00 (Loke Yew Hall)	08:30 09:00 ASEN, Eia / UK (Wang Gungwu Theatre)	08:30 09:00 MINUCHIN, Salvador / USA (Tape Interview) FISHER, Stephen / HKSAR TAN, Bee Heong / Singapore XU, Han Ming / China (Wang Gungwu Theatre)	09:00 Sight-seeing / Cultural Activities - Nature Walk - City Walk - A Taste of Hong Kong Family Life	08:30 09:00 09:30 AAMFT Refresher Course for Approved Supervisors - Current Issues in Supervision for Systems-oriented Family Therapists PATTERSON, Jo Ellen USA LEE, Wai Yung HKSAR (HKU Family Institute)	
	10:00 11:00 LEE, Wai Yung / HKSAR (Wang Gungwu Theatre)	10:30 11:00 Plenary Session 5 Couple Issues <i>The Influence of "Chong-Yao" Romanticism in Marriage: A Case of Taiwan Couple</i> CHAO, Wentao / Taiwan <i>Gender Issue in Japanese Families</i> TAMURA, Takeshi / Japan <i>The Role of Desexualization in Couple Relationships</i> NG, Man Lun / HKSAR (Wang Gungwu Theatre)	11:00 11:30 Plenary Session 6 Transgenerational Issues <i>Transgenerational Issues: the Hidden Factor in Clinical Practice in Malaysia</i> NG, Wai Sheng / Malaysia <i>Transgenerational Approach in Family Practice: Turning Stress into New Strength</i> LAM, Zarina / HKSAR <i>Lifelong Learning and Employability: Some Transgenerational Issues in Singapore</i> LUI, Hah Wah Elena / Singapore (Seminar Room P5-03)	11:00 11:30 12:00 Morning Tea Break / Poster Session (Graduate House) AAMFT Core Competencies for Marital and Family Therapy: Development, Implementation and Implications GAUTNEY, Karen / USA (Seminar Room P5-03)		
	12:30 14:00 Plenary Session 1 Children in the Family Context <i>A Preliminary Study of the School Family Education in Singapore</i> SIM, S.J. Charles / Singapore <i>Teachers' Stories of Children Coping with Complex Family Situations when Globalization &amp; Localization Enmeshed</i> LUK FONG, Pattie Y. / HKSAR <i>Solution-focused Aggression Management Programme for Children 8 to 11 Years of Age from Low-income Families in South Korea</i> KIM, Yu Soon / Korea (Seminar Room P5-03)	14:00 Plenary Session 2 Adolescents in the Family Context <i>School Refusal or "Hikikomori" as a Major Problem among Japanese Adolescents</i> TAMURA, Takeshi / Japan <i>Solution-focused Family Therapy with Hikikomori</i> HASEGAWA, Keizo / Japan <i>Father as the Mediator in the Family Therapy Process of Single Adolescent Family</i> LIU, Dan / China (Wang Gungwu Theatre)	14:00 Plenary Session 7 Family with Medical Problems: Eating Disorders <i>Patients' Perspective of Family Therapy in Anorexia Nervosa: A Quality Inquiry in a Chinese Context</i> MA, Lai Chong Joyce / HKSAR <i>Family Therapy of Anorexia Nervosa in Taiwan: Preliminary Findings</i> CHEN, Kuan Yu / Taiwan <i>Childhood obesity in a family context: an exploratory study in Hong Kong</i> WONG, Oi Ling / HKSAR (Wang Gungwu Theatre)	14:00 Exchange on Asian Experiences and Open Forum <i>Family Therapy Practice in Mainland China</i> LIU, Dan / China <i>Cultural Considerations on Applying Family Therapy in Mainland China</i> TANG, Denghua / China <i>Family Therapy Movement in Hong Kong</i> POON MAK, Sui Man Rachel / HKSAR <i>Gender-sensitive Family Therapy in Japan</i> NAKAMURA, Shin-ichi / Japan <i>Korean Families' Problems and Related Variables as Appears in Researches and Practice</i> CHUNG, Moon Ja / Korea		
	15:20 15:40 Plenary Session 3 Children in the Family Context <i>Family Intervention on Children in Mental Health Service System</i> CHEN, Jue / China <i>New Initiative on Domestic Violence Project: Early Identification and Intervention for Child Witness to Violence</i> WONG, Margaret / HKSAR <i>In the Labyrinth of Incest - Working with the Incestuous Families</i> LIN, Fang Hao / Taiwan (Wang Gungwu Theatre)	15:40 Plenary Session 4 Adolescents in the Family Context <i>Internet as a New Form of Addiction</i> CHEUNG, Kin Leung Ben / HKSAR <i>Family 1.0 to 2.0: Internet and Challenges of Parenting</i> KANG, Tsi Kit / HKSAR <i>The Impacts of Parental Conflicts and Parental Supports on Depression, Hopelessness, and Suicidal Behaviours among Chinese Adolescents</i> HU, Chiyi / China (Seminar Room P5-03)	15:40 Plenary Session 9 Family with Medical Problems <i>Family Enhancement Project for Bone Marrow Transplant Families</i> LIANG, Raymond / HKSAR <i>Usefulness and Applicability of Systemic Family Therapy among Psychotic Patients in Mainland China</i> ZHAO, Xudong / China <i>Handling the Fear among Family Members in End-of-life and Bereavement Therapy</i> CHAN, L.W. Cecilia / Hong Kong (Seminar Room P5-03)	15:40 Plenary Session 10 Family Therapy Development <i>Family Awareness for Family Medicine</i> LAM, L.K. Cindy / HKSAR <i>Family Therapy in Korea: Its Development and Current Status</i> CHUNG, Hyejeong / Korea <i>Using Teleconferencing to Enhance Training on Family Therapy</i> LIN, Lee Chun / Taiwan (Wang Gungwu Theatre)	16:00 Development of Family Therapy in Singapore: <i>A Historical Perspective</i> SIM, S.J. Charles / Singapore <i>Family Therapy in Taiwan</i> WANG, Hao Wei / Taiwan (Wang Gungwu Theatre)	
17:00 19:00	17:00 19:00 Welcoming Reception (Loke Yew Hall)	17:00 19:00	16:40 17:00 19:00 Closing Ceremony (Wang Gungwu Theatre) Farewell Party (Graduate House)	18:00		

Notes:

- 1 Simultaneous Interpretation will be available for all sessions held in the Wang Gungwu Theatre.
- 2 MCHK CME Programme: 2 CME points for day 1, 4 CME points for day 2 and 4 CME points for day 3 of the symposium would be awarded
- 3 The Hong Kong College of Psychiatrists: 6 CME/CPD points would be awarded for the whole Symposium.
- 4 Transportation would be arranged for Visits to Service Units. Coaches would depart at the Graduate House at 3:30pm on 25 January. The visits should finish at around 5:00pm and coaches to a nearby MTR station would be arranged.

## Abstracts and Speakers

### Keynote Presentation 1



#### Children's Response to Parental Conflicts

LEE, Wai Yung, HKU Family Institute, University of Hong Kong / Chief Investigator of the project involving NG, Man Lun, CHEUNG, Kin Leung Ben, & The Boys' & Girls' Clubs Association of Hong Kong / Hong Kong SAR

#### Abstract:

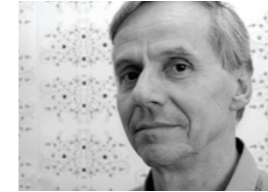
Children are very much affected by parental conflicts, but the specificities of parental discourse that are detrimental to children remain mystery. This cross regional empirical study involves measuring children's physiological responses while being exposed to parental conflict discussion. This design seeks to compare the children's arousal patterns to the themes and interactive patterns during the parental disagreement. Fifteen children from ages 6-14 with emotional or behavioral problems were assessed with their families. Preliminary subject findings show that high arousals predominately revolve around discussion on the quality of the couple relationship rather than on problem behaviours of the child, particularly moments when fathers fail to respond to wives' demands or responses. Findings derived from this study shed new light on the need to understand children's problems in the family context, and the importance of developing clinically informed parent education package.

The research protocol is shared with the Shanghai Mental Health Center as well as the Kangning Hospital (Shenzhen Mental Health Center). The next stage of the study entails a comparison of findings among the three places.

[About the Presenter: LEE, Wai Yung, Ph.D., AAMFT Approved Supervisor, is the Associate Professor and Founding Director of the HKU Family Institute, University of Hong Kong,, as well as Faculty Member of the Minuchin Center for the Family in New York, USA. She has delivered keynotes and conducted workshops in America and Europe. Much of her work had been on dispersing the many myths about Asian Chinese families, while developing a framework for culturally relevant approach in different contexts. In addition to journal publications, Dr. Lee has also co-authored three books with Salvador Minuchin, including "Mastering family therapy – Journeys of growth and transformation" and "Assessing families and couples – From symptom to system," together with Michael Nichols. These books have been translated into many different languages.]

## Abstracts and Speakers

### Keynote Presentation 2



#### Pills or Partners? – Systemic Couple Therapy for Depression

ASEN, Eia / Marlborough Family Service, London / U.K.

#### Abstract:

With now more than 60 antidepressants on the market and with pharmaceutical companies making ever more outrageous claims about their specific brand of a "happiness pill," the psychotherapies seem to be losing out. How can they possibly compete with the pharma industry? Research suggests that individual cognitive therapy (CBT) is effective in fighting depression, but until a few years ago there was no evidence base for the efficacy of the systemic therapies in this area of work. Clearly more research was needed and this presentation reports the finding of a RCT (random controlled trial), carried out at the British Institute of Psychiatry and Maudsley Hospital, London. Three different treatment approaches to patients with severe depression were compared: cognitive therapy, antidepressant medication, and partner-assisted systemic therapy. Study design and results will be described and the principles of systemic couple therapy are illustrated with case examples. Issues to do with manualising the treatment and the application of the approach in other settings will be explored. Very recent research (2007) on multi-family group therapy with major depression will also be presented to demonstrate the efficacy and acceptability of systemic work.

[About the Presenter: ASEN, Eia, M.D., FRCPsych, is both a Consultant Child and Adolescent Psychiatrist as well as a Consultant Psychiatrist in Psychotherapy. He grew up and studied medicine in Berlin. He went to London in the early 1970s and then started his psychiatric training at the Maudsley Hospital in London. He is now the clinical director of the Marlborough Family Service which is a publicly funded integrated CAMHS and Adult Psychotherapy service in Central London, predominantly with a systemic orientation. Until 2002, he also worked as a consultant psychiatrist at the Maudsley Hospital, as well as being a Senior Lecturer at the Institute of Psychiatry. He is the author and co-author of seven books, as well as many scientific papers and book chapters. He lectures all over Europe and he is, and has been, involved in a number of research projects, on depression, eating disorders, family violence, and educational failure.]



## Abstracts and Speakers

### Keynote Presentation 3



#### Dialogue between Clinical Practitioners and Policy Makers

Moderator: AVILÉS, Francisco G., PhD, is the President-Elect of the International Family Therapy Association (IFTA) and Vice-President of the Mexican Medical Family Therapy Association.

Speakers: MINUCHIN, Salvador, U.S.A.  
FISHER, Stephen, Hong Kong SAR  
TAN, Bee Heong, Singapore  
XU, Han Ming, China

The session begins with Dr. Salvador Minuchin sharing his professional insights and experience (through pre-recorded interview) on the significance, barriers, and ways in establishing and maintaining dialogue between clinical practitioners and policy makers. He highlights the need to transfer concepts, information and knowledge, and provides evidence to show their impact on individuals in the family context. These are fundamental for creating linkage and facilitation of collaboration, with the change of mindset, shared language, capacity building, and partnership as the keys to success.

Representatives from Hong Kong, Singapore, and China will share their experience, show-casing examples in their respective countries, to stimulate open forum discussion on this very important subject for successful development and implementation of well-intended policies.

MINUCHIN, Salvador, M.D. is a pioneer in family therapy who is regarded as the third most influential psychotherapist of the past 25 years in a recent survey by the Columbia University. He is the author of more than ten influential books, including the field's standard text, *Families and Family Therapy*, as well as the most recent, *Assessing Families and Couples: From Symptom to System* (co-authored with NICHOLS, Michael P. and LEE, Wai-yung). He is former Director of the Philadelphia Child Guidance Center, which started the monumental Child Guidance Movement in the field. Much of his current work has been expanded to working with the larger system in true systemic spirit.

