



Consortium of Institutes on Family in the Asian Region

# The 3<sup>rd</sup> Regional Symposium

## Asian Families: Innovations in Practice and Policies

11<sup>th</sup>-13<sup>th</sup> December 2012

NUS Shaw Foundation Alumni House



### Co-organisers



Consortium of Institutes on Family in the Asian Region



Thye Hua Kwan Moral Society



Department of Social Work



### Supporting Organisations



Giving Hope. Improving Lives.

[www.cifasymposium2012.org](http://www.cifasymposium2012.org)



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## MESSAGE FROM MRS PAT CHU

**CHAIRPERSON OF CIFA  
CO-CHAIRPERSON OF ORGANISING COMMITTEE**



Time really flies as it is almost 5 years since the successful Inauguration and Inaugural Symposium of CIFA was held at the University of Hong Kong in January 2008. Those who have attended the 2nd Regional Symposium held in November 2010 at the beautiful campus of the University of Tokyo, Japan witnessed another very important event of CIFA when they strengthened friendship, exchanged and shared professional knowledge, experience and wisdom. It is again time for me to welcome you to the 3rd Regional Symposium to be held from 11th to 13th December, 2012 at the National University of Singapore (NUS).

As we all know, many places in the Asian Region have been facing great challenges brought about by rapid social changes, man-made and natural disasters, resulting in deterioration of human relationship and malfunctioning of families; breaking up of the family system, loss of loved ones and home; unemployment and poverty. Government, together with the private and the third sector, has to work hand-in-hand by formulating effective policies, developing innovative measures and providing timely support and intervention to address these issues. Professionals and families have to create a dialogue and be engaged in the process of building resilience and healing. We need the commitment and close collaboration of all to rebuild the family system and enhance family functioning. Each one of us at CIFA has an important role to play, in our own families, organizations, society and the region as a whole, to make the world a better place for everyone.

I am delighted that CIFA is co-organizing this Symposium with the Thye Hua Kwan Moral Society and the Social Work Department of the NUS and the Social Service Training Institute with the full support of the Singapore National Council of Social Service. This demonstrates the continuous regional efforts, through the CIFA platform, to come together and collaborate for promoting the well-being of families. I am particularly thankful to Dr. Lee Ngak Siang for co-chairing the Organizing Committee with me, Dr. Rosaleen Ow and Dr. Lee Wai Yung for co-chairing the Scientific Committee. I am sure, with their unflinching efforts and support and the input from members of the Committees and the Secretariat, the Symposium will be another success.

I look forward to a fruitful and exciting Symposium, with your full support and active participation.

## MESSAGE FROM MR LEE KIM SIANG

CHAIRMAN OF THYE HUA KWAN MORAL SOCIETY



CIFA though only 5 years old, has done tremendous good work to promote families, family life and family well-being. This applies to the entire region that CIFA works in. THKMS is delighted to be involved to promote such beneficial services to society. THKMS is a charity, devoted to provide services for families, individuals and the communities. Our services range from caring for infants to the elderly, the able and the disabled, the rich and the poor, with full respect given to each person's race, colour, language, culture and religion. Families and the health of families are therefore part of our work.

In Singapore, we are fortunate to have a very enlightened Government which believes and promotes the family and family welfare. In this environment, social agencies here can do their best to help anyone who needs help.

I hope this Symposium will benefit every one who takes part and those who may come to read or hear about the discussions and ideas that take place in the three days of activities.

I would like to thank CIFA for working with us. We would also thank our partners, the Social Work Department of NUS, Singapore National Council of Social Service (NCSS) and the Organising Committee.

I must be thankful also to all the speakers and participants without whom this Symposium would not have been possible.



## MESSAGE FROM MS ANG BEE LIAN

### CHIEF EXECUTIVE OFFICER NATIONAL COUNCIL OF SOCIAL SERVICE

Families today are facing multiple challenges, demands and pressures, and the societal threats to a nurturing family environment are a real and present danger. The 3rd CIFA Regional Symposium's focus on innovation aptly resonates with our times. Innovation can help us to be more efficient in delivering social services and in a more sustainable way in some instances. With economic and societal needs evolving rapidly across Asian countries, as social policy makers and practitioners, it is imperative to stay ahead to support the altering demographics. We also need to develop appropriate measures to strengthen and better support our families.

Helping families to be resilient is a key focus of the National Council of Social Service (NCSS). Together with the Ministry of Social and Family Development, NCSS leads and implements initiatives to help vulnerable families, and works closely with our member voluntary welfare organisations to galvanise resources to help the families in distress weather tough times. There are 39 Family Service Centres (FSCs), which act as accessible first-stop help agencies for families in need, spread across the island today, with more to be set up in the next few years. They assist stressed families to work out pragmatic and sustainable solutions to their myriad of problems.

To build sector manpower capability to better assist needy families, the NCSS Academy, namely the Social Service Training Institute (SSTI), a co-organiser of this year's CIFA Regional Symposium, provides training to social workers in areas such as the management of family violence. SSTI also offers professional development programmes and formulates professional development pathways to meet the training needs of the sector manpower as they progress in their careers. To date, SSTI has already trained more than 70,000 social service professionals since its inception more than nine years ago. Going forward, it will become an integrated hub in practice, resource and training to better provide social service personnel with a holistic learning experience, addressing their professional and career development needs.

In line with our strategic priorities in driving sector training efforts, the wide range of excellent speakers in this symposium will offer many valuable insights on strengthening family functioning. You will find this platform a useful one in exchanging ideas and learning from one another's best and innovative practices. Together, we can create a more conducive environment favourable in raising and supporting families.

## MESSAGE FROM DR ROSALEEN OW

**HEAD, DEPARTMENT OF SOCIAL WORK, NATIONAL UNIVERSITY OF SINGAPORE,  
CO-CHAIR, SCIENTIFIC COMMITTEE, 3RD REGIONAL CIFA SYMPOSIUM 2012**

It is indeed a pleasure to welcome every CIFA participant to Singapore and to the 3rd Regional CIFA Symposium. CIFA's main objective is to bring together a wide community of colleagues from practice, academia, research, social policy and administrators in the enhancement of family welfare. This symposium has therefore put together a programme that allows for the dissemination of new knowledge, provides a platform for critical thinking on practice, teaching and research on existing issues and programmes related to the family. Apart from knowledge building and professional development my sincere hope is that the symposium will also provide an avenue for informal discourse that can often lead to new initiatives and greater heights for the work of CIFA.

Therefore, on behalf of the Department of Social Work and the NUS community I wish all of you a very fruitful time at the symposium and a memorable and enjoyable time in Singapore too.

## CO-ORGANISERS

### Consortium of Institutes on Family in the Asian Region



The Consortium of Institutes on Family in the Asian Region (CIFA), an independent non-profit making organization registered under laws in Hong Kong, aims to serve as a regional hub for networking with similar organizations, interested professionals with the mission of “Converging Professional Wisdom for Family Well-being”. The goal is to strengthen family functioning and promote family health in the region while contributing to the body of knowledge in relationship science in the international arena. Its function is to support and enhance mutual interest in research and training initiatives, and to share information, clinical experiences and policy formulation on families that are unique to the Asian region.

The Inauguration and Inaugural Symposium of CIFA was held at the University of Hong Kong in 2008, attracting over 300 participants from various countries in the region. Renowned speakers from within and outside Asia shared their experience and research findings on various family issues, with very positive and encouraging feedback from participants. They find CIFA to have served as a useful platform for exchange and sharing.

Riding on the synergy created and gathering the momentum to strengthen regional collaboration and exchange, CIFA, throughout the past few years, has organized regional symposiums on a bi-yearly basis, developed the web-based exchanged platform, took the lead to conduct cross-country studies, organized the 3A Project, built strategic partnership with various sectors in the community, and raised funds through charity activities. CIFA will be celebrating its 5th Anniversary in 2013, and we look forward to continuous support and input from all those who share the mission of “Converging Professional Wisdom for Family Well-being” in the Asian Region.

Website: <http://www.cifa-net.org/>

## CO-ORGANISERS

### Thye Hua Kwan Moral Society (THKMS)



Thye Hua Kwan Moral Society (THKMS) is a non-profit voluntary welfare organisation for more than 30 years. Since 1978, THK plays a key role in providing both institutional and community-based services in social, health, emotional, educational, disabled, financial support and aid to all people.

Our Motto Is To Serve Mankind irrespective of race, language, religion or creed.

Through the motivation and efforts of our sincere partners, generous donors, selfless volunteers and dedicated staff who serve and support the needy, we are able to offer and manage more than 50 services, programmes and centres island-wide, including Ang Mo Kio-Thye Hua Kwan Hospital.

Website: <http://www.thkms.org.sg/>

Facebook: <http://www.facebook.com/welovethk>

## CO-ORGANISERS

### Department of Social Work, National University Singapore



Social Work as a subject in the University first started in 1952, when it offered the first professional social work qualification in Singapore, the two-year Diploma in Social Studies. Since then, it has evolved with the changing times, circumstances and requirements of the country into its present form. The Department's vision is to be a leading educational and research institution within the international social work community, providing a distinctive

Asian perspective in social work and social development. Its mission is to

- 1)** produce and develop competent social work graduates who can contribute to the well-being of society by promoting the social functioning of people within the environment from the perspectives of the individual, family and community; enabling the development of human potential to the fullest; providing effective social work leadership; and undertaking research and creating awareness and understanding of social issues and social change.
- 2)** To lead in the development and promotion of regional social work education, practice and research in collaboration with Asian and other international partners.

The objective of Social Work education at the undergraduate level is to provide basic professional training to equip its graduates for entry into the profession at the direct service level. Continued emphasis is therefore placed on the development of direct service expertise. However, many new graduates are employed to pioneer professional social work in new settings where employers look to them to plan and implement innovative programmes and these are factored into the curriculum.

The Masters and PhD degrees offer graduate students, depending on the course they are enrolled in, a range of modules for advanced direct and indirect social work practice that includes clinical social work intervention with specific client groups, policy analysis and social planning, agency management and programme development, social work research and programme evaluation. In addition, the Graduate Diploma in Social Work enables non-social work degree graduates to pursue professional social work education.

Website : <http://www.fas.nus.edu.sg/swk/>

Research in the Social Work Department is integrated with our practice and teaching of social work. Many of our research projects are collaborations with local community partners and international researchers. The projects analyze trends on issues of societal concern, and evaluate policies, programs and direct practice for populations in need with a focus on enhancing social work theory, practice skills, critical thinking and policy contribution in the social services. Research also provides hands-on learning to students who are engaged in the projects.

## CO-ORGANISERS

### Social Service Training Institute (SSTI)



Social Service Training Institute (SSTI), the National Council of Social Service (NCSS) Academy, takes on the strategic and leadership role in capability building through training and non-profit board governance consultancy for the social service sector. As part of the national credentialing system, SSTI is an Approved Training Organisation under the national Workforce Skills Qualifications framework. By mid 2013, SSTI will celebrate its 10th anniversary and will open its doors to a whole new concept – with its Training, Practice and Resource Hubs, sharing the same premises on the 4th floor of the TripleOne Somerset, which is located at the heart of Orchard Road. The integrated hub, which consists a career centre, will provide both the infrastructure and expertise as a holistic learning experience for professional and career development for the social service professionals.

Website : <http://www.ssti.org.sg/>

## ORGANISING COMMITTEE

### Co-chairman:

Mrs. Patricia Chu	Hong Kong
Dr. Lee Ngak Siang	Singapore

### Members:

Ms. Belinda Tan	Singapore
Mr. Wong Kwong Sing	Singapore
Ms. Amy Koh	Singapore
Ms. Agatha Tan	Singapore
Ms. Boo Chui Ngoh	Singapore
Ms. Kek Seow Ling	Singapore
Ms. Agnes Ng	Hong Kong
Mr. Lai Chi Tong	Hong Kong

## SCIENTIFIC COMMITTEE

### Co-chairman:

Dr. Lee Wai Yung	Hong Kong
Dr. Rosaleen Ow	Singapore

### Members:

Dr. Fung Shuen Sheng, Daniel	Singapore
Dr. Justin Lee	Singapore
Prof. Lui Hah Wah, Elena	Singapore
Fr. Charles Sim	Singapore
Prof. Liu Jitong	China
Prof. Tao Xinhua	China
Prof. Gu Donghui	China
Prof. Ma Lai-Chong, Joyce	Hong Kong
Dr. Shin-Ichi Nakamura	Japan
Dr. Ng Wai Sheng	Malaysia
Dr. Shieh Wen-Yi, Wendy	Taiwan
Prof. Feng Yen, Joyce	Taiwan
Dr. Wang Hao Wei	Taiwan

## SCIENTIFIC PROGRAM DAY 1

Tuesday, 11th December 2012	
Time	Activity
0800 - 0900 hrs	Registration
0900 hrs	Opening Ceremony Arrival of Guest-of-Honour
0940 hrs	Keynote Speech I: Exploring How Asian Couples Negotiate Differences – A Comparison of 5 Asian Regions Dr Lee Wai Yung
1040 hrs	Tea Break
1110 hrs	Plenary Session I: Asian Families: Challenge for Innovation and Change Dr Hong Song-lee (Singapore) Prof Tsui Ming Sum (Hong Kong SAR) Prof Liu Jitong (Beijing, PRC) A/Prof Lynette Joubert (Australia)
1300hrs	Lunch
1415 hrs	Paper Presentation I Children in the Family Context Adolescents in the Family Context 1 Paper Presentations in Mandarin
1545 hrs	Tea Break
1605 hrs	Plenary Session II: Policies on Families Mr Chun Heng Kee (Singapore) Ms FUNG Ngar-wai, Aubrey (Hong Kong SAR)
1745 hrs	End of Day 1 Programme
1800 hrs	Welcome Reception (By invitation only)

## SCIENTIFIC PROGRAM DAY 2

Wednesday, 12th December 2012	
Time	Activity
0830 - 0900 hrs	Registration
0900 hrs	Keynote Speech II: Healing Couples in Crisis: A Global Perspective Dr Evan Imber-Black
1000 hrs	Tea Break
1020 hrs	Plenary Session III: Families in Crisis: Coping, Strengths and Resilience Prof Cecilia Chan (Hong Kong SAR) Dr Daniel Fung (Singapore) Mr Steven Muncy (Philippines) Dr Takeshi Tamura (Japan) Prof Joyce Ma (Hong Kong SAR)
1220 hrs	Lunch
1335 hrs	3A Project 2012 Final Round Adjudication
1535 hrs	Tea Break
1555 hrs	3A Project 2012 Final Round Adjudication
1755 hrs	End of Day 2 Programme
1800 hrs	Gala Dinner & 3A Project Award Presentation Ceremony Presentation of souvenirs to research team (Transport will be provided from NUS to RWS)

## SCIENTIFIC PROGRAM DAY 3

Thursday, 13th December 2012	
Time	Activity
0830 - 0900 hrs	Registration
0900 hrs	Paper Presentation II Family Therapy Development Family with Medical/ Psychiatric Problems Elderly in the Family Context Paper Presentations in Mandarin
1030 hrs	Tea Break
1050 hrs	Plenary Session IV: Cross Region Research on Couples Dr Lee Wai Yung (Hong Kong SAR) Prof Chun Young Ju (Korea)/ Co-presenter: Dr. Chung Moon-Ja (Korea) Prof Liang Shu Chuan (Taiwan) Dr Shin-Ichi Nakamura (Japan)
1245 hrs	Lunch
1400 hrs	Paper Presentation III Practice/ Research Innovations with Couples & Families 1 Practice/ Research Innovations with Couples & Families 2 Paper Presentations in Mandarin
1540 hrs	Tea Break
1600 hrs	Paper Presentation IV Adolescents in the Family Context 2 Practice/ Innovations with Couples & Families 3
1730 hrs	Closing Ceremony
1800 hrs	End of Symposium

## BIOGRAPHIES AND ABSTRACTS OF KEYNOTE SPEAKERS



### Dr Lee Wai Yung

About the Presenter: Lee, Wai Yung, Ph.D., AAMFT Approved Supervisor, is the 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.

### EXPLORING HOW ASIAN COUPLES NEGOTIATE DIFFERENCES – A COMPARISON OF FIVE ASIAN REGIONS

#### DR LEE WAI YUNG

Asian couples are often seen as monolithic with little distinction from region to region. In this keynote, Dr. Lee will present her cross-regional study that explored how contemporary couples from five different Asian regions negotiated their differences. Couples from Japan, Korea, Mainland China, Taiwan, and Hong Kong were asked to discuss things that they had not reached an agreement on.

Analysis of the video recording of the couples’ negotiation revealed that while the themes, nature of conflict, and the couples’ interactional patterns depicted might complement that of Western couples, the nuances in how interpersonal messages were transacted were very different, even among the five regions. Despite sharing a common root in Confucianism, it appeared that couples from each region displayed very unique patterns in reaching out to each other. Using video segments, Dr. Lee will demonstrate the subtle interpersonal differences in the conversational pattern and body language between couples in each region.

This scope of collaboration among five Asian regions is by itself a significant attempt. It sets an interesting stage for us to observe couples from different cultural contexts in action and sends a clear message that Asian couples are not the same. The protocol used in the study can be a powerful clinical tool for clinicians to explore the idiosyncrasies amongst couples from different cultures.

## BIOGRAPHIES AND ABSTRACTS OF KEYNOTE SPEAKERS



### Prof Evan Imber-Black

Prof. Evan Imber-Black is full Professor and Program Director of the Marriage and Family Therapy Masters Program at Mercy College, Dobbs Ferry, N.Y. She is the Director of the Center for Families and Health and a Senior Faculty Member at the Ackerman Institute for the Family in New York City. The Center for Families and Health provides training, consultation and systemic therapy for families who have one or more members with a chronic or life-threatening illness. Prof. Imber-Black maintains a private practice in Couple and Family Therapy in New York City and Westchester County. She is also a Professor in the Department of Psychiatry at the Albert Einstein College of Medicine in the Bronx, NY. Prof. Imber-Black is a past president of the American Family Therapy Academy; recipient of the 1990 American Family Therapy Academy Award for Distinguished Contribution to Family Therapy Theory and Practice; and the 1999 recipient of the American Association for Marriage and Family Therapy Cumulative Contribution to Marriage and Family Therapy. She is the editor of *Family Process*, the major scholarly journal in family systems research and family therapy. Throughout her internationally recognized career, Prof. Evan Imber-Black has made major contributions in thematic areas that cut across different models of practice, including Families and Larger Systems, Family Rituals and Family Secrets. She is the author of over 50 original scholarly papers, articles in the popular press, and several books.

### HEALING COUPLES IN CRISIS: A GLOBAL PERSPECTIVE

#### PROF EVAN IMBER-BLACK

This keynote address will focus on the complex contexts of couples in the 21st century. Examining the dilemmas of couples across cultures, and drawing from contemporary post-modern research and clinical practice, this talk will weave contributions from gender patterns, intergenerational beliefs, social class and cultural premises to address the constraints and possibilities for couples in therapy. The impact of life in the information age on couple formation and continuity will provide a platform for exploring the challenges faced by couples today.

Three principles underpinning successful Couple Therapy, regardless of model of practice, including Respectful Curiosity of the therapist, Creating Meaningful Rituals for Change and Enabling Couples to Speak the Unspeakable will be illustrated through video examples of couple therapy with couples in crisis.

## BIOGRAPHIES OF PLENARY II SESSION SPEAKERS



### **Mr Chan Heng Kee**

Chan Heng Kee was appointed Permanent Secretary of the Ministry of Community Development, Youth and Sports in April 2011. Prior to this appointment, he was the Chief Executive of the Singapore Workforce Development Agency.

Since joining the Singapore Public Service in 1996, Heng Kee has held different appointments in various public sector organisations. These include the Dean and Chief Executive Officer at the Civil Service College, Deputy Secretary (Development) at the Public Service Division, Prime Minister's Office; Director (Strategic Policy and Research) at the Ministry of Community Development, Youth and Sports; Director (Manpower Development) at the Ministry of Manpower; and Assistant Director (Sea and Air Transport) at the Ministry of Communications.

Mr Chan also sits on the Board of Directors of Singapore Totalisator Board and MediaCorp. Mr Chan holds Master's and Bachelor's degrees in Electrical Engineering from Stanford University, as well as a Masters of Business Administration degree from the Massachusetts Institute of Technology.



### **Ms FUNG Ngar-wai, Aubrey**

Ms FUNG Ngar-wai, Aubrey, Principal Assistant Secretary for Home Affairs and is the Secretary to the Family Council by virtue of the post.

The Family Council is an advisory body to the Government by providing a high-level platform for examining family-related policies and promoting a culture of loving families in the community. Ms Fung has assisted the Family Council in launching a number of new initiatives to create a pro-family environment, including the Pilot Scheme on Family Mediation Service in May 2012 and the "Love and Respect Thy Elders" Campaign in August 2012.

## BIOGRAPHIES AND ABSTRACTS OF PLENARY SESSION SPEAKERS



### Prof Chan L. W. Cecilia

Professor Cecilia L. W. Chan is a Si Yuan Professor in Health & Social Work, Department of Social Work & Social Administration, Director of Centre of Behavioral Health, and Associate Director of HKJC Centre for Suicide Research and Prevention, The University of Hong Kong. She is renowned in her creative innovations of integrating eastern concepts into her integrative therapy as well as her work on health, mental health, trauma and behavioral medicine. She led a big psychosocial care team in the holistic community intervention for traumatized individuals in the 2008 Sichuan earthquake. Her Integrative Body-Mind-Spirit Approach is widely adopted in workplace wellness programs in Hong Kong and internationally. She has published more than 200 journal articles and book chapters and is invited to give Keynote and Plenary addresses in major conferences in the world. She received the 2011 Clinical Practice Award of the Association for Death Education and Counseling, 2010 Outstanding Research Student Supervisor Award of HKU, 2008 Leadership in Oncology Social Work Award from Oncology Social Workers Association, the 40 Distinguished Alumni Award of the Faculty of Social Sciences 40th Anniversary of HKU in 2007.

### COPING WITH CANCER IN FAMILY: DETERMINANTS OF RESILIENCE IN CAREGIVERS, AND EFFECTS OF QIGONG EXERCISE ON CANCER PATIENTS

**PROF CECILIA L.W. CHAN, PH.D., R.S.W., J.P.**

Emotional distress among family caregivers of cancer patients is well documented; however, there are instances where family caregivers experience positive transformation despite the ordeal. The first part of the presentation discusses the possible determinants of resilient reactions of family caregivers. One hundred and forty-seven pairs of cancer patients and their key family caregivers (total N = 384) completed online questionnaires on quality of life, general well-being, family caregivers' reactions and ability to let go. Findings from linear regression analysis showed that after controlling for both the patient's and caregiver's general well-being, positive experience of caregiving was predicted by perceived family support and ability to let go. On the other hand, financial burden, depressive mood, perceived stress, disruptions to family caregiver's life were found to be not significant predictors of positive caregiving experience.

The second part of the presentation describes how qigong, an indigenous form of exercise that makes use of a person's body, mind and spirit, can be used in the coping of cancer. Fifty-nine patient-family caregiver pairs participated in a randomized controlled study. Preliminary results show that while family caregivers did not report significant improvements after 10 weeks of qigong training, patients reported significantly better sleep quality and increased perceived family support.

Based on the findings of these two studies, the indigenous concept of Eastern body-mind-spirit wellness, and its relationship with family resilience in the time of crisis, will be critically discussed.

## BIOGRAPHIES AND ABSTRACTS OF PLENARY SESSION SPEAKERS



### Prof Chun Young Ju

Chun Young Ju is currently a professor at the Dept. of Social Welfare with Families & Elders of Silla University, Korea. She got her BS degree at Yonsei University (Seoul, Korea), and MS and Ph D. at Purdue University (Indiana, USA). Her major research interests are intergenerational emotional process and couple therapy with children. She teaches Family Studies and Family Therapy, and works as a supervisor in family therapy areas in Korea. She has been a Chairperson of Academic Committee of Korean Association of Family Therapy from 2003 to 2008.

### HOW KOREAN COUPLES NEGOTIATE THEIR DIFFERENCES

CHUN, YOUNG JU (SILLA UNIVERSITY, KOREA)

CO-PRESENTER: DR. CHUNG MOON-JA (YONSEI UNIVERSITY, KOREA)

This study analyzed 10 Korean couples in terms of their conflict theme, nature of conflict, and interactive pattern. Ten married couples having minor children were recruited by accidental sampling, among whom, 5 couples were from Seoul, and five from Busan. The couples were indicated to discuss unresolved issues for 30 minutes in a controlled setting, and their conversation was videotaped. Data were coded based on systematic observation and analyzed based on the transcript and video-file. First, as the result of conflict theme, spousal dissatisfaction (29.85%) was the most frequent issue found in couple conversation, and then followed by child rearing (20.26%), lifestyle/habit (15.51%), financial issue (8.27%), and housework division (7.90%). Second, as the nature of conflict, couples are more likely to talk about an issue objectively with no interpersonal tension (79.19%) than to use a theme to indicate their unhappiness toward each other (20.53%). Third, as the interactive pattern, mutual hostility (27.83%), collaborative pattern (22.17%), wife demand-husband withdrawal (22.78%) were more prevalent, while husband demand-wife withdrawal (18.00%), mutual withdrawal (2.67%), and others (6.56%) are less prevalent. Overall, Korean couples seemed to negotiate their conflict by giving up and just letting the issue drop rather than actively looking for a solution. In conclusion, therapeutic implications for Korean couples are discussed.

## BIOGRAPHIES AND ABSTRACTS OF PLENARY SESSION SPEAKERS



### Dr Daniel Fung

Dr Daniel Fung is the Chairman Medical Board at the Institute of Mental Health, Singapore since Dec 2011. He was formerly the Chief at the Department of Child and Adolescent Psychiatry from 2006 to 2011. He is an Adjunct Associate Professor with both the Yong Loo Lin Medical School and Duke-NUS Graduate Medical School, National University of Singapore and the Division of Psychology, School of Humanities and Social Sciences, Nanyang Technological University. He has received several awards including the NHG Distinguished Achievement Award in 2010, PS21 Star Service Award in 2009, National Council for Social Services long service award 2008, the Singapore Children's Society Silver Service Award 2007. Dr Fung is the Secretary General of the International Association for Child and Adolescent Psychiatry and Allied Professions and the Immediate Past President of the Asian Society of Child and Adolescent Psychiatry and Allied Professions. Dr Fung is a Principal Investigator and Co-Investigator for various studies involving innovative clinical interventions on disruptive behaviour disorders and anxiety disorders. He has co-authored over 40 peer reviewed research papers, more than 10 books and 5 book chapters. Dr Fung is also the programme director of REACH (Response, Early interventions and Assessment in Community mental Health), a community based mental health programme which is part of the National Mental Health Blueprint.

### ASIAN FAMILIES IN CRISIS: OPPORTUNITIES FOR INNOVATION

#### DR DANIEL FUNG

The family is described as the basic social unit of our Asian society. This concept is under threat because of the rapid globalization and the increasing stresses on family life. Dr Fung will discuss the threats that families face and the impact this will have on the developing child. He will discuss the possibilities and opportunities for developing new interventions for averting the threat and showcase an evidence based delivery system in Singapore.

## BIOGRAPHIES AND ABSTRACTS OF PLENARY SESSION SPEAKERS



### Dr Hong Song-lee

Dr Hong Song lee is an Assistant Professor of National University of Singapore, Department of Social Work. Dr Hong Song lee completed MA. in Social Welfare, Seoul National University, Korea and PhD from George Warren Brown School of Social Work, Washington University, St. Louis. Dr Hong Song lee's teaching interests include comparative Asian Studies on Social Welfare Policies, Programs and Services, Social Gerontology (Theories, Problems and Issues on Aging), Asian Studies on Active Aging and Continuum of Care for Asian Older Adults among others.

Dr Hong Song lee's research interests include Productive Aging Paradigm in Asian Countries, Older Adults' Service Utilization and Its Mechanism across Asian Countries, Comparative Studies on Time Use, Leisure, and Activities in Later Life and Cultural Sensitivity in Help-seeking Behaviors and Coping Strategies across Multiethnic Groups. Dr Hong Song-lee has received several research grants. Dr Hong Song lee is a Reviewer of Journal of Aging and Health, Aging and Mental Health, Asian Pacific Journal of Social Work and Development, Psychiatry Research among others. Dr Hong Song lee has received several awards such as Junior Scholar Research Award in the Civic Engagement in an Older America Award from the Gerontological Society of America, 2009 and Social Research, Policy & Practice (SRPP) Award from the Gerontological Society of America (Doctoral Student Research Paper Award) 2007.

### CARE ENVIRONMENT FOR THE OLDER PERSON: AT HOME AND IN THE COMMUNITY

#### DR. HONG SONG-IEE

As three key components of social care (care, recourse, and place), the place where care is provided has been more signified with the recent emphasis on ageing-in-place. Maximizing older adults' competency and independence at home is critical to support ageing-in-place, which can reduce the cost of elder care as well as enhance their well-being and dignity in later life. The emerging trend of older adults living alone and its vulnerability in Singapore leads to an ecological view of systematic groundwork to assess their environmental hazards in a community. Therefore, this study attempted a systematic investigation of bio-psycho-social-environmental needs assessment for older adults living at Studio Apartments [SAs] specially designed for public senior housing in Singapore. Based on the Lawton's ecological model of ageing (1983), the multidisciplinary gerontological research team, consisting of social workers, architects, geriatricians, and occupational therapists, has examined older adults' personal competency and environmental press in order to understand their environmental adaptation.