## Abstracts and Speakers

#### Dialogue between Policy Makers and Clinicians through a Case Study

FISHER, Stephen, Social Welfare Department / The Government of HKSAR

#### Abstract:

Any dialogue between a policy maker and a clinical

practitioner is a form of communication. The complete communication cycle starts with a sender on one end who encodes ideas into a message. He then sends the message via a kind of media. On the other end, a receiver decodes the message and makes a response. The process is reversed and repeated and the communication cycle goes on. At any point in the communication process, there can be physical, physiological, and psychological noises or interferences. Such noises can complicate or even disrupt the communication process. Among the three types of noises, psychological noises have the greatest impact. Professional pride, differences in values and assumptions, and political issues are all examples of such psychological noises. It takes sincerity, openness, acceptance, and understanding for effective communication to work. The re-engineering of family welfare services, one of the most important changes in the welfare service sector in recent years, is used as a case study to illustrate how the dialogue between the policy maker and the clinical practitioner was maintained, and how it contributed to successful re-engineering of services.

[FISHER, Stephen is currently the Director of Social Welfare of the Hong Kong SAR government. Prior to the present appointment, he had served on different administrative postings within the civil service including the Health and Welfare Branch, the Chief Secretary's Office, Planning and Lands Bureau, Home Affairs Bureau, and the Commission on Poverty.]

## Abstracts and Speakers

### Building Sector Capacity

TAN, Bee Heong / National Council of Social Service / Singapore

#### Abstract:

Building capability in the social service sector requires effective partnership and collaboration among various stakeholders such as clinical practitioners, policy makers, and implementers. The Social Service Training Institute (SSTI), an academy of the National Council of Social Service, was set up in Singapore to provide a strategic and leadership role in driving training efforts for the social service sector. This presentation looks at how the SSTI works with clinical practitioners and policy makers in various implementation stages of some key training programmes to enhance the skills and knowledge of social service professionals. Programmes such as the following will be shared: (1) Family Violence - Mandatory Counselling Framework and Training; (2) Problem Gambling Counselling Training; and (3) Developing Child-Safe Organizations. It was found that the approach of involving relevant stakeholders before rolling out these key training programmes had led to successful outcomes. The reasons for success and challenges faced in the process will also be shared and presented.

[TAN, Bee Heong has been the Director of Social Service Training Institute in Singapore since its inception in June 2003. Prior to this appointment, she was the Director of the Human Resource Division of the National Council of Social Service (NCSS). She has more than 15 years' experience in human resource management and development in both private and public sectors before joining NCSS.]

## Abstracts and Speakers

### The Patient, her Family, and the Psychiatric System

XU, Han Ming / Wuhan Mental Health Center / China

#### Abstract:

This presentation will address an old psychiatric phenomenon in which patients are sometimes admitted into the psychiatric ward for reasons unrelated to psychiatric problems. Using DVD segments as illustration, the presenter will share the case of a young woman whose journey for independence from her own family ended up in the psychiatric hospital. This case example highlights an often asked question in the mental health system: Who is the crazy one – the patient, the family, or the hospital system? It raises the need for an exchange between mental health service delivery planning and the changing needs of patient care in contemporary China. The mindset of the psychiatric system that tends to focus on individual pathology rather than seeing individuals in the family context should be re-examined. When a family is actively involved in the patient care planning, as in the case of this young woman, there is also an ethical question that, when the individual and her family are entering into power struggle, should the hospital take the side of the woman or her parents? Many important issues concerning the gap between policy for service planning and the quality of mental health care are to be considered.

[XU, Han Ming is the Vice President and Chief Psychiatrist of the Wuhan Mental Health Center. He is also a Professor of Tongji Medical College of Huazhong University of Science and Technology in China.]

## Abstracts and Speakers

### Plenary Session 1 : Children in the Family Context

Moderator: SIM, S.J. Charles

#### A Preliminary Study of the School Family Education in Singapore

SIM, S.J. Charles & PLENGSANGTIP, Narumol Maria / Catholic Research Centre of Singapore / Singapore

##### Abstract:

This study explores the benefits of School Family Education (SFE) in Singapore in supporting families. It is a programme initiated by the Ministry of Community Development, Youths and Sports of Singapore in selected schools to provide students, teachers, and parents with necessary knowledge and life skills in maintaining a healthy family, using schools as the communication channel. While there is an increase in the number of students having social issues, higher number of divorces among parents, and a decrease in quality family time spent in Singapore, the programme aims to provide useful information for enhancing the quality of family life. Talks, workshops, and camps are included.

A preliminary evaluation of the workshop on “character enhancement” for primary school students was recently conducted. A minimum of 70 students from two primary schools participated in the workshop conducted by the Catholic Research Centre of Singapore, in collaboration with the Family Life Society (FLS), a service provider of SFE. Video recording and feedback questionnaires were employed to capture the students’ ideas and response pertaining to the workshop. Results of the study are expected to demonstrate positive impact of the workshop on the students. FLS plans to promote this workshop and other programmes which aim at strengthening family bonding and relationship to other schools across Singapore. Hopefully, these will also be beneficial to other countries.

[About the Presenter: SIM, S.J. Charles is a clinical member of the Association of Marital and Family Therapists, Singapore, and presently the President of the Family Life Society and Director of the Catholic Research Centre of Singapore. He has extensive experience working with couples and families. He is the course director for the training of lay counsellors and is also a visiting lecturer at St. Francis Major Seminary in Singapore and St. Peter’s College Major Seminary in Kuching-Sarawak.]

#### Teachers’ Stories of Children coping with Complex Family Situations when Globalization and Localization Enmeshed

LUK FONG, Yuk Yee Pattie / The Hong Kong Institute of Education / Hong Kong SAR

##### Abstract:

This presentation examines primary school children’s coping with difficult family situations in Hong Kong from the perspectives of teachers.

How are children in Hong Kong coping with difficult familial situations such as divorce, remarriage, or family separation, which can induce discontinuities in their lives? Using four stories of children experiencing family change, as told by their primary school teachers/personnel, this presentation argues for employing the concept of hybridities (Bhabha 1994) in understanding the experiences of children in Hong Kong – a place where East meets West in culture and family relationships. The data in this study show that students from alternative family situations are facing new kinds of difficulties from the mixing of modern family forms and traditional family values. Children’s problems are hidden because of traditional stigma related to non-traditional families. Teachers tend to use traditional methods in the modern school system, such as feeding students out of their own pockets rather than securing sustained help from the school guidance system. Though teachers deeply care about their students, they are overloaded and overwhelmed. Implications of this study to teacher education, policy and counselling practice are discussed, together with the implications for other countries with similar issues and settings.

[About the Presenter: LUK FONG, Yuk Yee Pattie is an Associate Professor of the Department of Educational Psychology, Counselling and Learning Needs, The Hong Kong Institute of Education. She is an experienced teacher educator. She has served on Curriculum Development Committee and provided consultancies for Guidelines on Guidance and Discipline and on Guidance Work in Secondary Schools. She actively advocates gender equity education and promotes a systems perspective in understanding families and school counselling. Her areas of research include school guidance and counselling, personal and social education, gender, family changes, and globalization.]

## Abstracts and Speakers

#### Solution-Focused Aggression Management Programme for Children 8 to 11 Years of Age from Low-Income Families in South Korea

KIM, Yu Soon & KIM, Eun Young / SungKongHoe University / Korea

##### Abstract:

There exist few solution-focused aggression intervention methods for childhood aggression. This study assesses the impact of a solution-focused anger management group on child aggressive behaviours, using a convenient sample. Children 8 to 11 years old from low income families were recruited through four community after-school programmes (N=50). Inclusion required K-CBCL tests, teachers’ concern about anger/aggressive behaviours, and parental permission. This solution-focused aggression management programme provided intervention participants with 8 weekly child group sessions. The programme is based on the theory and philosophy of solution-focused brief therapy. It focused on discovering participants’ strengths and resources, and consisted of various activities and plays which were conducted according to participants’ ages. The objectives of each session included discovering strengths and resources, learning coping skills for anger and negative emotions, and acquiring communication skills and reasonable problem-solving skills. Eight groups were operated from October 2007 to January 2008. Pre- and post-programme tests were conducted on all participants. Outcomes of the study will be analyzed and presented.

[About the Presenter: KIM, Yu Soon, PhD. is a Professor of the Department of Social Welfare, SungKongHoe University, Korea. She is a Licensed Family Therapist with Korea Association of Family Therapy, and a member of the Counseling Committee and the Education Committee of the Korea Institute of Brief Family Therapy. Publications include books and articles related to solution-focused therapy, divorce, domestic violence, gender roles, job stress and drinking motivations, post traumatic stress disorder of prostitutes, etc.]

## Abstracts and Speakers

### Plenary Session 2 : Adolescents in the Family Context

Moderator: TAMURA, Takeshi

#### School Refusal or “Hikikomori” as a Major Problem among Japanese Adolescents

TAMURA, Takeshi / Tokyo Gakugei University / Japan

##### Abstract:

The number of hikikomori has increased in the last two decades in the Japanese society and has now become a social problem. They are mostly young adults from late teens to 30s, afraid of going out to have any relationship with people except with close family members. Hikikomori stay home all day and may not go out for months and years. They are not classified as any psychiatric disorders (e.g. schizophrenia, depression) or developmental disorders (e.g. ADHD, Asperger syndrome). Some cultural explanations need to be taken into consideration: (a) tradition of strong family bond between parents and children that children never leave home in the sense of Anglo American families, with parents looking after the dysfunctional children for life; (b) unique father/mother/child triangulation (distant marital relationships, distant father-child relationships, and enmeshed mother-child relationships); and (c) collectivism of the Japanese society and hypersensitivity to human relationships of how one is seen by other people. Solutions to this problem include therapy, support for the family, school system, and employment measurements.

[About the Presenter: TAMURA, Takeshi, M.D., is a child psychiatrist and Professor of Tokyo Gakugei University. He obtained his doctoral degree in Medicine in Japan and then M.Sc. in Family Therapy in the Institute of Family Therapy (London) and Birkbeck College, University of London. His areas of specialty are culture and gender issue in child and adolescent psychiatry and family therapy, on which a number of journal articles and academic papers have been published.]

#### Solution-focused Family Therapy with Hikikomori

HASEGAWA, Keizo / Tohoku University / Japan

##### Abstract:

Hikikomori is a mental health problem that has attracted much public attention recently in Japan. Family members often report that their children are not talking to them, and they are not attending school or work but withdrawing into their own rooms all the time.

Therapy of meta-management of family interactions focuses on how family members interact to sustain the problem. Families tending to manage the problem by thinking of removing the causes may aggravate the situations. In this case presentation, the mother tried to bring her Hikikomori boy out of his room by being patient with the situation and waiting for the child to combat the problem under his own will. This turned out to be an endless cycle and there had been no improvement for two years.

The most important maintenance factor is the family's missing of focus in searching for “exceptions”. The therapist succeeded to identify many exceptions in this case, e.g. the boy being able to talk with the mother on money issues, going outside to buy magazines, and the fact that his elder brother can enter the boy's room. After three 90-minute Solution-Focused Family Meetings where the elder brother was also involved, the boy started to go to school.

[About the Presenter: HASEGAWA, Keizo is Professor of Clinical Psychology of the Tohoku University of Japan. He is particularly an important person in the development of MRI and Solution-Focused Approach in Japan through translation of literatures and organization of workshops. He is a board member of the Japanese Association of Family Psychology and the Japanese Association of Clinical Psychology. He works on the “Solution Bank” by which a therapist may easily plan his interventions, including paradoxical interventions.]

## Abstracts and Speakers

#### Father as the Mediator in the Family Therapy Process of Single Adolescent Family

LIU, Dan / Student Counseling Center, Tsinghua University / China

##### Abstract:

One child policy became the basic national policy of China since the late 1970's. When every family can only have one child, he/she is the focal attention for all family members. To secure sufficient resources for the child's future, some families may have the father quitting a stable but low pay job to take up an unstable but high pay job. In a highly competitive society, these jobs often lead to a “father absence” in the family. The mother is left alone to handle the situation when an adolescent exhibits psychological problems. The father can only be the bystander and even though he may have a strong desire to be involved, he has different or insufficient experience for the problem-solving.

This presentation is about a family therapy process when the father was invited to join the intervention. A turning point was thus experienced. While the mother had taken responsibility in the earlier part of the child's development, the father could be the successor in the next phase. When the child was preparing to step out to the society, the father was able to provide guidance and advice. By the father re-entering and re-defining his role in the family, the mother-child triangulation was relieved.

[About the Presenter: LIU, Dan, registered supervisor, is the Vice Director and an Associate Professor of the Student Counseling Center of the Tsinghua University, Beijing, China. She obtained her PhD. in psychology and then received intensive training in psychotherapy and structural family therapy through programmes of various universities and professional associations. She has special interest in the areas of education, support for students and parent education, producing a number of research and related publications.]



## Abstracts and Speakers

### Plenary Session 3 : Children in the Family Context

Moderator: WONG, Margaret

#### Family Intervention on Children in Mental Health Service System System

CHEN, Jue / Shanghai Mental Health Center / China

##### Abstract:

At least three individual systems around the patient appear when he/she is hospitalized in mental health institution, i.e. mental health service system, family system, and educational/occupational system. All these are open systems and they exchange resources among themselves.

System theory sees a family as an organized entirety, which is not only gathered by individuals but also a relationship network. Family is a kind of system itself and it is a sub-system of much bigger systems, e.g. community system, culture, and political circumstance where the family locates.

Experience as a psychiatrist and a family therapist in a mental health centre tells that system theory is becoming more and more clear and guiding, and family intervention proves to be more and more effective for patients and their families. An adolescent example in Shanghai Mental Health Center will be presented and relevant issues will be discussed: (a) teamwork of clinical practitioners in hospitals including psychiatrists and nurses; (b) collaboration of clinical practitioners and the patient's family and school; and (c) issue of treatment focal point.

Clinical practitioners should have a responsibility to ensure psychosocial (especially family) interventions play a major part in the provision of mental health services, under the background of the bio-psychosocial medical model today.

[About the Presenter: CHEN, Jue is the Associate Director of the Psychosomatic Department, Shanghai Mental Health Center. She is a psychiatrist as well as a practicing family therapist. She has received extensive training both in the mental health areas and structural family therapy. A number of books and journal articles have been published in the areas of depressive disorder, obsessive-compulsive disorder, and anorexia nervosa.]

#### New Initiative on Domestic Violence Project: Early Identification and Intervention for Child Witness to Violence

WONG, Margaret & YUEN, Queenie / Harmony House / Hong Kong SAR

##### Abstract:

According to a Hong Kong household survey, over 10% of married couples are facing the problem of spouse battering, affecting 160,000 families. Children are the silent victims in domestic violence. The impact of violence is not only physical injury, it also affects their emotional and social development. To minimize the adverse effect, early identification, treatment, and intervention are important.

The "Child Witness to Violence Project" of Harmony House started in 2006, aiming to provide preventive service and therapeutic treatment for children at risk. A multi-pronged approach is adopted, devoting resources to prevention as well as treatment to stop the cycle of violence. Through the innovative concept of a mobile classroom "Harmony Express," interactive educational programmes are conducted for children aged 7 to 9. With partnership of the schools and parents teachers associations, the Harmony Express has successfully reached out to 26 primary schools and provided emotion education and universal screening to 4,767 students in the past 12 months. 6% of participants were identified as child witnesses to domestic violence and over 80% had increased understanding of positive ways to express emotions. Follow-up groups were provided to students at risk. Over 80% of participants indicated that they could express their own feelings better and that they have learned harmonious ways to express themselves from the groups.

[About the Presenter: WONG, Margaret is the Executive Director of Harmony House, a non-government organization in Hong Kong protecting and empowering women and children who are victims of domestic violence. She has over 20 years of experience in family services, children residential services, domestic violence, policy analysis, social services coordination and funding development, and has been speaker and trainer on domestic violence in various local and international conferences, seminars and workshops. She is also a certified trainer of the Emerge model Batterers Intervention Program (BIP) and has extensive experience in conducting BIP.]

## Abstracts and Speakers

#### In the Labyrinth of Incest – Working with the Incestuous Families

LIN, Fang Hao / Taiwan Institute of Psychotherapy / Taiwan

##### Abstract:

Working with incestuous families is like a journey to find ways in and out of the labyrinth of incest. Therapists have to deal with strong resistance, denial, and victim-blaming in the early stage, followed by painful feelings of disconnection, confusion, and contradictions in family members. There are also controversies about the nature of incest and the proper approach to intervention among child protection services, legal systems, medical, and therapy systems. Different intervention approaches pull in different directions which may cause further disconnection among family members, as well as between the family and the multiple intervention systems. The integration of victim-advocacy approach and family system approach is necessary to formulate a more complete map for family work. The influences of larger social systems and cultural factors which may support patriarchal family structures are also important to be considered. This presentation will share a collaborative experience of multiple intervention systems with a variety of working models including individual, couple, family therapy, and group therapy. Discussions will be made on the treatment process and impasses toward goals for restructuring the dysfunctional family system, such as building healthy boundaries, stopping incestuous abuse, and healing relational trauma of the victim and other family members.

[About the Presenter: LIN Fang Hao, C.S.W., is a psychiatric social worker and counselling psychologist in private practice in Taiwan, working with individual, couple and family on issues of grief, domestic violence and other high risk factors.]



## Abstracts and Speakers

### Plenary Session 4 : Adolescents in the Family Context

Moderator: CHEUNG, Kin Leung Ben

#### Internet as a New Form of Addiction

CHEUNG, Kin Leung Ben / Hong Kong Psychiatric Training Scheme / Hong Kong SAR

##### Abstract:

Hong Kong has witnessed three waves of addiction, from opioids (such as heroin and methadone) to “soft” drugs (such as Ketamine and MDMA) and to behavioural addictions (such as pathological gambling and internet addiction). The general public is largely uninformed of the behavioural addictions. In particular, internet addiction has very high threshold for identification and tends to escape early detection. Surveys showed that internet addiction is not uncommon in Hong Kong and other parts of China.

The common forms of internet addiction include virtual relationship, online games, cybersex, gambling, and browsing/downloading behaviours. It has tremendous adverse effects on the individual, the family, and the community levels.

One of the important messages of the presentation is that the basic psycho-biological process of addiction is fairly similar regardless of the initial source of the “high.” A holistic approach is required in proper management of the identified clients. Parents, teachers and therapists need to update themselves in this area, and to be prepared to handle this new form of addiction.

[About the Presenter: CHEUNG, Kin Leung Ben is a trainer (Substance Abuse) of the Hong Kong Psychiatric Training Scheme, and holds honorary academic posts with universities and hospitals in Hong Kong, He is the Chairman of the ACAN Subcommittee on Treatment and Rehabilitation, and a member of various government and NGO committees related to substance abuse, gambling, smoking, and other social rehabilitation services. He was awarded Medal of Honour by the Hong Kong SAR government in 2003, and was listed among the Ten Outstanding Young Persons in 2001.]

#### Family 1.0 to 2.0: Internet and Challenges of Parenting

KANG, Tsi Kit / The Nurturing Education / Hong Kong SAR

##### Abstract:

Over the past few years, the internet has changed the way we work, play, and live. We now live in a globalized society where information, knowledge, and learning have taken a whole new dimension. Children of the current generation are seen as digital natives and the internet is a natural cyberspace where they interact with friends, strangers, and information. Activities from gaming to blogging where individuals share their personal information are raising concern among parents. Parents who are digital migrants have much difficulties adapting to this new culture. Their authority and wisdom are questioned in many ways, making parenting a challenge for them. There is a love-hate relationship with the internet when parents do not completely understand how this new medium is shaping their children's identities and development. This paper will raise the core issues brought about by the emerging Web2.0 technology that now offers many more opportunities for self expression and interaction than the Web1.0 era. Discussion will also focus on Chinese families which have a long Confucian heritage tradition that brings advantages as well as disadvantages for parents adapting to changes in this digital age.

[About the Presenter: KANG, Tsi Kit is a clinical psychologist with specialization in counselling, assessment, rehabilitation, and education. Over the last 20 years he has worked with individuals with varying life issues in diverse settings from kindergarten, social service organizations to hospitals and university. As an expert in the psychology of cyberspace he has served various organizations and the Hong Kong government to advise on IT strategies in human services development. He has held honorary appointments at the University of Hong Kong.]

## Abstracts and Speakers

### The Impacts of Parental Conflicts and Parental Supports on Depression, Hopelessness, and Suicidal Behaviours among Chinese Adolescents

HU, Chiyi / Shenzhen Mental Health Center / China

##### Abstract:

This study aims to explore the interactive impacts of parental conflict and parental support on depression, hopelessness, and suicidal behaviors among Chinese adolescents. The self-report instruments were administered to 4,177 adolescents. These instruments included: SBQ-R (Suicide Behavior Questionnaire-Revised), BHS (Beck Hopelessness Scale), BDI (Beck Depression Inventory), CTS-2 (Conflict Tactics Scales-2), CTSPC (Conflict Tactics Scales Parent-Child), and PSSS (Perceived Social Support Scale).

The main findings include: (1) Father's violence toward mother (FVM) were associated non-significantly with hopelessness and suicidal ideation (SI), but significantly with depression among adolescents; mother's violence toward father (MVF) were associated significantly with depression, hopelessness, and SI. (2) Father's supporting mother (FSM) were inversely related to depression and SI, but not related to hopelessness among adolescents; mother's supporting father (MSF) were inversely related to hopelessness, but not related to depression and SI among adolescents. (3) Adolescents' depression was associated significantly with MVF and inversely with FSM, but non-significantly with FVM and MSF; adolescents' hopelessness was associated significantly with MVF and inversely with MSF, but not with FVM and FSM; adolescents' SI was associated significantly with MVF, but not with FVM, MSF and FSM. (4) When putting FVM, MVF, FSM, MSF, depression, and hopelessness as independent variables and SI as dependant variable into analysis, adolescents' SI was associated significantly with only their depression and hopelessness.

[About the Presenter: HU, Chiyi, M.D., PhD Candidate, HKU Family Institute. He is the Deputy Head, Professor and Senior Consultant Psychiatrist of the Shenzhen Mental Health Center, teaching hospital of the Jinan University, and an Associate Editor-in-Chief of the 《 Chinese Journal of Nervous & Mental Diseases 》. He is also a Registered Clinical Psychologist and Supervisor of the Chinese Psychological Society, and the Deputy Head and General Secretary of the Shenzhen Mental Health Association, China.]

## Abstracts and Speakers

### Plenary Session 5 : Couple Issues

Moderator: NG, Man Lun

#### The Influence of “Chong-Yao” Romanticism in Marriage: A Case of Taiwan Couple

CHAO, Wentao / Chinese Culture University / Taiwan

##### Abstract:

Having been popular in Taiwan through novels and TV series for decades, the “Chong-Yao” style romanticism has a profound influence on Taiwanese women and their marriage. This presentation tries to explore this influence in a therapy interview with a Taiwanese couple. Three sessions of video recordings and transcripts of the interviews were carefully examined with a qualitative method, to explicate the process of how a woman envisioned her marriage in accordance with Chong-Yao stories (Gentle male character bravely saves the sentimental, vulnerable female character!), yet encountered serious discrepancies in marital reality that eventually turned into fierce resentment after 17 years of marriage. Her husband reported having spousal violence and that their son suffered serious psychiatric symptoms and multiple behavioural problems. When the family came to consultation interviews for the son's problems, the wife disclosed that she held to certain convictions regarding romance, but her husband complained that her Chong-Yao style romanticism had only turned a gumptious woman into exasperation.

[About the Presenter: CHAO, Wentao is a licensed counselling psychologist in Taiwan. He is an Assistant Professor, the Director of Student Counselling Center in Chinese Culture University, Taipei, and the Coordinator of Couple and Family Therapy Center of the Taiwan Institute of Psychotherapy. He used to work in high schools, universities, hospitals, social welfare agencies as well as private practice. His research interests are with family therapy process and local professional development.]

#### Gender Issue in Japanese Couples

TAMURA, Takeshi / Tokyo Gakugei University / Japan

##### Abstract:

Modern egalitarian gender model is challenging the traditional gender pattern (men to work outside and women to stay home) in the last 30 years, but is still not able to achieve mutually satisfying paradigms. Gender related problems include men's violence toward women and children, high incidents of depression and suicide among middle aged men, isolation of women staying at home, and difficulties in child rearing.

Typical case examples of domestic violence and child related problems are presented to show the current gender pattern in Japanese couples. Women are pulled between two family paradigms: (a) a traditional extended family model where women are expected to stay home and be responsible for child rearing, and (b) a modern nuclear family model in which women are expected to take active roles in the society. Men are more conservative than women in the patriarchal society, unconsciously supporting the traditional men's code which inhibits expression of emotions and active communication, thus rejecting psychotherapy as supporting resort.

The author presents a gender-sensitive family therapy model, which focuses on these gender patterns to achieve new functional and flexible patterns for the client couples and families.

[About the Presenter: TAMURA, Takeshi, M.D., is a child psychiatrist and Professor of Tokyo Gakugei University. He obtained his doctoral degree in Medicine in Japan and then M.Sc. in Family Therapy in the Institute of Family Therapy (London) and Birkbeck College, University of London. His areas of specialty are culture and gender issue in child and adolescent psychiatry and family therapy, on which a number of journal articles and academic papers have been published.]