Of two phases, the first phase completed 14 home visits at SAs. A home assessment tool was created to conduct post-occupancy evaluations of home interior and exterior. Comparisons were made between the existing extensive compilation of home assessment tools and current guidelines by the Building and Construction Authority (BCA) of Singapore. Relevant questions and yardsticks for the evaluation of SA model were extracted from these obtainable sources and tools and subsequently contextualized as a common standard across all home visits in this study. The second stage attempted to assess older residents' personal competence and perception of their residential surroundings through social surveys (n=920).

## BIOGRAPHIES AND ABSTRACTS OF PLENARY SESSION SPEAKERS

The findings from an analytical home assessment and social surveys identified socio-spatial hazards by specific areas at home and in community. Furthermore, older adults' environmental behaviour problems, biased attitudes and low utilization of resources, and poor self-care issues were identified. The SAs were designed according to common legislative approach in its implementation, providing uniform home care solutions for older adults. Designing mere physical aspects of a space with principles of Universal Design and Barrier-free Accessibility was met as a basic starting point for achieving ageing-in-place. However, it was insufficient to base an older adult's well-being at home only with the standard application. More integrated social service mechanism is required to raise user-customized solutions for home modification and use of assistive devices, relocation service, self-care education, and social engagement through social activity.

The empirical findings on older adults' environmental and behavioural hazards corroborate the significance of multidisciplinary environmental ageing study for practical implications and policy recommendations to facilitate aging-in-place in the local context. These meaningful tips can also be universalized to discuss older adults' home and community care environments. A socio-spatial environment should consider how it may generate health and well-being for its user, and this is especially relevant in the elder home environment as it becomes the loci of one's activities. In near future, more educated and independent generation of older adults in Singapore calls for home design and community service planning to move beyond specified measurements for customized socio-spatial solutions.

## BIOGRAPHIES AND ABSTRACTS OF PLENARY SESSION SPEAKERS



### **A/Prof Lynette Joubert**

Lynette trained as a Social Worker and Clinical Psychologist and has had extensive experience as a clinician, teacher and researcher in mental health and health. She teaches in the Department of Social Work, University of Melbourne School of Health Sciences and is a senior research fellow at the Peter MacCallum Cancer centre where she coordinates the Collaboration of Social Research in Cancer Care, and the supportive care research initiative of the adolescent and young adult cancer service. She has developed a research agenda around theoretical concerns concerning the contribution made by psychosocial factors to health and mental health (in particular depression) with a focus on the shift in health care from mortality to morbidity and the significance of life styles in the prevention of risk factors for chronic disease.

### **RESPONDING TO FAMILIES IN A HEALTH CRISIS : PRACTICE POLICY AND INNOVATION**

#### **A/PROF LYNETTE JOUBERT**

The diagnosis of serious illness is a family concern. Despite this, the brief opportunities offered within the health system frequently challenge health professionals' response to the stress, sadness and social isolation that usually accompany a diagnosis of serious illness in either a parent or child. Research suggests that open and appropriate communication between the health team and the family decreases confusion and disruption and provides validation and support for the family's coping skills. The recent increase in cancer survivors has highlighted the issues faced by families in living with, and beyond a cancer diagnosis and it's resulting impact on family processes, dynamics and adjustment. The relationships between a diagnosis of cancer and family processes and emotional well-being differ in intensity and complexity of response, and require a differential response to need.

This presentation will focus on the impact of a cancer diagnosis on family dynamics within a multi-cultural society where a child or parent has cancer, suggesting an innovative family sensitive approach to responding to family need. The presentation will be informed by the results of studies undertaken at the Peter MacCallum Cancer Centre in Melbourne Australia. The description of a family focused cancer care pathway developed for Aboriginal patients at the centre demonstrates the link between practice research and innovation, and policy directives.

## BIOGRAPHIES AND ABSTRACTS OF PLENARY SESSION SPEAKERS



### Prof Liang Shu-Chuan

Liang, Shu-Chuan, Ph.D., is the associate professor and chairman at the Department of Childhood Education and Nursery, Chia Nan University of Pharmacy and Science, Taiwan. Her major research interests are couple therapy and family therapy with adolescents. She teaches Children's Problem Behavior and Family Therapy. Besides, she works as a counseling psychologist with couples and families with school drop-out adolescents in middle-way school, as well as a supervisor and trainer in systemic approach therapy area for the counseling psychologist who wants to be family therapists.

### DECODING HOW TAIWAN COUPLES NEGOTIATE DIFFERENCES

#### PROF LIANG SHU-CHUAN

The purpose of the study was to explore how couples in Taiwan negotiate their differences. Ten couples were asked to discuss with each other things that they have not reached an agreement on. The entire negotiation process was video-recorded for the analysis of themes, nature of conflict, interactive patterns, and the nuances of interpersonal transaction. Results indicated that the themes couples discussed most included the spousal dissatisfaction, child rearing differences, in-law issues, and others like male social activities in night club. Besides, the couples were using the themes to imply their interpersonal tension.

Most of their negotiation interactive patterns appeared to be harmful and ineffective ways including "demand/withdrawn"(35.72%), "mutual hostile"(24.35%), "mutual withdrawn"(4.78%). The nuances in how interpersonal messages were transacted. Couple expressed their opinions in an obscure way. Most of the couples presented implied complicated backgrounds and family secrets. However, the wish for intimacy was also expressed, often in the form of the wife asking for more involvement from the husband, who would be protecting his own space at all costs. Results also implied that Chinese family cultures influenced how and what the couples negotiated, like "domestic scandals should not be publicized", "when family is harmony, all will be prosperous", "male's big face", "parents' responsibilities, especially mother's is above personal welfare," and "filial piety" etc. And the couple relationship believes between old era and new era, as well as between male and female impacted how and what couples negotiated differences. What the researcher learnt from the study process about how to do couple therapy better was also shown, such as how to initiate and use the couple enactment, and identified the nuances of interpersonal transaction to improve the couple relationship.

## BIOGRAPHIES AND ABSTRACTS OF PLENARY SESSION SPEAKERS



### Dr Liu Ji-Tong

Dr Liu Ji-Tong was born in 1961 and got his PhD at Department of Social works of Chinese University of Hong Kong. He is one of the well-trained experts in the field of social policy and social welfare, national health policy and health care services system, especially medical social works and mental health social work which are very rare in mainland China. He finished his post-doctor research in department of sociology of Peking University from 2001 to 2004 and works in Department of Health Policy and Management, School of Public Health, Peking University as associate professor now.

Dr Liu Ji-Tong conducts the national policy consultant of WHO and UNICEF and Ministry of Health and Ministry of Civil Affairs and so on. He is one of the leading person in the health sector reform and social welfare system and medical social work and medical sociology in contemporary china.

Dr Liu Ji-Tong's main research fields and interests are social policy framework and social welfare system, macro and national health policy and health care service, public finance and health care fiscal, comparative health policy, international health policy and management, hospital management and hospital social work, health care system and health service system, public health and social management, children welfare and social protection, national AIDS prevention policy and social protection of the children affected by the AIDS, medical social work and medical sociology, employment policy and occupational health and social welfare, community work and NGO studies, national religions social services policy and church social work and so on.

### RESCUE AND RETURN TO FAMILY: DEVELOPMENT OF CHINA'S FAMILY STRUCTURE AND EMERGING OF CONTEMPORARY FAMILY SOCIAL WORK

**DR JITONG LIU, DONGQI ZHANG**

**(DEPARTMENT OF HEALTH POLICY AND MANAGEMENT, PEKING UNIVERSITY, BEIJING 100191)**

Abstract: China has turned from a "feudal society" into a "modern society" since the First Opium War in 1840, which also started the historical transform of China's social structure comprehensively, systematically, rapidly, and structurally. Xinhai Revolution in 1911 marked the beginning of China's Contemporary History. Therefore, the development of family structure during this century becomes the best perspective of observing the transition of Chinese social structure and its modernization. Using the methodologies of literature review, social policy and family policy research, social welfare theory and social work practice research, comparative research, action research and policy suggestion, this paper starts from the perspective of history of family society, comprehensively reviews the historical transition of Chinese family structure in a century, and divides it into four stages for the first time, including before 1910, 1911 to 1949, 1950 to 1978, and 1979 to 2011, main structural characteristics of each stages being described briefly. Under the background of historical transition of China's social structure and family structure, the paper describes the first culture shock to women and family by the new ideologies of "equality of men and women", "women's liberation",

## BIOGRAPHIES AND ABSTRACTS OF PLENARY SESSION SPEAKERS

“freedom of marriage”, and monogamy proposed by the “New Culture Movement” in May 4th 1919; the second shock to women’s civil rights and position of economical independence by the Marriage Law of People’s Republic of China and the People’s Commune Movement in 1950, which promoted the freedom of marriage and women’s liberation, and encouraged women’s participation in productive labor and social construction; the third “political shock” to China’s family life and family relationship by the political struggle and class struggle in the Cultural Revolution during 1966 to 1976, when class struggle was principle and class standpoint is everything. Since the Reform and Open up Policy, many social phenomena come into being, such as urban and rural economic system reform practice, market economy system framework with Chinese characteristics, urban and rural social welfare and housing system reform, national flow of millions of migrant workers, person households separation, and so on. These brought the fourth social and structural shock to Chinese families, resulting in problems and crisis for millions of families. The historical transition during 1911 to 2011 shows that current Chinese families have experienced four big shocks on cultural value, civil rights and women’s economic independence, political and class struggle, and social and structural transition. Families are no longer the “base of life”. Child welfare, women welfare and family welfare system building are lagging behind; the divorce rate and domestic violence keep increasing; husbands and wives live apart; mothers and children are separated for a long time; problems of stay-at-home children, women and the elderly become more and more serious; family life becomes more economical; traditional culture of filial piety lacks social foundation, economic foundation, cultural foundation and welfare system foundation under the background of aging and one-child policy in China. Family problems have become the social source and social foundation for all kinds of social problems. The premise and social development strategic goal of building a harmonious society, a harmonious community, and a harmonious family are to rescue, maintain, consolidate, and return to the modern family structure, family function and family relationship, to develop the family welfare policy and family welfare services, and to give back the true performance, structure and function to family life. The social condition in China is ready for developing a modern family social work system, which put the training of family social workers as priority.

The main conclusions are: family life and family relationship model are the epitomes of social life and social relationship model; the development of family welfare system and family social work system is the best perspective to observe the social modernization and modern civilization; during the procedure of social modernization, the family structure and family function are experiencing major structural transition, and the core role and leading position of family are emerging; the family culture and family ethics with Chinese characteristics are precious heritages, and the essence of family welfare system with Chinese characteristics; family welfare is the foundation of children welfare, women welfare, the disabled welfare, the elderly welfare, health welfare and social welfare system; the basic function and strategic goal of modern family social work are to maintain, consolidate, and support the social welfare function of family.

Key words: contemporary research on China, family structural function, family welfare policy, history of family society, family social work

## BIOGRAPHIES AND ABSTRACTS OF PLENARY SESSION SPEAKERS



### **Prof Joyce Ma**

Prof. Joyce L. C. Ma is the Chairperson, Professor and Director of the Family and Group Practice Research Center of Department of Social Work and former Associate Dean (Student Affairs) of Faculty of Social Science (2004-2008), The Chinese University of Hong Kong; she is the registered social worker, clinical fellow and the approved supervisor of the American Association of Marriage and Family Therapy (AAMFT), Co-Clinical Director, Academy of Family Therapy, Hong Kong and the Founder of the Shengang (深港) Family Treatment Center, Nanshan Hospital in Shenzhen. She obtained her B. Sc. Sc. in 1979, M. Soc. Sc. (distinction) in 1984 and Ph.D. in 1995

from the University of Hong Kong.

Prof. Ma is the former Chairperson (elected) of the Social Worker Registration Board, Hong Kong and the former Chief Editor of the Hong Kong Journal of Social Work (January 2002 to January 2006), Hong Kong Social Workers Association. Her professional and research interests are on mental health with recent focus on eating disorders, family therapy and family therapy research. She has published 69 journal papers at venues with significant impact and visibility internationally, regionally and locally including a book entitled "Anorexia Nervosa and Family Therapy in a Chinese Context" in 2011.

### **PARENTAL ENGAGEMENT AND CHILDREN WITH MENTAL HEALTH NEEDS: A DREAM OR A REALITY?**

#### **PROF JOYCE L. C. MA, PH.D**

The care of children with mental health needs in Hong Kong is predominantly biomedical oriented, characterized by medical diagnosis and prescription of medication. Mental health professionals in general and social workers in particular seem to have failed to actively engage the parents in assessment and management of the child. To what extent is this observation true? In this presentation, the author reported the results of a qualitative study conducted in May 2012, which aimed to understand the parental engagement of parents with children suspected to suffer from Attention Deficit and Hyperactivity Disorders and were referred to the Child and Adolescent Psychiatric Service for assessment. A total of 28 parents have participated in three focus group interviews. Four significant themes have been emerged from the data: (a) the child's inattention, impulsivity and disruptive behaviors were identified at school; (b) insufficient informational and emotional support provided by mental health professionals and teachers in the journey of help-seeking; (c) social stigma attached to the child's behavior and the parents; and (d) parents' active coping helping the child. Implications of the results of the study for clinical social work practice will be discussed.

## BIOGRAPHIES AND ABSTRACTS OF PLENARY SESSION SPEAKERS



### Dr Steven Muncy

Dr. Steven Muncy has served as the Executive Director of Community and Family Services International (CFSI) since its inception in 1981. CFSI works with refugees and populations uprooted by armed conflict, disasters, and other exceptionally difficult circumstances. Since 2006, Dr. Muncy has served concurrently as the Coordinator of the Social Work Education Project (SWEP) in the conflict-affected areas of Mindanao, Philippines. In addition, at various points in time he has been a consultant for the World Bank, United Nations High Commissioner for Refugees (UNHCR), United Nations Children’s Fund (UNICEF), governments, and other civil society organizations, requiring travel throughout South East and Central Asia, Africa, and Eastern Europe. In March 2012, Dr. Muncy was elected to the Board of the International Council of Voluntary Agencies (ICVA)—the global NGO network that advocates for humanitarian action—for a second, three-year term. He earned the following academic degrees: Bachelor of Social Work (BSW) from James Madison University in Virginia; Master of Social Work (MSW) from the Catholic University of America in Washington, DC; and Master of Public Health (MPH) as well as Doctor of Public Health (DrPH) from the University of the Philippines. Dr. Muncy has lectured at various universities and served on the Boards or Advisory Councils of other civil society organizations. He completed a fellowship at the Refugee Studies Centre at Oxford University and has participated in executive education programmes at the Kennedy School of Government at Harvard University. He is a citizen of the United States and a long-time resident of the Philippines.