## Abstracts and Speakers

#### The Role of Desexualization in Couple Relationships

NG, Man Lun / HKU Family Institute / Hong Kong SAR

##### Abstract:

It has been widely acknowledged that sexual satisfaction is a positive maintenance factor in couple relationships. However, some sexuality studies in Asia, especially in the Chinese, have shown that couple (marital) satisfaction has no direct correlation with sexual satisfaction. Clinical experiences also support such findings. From a sample of cases in which couple relationships remain intact despite sexual disharmony, a number of mechanisms could be identified to explain how desexualization could play supportive or remedial roles in couple problems. The sexual problem can be maintained subconsciously as a motivational factor for the couple to find compensatory adjustments in non-sexual relationship areas which could be of equal or higher importance; it could be taken by the couple as the last problem they want to tackle since there are other less emotional and sensitive problems they wish to settle first; or the sexual problem can even be a permanent riddle they want to keep to tie them together forever. On providing couple therapy for the Chinese or Asians, therapists may find it useful to adjust the timing, extent, and depth of exploration and management of sexual problems with these possible protective roles of desexualization in mind.

[About the Presenter: NG, Man Lun, M.D., FHKCPsych., is a Professor and the Associate Director of the HKU Family Institute. He was formerly a Professor of Psychiatry of the University of Hong Kong. He is a psychotherapist and sex therapist, and is the Foundation President of the Hong Kong Sex Education Association (1985) and the Asia-Oceania Federation for Sexology (1992). He is also a Gold Medalist of the World Association for Sexual Health (2003).]

## Abstracts and Speakers

### Plenary Session 6 : Transgenerational Issues

Moderator: NG, Wai Sheng

#### Transgenerational Issues: the Hidden Factor in Clinical Practice in Malaysia

NG, Wai Sheng / HELP University College / Malaysia

##### Abstract:

In the context of therapy work, family therapy is used at a much lower rate than individual-based therapy in Malaysia. Certain techniques in family therapy may appear to challenge the family head's authority and cause one to lose face, which seem to contradict the Malaysian cultural values or practice. The extent to which transgenerational issues are being taught and addressed in the clinical practice is currently unclear.

This presentation seeks to explore the opportunities of incorporating transgenerational issues in therapy work in Malaysia. When working with clinical populations, several transgenerational issues emerge as pertinent to the development and maintenance of certain individual and family dysfunctions. The three commonly observed transgenerational issues are family pride and shame, unresolved grief, and emotional cut-off. There will be discussion on the clinical implication of each of these issues and how the patterns repeat across generations. Some successes, as well as challenging experiences in addressing transgenerational issues, in clinical work will be shared. Whether in individual or family work, keeping a transgenerational perspective is important to adequately address the needs of the individual, as well as the family context where he/she belongs to. Lacking of which, clinical work may suffer the result of a "tunnel vision."

[About the Presenter: NG, Wai Sheng is a Fulbright scholar who received her Psy.D. from Argosy University/ISPP, Chicago. She is currently a practicing Clinical Psychologist and Senior Lecturer at HELP University College, Kuala Lumpur. Her interests include promoting holistic understanding of mental health and family systems therapy in Malaysia. Featured in the 2008 Marquis Who's Who in the World, she is spearheading the development of the Master of Clinical Psychology programme at HELP.]

#### Transgenerational Approach in Family Practice: Turning Stress into New Strength

LAM, Zarina / HKU Family Institute / Hong Kong SAR

##### Abstract:

While healthy aging provides better chance of families of three or even four generations to live under the same roof, not all can enjoy each other with a satisfying relationship. Many family members have great difficulty to handle complex relationship issues due to the diversified experience and expectations that occurred along the contour of family life changes.

This presentation is a highlight of a transgenerational project of the HKU Family Institute, attempting to address ageing as a process that involves multiple generations rather than just the elderly person. Illustrations on how the transgenerational family approach enhances the quality of family life through the building of a relationship pattern, which permits mutual development of individual family members while at the same time turning the frustration into new energy, will be provided. Through the use of live demonstration video clips, the impact of members' re-negotiation processes could be better understood. The significance of clinical impact, in particular to middle-aged siblings or couples resolving some blockages of in-law or marital dissatisfaction over the years will be discussed. Other educational implications on marriage and family therapists' training will also be shared.

[About the Presenter: LAM, Zarina is currently a senior consultant in the HKU Family Institute, teaching research and coordinating mental health courses. She has been actively involved in multi-disciplinary social services and educational development in Hong Kong, China and North America since late 1970s, specializing in gerontology, hospital family service, trans-disciplinary case management education and community rehabilitation.]

## Abstracts and Speakers

#### Lifelong Learning and Employability: Some Transgenerational Issues in Singapore

LUI, Hah Wah Elena / National Institute of Education, Nanyang Technological University / Singapore

##### Abstract:

Singapore, a small island republic of 42 years' history, has a population of 4.4 millions with rich multi-ethnic, multi-lingual, and multi-religious social fabrics. It is facing many challenging issues like multi-generational families, economic re-structuring, re-training, retiring, and rehiring, etc. Each individual's plan for his/her career and family life will have an impact on the socio-economic development of the society. Everyone needs to acquire new knowledge and employable skills, and be adaptable and capable for a multi-tasking and multi-faceted lifestyle in this rapidly changing world.

The transgenerational issues in lifelong learning and employability discussed in this paper are: (1) pros and cons of multi-generational families engaging in lifelong learning at home and in the community; (2) competitiveness and compatibility of various age groups in the workplace; (3) trust and respect in the transgenerational working relationships; (4) contribution and distribution of resources in family and workplace; and (5) provisions and promises in a society for all ages.

One simple question is: "Are we ready for the challenges?" However, there is no one simple answer. It varies from family to family, from one workplace to another, and on case-by-case bases.

[About the Presenter: LUI, Hah Wah Elena is an Associate Professor training teachers and counsellors in the National Institute of Education, Nanyang Technological University, Singapore. She has three postgraduate degrees from Michigan State University, U.S.A., and a basic degree in social work from the Chinese University of Hong Kong. As a volunteer she serves the Singapore Action Group of Elders (SAGE), United Nations Association of Singapore, Singapore Association of Social Workers and Singapore Association for Counselling.]



## Abstracts and Speakers

### Plenary Session 7 : Family with Medical Problems: Eating Disorders

Moderator: PATTERSON, Jo Ellen is a Professor of the MFT Program at the University of San Diego, U.S.A.

#### Patients' Perspective of Family Therapy in Anorexia Nervosa: A Quality Inquiry in a Chinese Context

MA, Lai Chong Joyce / The Chinese University of Hong Kong / Hong Kong SAR

##### Abstract:

In the past six years, the applicability of a selected western family treatment approach, the Micucci's model, in helping Chinese adolescents and young adult patients diagnosed with anorexia nervosa has been assessed in Hong Kong with demonstrated perceived treatment effectiveness. Hitherto, the emaciated patients' perspective toward family therapy in a Chinese context has not been examined.

In this paper, the author reports some results of a qualitative study conducted in Hong Kong, through which the Chinese emaciated patients and their families' subjective experiences toward family therapy were explored and identified. A total of 24 self-starving patients and their families participated in an in-depth post-treatment interview conducted immediately after the completion of family treatment in a university-based family treatment centre. Four categories have emerged from their narratives: (a) the participants' perceived concepts of family therapy; (b) perceived therapeutic relationship and its linkage to positive change; (c) the perceived intervention strategies as employed in family treatment; and (d) the participants' own role in problem-solving. The results of this study have enabled the therapist to refine the family treatment model that has been adapted from the Micucci's (1998) model, with additional components introduced by the author to augment family treatment in a Chinese context.

[About the Presenter: MA, Lai Chong Joyce, Ph.D., R.S.W., Clinical Member and Approved Supervisor of AAMFT, is Professor, Director of the Family and Group Practice Research Centre, Department of Social Work of The Chinese University of Hong Kong. She is the founder of the Shengang Family Treatment Center, Nanshan Hospital in Shenzhen, and is now the Chairperson of the Social Workers Registration Board, Hong Kong. Her research interests are on mental health, family, and family therapy research.]

#### Family Therapy of Anorexia Nervosa in Taiwan: Preliminary Findings

CHEN, Kuan Yu / Taipei City Psychiatric Center, Taipei City Hospital / Taiwan

##### Abstract:

This presentation describes the application of family therapy to treat anorexia nervosa in a psychiatric hospital in Taipei, Taiwan. At least 15 families have been treated using family therapy. All identified patients are female. Two cases will be presented in detail to show two prototypes of families.

In the first family, the patient's father died in her childhood and there are no mediators in the highly enmeshed daughter-mother relationship, which was complicated by the competition between the mother and sisters-in-law. In the second family which is intact, the father paid much attention to take care of the only daughter, leaving the couple relationship more or less neglected. The treatment, which included lunch sessions, helped the daughter in the second family regain her body weight quickly but now she has masked bulimic symptoms. The first family ended in a condition where the patient still has abnormal eating behaviours but the body weight normalized gradually.

The quality of parental marriage is found to play a critical role in determining the therapeutic outcome. In all cases, persistent interventions will lead to improved family dynamics and eating symptoms, and the parents' flexibility will relate to more rapid improvement.

[About the Presenter: CHEN, Kuan Yu is the Chief of the Division of Psychosomatic Medicine, the Director of Eating Disorder Clinic, and a Staff Psychiatrist of the Taipei City Psychiatric Center, Taipei City Hospital. He is currently a member of the Academy for Eating Disorders and a lecturer of the National Yang-Ming University of Taiwan. He has also received extensive training in Satir Systemic Therapy with individual and family.]

## Abstracts and Speakers

#### Childhood obesity in a family context: an exploratory study in Hong Kong

WONG, Oi Ling / HKU Family Institute / Hong Kong SAR

##### Abstract:

This study uses the constructivistic grounded theory approach to identify family themes occurring in families with obese children in the Chinese cultural context. A total of eight obese children, six boys and two girls, with ages ranging from 7 to 13 years old, and their families participated in the research.

The initial findings reflect similar characteristics of Minuchin's (1978) "Psychosomatic family model." In almost all the families, there is no effective parental hierarchy. The obese child has a much closer relationship with the overweight parent than with the thinner parent. The former parent is often over-protective and the child becomes very dependent on him/her. There is unresolved marital conflict in which the obese child is caught between the couple's arguments and problems.

Food and joy of eating are very important in Chinese culture as eating is the most gratifying factor in life. Eating is an expression of emotion in a family context. Often, food exchanges solidify relationships, and the Chinese way of eating has a close correlation with cohesiveness and harmony. The Oriental perspective illuminates the difference with findings from the West.

[About the Presenter: WONG, Oi Ling is the Senior Teaching Consultant of the HKU Family Institute. She is also a Clinical Member and Approved Supervisor of the American Association for Marriage and Family Therapy (AAMFT). Being a PhD candidate, her research interest focuses on childhood obesity in a family context.]

## Abstracts and Speakers

### Plenary Session 8 : Family with Special Issues

Moderator: CHAN, Mei Lo Elda

#### Working in the Mainland: A Tomb to Marriage?

LAU, Yuk King; MA, Lai Chong Joyce; CHAN, Ying Keung & HE, Liping / The Chinese University of Hong Kong / Hong Kong SAR

#### Abstract:

With the prosperous economic development in Mainland China and the close economic relationship between Hong Kong and the Mainland, cross-border commuting work arrangement is becoming a common work-family arrangement of Hong Kong residents. In 2005, 237,500 Hong Kong residents, i.e., 6.8% of the working population, worked across the border. The results of previous local studies, which were based on a clinical sample of waiting spouses, have shown that such work arrangement has detrimental influences on family relationships. The cross-border work has placed the traveling spouses at risk of committing extra-marital affairs. However, other studies with representative samples of Hong Kong residents working in the Mainland reveal a more positive picture. These inconsistent findings indicate the need to understand the effects of cross-border work on marital adjustment. A multi-stage study has been conducted since 2005, with the aim to understand the adjustment of Hong Kong families towards cross-border work arrangement. Impacts of the work arrangement on marital relationship in the light of both the traveling spouses' and the waiting spouses' perspectives will be examined. Implications of the findings at policy, service, and research levels will also be discussed.

[About the Presenter: LAU, Yuk King is an Assistant Professor in the Department of Social Work, The Chinese University of Hong Kong. She has a special concern on the challenges encountered by families in the changing society and has been active in promoting a resilient perspective on these families. She has 47 publications including refereed journal articles, book chapters, and conference papers.]

#### Conflicts and Relationships in Family Businesses

LAW, Gin Kye / Family Capital Centre / Malaysia

#### Abstract:

There is an old Chinese saying that wealth do not last beyond three generations. This problem has plagued countless of families in most part of the world. What is sad is when the failure to manage and preserve wealth across generations goes with the breakdown in family relationships. Wealth is least likely to be the glue that binds the family. Families in business face more challenges when it comes to managing wealth and relationships. With many family businesses in the region coming into the third generation, the problem needs to be understood and addressed. Part of the process will require knowing the nature and dynamics of conflicts in family and business, effectively managing conflicts within and across generations, and having a conducive environment for collective decision making.

[About the Presenter: LAW, Gin Kye has been involved in family businesses for more than 15 years. Having been through his own family business experiences, he has a heart to share with other families and enable them to realize the potentials and find effective processes to manage the many challenges family businesses face. His passion has led him to establish the Family Capital Centre to promote family governance, transition planning, and family philanthropy.]

## Abstracts and Speakers

#### Family Interaction Patterns that contributed to Maintenance of Problem Gambling Behaviour

CHAN, Mei Lo Elda / Tung Wah Group of Hospital Even Centre / Hong Kong SAR

#### Abstract:

Gambling problem is a multifaceted rather than unitary phenomenon. Even though many of the established approaches are claimed to be effective in treating problem gambling, the larger system, such as family structure and dynamics, and cultural values are undermined that can become an obstacle to the therapy process. The systems perspective believes that changes in one part can have unforeseen consequences for the whole. Accordingly, family therapy will look at the presenting problem with a circular causality perspective where each act in the circle is caused by and is causing another act. Concentrating on the patterns of the interaction and the way rules are set from patterns within a system can provide different perspectives in handling the "problem" in order to change the pattern of a long adjusted vicious cycle.

This presentation will provide a set of qualitative data from a training project with the HKU Family Institute on the interaction patterns of a problem gambling family and how an enmeshed family relationship contributes to the vicious cycle of problem gambling. This will bring new insights into the intervention of problem gambling.

[About the Presenter: CHAN, Mei Lo Elda is the coordinator of Even Centre, Tung Wah Group of Hospitals, which is one of the first funded problem gambling counselling services in Hong Kong. She has extensive experiences in providing counselling to problem gamblers and their families at the Gambler's Help services in Melbourne, Australia prior to returning to Hong Kong. She is also a Certified Problem Gambling Counsellor and Trainer. Other areas of interest include couple and family therapy, cross-cultural counselling, and policy development.]



## Abstracts and Speakers

### Plenary Session 9 : Family with Medical Problems

Moderator: EDWARDS, Todd, M., Ph.D., is an Associate Professor and Director of the Marital and Family Therapy Program at the University of San Diego, U.S.A.

#### Family Enhancement Project for Bone Marrow Transplant Families

LIANG, Raymond / Queen Mary Hospital / Hong Kong SAR

##### Abstract:

Bone marrow transplant (BMT) is a treatment which saves the lives of many patients with severe illnesses such as cancer, blood disorders or other immunological disorders. Serious illness itself affects family life by its prolonged hospitalization, morbidities, and rehabilitation process requiring many adaptations. BMT also has its complexity as it often relies on family members to donate bone marrow. Such process often stirs up a family dynamic referenced by the previous donor-recipient relationship as well as donors' own family roles. With respect to the distress and apprehension that are part of a BMT operation, a family-oriented treatment was initiated between the Queen Mary Hospital (QMH) Bone Marrow Transplant (BMT) Unit and the HKU family Institute (HKUFI). This introduction of a new family service in the BMT unit in 2006 had involved more than 20 Chinese families seen by a treatment team consisting of physicians and family therapists. Preliminary findings related to siblings as donors in the pre-treatment phase and spousal adjustment in the treatment process will be discussed. Vision on the development of family work in a BMT unit to improve the quality of patients and their family life will be shared.

[About the Presenter: LIANG, Raymond, M.D., is the Acting Dean of the Faculty of Medicine, The University of Hong Kong. His areas of specialty include Advanced Internal Medicine, Haematology and Haematological Oncology, and Medical Oncology. He has been actively involved in the Oncology field since 1990 and is currently the Chief of the Division of Haematology/Oncology and Bone Marrow Transplant Unit, Queen Mary Hospital.]

#### Usefulness and Applicability of Systemic Family Therapy among Psychotic Patients in Mainland China

ZHAO, Xudong / Tongji University / China

##### Abstract:

Systemic family therapy has been successful in the treatment of mental health problems, especially the psychological problems of children and adolescents, neuroses and psychosomatic disorders of adults. However, there are limited experiences with psychotics.

Psychological disorders of children and adolescents are common mental health problems in China. Depression, tics disorder, school problems, eating disorders, and other emotional and conduct disorders are often seen among the population under 18. Such problems are closely related to family situation and the larger social system immediately around the nuclear family. This study revealed that after being treated by family therapy, patients under 18 took in much fewer medications than before.

Generally speaking, the theoretical framework of family therapy can be used to describe and analyze Chinese families. With the help of Western tools, some characteristics of Chinese family dynamics can be identified and then intervention or changes can be induced. Nevertheless, there are still certain cultural barriers and methodological difficulties when transplanting the new techniques. Careful cross-cultural study is needed if we plan to apply any kind of western psychotherapies in China. The way of thinking should be changed instead of just learning the theory and techniques.

[About the Presenter: YAO, Yuhong is representing Prof. ZHAO Xudong for the presentation in his absence. ZHAO, Xudong is the Director of Task Force for Chinese-German Friendship Hospital Project, Tongji University, China. He is a Guest-Director of the Department for Psychosomatic Medicine, Eastern Hospital affiliated to Tongji University, and an Honorary Professor of the Hong Kong Polytechnic University. He is involved in various professional groups related to psychiatry, mental health, and psychotherapy, and owns a number of awards related to medical sciences and public health. Rich professional articles and papers have been published.]

## Abstracts and Speakers

#### Handling the Fear among Family Members in End-of-Life and Bereavement

CHAN, L.W. Cecilia & NG, Siu Man / Centre on Behavioral Health, The University of Hong Kong / Hong Kong SAR

##### Abstract:

Death of a family member is one of the most devastating events in life. Western researches revealed between 10 to 20% bereaved persons experiencing chronic grief and depression. This presentation aims to share the experience of how a Get SET & Go programme can facilitate people in Surviving, Empowering and Transforming Goals in the experience of end-of-life care and death of their family member.

##### SET & Go

1. **Surviving stress of impending death:** Survivors need psychological help and practical advice during the process. Distresses are normalized and sharing among family members help.
2. **Empowerment through psychoeducation:** In addition to conventional psychoeducation, prescribing concrete, relevant tasks that family members can do would help.
3. **Transforming the experience of loss to personal and spiritual growth:** By embracing the precious last moments in life, bereaved family members often begin to look for spiritual growth and transformation.
4. **Go on with Life:** Moving on with life is seldom discussed in depth. A liberal atmosphere should be established for talking about issues like dating, looking for new partners, and remarriage.
5. **Goals in life without the deceased:** Ideally, the family can discuss future life goals of survivorship.

[About the Presenter: CHAN, L.W. Cecilia is Si Yuan Professor in Health and Mental Health in the Department of Social Work and Social Administration, Director of Centre on Behavioral Health, and Associate Director of HKJC Centre for Suicide Research and Prevention, The University of Hong Kong. Her research areas are psycho-oncology, health, and mental health interventions. She is internationally renowned for her integrative body-mind-spirit interventions which incorporate concepts of Chinese medicine and philosophies into clinical practice.]

## Abstracts and Speakers

### Plenary Session 10 : Family Therapy Development

Moderator: GENIJOVICH, Ema, Psy. Lic. is the Founder Member of the Genijovich Consulting Services, Inc., a Visiting Faculty of the St. John's University, New York, and a Faculty Member of the Minuchin Center for the Family.

#### The Family in Family Medicine

LAM, L.K. Cindy / The University of Hong Kong / Hong Kong SAR

##### Abstract:

The term "family doctor" has gradually replaced the term "general practitioner" for doctors who provide primary, whole-person, comprehensive and continuing care. The change is a reflection of the importance of the family perspective in the health and illness of individual patients. The family doctor is often the first professional from whom a family in need calls for help. This presentation will illustrate how the family influences health and illness behaviours. The role of the family as a causative and perpetuating factor of psychosomatic illness will be explored. The application of Doherty et al's five levels of family-centred medical care in family medicine will be reviewed. The importance of an assessment of the family structure and relationship in "heart-sink" patients to provide new understanding and solutions will be shown. The opportunities for the family doctor to motivate families to change will be discussed.

[About the Presenter: LAM, L.K. Cindy is Specialist in Family Medicine, Professor and Head of the Family Medicine Unit of the University of Hong Kong. She is also Chief Censor of the Hong Kong College of Family Physicians and Associate Director of the HKU Family Institute. She actively promotes the inclusion of working with the family in the training curriculum of family doctors. Her main research interest is health-related quality of life (HRQOL) assessment. She has published more than 140 publications.]

#### Family Therapy in Korea: Its Development and Current Status

CHUNG, Hyejeong; KIM, Yoo-Sook & CHUN, Young-Ju / Chonbuk National University, Seoul Women's University, & Silla University / Korea

##### Abstract:

With rapid political, economic, and social changes, Korean families have been exposed to diverse family problems which include very high divorce rates. Family therapy was introduced in Korea in late 1970s, with the Korean Association of Family Therapy established in 1988. This multidisciplinary practice then rapidly expanded in response to familial and societal changes, with the support of legislative efforts. In 2004, the "Strong Family Support" legislation was established, and the regulation of divorce consideration system was instituted in 2006.

This presentation will focus on the development and the current status of family therapy in Korea. The social and cultural context of its inception, the initial members and their academic background, and the characteristics of each stage of the development will be highlighted. The current status will be introduced in terms of clinical setting, academic organization, family therapy training programmes including workshops and supervision, and certification or licensure system of family therapists in Korea. More recent trends, including the enduring efforts of many family therapists to develop a Korean model of family therapy, will also be presented. Finally, the future task of family therapy in Korea will be discussed.

[About the Presenter: CHUNG, Hyejeong is an Associate Professor of the College of Human Ecology, Chonbuk National University, Korea, majoring in child and family studies. She was a Visiting Professor for the MFT Program of the University of Georgia, U.S.A. She shoulders editorial responsibilities for Korean journals related to family therapy and human ecology. Apart from writing a number of books and research papers, she also works on the Korean translation of books facilitating development of family therapy in Korea.]

## Abstracts and Speakers

#### Using Teleconferencing to enhance Training on Family Therapy

LIN, Lee Chun / Taiwan Institute of Psychotherapy / Taiwan

##### Abstract:

Although family therapy had been practiced in Taiwan for a long time, the lack of clinical supervision is a significant concern as undesirable patterns not conducive to practice may have been developed. The presentation will share the experience of Taiwanese counsellors in seeking clinical supervision from an experienced trainer, i.e. Dr. Lee Wai-Yung, who is the Director of the HKU Family Institute as well as Faculty Member of the Minuchin Center for the Family in New York, through teleconferencing. With the support from the Taiwan Institute of Psychotherapy, a supervision group of 20 professionals was developed including psychiatrists, psychologists, social workers and counsellors. The study reveals that without sufficient clinical supervision, practice tends to be driven by intervention without paying enough attention and understanding to family narratives. The supervision through teleconferencing helped the therapists slow down their urge for problem-solving but focus on the nuances of Taiwanese families. As the therapists began to elicit family stories, putting the families on the front stage while moving themselves to a less centralized position, families started to play out their drama, which provided much clearer insight into the family experience.

[About the Presenter: LIN, Lee Chun is the Consultant of the Taipei Teachers' In-service Center. She is also a Counselor of the Taiwan Institute of Psychotherapy and a Committee Member of the Taipei Counseling Psychologist Association. She has been a Lecturer of the Department of Psychology of the Chun Yuan Christian University in Taiwan, and a part-time counselor of the Student Counseling Center of the National Taiwan University.]

## Abstracts and Speakers

### Plenary Session 11

#### **AAMFT Core Competencies for Marital and Family Therapy: Development, Implementation and Implications**

GAUTNEY, Karen / American Association for Marriage and Family Therapy (AAMFT) / U.S.A.

#### **Abstract:**

Outcome-based education and practice is a trend in numerous professional fields. It has implications for the training, evaluation, and regulation of professionals. While the concepts make sense intuitively, implementing them is a significant undertaking. This presentation will describe the context that led the American Association for Marriage and Family Therapy (AAMFT) to initiate development of the MFT Core Competencies. The process through which the MFT Core Competencies were developed will be reviewed, and the structure and content of the resulting Core Competencies will be explained. Challenges in implementing and evaluating the Core Competencies will be discussed, as well as some of the efforts to implement them in U.S.-based training programmes. Participants will be encouraged to consider ways in which the Core Competencies may be modified for cultural relevance, and utilized in Hong Kong to establish training curricula and standardize the qualifications of family therapists.