### **WE SUFFER, BUT WE SURVIVE: PSYCHOSOCIAL SUPPORT IN SITUATIONS OF DISPLACEMENT** **DR STEVEN MUNCY, MSW, DRPH**

Recurrent armed conflict and natural disaster in Mindanao, Philippines, results in loss of life, injury, property destruction, and the temporary or permanent displacement of large numbers of children, women, and men. With displacement, comes loss of privacy, possessions, livelihood, and opportunity as well as increased risks for severe stress, family breakdown, sexual and gender-based violence, and greater marginalization. Whilst some displaced persons appear traumatized and in need of specialized care, most demonstrate strong coping skills and highly impressive resilience. The challenge for the humanitarian community, particularly social workers and other care providers, is to assist individuals, families, and communities to build on these strengths, thereby increasing, as well as expanding, social protection capacities, where and when they are most needed.

The Inter-Agency Standing Committee (IASC) Guidelines on Mental Health and Psychosocial Support in Emergency Settings provide a useful framework for intervention in large-scale displacements caused by conflict and/or disaster. This presentation will feature examples of framework application and lessons learned in Mindanao. It will also include recommendations for the training of Asia-based social workers and other care providers interested in working in such complex environments in the future.

## BIOGRAPHIES AND ABSTRACTS OF PLENARY SESSION SPEAKERS



### **Dr Shin-Ichi Nakamura**

Dr Shin-Ichi Nakamura is the Director of Nakamura Psychotherapy Institute in Tokyo, Japan. He graduated from the Juntendo School of Medicine and obtained his Doctor of Medicine degree in 1992. He is the Founding Member and Board Member and Representative of International Committee of the Japan Association of Family Therapy. Dr Shin-Ichi Nakamura was the President of Japan Association of Family Therapy in 2007. Dr Shin-Ichi Nakamura's past professional associations include Board Member and Editorial Member of Japan Association of Adolescent Psychiatry, Clinical Member and Leader of International Family Therapy Interest

Group of American Family Therapy Academy, Board Member and Editorial Member of Japanese Association of Clinical Psychology and Council member of Consortium of Institutes on Family in the Asian region(CIFA). Dr Shin-Ichi Nakamura's publications include Family Therapy Perspectives. Kongo Pub. Tokyo. ( in Japanese )1995, and Why not help them as they are? ; Psychotherapy of Borderline Adolescents from a Family Therapy Perspective. In New Approaches to the Borderline Syndrome, Iwasaki- gakujutsu Pub.Tokyo (1993).

### **SOME CHARACTERISTICS OF JAPANESE COUPLE COMMUNICATION IN COMPARISON WITH OTHER ASIAN REGIONS**

#### **DR SHIN-ICHI NAKAMURA, M.D.**

In our comparative study of couple communication in five Asian regions, our Japanese DVD data showed marked differences especially in the style of argument. In comparison with other regions, it seemed very difficult to identify overt verbal fighting in Japanese couples. One of the major assumptions for these phenomena might be related to our traditional culture-bonding attitude, also referred to as "shame". Generally speaking, such overt marital arguing or fighting in front of others or even worse in front of a camera is recognized as shameful behavior. Any kind of public displays of aggression is considered ignominious conduct according to Japanese culture. On the other hand, we have observed open fighting in the family home similar to other countries all over the world. But even in the conversations in the Japanese DVD, we can recognize a "hidden or silent" hostility between the couple through their nonverbal communication, such as changing tone of voice, posture, eye movements and pauses in their conversation. Through these nonverbal signs, they can recognize the other's anger, hostility, criticism, frustration and so forth. Furthermore in Japanese conversation structure, we usually omit not only the subject but also the object. Sometimes even as therapists we need to identify the subject during sessions with clients. So we can say that even in verbal communication, it is quite difficult to understand what people are talking about due to the indirect nature of the Japanese language. In such an ambiguous stream of conversation, we habitually make assumptions about what the context of the conversation is, mainly because of the omission of the subject and object but also because of the vague nature of the Japanese language in general. In the plenary, I will illustrate such a situation common in Japanese communication style from some of our DVD clips.

## BIOGRAPHIES AND ABSTRACTS OF PLENARY SESSION SPEAKERS



### Prof Takeshi Tamura

Prof. Takeshi Tamura is a child and adolescent psychiatrist. He retired from 19 years of professorship at Tokyo Gakugei University to start his private practice in 2011. Prof. Takeshi is Head of International Committee, Japan Association of Family Therapy, International member of American Family Therapy Academy and active member of the International Family Therapy Association since the first conference in 1987. He was born and grew up in Tokyo, stayed one year in the USA as an AFS high school exchange student. After his medical education in the University of Tsukuba, he stayed three years in London for his family therapy training at the Tavistock Clinic, Institute of Family

Therapy and Birkbeck College, University of London. He published an article in Family Process which contrast difference and similarity of family and family therapy in the East and the West. He is a gender sensitive therapist from men's perspective. He specialize adolescent issue especially Hikikomori (social withdrawal) which is widely spread in Japanese families for the last 20 years. He is also a member of the Natural Disaster Committee of Japan Association of Family Therapy organized since the giant earthquake in March, 2011.

### FAMILY AND SOCIAL RESILIENCE IN TSUNAMI DISASTER IN JAPAN

#### DR TAKESHI TAMURA, M.D.

More than 15000 people died, and 2,800 bodies are still missing in the aftermath of earthquake and tsunami hit on March 11, 2011 in eastern coast of Japan. 343,000 still live in temporary house units, unable to return their original communities. Disaster is still ongoing process around the Fukushima nuclear power plant. More than 60,000 residents in the area were forcefully evacuated from their communities and live in different parts of Japan. It created the nationwide fear of nuclear contamination. Many citizen and foreigners left the country.

Reconstruction is a painstaking process. I went to the disaster area a month after the earthquake for mental health support, and critically observed stories in the media for one and half years. This presentation is my personal story how we were traumatized and struggling for recovery a whole society.

Recovery take place at multiple levels; i.e. a) personal level (PTSD, psychosomatic symptoms, depression, substance abuse, suicide, and behavior problems among children), b) family level (shared bereavement, marital and family conflict) and c) societal level (community reconstruction, financial support, community health). I will specially pay attention to the culturally unique healing process. The Western model of mental health is under developed in the rural area of Japan. The local and indigenous model of healing activates connectedness and resilience of the community.

## BIOGRAPHIES AND ABSTRACTS OF PLENARY SESSION SPEAKERS



### Prof Tsui Ming-Sum

Prof. Tsui Ming-Sum has more than 30 years of experience in practising, researching, and teaching social work practice. Before joining the Hong Kong Polytechnic University, he was Service Supervisor of Development and Health Services of Hong Kong Christian Service. Prof. Tsui Ming-Sum set up the first community-based family service centre and the first counselling centre for psychotropic substance abusers in Hong Kong. He also supervised a polyclinic and was responsible for program development, fund raising, program evaluation, and staff development of Hong Kong Christian Service—an NGO with 500 staff. Prof. Tsui Ming-Sum received his MSW from McGill University, Montreal, Canada. He is a member of the Academy of Certified Social Workers (ACSW), the first international member of Certified Social Work Managers (CSWM), a member of the Chartered Management Institute (MCI), and a Fellow of the Hong Kong Professional Counselling Association. Prof. Tsui Ming-Sum earned his PhD at the University of Toronto with three scholarships. His thesis research is on the construction of a culturally sensitive model of social work supervision. In the same period, he also attached to the Ontario Addictions Research Foundation in Toronto. From 1980s to 2010s, Prof. Tsui Ming-Sum has been serving various organizations and government committees related to substance abuse prevention and treatment, including the Action Committee Against Narcotics, Hong Kong SAR Government.

The research interests of Prof. Tsui Ming-Sum include supervision, substance abuse, human service management, as well as theory and practice of social work. He has published more than 100 items of research works, including 12 books (e.g., *Social Work Supervision: Contexts and Concepts*. Sage, 2005) and 45 journal articles. He received the Frank Turner Best Paper Award 2010 from *International Social Work*. Prof. Tsui Ming-Sum is also serving as the editor/editorial board member/reviewer for 18 professional journals.

### WORKING WITH FAMILIES WITH SUBSTANCE ABUSE PROBLEMS: POLICIES AND PRACTICE IN HONG KONG

#### PROF TSUI MING-SUM, PHD, ACSW, MSW, FHKPCA

Family, as a basic unit of our society, can be taken as both a cause and a solution for substance abuse problems. When family members are involved in substance abuse behaviour, the social functioning of the family will deteriorate. How to work with families with substance abuse problems become a significant and important challenge for both policy makers and human service professionals, including medical doctors, social workers, teachers, and counsellors.

If we want to use family as a source of support to help substance abusers, there is need to re-conceptualize our understanding about substance abuse behaviour. Substance abuse itself is not the root of the problem. It is just one of the symptoms of bio-psycho-social problem. Substance abuse can also be perceived as an inappropriate means to achieve an appropriate life objective.

By using Hong Kong as an example, a review of the existing social policies and professional services provided by government departments and NGOs in Hong Kong was conducted. Inadequacies of social policies related to the gaps of family services are identified. In working with clients with substance abuse problems, what we need is to offer a “substitute” to substance, provide social and emotional “support”, and set up a new life “structure”, equip the abusers with life and social “skills”. Family can be a source of strengths instead of a source of problem if policy, practice, resources, and networks are strategically and tactfully handled. A model of using the concepts of positive health in family policy and practice is proposed to enhance the functioning of family in order to promote the physical health, psychological health, social health, and personal health of members of a family.

## BIOGRAPHIES OF WORKSHOP TRAINERS



### Dr Lui Hah Wah Elena

Dr Lui Hah Wah Elena is an Associate Professorial Fellow with the Psychological Studies Academic Group at the National Institute of Education, Nanyang Technological University, Singapore. She has three postgraduate degrees from Michigan State University (PhD, Ed Specialist & MA) and a B.Soc Sc (Social Work) degree from Chinese University of Hong Kong. She is the coordinator of the NIE MEd – Guidance & Counselling programme (2005 – 2010) and the Diploma in School Counselling (2005-2006). She lectures and supervises teachers and counsellors in postgraduate and in-service training programmes. Her research interests are mainly in adolescents' self-esteem and well being, career guidance and lifelong learning. She is the co-editor of two local publications: "Reflections on Counselling – Developing practice in schools" and "Youth Guidance – Issues, interventions & reflections". Her recent publications are ".05 Significantly yours – a guide to reflection on lifelong learning" and "Free and Easy – An interactive movie script".



### Prof Joyce Ma

Prof. Joyce L. C. Ma is the Chairperson, Professor and Director of the Family and Group Practice Research Center of Department of Social Work and former Associate Dean (Student Affairs) of Faculty of Social Science (2004-2008), The Chinese University of Hong Kong; she is the registered social worker, clinical fellow and the approved supervisor of the American Association of Marriage and Family Therapy (AAMFT), Co-Clinical Director, Academy of Family Therapy, Hong Kong and the Founder of the Shengang (深港) Family Treatment Center, Nanshan Hospital in Shenzhen. She obtained her B. Sc. Sc. in 1979, M. Soc. Sc. (distinction) in 1984 and Ph.D. in 1995 from the University of Hong Kong.

Prof. Ma is the former Chairperson (elected) of the Social Worker Registration Board, Hong Kong and the former Chief Editor of the Hong Kong Journal of Social Work (January 2002 to January 2006), Hong Kong Social Workers Association. Her professional and research interests are on mental health with recent focus on eating disorders, family therapy and family therapy research. She has published 69 journal papers at venues with significant impact and visibility internationally, regionally and locally including a book entitled "Anorexia Nervosa and Family Therapy in a Chinese Context" in 2011.

## BIOGRAPHIES OF WORKSHOP TRAINERS



### **Yogeswari Munisamy**

Ms. Yogeswari Munisamy is the Principal Social Worker at the Ang Mo Kio Family Service Centres, Singapore. She graduated with a Bachelors degree majoring in Social Work & Sociology 1996 and obtained Honors degree in Social Work in 1997 from the National University of Singapore, Department of Social work & Psychology. Ms. Yogeswari Munisamy received Masters degree in Social Work in 2003 from the Washington University, George Warren Brown School of Social Work. In her current role as a Principal Social Worker at the Ang Mo Kio Family Service she provides clinical supervision to enhanced step-up social workers from Youth Infinity, in-house training and consultation on various topics, especially in the area of child protection and conducts individual practice mentoring as well as praxis group sessions. In her previous role in Perth, Australia, Ms. Yogeswari Munisamy has worked as a senior social worker and Senior Field officer in the Department for Child Protection (Perth district). She has also worked as Senior social worker and Centre Head of Ang Mo Kio Family Service Centres providing vision and direction and looking after management, budget, public relations, counselling, youth work and research. She has received several awards such as Staff achievement award by Department for Child Protection Perth District 2009, 2010, Staff award for outstanding work achievement – AMK FSC – 2004, 2005, 2006 and Class Marshal (appointed by dean and faculty to lead the school in the academic procession at graduation), Masters in Social Work: Class of 2003 at Washington University, May 2003 among many others.



### **Ms Agnes Ng**

Ms Agnes Ng Kwok Tung (Master of Social Work, Monash University of Australia; Bachelor of Philosophy in Educational Studies, Newcastle Upon TyNE University, England; Diploma in Social Work, Hong Kong) is the Chief Executive of The Nurturing Education Organization. She also serves as an adjunct lecturer of Monash University of Australia to supervise students of the Master of Counseling Program. Prior to her current work, Ms Ng was the Assistant Chief Executive of the Christian Family Service Centre where she was accountable for the operation and development of the core service programs including the integrated family service; the integrated elderly care service; and the integrated rehabilitation service. Ms Ng has over 25 years working experience in the social work field. Apart from providing direct counseling service, she also conducts trainings, teaching and consultancy services to social work professionals, organizations and training institutes in and outside Hong Kong.

Ms Ng has been actively involved in community work. She is the Honorary Secretary of the Consortium of Institutes on Family in the Asian Region; member of the Disciplinary Committee of the Social Workers Registration Board; member of Staff Panel of the Scout Association of Hong Kong.

Ms Ng is the pioneer in the early development of the single-parent family services in Hong Kong. She specializes in single-parent family services, clinical supervision work and counseling service.