[About the Presenter: GAUTNEY, Karen is the Deputy Executive Director of the American Association for Marriage and Family Therapy (AAMFT). She directs the AAMFT's Annual Conference and Institutes for Advanced Clinical Training, and is co-executive editor of the Family Therapy Magazine. She has a master's degree in family therapy, holds the Certified Association Executive, and graduated from the Institute for Organization Management at the University of Notre Dame.]

## Abstracts and Speakers

### Plenary Session 12 : Spirituality in Family Perspective

Moderator: HO, Siu Lam Bernard

#### **Ancient Chinese Family Concept in Contemporary Era**

HO, Siu Lam Bernard / HKU Family Institute / Hong Kong SAR

#### **Abstract:**

The traditional concept of a Chinese family unit is influenced by Confucius, who promoted virtuous rules in a family. In order to build a stable and harmonious country, Confucius encouraged individuals to improve themselves and families to be united. At the age 50, Confucius began to study Yi Jing, an ancient manuscript written by Fuxi 2,000 years ago. Yi Jing is a book of "changes" that teach individuals to master changing situations. Yi Jing is divided into 64 chapters, or hexagrams, each representing a situation of change. In the hexagram of 'Family Member', there are three pertinent concepts on family structure: (1) Individuals must have the support of their family, resolve family conflicts internally, to excel in their career; (2) The "double loop support" suggests an inter-relationship between a well-structured family and the career success of its members (the practice of "double loop education" may reinforce mutual support among the family and its members for a closely knit structure); and (3) An ideal family should be aware of proper responsibilities, roles, and direction. This presentation aims to illustrate how the ideal Yi Jing family structure can also be achieved in families today.

[About the Presenter: HO, Siu Lam Bernard, FCPA, is a practicing public accountant in a private business providing services in auditing, company secretary, taxation as well as accounting and financial advisory. He is also the Director of a management consultancy company in Hong Kong. Outside of his profession, he is an expert on the study of traditional Chinese concepts, in particular Yi Jing and how it applies to the concept of mutual support and enhanced quality of a family.]

#### **Zen and the Family**

JING YIN / HKU Centre of Buddhist Studies / Hong Kong SAR

#### **Abstract:**

As the popular saying goes, "Every family has its own problems." Wherever there is human interaction, problems are not far away. With members of a family, problems are all the more inevitable as a result of their close relationships, which often mean high expectations on one another, more grounds for comparison, competition, and conflict. Such problems are sometimes aggravated if grievances are not voiced but left to accumulate within the individual members. Breakdown of communication would only lead to further misunderstandings and even more problems.

Zen is a way of Buddhist practice that can help dissolve grasping and alleviate tension. In the process of practicing Zen, the individual is led to see things in perspective, hence he/she is more ready to let go of one's own prejudices and appreciate others' points of view. It is in this context that Zen is relevant to the family. Individuals who practice Zen the correct way would not only improve their personal well-being, but also enhance harmony within their family.

[About the Presenter: JING YIN, MA, MPhil (Kelaniya), PhD (London), is Director of the Centre of Buddhist Studies, the University of Hong Kong. He is a Member of the standing committee of the Buddhist Association of China, Beijing and Committee member of China Overseas Friendship Association. He specializes in Vinaya, Chinese Buddhism, and applied Buddhism. He offers courses related to Zen Buddhism and leads various research projects about Buddhist education and social applications of Buddhism.]

## Abstracts and Speakers

### Exchange on Asian Experiences and Open Forum

Moderator: LEE, Wai Yung, Ph.D., is the Founding Director of the HKU Family Institute and an Associate Professor at the University of Hong Kong.

#### Regional Representatives (In alphabetical order of region):

China – LIU, Dan; TANG, Denghua  
Hong Kong – POON MAK, Sui Man Rachel  
Japan – NAKAMURA, Shin-Ichi  
Korea – CHUNG, Moon Ja  
Singapore – SIM, Charles, S.J.  
Taiwan – WANG, Hao Wei

This open forum aims to bring together all the Asian experts to share their experiences and wisdom in family practice and research. Representatives from the participating regions will kick off the discussion by briefly introducing their efforts in their respective countries, while respondents from the floors will expand from each theme and concern as raised. The overall goal is to create a family kaleidoscope of diversity and similarity. Hopefully, more future collaborations and exchange will be generated as a result of the synergy created through the putting together of the family mosaic in the region.

#### Family Therapy Practice in Mainland China

LIU, Dan / Tsinghua University / China

##### Abstract:

During the last 10 years, there have been several continuing training programmes on family therapy in Mainland China. Several hundreds participants were trained but only a small part of them are practicing in this field.

While many experienced family therapists are interviewing families in big cities like Beijing, Shanghai, Wuhan, and Shenzhen, systemic family therapy and structural family therapy are the two main streams of practice. Structural family therapy are more acceptable in its techniques, and the systemic way of thinking of systemic family therapy training are widely adopted in different kinds of personal counseling or therapeutic practices, including couple therapy and group counselling, and even in government management.

There are more and more newcomers with a strong interest in family therapy. The experienced family therapists working alone, on the other hand, are calling for more advanced training and supervision.

[LIU, Dan, registered supervisor, is currently the Vice Director and an Associate Professor of the Student Counseling Center of the Tsinghua University, Beijing, China. She obtained her PhD. in psychology and then received intensive training in psychotherapy and structural family therapy through programmes of various universities and professional associations. She has special interest in the areas of education, support for students and parent education, producing a number of research and related publications.]

## Abstracts and Speakers

#### Cultural Considerations on applying Family Therapy in Mainland China

TANG, Denghua / Beijing Medical University Institute of Mental Health / China

##### Abstract:

Individuals grow up in families and families are shaped by culture. Family therapists must take into account the cultural background of a family in their interventions. When western family therapy is brought into the eastern context, a lot of culture fuses and conflicts may arise.

While structural family therapy resembles the eastern Confucianism and systemic family therapy resembles Taoism, cultural influence and family status quo need to be considered when family intervention is put in practice in Mainland China. These include the tight relationship between family generations (parent-children relationship is often tighter than husband-wife relationship), big family of four generations, over-emphasis on stable marriages, emotion expression in an implicit way, paternalistic character, strong emotional support between family members, complex conflicts in big families, one-child policy, etc. The presentation will focus on some of these cultural characteristics and their impacts on family therapy to Mainland Chinese families.

[ZHANG, Yuan is representing Prof. TANG, Denghua for the presentation in his absence. TANG, Denghua is a Chief Physician in the Beijing Medical University Institute of Mental Health. Prof. Tang has received intensive training in psychotherapy and structural family therapy, and is in leading positions of various professional bodies and national commissions related to mental health, psychotherapy and education. His major specialties are with adolescent psychological health, therapy of emotional disorder, psychological counselling and psychotherapy.]

#### Family Therapy Movement in Hong Kong

POON MAK, Sui Man Rachel / Kwai Chung Hospital / Hong Kong SAR

##### Abstract:

This presentation traces the introduction and history of family therapy in Hong Kong from the early 1980's. The field has gained considerable popularity and renowned pioneers from both the Modern and Post-modern eras had visited the city to provide teaching. At this point, family therapy is taught in most Hong Kong universities at the graduate level. With the increasing concern of the Hong Kong SAR Government to promote family harmony and the establishment of the Family Council, the need to develop family oriented service is gaining recognition. However, as the field of family therapy is still young in the local scene, the practice appears to be often oriented to a particular approach with one single discipline. There is also a lack of on-going clinical supervision which is necessary for the development of proficient family therapists. The HKU Family Institute was founded in 2003, offering the first master programme in marriage and family therapy in the Asian region, as well as providing training to Mainland China, Taiwan, and Singapore. Its goal is to help therapists to develop a strong foundation with multi-treatment approaches as well as trans-disciplinary collaborations among human service professionals. It also emphasizes the need for the clinical apprenticeship and research that helps to understand the nuances of Asian Chinese families from different regions. The establishment of the Consortium of Institutes of Families in Asia (CIFA) is another example in its attempt for more exchange and collaborations with our neighbours.

[POON MAK, Sui Man Rachel is a Senior Clinical Psychologist of the Child and Adolescent Psychiatric Service of Kwai Chung Hospital, Hong Kong. She is a clinical member of the AAMFT and has extensive study in different family approaches. She has taken direct supervision from Dr. Salvador Minuchin and Dr. Lee Wai Yung and is now an Approved Supervisor. She is currently supervising master's degree students on Marriage and Family Programme of the HKU Family Institute.]



## Abstracts and Speakers

### Gender-Sensitive Family Therapy in Japan

NAKAMURA, Shin-Ichi / Nakamura Psychotherapy Institute / Japan

#### Abstract:

With the accumulation of family therapy experiences, Japan is becoming more sensitive to cultural and gender issues in its practice. There are great amount of visible and invisible gender conflicts both in families and between couples in Japan.

This sharing focuses on gender issue related to three typical men's problems in recent Japan. First, men have difficulties seeking help for themselves or for families. The so-called "male alexithymia" has made it hard for them to cooperate with therapists. Men are afraid of losing faces in front of therapists and even their families as Japanese shame culture still exists behind them. The second is the issue of suicidal middle-aged businessman. The number of suicides by men aged 30 to 59 due to economic difficulties has now reached 30,000. A couple therapy case exemplifies a preventive intervention of a suicidal husband. The third issue is sexual dysfunctions in men. The number of erectile dysfunctions involving sexual desire disorder is increasing in Japan. It is becoming a major problem for Japanese young couples, as both sides of their parents usually want to see grandchildren, especially grandsons, for the succession of their family name. In some cases, these traditional family burdens are disturbing the couple's sexual life.

[NAKAMURA, Shin-Ichi, M.D, is the Director of Nakamura Psychotherapy Institute in Tokyo, Japan. He is now the President of Japan Association of Family Therapy, of which he is a founding member. He is a Board member and Chief Editor of the Japan Rorschach Society for the Comprehensive System, and he is a Supervisor of Family Court Mediator Training in Supreme Court in Japan.]

### Korean Families' Problems and Related Variables as appears in Researches and Practice

CHUNG, Moon Ja / Yonsei University / Korea

#### Abstract:

This presentation is based on a research to find out Korean family problems and related variables as shown in researches and clinical cases according to six life-cycle stages: (1) single young adults; (2) the new couple; (3) families with young children; (4) families with adolescents; (5) launching children and moving on; and (6) families in later life.

Professional journals and clinical cases from 1982 to 2007 were reviewed. Depression, externalized behaviours, and difficulties in interpersonal relationship were found to be the most common problems in Korean families. Over the entire life-cycle stages, parents' marital conflict was reported to be the most common and influential variable to family problems, although related variables to problems may vary depending on the stage. This indicates that emotional and developmental problems of the individuals may not only be caused by themselves but may also be influenced by parents, families, and other social environment. Understanding of relating variables to Korean family problems will give important clues to family therapists on how to intervene when such problems occur.

[CHUNG, Moon Ja is the Professor of the Department of Child & Family Studies and Head of Family Counselling Major, Yonsei University, Korea. She is also Director of the Korean Institute of Brief Family Therapy. Her research interests are with family of origin, parent-child relationship, and problems, stress and coping strategy. She develops parent education programmes and other educational programmes for teachers and maladaptive school children using solution-focused and group counselling models.]

## Abstracts and Speakers

### Development of Family Therapy in Singapore: A Historical Perspective

SIM, Charles, S.J. / Catholic Research Centre of Singapore / Singapore

#### Abstract:

This paper attempts to locate the practice of Family Therapy within the historical development of the counselling profession in Singapore. Counselling as a profession in Singapore was introduced formally in 1964. However, Family Therapy was only introduced in 1981 and did not assume any formal status until a training programme in family and marital therapy was initiated in 1991. Since then, Family Therapy has been increasingly recognized as an important approach which counsellors can employ to help their clients. A mixture of approaches is the norm among therapists as they tailor their therapy to the unique personalities of clients and their families.

[SIM, S.J. Charles is a clinical member of the Association of Marital and Family Therapists, Singapore, and presently the President of the Family Life Society and Director of the Catholic Research Centre of Singapore. He is the course director for the training of lay counsellors and also visiting lecturer at St. Francis Major Seminary in Singapore and St. Peter's College Major Seminary in Kuching-Sarawak.]