## BIOGRAPHIES OF WORKSHOP TRAINNERS



### **Ms Ong Pei Ni**

Ms. Ong is a Deputy Head at the The Ang Mo Kio Family Service Centres (Sengkang Branch). She previously worked as a senior social worker at The Ang Mo Kio Family Service Centres. Ms. Ong obtained her Bachelor's degree in Arts with Merit in Social Work in 2005. Ms. Ong is a member of Singapore Association of Social Workers. She has attended several trainings and courses such as Case Management in Practice: Conducting Risk Assessment, Integrated Professional Practice and Transfer of Expertise, Foundational Skill in Sandplay Therapy and Symbol Work with Children, Adolescents and Adults, Emotion Focused Therapy: The Transforming Power of Affect and Graduate Certificate in Social Work (Professional & Leadership Development Programme with SSTI and Monash University).

## PAPER PRESENTATIONS SESSION 1

11 DECEMBER 2012 AT 2.15 PM

GROUP 1

**FAMILIES WITH DYSLEXIC CHILDREN:  
WORKING TOGETHER AND BREAKING DOWN THE BARRIERS**  
**AZHAR, ATHIRAH & NIKKU, BALAJU**

Universiti Sains Malaysia, Malaysia

### Abstract

Children with reading challenges like dyslexia can be identified earlier than one might expect with a strong degree of accuracy. Dyslexia can run in families and is often an inherited trait. However, dyslexia identification is more of a process than a test. Dyslexia is a condition that can generate frustration if not identified early which can sometimes lead to behavioural difficulties and low self esteem in students. This paper documents ways of dyslexia identification, level or severity, time of identification and treatment procedures in the state of Penang, Malaysia. The pilot study results show that majority of Parents felt that their children with learning difficulties were not picked up early enough as both parents and teachers are not trained to identify children with dyslexia at an early age. Some teachers thought it is a biological issue and some believe it is cognitive and behavioural. The possibility is that 1 out of every 10 children is with dyslexia the support systems are still yet to be in place to meet the reality in the Malaysian Society. The initial responses from our ongoing study suggests that there is a need for more specialists to help identify dyslexic children, additional specialist support for children, parents and teachers and a school environment that did not stigmatise children with dyslexia for being different. There is also a clear need for a national literacy strategy for dyslexia to practice universal dyslexia support by bringing responsiveness in the Malaysian Society at large. We argue that there needs to be a key person (a teacher or a school social worker preferably trained to work with learning disabilities) in each school to spearhead dyslexia support training for teachers.

### Keywords

Malaysia, Rights of the Children, Dyslexia, Parents, Teachers, Policy

### Category

Children in the Family Context

## PAPER PRESENTATIONS SESSION 1

11 DECEMBER 2012 AT 2.15 PM

GROUP 1

### ENCOURAGING FATHERS' INVOLVEMENT IN PARENTING: A GROUP APPROACH FOR FATHERS OF CHILDREN WITH PERVASIVE DEVELOPMENTAL DISORDER

TSUJII HIROMI, TAKIGUCHI NOZOMI, NAKANO MITSUKO, MIYAO MASUTOMO

National Center for Child Health and Development, Japan

#### Abstract

Children who are suffering from developmental disorders, such as the Pervasive Developmental Disorder(PDD), Attention Deficit Hyperactive Disorder(ADHD), and Learning Disorder(LD) possibly count for 6.3% of the total elementary and junior high school age children in Japan(Minister of Education, Culture, Sports, Science, and Technology, Japan, 2008). Many of them are facing great challenges at school due to their difficulties in academic, behavioral, and social aspects in their lives. In some severe cases, the child and parents relationships, as well as their parents' spousal relationships have worsened, and the whole family develops emotionally reactive and conflicting communication styles. At that point, intervention to the children alone is not sufficient and advice on parenting is not carried out effectively. Support for the family is necessary for those children to learn how to better adjust themselves to feel safe and stable at home.

The National Center for Child Health and Development, a children's hospital in Japan, has conducted a series of seminars for the fathers of the children who are suffering from severe PDD symptoms. Among eighteen fathers who were invited by the neurologist/psychiatrist who is treating their children, ten fathers participated. A monthly session for 8 months included 30 minutes of lecture and 90 minutes of group discussion lead by two facilitators. The topics of the lectures included PDD features, CBT approaches to children, parental roles, and family communication. The pre-post questionnaires to evaluate family relations showed some improvement. Most fathers stated that it was a positive experience to reconsider their own parenting and communication style, as well as their roles as fathers in family. The seminar provided an opportunity for the fathers to take a positive part in helping their own children and creating supportive family relationships. Limitations and future directions will be discussed during the presentation.

#### Keywords

Children, Pervasive Developmental Disorder, Fathers' Parenting, Family Relations

#### Category

Family with Psychiatric Problems, Co-parenting and Couple's issues

## PAPER PRESENTATIONS SESSION 1

11 DECEMBER 2012 AT 2.15 PM

GROUP 1

### THE SERVICE OUTCOME AND CHALLENGES OF THE PROTECTION SYSTEM FOR CHILDREN EXPOSED TO DOMESTIC VIOLENCE IN TAIWAN

SHEN, APRIL CHIUNG-TAO

National Taiwan University, Taiwan

#### Abstract

Exposure to domestic violence has a damaging and long-term impact on children's emotional, cognitive, social development and adult functioning. Therefore, there is a dire need to provide protective services to children in families with domestic violence. This study aims to examine the outcome and challenges of the current protection system for children exposed to domestic violence in Taiwan.

The research design integrates qualitative and quantitative research methods in two stages. The first stage collected qualitative data from six focus groups and a questionnaire was designed according to the qualitative data. The research participants in the focus groups included professionals in the social services and legal systems. The second stage collected national quantitative data via questionnaire from social workers involved in service provision to children exposed to domestic violence in every city in Taiwan.

The research results show that there are no uniform standards and practices in the protection system for children exposed to domestic violence in Taiwan. Regardless of the various protection systems, the helpful service outcomes for children exposed to domestic violence reported by the service providers included: children's learning how to protect themselves in violent situations; improving children's emotional regulation; improving parent-child interactions; improving children's ability to identify violent and dangerous situations; improving children's adaptability in life; decreasing children's learned violent behaviors; and improving peer interaction. Service providers confront a variety of challenges as they seek to serve children who have been exposed to domestic violence, including: manpower shortage, parents declining services, limited resources, lacking a comprehensive service delivery system, difficulties for parents to access services, not having a legal grounding, domestic violence cases freezing out the services available to children, lacking explicit indicators for screening/assessing, difficulty in treating children's multiple trauma, the service network's lack of familiarity with the issue of children exposed to domestic violence, and social workers' lack of knowledge and skills to help children exposed to domestic violence. In conclusion, the expansion of service-delivery resources and networks is necessary to maintain the services needed to help these vulnerable children.

#### Keywords

Children exposed to Domestic Violence, Family Violence, Protection System

#### Category

Children in the Family Context

## PAPER PRESENTATIONS SESSION 1

11 DECEMBER 2012 AT 2.15 PM

GROUP 2

### HIGH-ACHIEVING ADOLESCENTS IN SINGAPORE FAMILIES

KOAY, MICHELLE

Raffles Girls' School, Singapore

#### Abstract

This paper describes the challenges faced by high-achieving adolescents in Singapore families and how these challenges may impact and affect them psychologically, emotionally and behaviourally. These adolescents generally study in the elite and prestigious schools in Singapore, which are usually associated with high academic and sporting performances. In addition, their parents are often successful professionals in their own right, and hence their families enjoy high social and economic status. Consequently, these adolescents develop high but at times unrealistic expectations of themselves to do well in order to meet their parents' as well as societal expectations of them. They have to cope with the duresses of being an all-rounder to not only excel in their academic pursuits, but also be equally outstanding in their extra-curricular activities. Despite their best efforts, they may also struggle to find a sense of identity to match their aspirations and what they want to be, which may not necessarily concur with their parents' unilateral expectations and desires. Since high-achieving adolescents are perceived to be capable and able to manage whatever difficulties they face, they tend to be resistant to psychotherapy, which implies that they need help to deal with their issues. Following that, the paper explores how to reach out to these adolescents and support them in overcoming the various difficulties they face by creating a safe environment for psychotherapists to work with them and their families.

#### Keywords

High-achievers, Adolescents, Singapore Families

#### Category

Adolescents in the Family Context

## PAPER PRESENTATIONS SESSION 1

11 DECEMBER 2012 AT 2.15 PM

GROUP 2

### WRAPPED-UP PEOPLE

**NAKAMURA, NORIKO**

Nakamura Psychotherapy Institute, Tokyo, Japan

#### Abstract

Many Japanese teenagers show a high degree of defensiveness and disconnection from the outside world, yet at the same time have excellent intellectual ability, although their academic records rarely reveal this and they are sometimes dropouts. These teenagers are psychologically 'wrapped up', as if in transparent cling film or plastic wrap, able to look out and see the world but unable to interact with it or fulfil the needs and expectations of others. They cannot 'unwrap' themselves but need help. "Collaborative Family Assessment Feedback Session" (FAFS) is the method I use in such cases to 'unwrap' the teenagers and draw them back into connecting with the outside and understanding themselves better, through the support of their family members. The 'unwrapping' process takes time but the family's involvement is one of the keys in the process. I will present the case of one such teenage boy who was an underachiever and had stopped attending school. He spent most of his time in front of his computer. After two years of therapy plus parental support, he was able to deal with his inner psychological issues, graduate from high school and enter university.

#### Keywords

Adolescents, Family, Psychological Assessment Feedback

#### Category

Adolescents in the Family Context

## PAPER PRESENTATIONS SESSION 1 (MANDARIN)

11 DECEMBER 2012 AT 2.15 PM

GROUP 3

### FACTORS ASSOCIATE WITH THE DEVELOPMENTS OF ELEMENTARY SCHOOL CHILDREN – FAMILY AND SCHOOL ENVIRONMENTS

FENG, YEN JOYCE

National Taiwan University, Taiwan

#### Abstract

The low birth rate leads to a rapid aging society is one of the most urgent challenges faced by Taiwan. Therefore, what is and how to create a friendly environment for child birth and child rearing is a significant policy concern nowadays. Existing evidence showed that quality of child care would have long term effect on children's developments, especially in the areas of language and social developments. The researcher had conducted a longitudinal study of the child care effects toward the child development for 4 years (from 3-year-old to 6-year-old). The first three years conducted children's on site interviews in day care centers, the fourth year traced the panel to their elementary schools to follow up on their development measures, and collect data on their new learning environments as well. This paper aims at the analysis of the environmental impacts on the developments of 6-year-old elementary school first graders. Environmental factors are including both family factors and school factors. Data were collected for the longitudinal study of child care effects from 281 first graders from 48 elementary schools in Taipei areas. The results showed that family factors are significantly associated with first graders' developments, especially the family economy and cultural capital. The only school factor associated with children's development is the parental involvements.

#### Keywords

First grader, Child Development, Family Factor

#### Category

Children in the Family Context

## PAPER PRESENTATIONS SESSION 1 (MANDARIN)

11 DECEMBER 2012 AT 2.15 PM

GROUP 3

### FAMILY INTIMACY FROM THE BEGINNING OF COMMUNICATION

LONG XUEMEI, DONG XIANGYANG

Guangzhou Datong Social Work Service Centre, China

#### Abstract

In the information age, people is used to use modern technology to communicate with each other ,and becomes less and less to communicate with each other face to face. It causes relationship estrangement between family members especially between parents and children. Contradiction and conflict comes up with each side£“it makes even hard to establish family intimacy relationship. In mainland China since 2004,all local governments strengthened community management and social service innovation, especially in Guangzhou 2010, government promote Family Integrated Service Center service center in various streets all over the city to carry out integrated family service by introducing social work service. Social work service is proved to play an important role for strength family intimacy .As to common family , social worker provide group work, through experiential activities, creating the opportunity to communicate with each other and find the reasonable communication mode between family members. In view of the special family, through the persistence of case work follow-up, and let them join the group activity, promote mutual learning between the group members. Beyond above social work intervention, we can also organize family volunteer, let them to provide volunteer service, not only to instill the volunteer spirit, but also to promote mutual understanding in the teamwork.

#### Keywords

Family Intimacy, Parent-child Relationship, Social Work , Communication

#### Category

Parent-child Relationship

## PAPER PRESENTATIONS SESSION 1 (MANDARIN)

11 DECEMBER 2012 AT 2.15 PM

GROUP 3

### THE TREATMENT METHOD OF FAMILY COMMUNICATION

FAN ZHIJIE

Guangzhou Datong Social Work Service Centre, China

#### Abstract

Psychiatric problems is a by-product of the progress in modern society. Besides the medical treatment, it needs the help of the patient's family even more. From the perspective of the family structure and relationship, the recovery of a patient is closely related to the family structure and relationship. The understanding and support of the family members is beneficial to the improvement of a patient's condition. It is an effective way to establish a good communication between family members, which encourage the understanding and support for each other.

Taking the following case as an example: a woman, suffered from a secondary mental disability, has a deteriorated relationship with her husband during her illness. Her husband had run away and left their family. Because of this issue, her relationship with her son got much worse that her son was not willing to communicate with his mother. What's more, the relationship between she and her mother kept on getting worse because her idea of wanting a divorce. After the social workers got involved in it and had a grasp of this situation, they applied the family communicating theory to build up an equal platform. By the means of communication, the woman got support from her son, and understanding from her mother. And at last, the woman got better and returned to normality while her family had improved the ability of solving problems.

#### Keywords

Psychiatric Problems Family Communications, Social Work

#### Category

Family with Psychiatric Problems

## PAPER PRESENTATIONS SESSION 2

13 DECEMBER 2012 AT 9 AM

GROUP 1

### DEVELOPING INDIVIDUAL AND COUPLE RESILIENCE IN THE CONTEXT OF INTERGENERATIONAL FAMILY RELATIONSHIPS AND CULTURE

**BLACK LASCELLES W.**

M.S.W., L.M.F.T.

#### Abstract

This presentation will offer an easily mastered approach that helps multi-problem individuals and couples work towards resource and strength-based solutions. Participants will learn a method of helping clients address four key questions:

- Who are you?
- Where do you come from?
- Where are you now?
- Where do you want to be?

By using these simple yet profound questions in a recursive manner throughout the therapy process to help them explore their personal past, family history and culture, to understand their complex present lives, and imagine an expansive future, we can assist our overwhelmed clients to rediscover agency and resilience, clarify goals, and take steps toward resolving problems. Case examples, including people struggling with addictions, illness, poverty, single parenthood and abuse will be given.

## PAPER PRESENTATIONS SESSION 2

13 DECEMBER 2012 AT 9 AM

GROUP 1

### FAMILY THERAPY IN MACAU: DEVELOPMENT, CHALLENGES, AND OPPORTUNITIES

CHAN T. M. SIMON

Hong Kong Baptist University, Department of Social Work, Hong Kong SAR

#### Abstract

Family therapy started in the West and in the past few decades has also been practiced in Asian countries. In some such countries, such as Hong Kong, Singapore, and Taiwan, the family therapies have developed quite well.