### Family Therapy in Taiwan

WANG, Hao Wei / Taiwan Institute of Psychotherapy / Taiwan

#### Abstract:

Introduced by professors Chu-Chung Chen (陳珠璋) and Agnus Wu (吳就君) in 1970s and taught by Virginia Satir in 1986, family therapy has developed prosperously and even caught more attention than other psychotherapy approaches in Taiwan. Currently, at least six family therapy training curricula and two master's level family therapy programmes are being taught in Taiwan, and the understanding of family therapy approaches has been expanded to include many different approaches. The need for supervision is also highlighted. One example is the teleconferencing supervision between Taiwan and Hong Kong.

[WANG, Hao Wei, M.D., a specialist in psychiatry, is currently the Executive Director of the Taiwan Institute of Psychotherapy. He is the Chief of Sinin Psychotherapy Center and the General Secretary of Taiwan Association of Psychotherapy. His specialties are with dynamic psychotherapy, family therapy, and psychotherapy for adolescents.]

## Poster Presentations

	Author(s)	Institution and Country/Region	Title
1	<b>CIFA Survey Work Group</b>	CIFA	Challenges Faced by Families in Hong Kong
2	<b>LU Jianping SHU Mingyue</b>	Shenzhen Mental Health Center, China	Children Depression and Family Environment
3	<b>OKAMOTO, Yoshio SHOJIMA, Hiroshi HIROI, Ryoichi</b>	Japan Women's University, Japan	Juvenile School Violence Case in Japan "Greeting" to cut Vicious Circle
4	<b>VU, Kit Teng NG, Hoi Hei Elvis</b>	Hong Kong Family Welfare Society, Hong Kong SAR	Systemic Perspective on Adolescent Internet Addiction
5	<b>TSANG, Wai-hung Wallace</b>	Harmony House, Hong Kong SAR	Crisis Intervention in Handling Domestic Violence Cases in Accident & Emergency Department at Hospital
6	<b>YUEN, Yee Tak Eric TANG TSANG, Ka Yee, Shirley WONG, Oi Kau Stephanie</b>	Hong Kong Family Welfare Society, Hong Kong SAR	Indigenous Practice of Batterer Intervention Programme in Hong Kong
7	<b>SHI, Qi-jia</b>	Wuhan Hospital for Psychotherapy	Combination of Couple Therapy and Inpatient Individual Therapy
8	<b>CHAN, Tsz Ying Ruth</b>	Hong Kong Family Welfare Society, Hong Kong SAR	Facilitation of Co-parenting in the Process of Family Dissolution through Family Mediation Service
9	<b>MA Lai Chong, Joyce WONG Mei Ching, Mooly WAN Suk Fan, Erica LEUNG Yuk Chun, Tammy</b>	The Chinese University of Hong Kong, Hong Kong SAR	The Application of Family Mental Health Model in Parent Education in Hong Kong
10	<b>LIN, Zhong Wen</b>	Shenzhen People's Hospital, China	The Theory of Modern Medicine
11	<b>YUAN, Xiaofei SUI Shuangge LI Jing ZHENG Shaozhong XING Yan LI Lingjiang</b>	Shenzhen Volunteer Association, China	Characters of Calls to a Public Hotline from 1995 to 2005 in Shenzhen
12	<b>ZHAO, Fang</b>	Nanjing Normal University, China	Practice of Structural Family Therapy in China – The Outcome and Re-thought of the Process Research

## Agency Visits

	Name of Agency	Address	Nature of Service	Purpose of Visit
1	<b>HKU Family Institute</b>	5/F, Tsan Yuk Hospital, 30 Hospital Road, Sai Ying Pun, Hong Kong.  <a href="http://hkufi.hku.hk">http://hkufi.hku.hk</a>	HKU Family Institute (HKUFI) is the first leading centre in the region dedicated to promoting family health through family-friendly clinical practice and educational efforts. With expertise from five HKU departments including Psychology, Psychiatry, Family Medicine, Pediatrics and Adolescent Medicine, and Social Work and Social Administration, the Institute takes great pride in its multi-disciplinary approach to research, training and clinical practice.	To introduce Institute's work and the possibility of collaboration, and participate in a Live/Tape Case Demonstration
2	<b>Aberdeen Integrated Family Service Centre</b>	Unit 2, G/F, Pik Long House, Shek Pai Wan Estate, Aberdeen, Hong Kong.  <a href="http://www.swd.gov.hk/tc/index/site_pubsvc/page_family/sub_listofserv/id_228/">http://www.swd.gov.hk/tc/index/site_pubsvc/page_family/sub_listofserv/id_228/</a>	The Integrated Family Service Centre (IFSC) is operated by the Social Welfare Department, providing comprehensive, holistic and one-stop services to meet the multifarious needs of individuals and families in the community. It consists of a family resource unit, a family support unit and a family counselling unit to provide a continuum of preventive, supportive and remedial services with the emphasis on 'child-centred, family-focused and community-based' approach in the delivery of services.	To introduce an integrated model of providing comprehensive and one-stop service to meet the multifarious needs of individuals and families
3	<b>Caritas - Family Crisis Support Centre</b>	50 Kwun Tong Road, Kowloon  <a href="http://fsc.caritas.org.hk/">http://fsc.caritas.org.hk/</a>	Caritas Family Crisis Support Centre provides 24-hour one-stop crisis intervention for individuals and families in need. It aims to provide early intervention to high-risk families, assist service users to identify their problems and raise their awareness and capabilities to handle crisis to minimize the possible damage and trauma.	To introduce a service model to meet the needs of family in crisis and meet service users
4	<b>Heep Hong Society - Parent Resource Centre (for special needs children)</b>	Hoi Fu Centre, 1/F, Hoi Yan House, Hoi Fu Court, Hoi Wang Road, Mongkok, Kowloon.  <a href="http://www.heephong.org/eng/service/prc_service.html">http://www.heephong.org/eng/service/prc_service.html</a>	The Centre provides comprehensive support services for parents to enable them to cope with the challenges of raising their special needs children, to promote mutual support among parents and to provide venues where they can meet to exchange information and share experiences with emphasis on parents' contribution and participation. Parents are trained as ambassadors to provide peer counseling to other parents. They are also involved in volunteer works including assisting in liaison with parents, helping in tutoring interest classes, as well as distributing parents' newsletters and activities' programmes.	To introduce comprehensive support services to parents to cope with special needs children and meeting with parent group (especially fathers)

## Hospitality Activities

### Welcoming Reception

24 January 2008 at 5:00pm

Loke Yew Hall, The University of Hong Kong, Pokfulam, Hong Kong

### Farewell Party

26 January 2008 at 5:00pm

Graduate House, The University of Hong Kong, Pokfulam, Hong Kong

### Sight-seeing / Cultural Activities

#### (at participant's own cost)

On the morning of 27 January 2008

#### 1. Nature Walk

Take a leisurely walk with us through the beautiful country parks of Hong Kong.

Route A: From Parkview to Tai Tam Road. The walk takes about 1.5 hours. From Tai Tam Road, take a ride to Stanley, where visitors can have a good browse of the famous Stanley Market, and have lunch at one of the seaside restaurants.

Route B: From Wan Chai Gap to Aberdeen, via Lady Clement's Ride. The walk takes 1.5 hours. Visitors can visit the fish-market and have seafood lunch in Aberdeen.

#### 2. City Walk

Guided walk through interesting districts of Hong Kong Island and Kowloon.

Route A: From International Finance Centre to Conduit Road, via the Central to Mid-levels Escalator. See the wet market and SOHO on the way. Stop for Sunday Brunch as you please.

Route B: Visit to the Flower Market and Mongkok Ladies' Bazaar. Gentlemen are welcome too. Don't miss the good bargains and the many sports shops in the area. You can join the locals for lunch, take Dim Sum at a Cantonese restaurant, or visit a Hong Kong style Café.

#### 3. A Taste of Hong Kong Family Life

Join our Hong Kong hosts at their homes and spend Sunday morning with them.

## Pre and Post Symposium Training Activities

### Pre-Symposium Workshop

Theme : Multi-family Therapy: Connecting Families with Families

Date : 22 - 23 January 2008 (Tuesday and Wednesday)

Time : 9:30a.m. - 5:00p.m. (Registration starts at 9:00a.m.)

Venue : HKU Family Institute, 5/F, Tsan Yuk Hospital, 30 Hospital Road, Sai Ying Pun, Hong Kong

Trainer : ASEN, Eia, M.D., FRC Psych.

#### Content:

Although seeing families in groups is not novel in the field of human services, this multi-family therapy approach is a new breed of family therapy concepts and group psychotherapy methods that is gaining momentum in Europe and U.S.A. Instead of inviting individual members to take part in group psychotherapy, this approach focuses on multi-family and multi-agency involvements. By placing families in touch with other family units through a group process, helplessness and despair can be transformed into synergy and support, and dependence on expert guidance becomes evidently reduced. This approach is particularly effective in working with families experiencing multi-problems, especially in the concurrence of violence and abuse, family break-up, major mental illnesses, substance and alcohol misuse, educational failure and social marginalization.

A step-by-step approach is presented of how to intervene simultaneously at various levels: individual, couple, family, social context and professional system. As the families slowly connect with each other – along with their problematic histories and presentations – it is no longer therapists who are in the driving seat. On the contrary, the objective of the group is to enable families and their individual members to challenge the expert stance of therapists and their seeming 'helpfulness' which may create a problem in its own right. Using video examples, role plays and case presentations, the first day of the workshop will introduce various techniques and ideas to create the context for multi-family therapy to transpire. On the second day, further elaboration of the model and its application to socially and educationally marginalized families will be presented, including Dr. Asen's model of a "family school" and his team's out-reaching work in mainstream schools with "family classrooms". Additionally, Dr. Asen will present how this model can be applied to youths and adults presenting with psychosis and anorexia nervosa.

This workshop is targeted for human service professionals who are interested in adopting an innovative and cost-effective method in tackling complex mental health problems in the family context.

[About the Trainer: ASEN, Eia, M.D., FRCPsych, is the clinical director of the Marlborough Family Service in Central London with a predominantly systemic orientation. Until 2002, he also worked as a consultant psychiatrist at the Maudsley Hospital, as well as being a Senior Lecturer at the Institute of Psychiatry. He is the author and co-author of seven books, as well as many scientific papers and book chapters. He lectures all over Europe and has been involved in a number of research projects on depression, eating disorders, family violence and educational failure.]

\* MCHK CME Programme: 5 CME points per day would be awarded.

\* The Hong Kong College of Psychiatrists: 4 CME/CPD points would be awarded for the whole workshop.

## Post-Symposium Training Programme I

Theme : AAMFT Refresher Course for Approved Supervisors – Current Issues in Supervision for Systems-oriented Family Therapists  
Date : 28 January 2008 (Monday)  
Time : 9:30a.m. - 4:00p.m. (Registration starts at 9:00a.m.)  
Venue : HKU Family Institute, 5/F, Tsan Yuk Hospital, 30 Hospital Road, Sai Ying Pun, Hong Kong  
Trainer : EDWARDS, Todd M., Ph.D.

### Content:

This five-hour course is designed for AAMFT Supervisors who are seeking renewal of their supervisor designation. It is an intensive and interactive course geared towards current developments in the supervision of systemic therapists. For the first time, this mandatory course for license renewal is offered for AAMFT supervisors in Asia or visiting clinicians.

The training includes the following learning objectives:

1. Revisit and articulate a preferred model of supervision
2. Revisit own strengths and challenges as supervisor in relation to the context in which the supervision occurs – including issues related to gender, race and cultural competence
3. Review issues related to the self of the supervisor and approaches to maintain self-supervision
4. Review common ethical dilemmas
5. Review new trends on supervision practices and competency based approaches
6. Review current supervision literature
7. Review issues related to developing, establishing and maintaining supervision contracts
8. Review current standards for becoming an Approved Supervisor and the role of Approved Supervisor Mentor

[About the Trainer: EDWARDS, Todd M., Ph.D. is an Associate Professor and Director of the Marital and Family Therapy Program at the University of San Diego, U.S.A. He is a Clinical Member and Approved Supervisor in the American Association for Marriage and Family Therapy and has written extensively in the area of family therapy training.]

\* MCHK CME Programme: 5 CME points would be awarded.

\* The Hong Kong College of Psychiatrists: 5 CME/CPD points would be awarded.

## Post-Symposium Training Programme II

Theme : AAMFT - Approved Supervisor Training 2008  
Date : 28 - 31 January 2008 (Monday to Thursday)  
Time : 9:30a.m. - 6:00p.m. (Registration starts at 9:00a.m.)  
Venue : HKU Family Institute, 5/F, Tsan Yuk Hospital, 30 Hospital Road, Sai Ying Pun, Hong Kong  
Trainers : PATTERSON, Jo Ellen, Ph.D. and LEE, Wai Yung, Ph.D.