Family therapy in Macau is in its early stages of development. The Satir Model and structural family therapy were the first two therapies introduced. Later on, solution-focused brief therapy and narrative therapy were also introduced. Macau is undergoing dramatic socioeconomic changes since the relaxation of the gambling licenses. In the socio-cultural world this has led to significant changes: the so called 'dealer's complex', gambling, drug abuse and youth deviance have become more prevalent. To address complicated family problems, various counselling institutes and training centres were established to conduct family therapy. However, there are still some limitations and challenges which must be addressed in order to have a thriving family therapy profession in Macau. Challenges always come with opportunities. The opportunities for the development of family therapy in Macau are discussed in this small Asian city, which is mixed up with Portuguese and Chinese culture.

#### Keywords

Macau, Family therapy development

#### Category

Family Therapy Development

Cultural Issue of Family (Therapy)

## PAPER PRESENTATIONS SESSION 2

13 DECEMBER 2012 AT 9 AM

GROUP 1

### FAMILY THERAPISTS' ATTACHMENT STYLES: THEIR ROLES IN FOSTERING THERAPEUTIC ALLIANCE

**YUSOF, YUSMARHAINI**

Universiti Utara Malaysia, Malaysia

#### Abstract

The therapeutic alliance is the collaborative bond between the therapist and their client and is regarded as an essential factor in the effectiveness of psychotherapy. There is evidence from individual therapy research that the ability to build therapeutic alliance with clients may be related to the therapist's adult attachment style. These are patterns of expectations, needs, emotions and social behaviour, learn from our history of attachment experiences with our caregivers. The overall aim of the research was to investigate family therapist's attachment styles and explored their views on therapeutic alliance in family therapy. However, the focus of this paper is only to discuss therapists' views that relate to attachment styles: attachment related relationship and one dimension of therapeutic alliance: emotional connection within the therapeutic system. Participants were 13 registered United Kingdom Council of Psychotherapists (UKCP) family therapists. Digital recordings of the interviews with therapists were analysed using Interpretive Phenomenological Analysis and a template analysis based on a conceptual model of the therapeutic alliance in family therapy, the System for Observing the Therapeutic Alliance. The interviews with therapists showed differences between the 'secure' and 'insecure' therapists (N=13) in alliance building according to their attachment styles.

#### Keywords

Family Therapists' Attachment Styles, Therapeutic Alliance, Training

#### Category

Family Therapy Training, Family Therapy Development

## PAPER PRESENTATIONS SESSION 2

13 DECEMBER 2012 AT 9 AM

GROUP 2

### QUALITATIVE INTERVIEWS AND FAMILIES WITH TERMINALLY ILL MEMBERS: A NEED FOR SENSITIVITY AND CREATIVITY

**LEE, GEOK LING**

Department of Social Work, National University of Singapore, Singapore

**OW, ROSALEEN**

Department of Social Work, National University of Singapore, Singapore

#### Abstract

Researchers working on families with terminally ill members are always challenged with the use of relevant and feasible research methods: how to collect data without causing harm on the patient and family through their participation in research? Should the researcher be “robbing” an hour from the patient when it could be better spent with the family? The paper will discuss the methodological challenges and ethical issues faced in researching on families with terminally ill members that are by nature vulnerable. The discussion is based on a collective view of two exploratory studies conducted with home palliative care patients and their families. The goals of the two studies were different; one focused on examining the experience of dignity among home palliative care patients and their families, and the other focused on examining the needs among home palliative care patients and their families. However, both studies adopted similar approach in research methods: concurrent individual qualitative interview using semi-structured questionnaire. In addition, it will share the advantages of using such a qualitative research approach to the patients, families and researcher. Recommendations for research practice and service delivery related to working with families with terminal illness will be presented.

#### Keywords

Family Caregivers, Qualitative Research, Terminally Ill Patients

#### Category

Family with Medical Problems

## PAPER PRESENTATIONS SESSION 2

13 DECEMBER 2012 AT 9 AM

GROUP 2

### A QUEST FOR PEER-LED EMPOWERMENT MODEL: QUALITATIVE EVIDENCE FROM FAMILYLINK EDUCATION PROGRAM (FLEP) IN TAIPEI AND HONG KONG

**MARCUS YU-LUNG CHIU**

National University of Singapore, Singapore

#### **Abstract**

Empirical evidence in an earlier published work by the author has indicated statistically significant improvement among caregiver participants of the FamilyLink Education Program (FLEP) in Hong Kong, Taipei and Bangkok. These improvements include reduction in subjective stress, intra-psychic strains, depression, and an enhancement of empowerment over a six-month period. This paper presents the results of the qualitative follow-up of 14 randomly chosen subjects: 6 from Hong Kong and 8 from Taipei. They are interviewed individually on what they think they have learned/ gained in the program. In addition to the narration of better knowledge in serious mental illness, medication and treatment, communication and coping skills, it is clear that participants had a lift of psychology and feel now more at ease to provide caregiving to the ill person. These changes signal a departure from helplessness and self-blame, and indeed a positive change on the self, which the subjects are more capable to be aware of than to explain for. It is believed that it is not the education materials that made the change, but rather the empowerment that has taken place during the group process. The author presents a new, effective, sustainable peer-led model in working with families with mental health issues, and argues that conventional professional-led empowerment model in social work practice, due to inherent limitations, is less likely to achieve the goal of transformation.

#### **Keywords**

Psychoeducation, Qualitative Evaluation, Transformation

#### **Category**

Family with Psychiatric Problems

## PAPER PRESENTATIONS SESSION 2

13 DECEMBER 2012 AT 9 AM

GROUP 2

### COUPLE THERAPY FOR YOUNG MARRIED COUPLES WITH ASPERGER SYNDROME

**OHNISHI, MAMI**

Shiba Mental Clinic, Japan

#### Abstract

In Japan, Developmental Disorder has been a popular issue, not only for children but also for adults. Especially for young adults, the difficulties of Asperger Syndrome present a challenge to make relationship as emotionally intimate and interdependent as marriage. Marriage brings a lot of changes to their lives, and many realistic conflicts occur between the couples. For example, where to live, who does the house work, how to behave to their partners' parents, how about having a child, and their career. Many decisions are required to make at one time. And the arguments between each other are important while they make the intimate relationship.

I would like to present 2 cases of young couple which one partner has Asperger Syndrome. In both cases, wives have Asperger Syndrome and they were struggling to adapt to their new life. Their self-esteems were very low and came with severe suicidal thoughts. In the beginning, they had personal therapy. But as they began to realize about their Asperger Syndrome traits, they started to have couple therapies to make their couple relationship work.

I will present the process of the therapies, which focuses on the couple therapy to show how the couples with Asperger Syndrome overcame their difficulties in their new marriage life.

#### Keywords

Asperger Syndrome, Young Married Couple, Couple Therapy

#### Category

Co-parenting and Couple's Issues

## PAPER PRESENTATIONS SESSION 2

13 DECEMBER 2012 AT 9 AM

GROUP 3

### WORKING WITH CAREGIVERS OF DEMENTIA: A CROSS-CULTURAL PERSPECTIVE

ZUBATSKY, MAX

University of Minnesota, USA

#### Abstract

An estimated 64.6 million individuals will be diagnosed with dementia in the Asia Pacific Region by 2050. As the older population is steadily rising and demanding long-term care options, the lack of available facilities and inadequate training for skilled caregivers has created a social concern for the well-being of elder health. While those suffering from dementia endure a decline in mental and physical functioning over time, caregivers are often faced with the overwhelming task of meeting numerous demands and specialized needs of the diagnosed individual. Family caregivers must not only navigate an unfamiliar territory in the healthcare system, but find ways to separate their roles between “family member” and “caretaker.” Mental health professionals can help caregivers of dementia –related disorders in a variety of ways, which include providing an interpretation of the disease, identifying formal resources, explaining the family restructuring process to meet medical demands and addressing the caregiver’s self-care needs. The author presents a caregiving family therapy model, helping families in the decision-making process in later life to accommodate to age-related declines in physical and cognitive capacities. Attendees will learn features of the Caregiver Family Therapy model, develop helpful strategies to offer families and caregivers of dementia-related disorders, and identify appropriate professionals to help in the collaborative care process.

#### Keywords

Dementia, Caregiving, Family Therapy

#### Category

Family with Medical Problems

## PAPER PRESENTATIONS SESSION 2

13 DECEMBER 2012 AT 9 AM

GROUP 3

### BETTER IS A CLOSE NEIGHBOUR THAN A RELATIVE AFAR: THE ROLE OF SOCIAL CAPITAL FOR ISOLATED SENIORS

LIM TECK HUAT, SHANTASARAVANAN, K, GOH, SI JIE

The Ang Mo Kio Family Service Centres, Singapore

#### Abstract

In our work with seniors in the community, we had seen a significant and increasing proportion of seniors lacking or without familiar support, making social isolation a rising concern.

In Singapore, a large proportion of these socially isolated and vulnerable seniors reside in rental blocks. Seniors Activity Centres (SACs) are strategically located and tasked to engage and aid these seniors to age in place and be socially connected with the wider community. As such, it is important for eldercare services like SACs to explore the concept of social capital and how this relational asset can be harnessed to counter the effects of losing familiar ties in later life.

Specifically, in this presentation we will share how social capital is used as a concept in describing local social networks (trust and reciprocity amongst neighbours), as well as how it bridges towards the community at large (trust and reciprocity towards formal institutions).

A pretest-posttest design was utilised to measure social capital dimensions and its outcomes, prior to the establishment of our SAC and two years after the SAC was fully operational. The survey instrument was adapted from the Social Capital Assessment Tool developed by the World Bank. A total of 81 respondents in the pretest and 61 respondents in the posttest were surveyed.

The results suggested that the introduction of a SAC was associated with a significant increase in the seniors' trust in formal institutions such as the police, social service organisations and government services. Interestingly, the results did not show significant changes in the trust and reciprocity amongst neighbours.

To better understand the results obtained we will present examples of social worker's inputs in the management of the SAC and the important role they play in bringing about these changes in social capital measures.

#### Keywords

Seniors, Social Capital, Social isolation

#### Category

Elderly in the Family Context, Others

## PAPER PRESENTATIONS SESSION 2

13 DECEMBER 2012 AT 9 AM

GROUP 3

### THE IMPACT OF THE FAMILY AND BELIEF SYSTEMS ON ACCESSING SUPPORT FOR FAMILY CAREGIVERS OF OLDER PEOPLE WITH MENTAL HEALTH PROBLEMS

**AHMAD RAMLI, FATIMAH ZAILLY**

Social Work Programme, Universiti Utara Malaysia, Malaysia

#### Abstract

The common pathway of help seeking started with the family systems followed by the traditional or shamanistic healer, neighbours, friends and community leader before approaching formal agencies or professional social work networks. The social network and resources for caregivers are also associated with culture and religion which shapes the types of assistance that is offered and seen as appropriate. The accessibility of social support for the caregivers of individuals with severe mental illness is important for them to function effectively. This has important implications for how treatment for mental health issues and support for caregivers will be accessed and understood. The study is located in Kelantan, Malaysia, a less developed state with fewer formal services available and a strong traditional and religious culture. Fourteen Malay Muslim caregivers of older people diagnosed with schizophrenia, depression and bipolar disorder were identified from a psychiatric outpatient clinic at the local government hospital. This qualitative study used semi-structured, in-depth interviews. Identifiable themes and patterns of experiences were analysed using NVivo8 software to develop an overall story that reflected a range of views. The findings are based upon the perspectives of caregivers on how religious and cultural systems provided support networks to caregivers, and at the same time how they integrated their belief systems with psychiatric and traditional treatments for their mentally ill family members. For this group of participants, Malay cultural and religious views predominantly influenced the caregivers on accessing support for their mentally ill older adults.

#### Keywords

Mental Health Problems, Accessing Support, Family Caregivers

#### Category

Family with Psychiatric Problems

## PAPER PRESENTATIONS SESSION 2 (MANDARIN)

13 DECEMBER 2012 AT 9 AM

GROUP 4

### THE APPLICATION OF THE STARRY SKY'S COMMUNITY MENTAL HEALTH MODEL TO SOCIAL WORK

HE, WEI

Xingkong Social Work and Development Centre, Guangzhou, China

#### Abstract

Community psychological health issue has been gotten more and more attention by its audience in recent years. Many social workers find that psychological effort with social work may greatly improve the cost-efficiency of the service. Guangzhou Xingkong Social Work Development Center has always been integrating its model, in which Xingkong is combination of social work, psychology and voluntary, into Guangzhou community service, and gained better results. This article is going to share the results and findings of Xingkong in delivering community psychological health service.

#### Keywords

Community Psychology, Social Work, Community Service

#### Category

Others

## PAPER PRESENTATIONS SESSION 2 (MANDARIN)

13 DECEMBER 2012 AT 9 AM

GROUP 4

### COMPARATION OF THE INTEGRATED FAMILY SERVICE CENTRE BETWEEN GUANGZHOU AND SHENZHEN

**YANG WEI , LI SHAORUI**

Guangzhou Datong Social Work Service Centre, China

#### Abstract

Since the Fourth Plenary Session of The Communist Party of China in June 2004 ,to “strengthen social construction and management, and promote social management system innovation”, that the local governments have been promoting the social work practice actively. Guangzhou City and Shenzhen City are now in the practice of social management system innovation process, both of the two government adopt the form of the social work service which are reasonable in historic trend. However, because the two cities have much difference in social policy, government investment, the foundation for the development, the social environment, the project location, we find out that there are two distinct patterns formed in the process of building the community family service center. This article by comparing the Integrated Family Service Centre in Guangzhou and Shenzhen to establish the development of the social environment, government investment and social policy, the foundation for the development of social work services context, the projects positioning and mode of introduction of supervisory resources, analysis of the government, social service organizations, the role and the role of the family service centers, industry associations, and other departments. Based on above analysis, we seriously give suggestion to the present development of social work in mainland China and its prospective future.

#### Keywords

Integrated Family Service Centre, Government buying services, Social Policy Orientation

#### Category

Others

## PAPER PRESENTATIONS SESSION 2 (MANDARIN)

13 DECEMBER 2012 AT 9 AM

GROUP 4

### FROM 'HELP PEOPLE TO HELP THEMSELVES' TO 'HELP PEOPLE TO HELP EACH OTHER' - CULTURAL CONSCIOUSNESS PERSPECTIVE TOWARDS CHINA SOCIAL WORK VALUE

ZHU YAKUN, HUANG HAIPING

Guangzhou Datong Social Work Service Centre, China

#### Abstract

Professional social work is from Western countries since early years of twenty century, and its has been proved that the development of China social work is a process of assimilation and innovation for the reasons of cultural difference. In the perspective of cultural consciousness, this text makes a brief comparative analysis of cultures between Western and China, then points out that the idea of 'help people to help themselves' in social work is connected with individualism, which is the one of core conception of Western culture. Meanwhile in the Chinese cultural context, we take the idea of 'help people to help each other' as another core value of China social work practice, based on collectivism as one of key words in Chinese culture. This idea will help us to make the connection between microscopic field of social work practice to macroscopic social policy and movement. Moreover, Chinese ancient thought of Great Harmony (an idea of perfect society) is viewed as the origin and proper interpretation of 'help people to help each other', and with the idea we will not only pay attention to rebuilding the ability of individual to face up and cope with their own issues but also to make collective lifestyles and life abilities in good conditions. In a word, from 'help people to help themselves' to 'help people to help each other', this turn manifests the endeavor to identify domestic development of social work as well as absorbs western social work ideas and concepts. The relationship of these two ideas is something like one practice of many faces. It is not the difference but the unanimous conception of these two ideas that we focus on.

#### Keywords

Empowerment, Mutual Help, Cultural Consciousness, Individualism, Collectivism

#### Category

Others

## PAPER PRESENTATIONS SESSION 3

13 DECEMBER 2012 AT 2 PM

GROUP 1

### RESILIENCE OF LOW-INCOME BLENDED FAMILIES IN SINGAPORE

LIN, MARK BINGMING

SEAH, WEI LI FRANCESCA LYNN

GOH, CHOR LENG ESTHER

#### Abstract

With the increasing trend of divorce and remarriage in Singapore, social service organizations are seeing more low-income blended families seeking help. In addition to financial challenges owing to unemployment and health issues, blended families face unique additional issues in the reconstituted family including dual loyalty between 'old' and 'new' set of parents or dynamics problems arising between step siblings. From the 18 caseload of low-income blended families served by the Marine Parade Family Service Centre (MPFSC) at the point of this study (2011-2012), ten families were selected for this project. The objective of this research is to understand key factors behind positive adaptation of blended families facing adverse financial circumstances. Through in-depth interviews with these ten participating families, we seek to understand their internal (intra-familial and extended familial) and external (social support network and help-seeking behaviours with social service agencies) strengths that contribute to their resiliency. The top three social service programmes deemed helpful by these families (aside for financial assistance and food rations) were: monthly life-skills workshop (that impart budgeting skills); family bonding events; and parenting group or talk. Traits seen in families that show signs of positive coping included: 'eagerness to be self-reliant'; 'ability to attain some sense of mastery over problems and challenges'; and ability to make pragmatic choices that reduce stressors to the family. These findings are relevant for social service planning -- matching programmes with specific needs of low-income blended families; and service delivery -- through actively engaging the positive traits in the intra-familial systems so as to tap on the strengths of low-income blended families.

## PAPER PRESENTATIONS SESSION 3

13 DECEMBER 2012 AT 2 PM

GROUP 1

### GENDER SENSITIVE RESEARCH IN THE LANDSCAPE OF ASIAN FAMILIES

CHAN T. M. SIMON

Hong Kong Baptist University, Department of Social Work, Hong Kong

SHAW IAN F

Department of Social Policy and Social Work, University of York, UK

#### Abstract

The aim of this presentation is to foster an awareness of the needs for gender-sensitive research on sensitive topics in the context of the methodological and ethical challenges posed by such research. Gender sensitivity towards women has been building in numerous studies since the 1960s, but that research sensitivity towards men has not been sufficiently recognized, especially towards Chinese men. The absence of gender-sensitive research in Asian families towards men, would make the male participants not only experience difficulties or hesitation in discussion and disclosure in the process of seeking help, but they may also experience re-victimization. Males' reluctance may result from the absence of gender-sensitivity towards men, which further reinforces the preoccupations and put male participants in an unfair and marginalized position. We trace the development of gender sensitivity and masculinity in the practice and research of Asian families. We connect this to a brief overview of the issues posed by research on sensitive topics. Drawing on a research project involving Chinese male sexual abuse survivors, we draw conclusions justifying and illustrating a range of methodological practices and ethical safeguards and the importance of gender-sensitivity in doing research on sensitive topics in those Asian families.

#### Keywords

Gender Sensitive, Research, Men

#### Category

Research Innovation in Couples and Families

Gender Issue of Family (Therapy)

## PAPER PRESENTATIONS SESSION 3

13 DECEMBER 2012 AT 2 PM

GROUP 1

### ROLE OF PARENTAL CARE ARRANGEMENTS

**OH, HC YVETTE**

Tan Tock Seng Hospital, Singapore

**GOH, CL ESTHER**

National University of Singapore, Singapore

#### Abstract

The effects of non-parental child care have been of great interest to child development researchers in the last two to three decades. However, most studies focused on how care arrangements affects the young child's developmental outcomes and how earlier parent-child relationships impact children's later social and romantic relationships. We aim to understand the perception of care and the extent of perceived closeness for family relationships among children who are now young adults varies across parental and non-parental care arrangements. This is important research as there are more dual-career families in Singapore with non-parental care arrangements. We collected data through focus group discussions with 15 undergraduates from the National University of Singapore. The theoretical framework is based on Lollis' conceptualization of the role of the past and future in current parent-child relationships, with useful themes from Oliphant & Kuzynski's study of parent-child's intimacy. What we found supported the propositions that adult children from parental care arrangement were more satisfied with their caregivers, found their fathers' level of involvement to be higher and assessed greater closeness with their parents and siblings. We suggest further research to include studying from the caregivers' (parents and non-parental caregivers) perspectives. Also, as for implications for practice in Singapore, we recommend how working parents, especially mothers can still establish close relationships with their children.

#### Keywords

Parental Care, Non-Parental Care, Care Experiences

#### Category

Others

## PAPER PRESENTATIONS SESSION 3

13 DECEMBER 2012 AT 2 PM

GROUP 1

### STRESS RESPONSE TRANSITION AFTER THE GREAT EAST JAPAN EARTHQUAKE (1) GENDER, AGE AND THE CURRENT WORKPLACE COMMUNICATION

WAKASHIMA, KOUBUN

Tohoku University, Japan

USAMI, TAKAAKI

Tohoku University, Japan

HIRAIZUMI, TAKU

Tohoku University, Japan

#### Abstract

The purpose of this study was to examine the effect of gender, age and the current workplace communication on the stress response transition after the Great East Japan Earthquake.

The participants were 1126 local public officers of a disaster area ( $M=43.97$  years,  $SD=9.76$ ; male, 570; female, 556). They answered two questionnaires at June to July (Time1) and October to November of 2011 (Time2) at voluntary basis.

We applied three variables as potential factors influencing stress response transition: 1) gender, 2) age (younger than 30 / 31 or older), and 3) workplace communication (not at all / having some or more).

We assessed stress responses with Japanese version of Kessler-6 (K-6, Furukawa, 2002). The total score of K-6 was categorized into three levels (less than 9 points: Low; 10-14 points: Middle; and 15 or more points: High) for both Time 1 and Time 2, respectively. The stress response transition was classified with the combination of the result of Time 1 and Time 2. The categories are follows: Non Stress (Low-Low, 68%), Resolved (Middle-Low, 10%), Recovered (High-Low, 7%), Late Onset (Low-Middle/High, 5%), Moderate Stress Prolonged (Middle-Middle, 4%), High Stress Prolonged (High-High, 4%), and Worsened (Middle-High, 2%).

The distribution of the stress response transition was different by age but not by gender. The victims aged under 30 was more categorized into Recovered and less into Non Stress rather than those who aged 31 or older. Stress response transition also was distributed differently by workplace communication. The participants having communication at workplace were more categorized into Non Stress and less into High Stress Prolonged and Worsened. The result suggests that younger generation tend to show more moderate stress at early post-disaster stage than older generation do and the current workplace communication is associated with the current high stress response.

#### Keywords

Stress, Disaster Victims, Great East Japan Earthquake

Category

Others

## PAPER PRESENTATIONS SESSION 3

13 DECEMBER 2012 AT 2 PM

GROUP 2

### APPLYING CONVERSATION ANALYSIS TO COUPLE CONFLICT IN MIDDLE-YEARS

YABUGAKI, SHO

The University of Tokyo, Japan

NAKAMURA, SHINICHI

Nakamura Psychotherapy, Institute, Japan

#### Abstract

It is known that the person who is in middle-years is having a big change and in the crisis. For the middle-years people, the marital relationship is important factor which influences to the well-beings of one's and his or her spouse's.

Previous researches show the relationship between the marital satisfaction and the communication patterns. For example, engaging in hostile, critical, or demanding communication behavior, and reciprocating partners' negative influence attempts lead to lower relationship satisfaction (Overall, Fletchers, Simpson, and Sibley, 2009).

There are lots of studies using statistical method to investigate communication patterns in couple. On the other hand, there is no qualitative research. The conversation analysis is a qualitative research methodology that examines talk in naturally occurring interaction, and it seeks to explicate how participants in interaction achieve action, meaning and mutual understanding through the composition and the placement of their utterances (Kondratyuk & Perakela, 2011).

The authors present a result of conversation analysis, which shows the specific features of how the conversation of the conflict opens, how couple negotiates (including demands, withdrawal, and so on), and how the conversation of the conflict closes in Japanese middle-years couple.

#### Keywords

Conversation Analysis, Couple, Conflict

#### Category

Co-parenting and Couple's Issues

Research innovation in Couples and Families

## PAPER PRESENTATIONS SESSION 3

13 DECEMBER 2012 AT 2 PM

GROUP 2

### ECOMAPS BEYOND ASSESSMENT

**KUMAR, UDHIA**

THK FSC@Tanjong Pagar, Singapore

#### Abstract

Traditionally Ecomaps were used as a tool for the ecological assessment of the individual and family's situation in relation to physical systems the client was interacting with. This presentation will expand on its use in the Planning, Intervention and Evaluation stages of the Helping Process. It will relook at the possibilities of using the ecomap to map interactions with themes and issues clients face in their struggles. This need for the expansion of this traditional tool arose from the experience of presenter in working with Multi Stressed Families in Singapore. Another impetus came from the presenter's teaching experience as he realized that students needed a practice framework to organize and work with their clients. Its use as a tool for deconstructing past narratives and constructing Future Narratives of the client will be explained. A structured model utilising the Ecomap as a fundamental tool of work with multi stressed families in Singapore will be shared.

#### Keywords

Ecomap, Future Narratives

#### Category

Research Innovation in Couples and Families

Economic/Political Issue of Family (Therapy)

## PAPER PRESENTATIONS SESSION 3

13 DECEMBER 2012 AT 2 PM

GROUP 2

### STRESS RESPONSE TRANSITION AFTER THE GREAT EAST JAPAN EARTHQUAKE (2): TRAUMATIC EXPERIENCES

**USAMI, TAKAAKI**

Tohoku University, Japan

**WAKASHIMA, KOUBUN**

Tohoku University, Japan

**HIRAIZUMI, TAKU**

Tohoku University, Japan

#### Abstract

The purpose of this study was to examine the effect of traumatic experiences on the stress response transition after the Great East Japan earthquake.

The participants were 1126 local public officers of a disaster area ( $M=43.97$  years,  $SD=9.76$ ; male, 570; female, 556). They answered two questionnaires at June to July (Time1) and October to November of 2011 (Time 2) at voluntary basis.

We applied four traumatic experiences as potential factors influencing stress response transition: 1) loss in family, 2) destroyed home (fully destroyed / partially destroyed or less), 3) the experience of living away from home after the disaster and 4) earthquake-related services.

We assessed stress responses with Japanese version of Kessler-6 (K-6, Furukawa, 2002). The total score of K-6 was categorized into three levels (less than 9 points: Low; 10-14 points: Middle; and 15 or more points: High) for both Time 1 and Time 2, respectively. The stress response transition was classified with the combination of the result of Time 1 and Time 2.

The results showed that the distribution of the stress response transition was not different by loss in family and post-earthquake related services but by destroyed home and the experience of living away from home. The victims who experienced their home fully destroyed were more categorized into Recovered (High at Time1 - Low at Time2), High Stress Prolonged (High-High), and Resolved (Middle-Low) and less into Non Stress (Low-Low) rather than those who did not. The experience of living away from home also differentiated the distribution of stress response transition. The participants had the experience of living away from home were more categorized into Recovered, High Stress Prolonged, and Middle Prolonged (Middle-Middle) than those who did not. These results suggest that the post-disaster living condition rather than loss experience is associated with stress response transition.

#### Keywords

Stress, Disaster Victims, Great East Japan Earthquake

#### Category

Others

## PAPER PRESENTATIONS SESSION 3

13 DECEMBER 2012 AT 2 PM

GROUP 2

### LOVE COMMUNICATION WITHIN HONG KONG FAMILIES

**LEE, M. S. EMILY**

Family Wellness Centre, Hong Kong Young Women's Christian Association, Hong Kong

**LAI, K.Y. KATTY**

Clinical Psychological Service, Hong Kong Women's Christian Association, Hong Kong

**WONG, W. Y. RACHEL**

Clinical Psychological Service, Hong Kong Women's Christian Association, Hong Kong

#### Abstract

According to Dr. Gary Chapman, of the many ways we can show love to one another, we all have a love language, which is our primary way of expressing and interpreting love and in which we best feel loved. Based on his theory, the survey explored the communication of love within Hong Kong families, particularly how we expressed love to our children, spouses and parents.

Result revealed differences in our ways of expressing love to family members and characteristics of love communication in Hong Kong families. We tended to show our love to children through affectionate words and behavior while many expressed love to parents by handing out pocket money regularly. It also suggested a lack of passion in couples. Generally, expressing love through physical touch was less frequent within Hong Kong families. An unhealthy trend of focusing too much on children, paying not enough attention to their spouses and parents was also found.

The association called for more tender behavior within families, especially toward spouses and parents as an over-emphasis on children may have a bad impact on child development and threaten family solidarity.

#### Keywords

Love Language, Chinese Families, Love Communication

#### Category

Research Innovation in Couples and Families

## PAPER PRESENTATIONS SESSION 3 (MANDARIN)

13 DECEMBER 2012 AT 2 PM

GROUP 3

### SOCIAL WORK INTERVENTION IN DOMESTIC VIOLENCE WITH 'FROM FARMER TRANSFER TO CITIZEN' COMMUNITY CONTEXT - IN THE CASE OF GUANGZHOU, CHINA

ZHOU HAIMING, WU XINHUA

Guangzhou Datong Social Work Service Center, China

#### Abstract

'From farmer transfer to citizen 'community is one special product during the period of Chinese social transition and the process of urbanization. In action study perspective, this text examines various reasons of domestic violence in 'from farmer transfer to citizen 'community context, we find out that domestic violence are normally caused by Chinese traditional culture's effect especially patriarchy, gender role playing, social discrimination, insufficient social right safeguard, co-parenting, modern urban cultural influence and so on, based on real cases study and analysis of every special reason, we point out related social work intervention skills and ideas.