### Content:

This is the first time for this fundamental AAMFT – Approved Supervisor training programme to be held in Asia, which is a 30-hour programme that fulfills all course requirements for the AAMFT Approved Supervisor designation and satisfies the supervisory training requirements for most state laws in the U.S.A. This state-of-the-art course in marital and family therapy supervision offers participants the chance to develop their own philosophy of supervision, regardless of their level of supervision experience. The course is designed for marriage and family therapists who plan to become Approved Supervisors and is valid for a term of five years before application to the Approved Supervisor designation. Alternatively, it is also beneficial for human service supervisors not seeking to become an AAMFT Approved Supervisor but wanting to learn more about the supervision process.

The course will review the major models of MFT supervision and address the therapist-client-supervisor relationship. Participants will be taught to evaluate different stages of supervision with attention to solving supervision problems and dilemmas. A variety of supervisory methods and interventions will be introduced. In addition, ethical and legal issues pertaining to the supervisory relationship will be discussed. Issues involved in supervision mentoring will also be introduced. Evaluation of the use of technology in supervision will also be provided. A combination of didactic and interactional experiences such as group discussions, debates, and current readings from the supervision literature will also be used. At the end of the course, participants should be able to articulate their philosophies of supervision.

[About the Trainers:

PATTERSON, Jo Ellen, Ph.D., is an AAMFT Approved Supervisor and Professor in the AAMFT accredited MFT Program at the University of San Diego. She is also a Clinical Associate Professor in Family Medicine and Psychiatry at the University of California San Diego. She has published three books and written numerous articles and book chapters. Her specialization is medical family therapy, and she currently supervises students working in pediatrics, family medicine, and reproductive medicine in addition to other sites.

LEE, Wai Yung, Ph.D., is an AAMFT Approved Supervisor and Director of the HKU Family Institute. She is also an Associate Professor at the University of Hong Kong and Faculty Member & Board Member of The Minuchin Centre for the Family in New York. She has co-authored three books with Salvador Minuchin and written extensively on her work with Asian Chinese families. Dr. Lee has taught family therapy in numerous cities across North America, Europe, and Asia.]

\* MCHK CME Programme: 1 CME point per hour of training would be awarded.

\* The Hong Kong College of Psychiatrists: 5 CME/CPD points would be awarded for the whole training.



## Supporting Organizations

### Local organizations

Aberdeen Kai-Fong Welfare Association Social Services Centre  
Alliance Bible Seminary  
Association for the Promotion of Family Harmony  
Caritas - Hong Kong (Social Work Services Division)  
Chinese YMCA of Hong Kong  
Christian Action  
Christian Family Service Centre  
Conflict Resolution Centre  
Equal Opportunities Commission  
Harmony House Limited  
Heep Hong Society  
HKU Family Institute  
Hong Kong Children & Youth Services  
Hong Kong Christian Service  
Hong Kong Council of Social Service  
Hong Kong Family Welfare Society  
Hong Kong Sheng Kung Hui Welfare Council  
Hong Kong Women Development Association  
Hong Kong Young Women's Christian Association  
ICC LTD.

International Social Service Hong Kong Branch  
One Learning Institute  
Po Leung Kuk  
Richmond Fellowship of HK  
Senior Citizen Home Safety Association  
Sisters of the Precious Blood - Precious Blood Children's Village  
Social Welfare Department  
The Boys' and Girls' Clubs Association of Hong Kong  
The Hong Kong Anti-Cancer Society  
The Hong Kong Church of Christ Co. Ltd.  
The Hong Kong Institute of Education  
The Nurturing Education (TyNE) Limited  
The Salvation Army  
Tung Wah Group of Hospitals  
Whole Person Center  
Yan Oi Tong

## Supporting Organizations

### Overseas organizations

Child Welfare League Foundation  
Dwen An Social Welfare Foundation  
Family Life Society  
Hans Counseling Center  
HELP University College  
Japan Association of Family Therapy  
Korea University Marital Counseling Center  
Nakamura Psychotherapy Institute  
National University of Singapore  
New Life Psychiatric Rehabilitation Association  
Peking University 6th Hospital  
Shanghai Mental Health Center  
Shenzhen Mental Health Center  
Shenzhen Nanshan Hospital, Teaching Hospital of Guangdong Medical College  
Student Counselling Center, Tsinghua University  
Taiwan Institute of Psychotherapy  
Thye Hua Kwan Moral Society  
Tohoku University  
Tongji University

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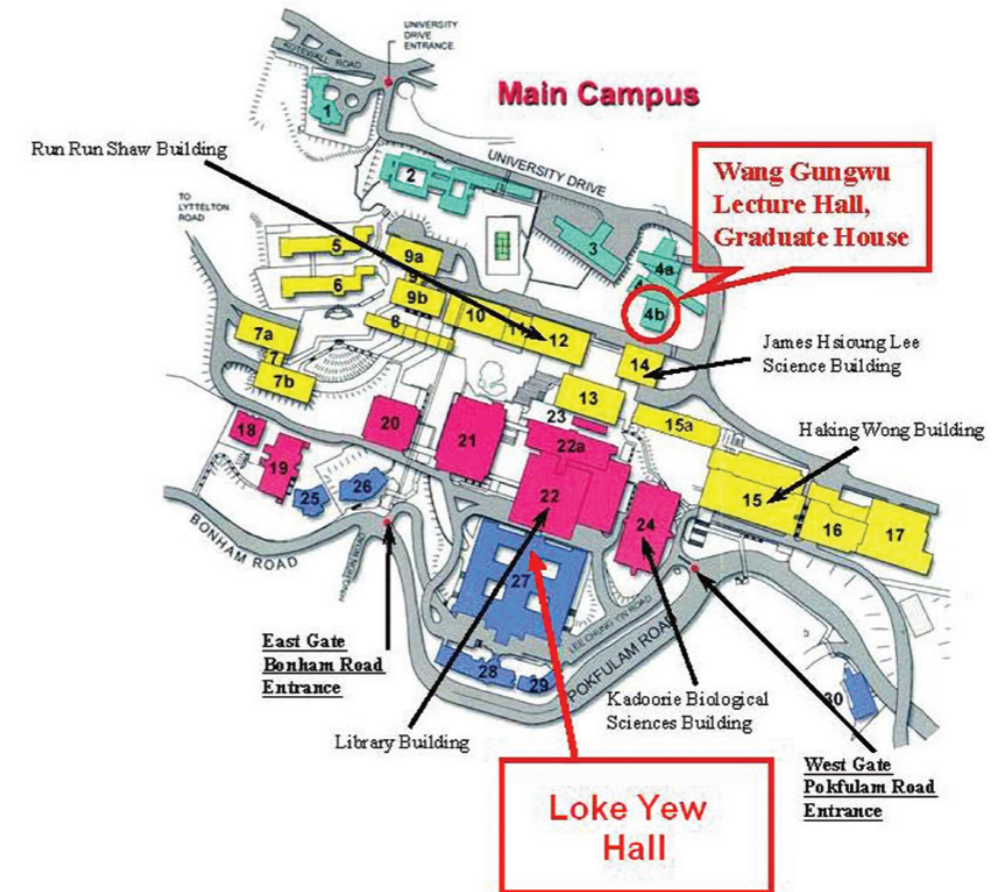
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## Location of the University of Hong Kong

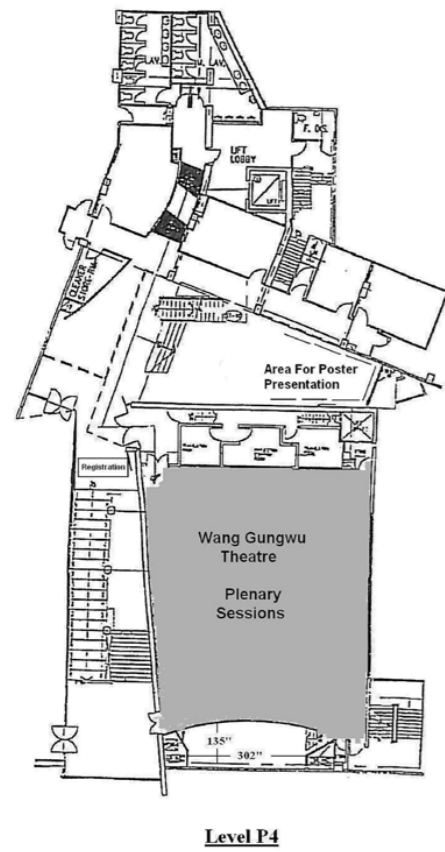
- 1) Loke Yew Hall (Inauguration & Welcoming Reception):  
1/F, Main Building, the University of Hong Kong
- 2) Graduate House (Inaugural Symposium & Farewell Party):  
3 University Drive, the University of Hong Kong



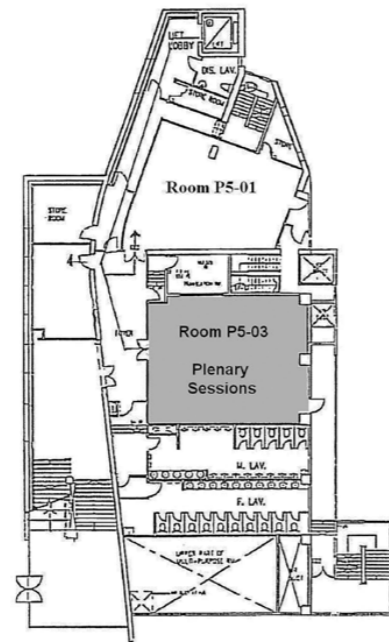
- 1) By Bus: Take either No. 23, 40, 40M from Admiralty outside Pacific Place or No. 3B from Star Ferry at Central. Alight at the bus-stop in front of the East Gate on Bonham Road or the West Gate in front of Haking Wong Building on Pokfulam Road.
- 2) Minibus Nos: 8, 10, 10A, 11, 22, 28, 31
- 3) By Taxi: From Admiralty or Central to Cotton Tree Drive to Robinson Road to Kotewall Road. Turn right onto University Drive.

## Floor Plan of Graduate House

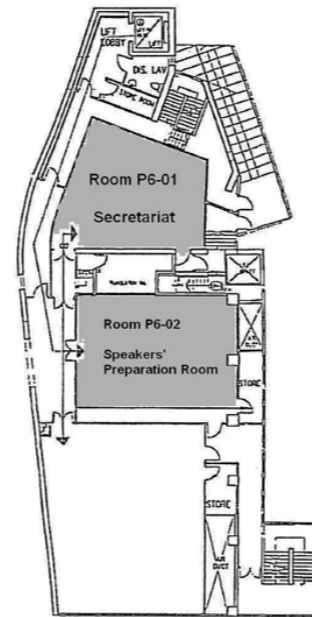
## Other Activities at Graduate House



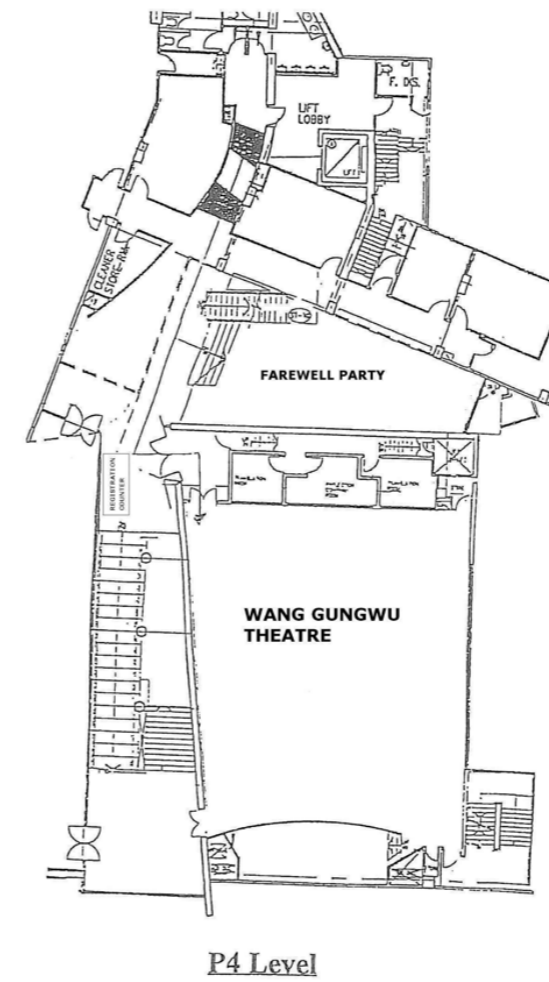
**Level P4**



**Level P5**



**Level P6**



**P4 Level**

Note: Internet access at the Computer laboratory (located in P2) is available for use every day from 12:30 p.m. - 2:00 p.m. on 24-26 January 2008

### Contact details

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