#### Keywords

Domestic violence, 'From Farmer Transfer to Citizen' Community, Social Work Intervention

#### Category

Others

## PAPER PRESENTATIONS SESSION 3 (MANDARIN)

13 DECEMBER 2012 AT 2 PM

GROUP 3

### INTERVENTION OF SINGLE PARENT LOW-INCOME FAMILY IN POST-DISASTER AREA OF WENCHUAN, CHINA

ZHOU XIAOYAN, YE SHAN

WenChuan Datong Social Work Service Center, China

#### Abstract

During 2010.10-2011.4 China National Civil Service Department and UNICEF supported a social work program in Wenchuan, China titled "Construction of social support network of single parent low-income family". This paper shares social work services, skills, outcomes and reflection in this program managed by Wenchuan Datong Social Work Service Center. It tries to open further discussions of experiences of working with single parent low-income family in post-disaster area.

#### Keywords

Post-disaster Area, Single Parent Low-income Family, Social Work Intervention

#### Category

Economic/Political Issue of Family

## PAPER PRESENTATIONS SESSION 4

13 DECEMBER 2012 AT 4 PM

GROUP 1

### **FAMILY THERAPY FOR AN ADULT CHILD WITH INTERNET ADDICTION AND INTERPERSONAL RELATIONSHIP PROBLEM: FOCUSED ON THE PARENTS' FAMILY OF ORIGIN CHARACTERISTICS**

**PARK, TAI-YOUNG**

Soongsil University, Korea

**KIM, SUN-HEE**

Soongsil University, Korea

#### **Abstract**

This study aimed to find factors, which influenced on internet addiction and interpersonal relationship problem of an adult child. The study tried to identify the factors influencing problem solving for internet addiction and interpersonal relationship problem. The study investigated the effectiveness of MRI interactional model and Murray Bowen's family systems theory, which treated an adult child with internet addiction and interpersonal relationship problem.

The therapist treated the family members including father, mother, and two sons for 15 sessions from December, 2010 to February, 2011 with individual, couple, and family therapies. The study analyzed the data with a consistent comparative analysis method and used Miles & Huberman's matrix and network to show the results of the study.

The study found the parents' family of origin characteristics and dysfunctional communication pattern as the factors influencing the internet addiction and interpersonal relationship problem. The factors influencing the problem solving included the perceptions about relations between parents' family of origin characteristics and presenting problems appeared in the adult child, the changed communication method among family members, and the overcoming of the adult child's resistance. The findings of this study showed that the adult child's internet addiction and interpersonal relationship problem were associated with the parents' family of origin characteristics and communication patterns.

The findings of the study revealed that MRI model and Bowen's family systems theory were effective to treat an adult child with internet addiction and interpersonal relationship problem.

#### **Keywords**

Internet Addiction, Interpersonal Relation Problem, Family of Origin

#### **Category**

Adolescents in the Family Context

## PAPER PRESENTATIONS SESSION 4

13 DECEMBER 2012 AT 4 PM

GROUP 1

### **“I AM PREGNANT, WHAT DO I DO NOW?”: PRELIMINARY FINDINGS OF A RESEARCH ON UNDERSTANDING ADOLESCENT PREGNANCY IN MALAYSIA**

**HILLALUDDIN, AZLIN HILMA; MAT SAAD, ZARINA; AHMAD MARZUKI, NAJIB**

Universiti Utara Malaysia, Malaysia

#### **Abstract**

The high stigma linked to premarital pregnancy has not been successful in preventing adolescents and young adults from committing premarital sex. As a result, the high likelihood of unwanted pregnancy will continue to be a serious concern among young people in the Malaysian society. Baby abandonment, for instance, has continued to surface in the Malaysian media from time to time. Nevertheless, there are adolescents who choose to continue their pregnancy despite experiencing the trauma and stigma of being pregnant out-of-wedlock. The focus of this paper is upon the preliminary findings of a government-funded research that seeks to examine the experiences of unmarried teenagers and young women who choose to continue their pregnancy while seeking protection in women's shelters. Issues relating to knowledge of sexuality, decision making, and concerns will be discussed.

#### **Keywords**

Adolescent Pregnancy, Premarital Pregnancy, Adolescent Sexuality

#### **Category**

Adolescents in the Family Context

## PAPER PRESENTATIONS SESSION 4

13 DECEMBER 2012 AT 4 PM

GROUP 1

### GROWING UP 3.0: RETHINKING TECHNOLOGY AND INDIVIDUAL/FAMILY DEVELOPMENT

KANG, TK

The Nurturing Education Ltd, Hong Kong

#### Abstract

"The feeling that 'no one is listening to me' make us want to spend time with machines that seem to care about us." (Sherry Turkle, 2012). Are we letting technology ruin family life without noticing - that we now expect more from technology but less from each other? Or how should we engage digital technology for human development?

Over the last few years both the young and old have become heavily dependent on mobile devices to navigate their lives. Perhaps it is time for clinicians to family workers to reflect on the future of lives we want. The research by Prof Sherry Turkle at MIT over the few decades reveal how our devices and online personas are redefining human connection and communication. She want us to think deeply about the new kinds of connection we want to have, as technology is shaping our modern relationships: with others, with ourselves, with it. Her work has critical implications on individual and family development.

As a Clinical Psychologist for many years with technology playing a central role in my practice and life, this author share similar concern raised. Sadly, Turkle's lone voice in the psychoanalytical perspective has yet to reached the ears of many despite the abundance of information connectivity. This paper will try to bridge the conceptual gap based on my personal experience and insights.

#### Keywords

Technology, Human Development, Relationship

#### Category

Others

## PAPER PRESENTATIONS SESSION 4

13 DECEMBER 2012 AT 4 PM

GROUP 2

### SILENCE ABOUT TRAUMA IN FAMILIES: PRESENTING A DIALECTICAL FAMILY COPING MODEL TO SUPPORT SURVIVOR FAMILIES IN THE AFFECTED COMMUNITIES

OGASAWARA, TOMOKO

University of Minnesota, USA-Japan

#### Abstract

The enormous impact of the Triple Disasters in Tohoku, Japan, on survivor families and affected communities has just started to be recognized among Japanese clinicians and scholars in the past year. Especially among survivor families in those communities, due to their multiple losses and severe grief reactions, difficulty in communicating about their experiences in the families seems to be critically influencing their children's well-being.

In fact, literature of victims of massive trauma, including natural disasters, international wars, political and domestic violence or abuse, has reported "silence" about trauma in those survivor families, as well as the detrimental intergenerational effects of silencing trauma within families across generations. Given the negative effects on children's psychosocial development that have been reported in the studies, the clinical literature unequivocally addresses the importance of shared family narratives or disclosure of traumatic experiences, while the complexity of cultural and societal impact of collective trauma on families appear to contribute to ineffective intervention strategies among scholars and clinicians.

This presentation will investigate the usefulness of several theories and conceptual frameworks, including family systems theory and literature of "family secret", for developing a conceptual meaning of family silence and for understanding the pathways whereby silence within families of trauma survivors affects children.

Next, the theoretical work will be tied together by employing the family stress and coping model and dialectical family communication framework, so that the model presents complex dimensions of family communication through two pathways: vulnerability and resilience pathways for children's emotional and social development. This model will contribute to a conceptual understanding of how silence influences adaptive or maladaptive outcomes for children's psychosocial development.

Finally, the model will be applied for intervening trauma-induced silence that families are locked in and keeps them from post-traumatic growth, by facilitating family communication and using effective community resources to support these families.

#### Keywords

Trauma, Family Stress and Coping, Interventions for Trauma Survivor Families

#### Category

Children in the Family Context, Transgeneration Issue

## PAPER PRESENTATIONS SESSION 4

13 DECEMBER 2012 AT 4 PM

GROUP 2

### HOW TO FACILITATE INTERDISCIPLINARY COLLABORATION IN STUDENT COUNSELING: EXPERIENCE IN TAIWAN

**CHAO WENTAO**

National Taipei University of Education, Taiwan

#### Abstract

Mental or emotional issues of students often relate to not only their families but also the campus systems. Students in high risks and crises always demand additional professional helps from outside campus, such as social work resources, medical intervention, counseling support, or probationary monitoring. Due to the lack of training in systemic collaboration, many school counselors feel short in dealing with parents, teachers and other disciplines of professional in helping their student clients. The belief and skills to collaborate with the systems in working with student issues are not yet widely and sufficiently equipped by school counselors in Taiwan.

To explore possible and feasible ways to facilitate systemic collaboration in student counseling, 31 school counselors were interviewed, collecting their positive and negative experiences regarding interdisciplinary collaboration in counseling for students. The interviewees were recruited from both primary and secondary schools, in north, middle and south Taiwan, to increase the diversity of the experiences. The relevant service experiences of these interviewees range from 2 to 30 years.

The experiences of the interviewees then were analyzed qualitatively, to sort out important elements in interdisciplinary collaboration in student counseling. Most interviewees endorse the importance and necessity of interdisciplinary collaboration in school context, and share their means and strategies of successful collaboration. The factors that seem to facilitate or hinder the collaboration were also explored. The result of the analysis provides a reference for all mental health professionals who work with students, to become creative and confident in collaboration with the system contexts of their students, ultimately to enhance their efficacy in counseling service in school.

#### Keywords

Interdisciplinary Collaboration, Student Counseling, Parent-teacher Collaboration

#### Category

Others-Systemic Collaboration, Family Therapy in School

## PAPER PRESENTATIONS SESSION 4

13 DECEMBER 2012 AT 4 PM

GROUP 2

### BEST PRACTICES IN HELPING LOW INCOME FAMILIES WORK THROUGH THE PROCESS OF CHANGE – LESSONS FROM A MENTORING PROGRAM IN SINGAPORE

**YOW TERENCE; LIM SANDRA**

REACH Family Service Centre, Singapore

#### Abstract

Social workers and counsellors often encounter difficulties during the process of helping low income families change their family circumstances and financial situations, especially when families seem resistant or ambivalent to change. In a mentoring program conducted by REACH Family Service Centre for low income families, caseworkers mentor families through a process of change that enables them to improve their socio-economic situations and ultimately break free of the poverty cycle. In practice, mentors were required to conduct comprehensive needs and risk assessments of the families and to help them work on issues relating to parenting, financial management, employment, skills upgrading and marital relationships. It is while working through these issues that difficulties tend to arise.

From data gathered from 378 families mentored in the program, this presentation will explicate the main themes, challenges and successes faced by mentors as they help clients move from resistance and ambivalence to garnering motivation and confidence for change. The efficacy of practice techniques with these families, such as the use of therapeutic alliances; embedded suggestions, creation of ambivalence; use of reflexive and future-oriented questions; and motivational interviewing, will also be discussed. By doing so, the session aims to highlight effective strategies that caseworkers can employ when helping low-income families in managing their change process.

#### Keywords

Low Income Families, Children, Hope, Change, Resistance, Ambivalence

#### Category

Co-parenting and Couple's Issues, Children in the Family Context

## POSTER PRESENTATIONS

No.	Author's name	Abstract Title
OS/1	PARK TAI-YOUNG & YU JIN-HUI	Family Therapy for an Adult Child Experiencing Bullying and Game Addiction
OS/2	PARK TAI-YOUNG & CHO SUNG HUI	Family Therapy for a Female Middle School Student Experiencing Bullying
OS/3	NG, Y.H IRENE, HO, KONG WENG, MATHEWS, MATHEW, THARMALINGAM, NESAMANI	The Challenge of Helping Poor Families Attain Self-reliance through Government Workfare Programmes
OS/4	TETSUKO, YAMADA	The Experiences of Elderly Parents who unexpectedly Decide to Put their Adult Offspring with Intellectual Disability into an Institution. -With Focuses on the Process and Feelings
OS/5	OTAKI, REIKO	A Case Study about Experiences of Siblings with Mild Developmental Disabilities - Focus on Change by Lifestage through the Interview after 5 Years
OS/6	YABUGAKI, SHO	The Application of Hierarchical Linear Modeling to Comparative Study between the Stages of Family Life Cycle
OS/7	KISHIDA, YASUKO, TAMURA, TAKESHI, KUBO, KYOKO, KURAMOCHI, KIYOMI	Participatory Support Program for the Parents with Adolescent Children
OS/8	HIRAIZUMI, TAKU, MORIKAWA, NATSUNO, KOBAYASHI, TAKU, USAMI, TAKAAKI, WAKASHIMA, KOUBUN	Predictors for Marital Cohesiveness in Three-generation Family Relationship.
OS/9	FUKUMARU, YUKA, NAKAGAMA, HIROKO, OTAKI,REIKO, YAMADA, TETSUKO, SOYAMA, IZUMI, HONDA, MAKIKO, TAIRA, CHIAKI	The Study for the Application of the Psycho-educational Program to the Children and Families in Transition(1) – The Situation and Problem in Japan
OS/10	SOYAMA,IZUMI, OTAKI, REIKO, YAMADA, TETSUKO, NAKAGAMA, HIROKO, FUKUMARU ,YUKA, TAIRA, CHIAKI, HONDA, MAKIKO	The Study for The Application of Psycho-educational Program to The Children and Family In Transition(2) — Evaluation and Task for the FIT-Program from Japanese Perspective.
OS/11	CHUNG, HYEJEONG	Some Directions for Applying Narrative Therapy Approach to Narrative Research on Marriage and Family
OS/12	KIM, SEUNGOK & CHUNG, HYEJEONG	The Relationship of Congruence and Mindfulness with Marital Intimacy

## POSTER PRESENTATIONS

No.	Author's name	Abstract Title
OS/13	KIM, YEON SOON & CHUNG, HYEJEONG	Self-differentiation, Family Support, and College Adjustment Among Married Female Students in Korea
OS/14	LEE, JUYEON & CHUNG, HYEJEONG	Marital Adjustment, Relationship with Adult-children, and Mental Health of Elderly Couples: An Application of the Actor-Partner Interdependence Model
OS/15	CHAN, SC SOPHIA, KWOK, LT, SOONG, CISSY SS, WANG, XIN, LAM, TH	Community Leaders Engagement Increase Family Communication, Health, Harmony and Happiness (3Hs): Evidence from a Community-based Participatory Research (CBPR) Program in Hong Kong
OS/16	CHAN, SC SOPHIA, MIU, MOSSES, SOONG, CISSY SS, WANG, XIN, LAM, TH	Community Based Participatory Research - an effective approach to increasing Family Communication, Harmony, Happiness and Health (3Hs): Findings from the Happy Family Kitchen (HFK) project in Hong Kong
OS/17	SHIN, YOUNG HWA	Family Therapy with Single Mom Family at Risk for Child Abuse
OS/18	SHIN, SUNIN	Family Therapy for Childhood Trauma Survivors in Korea through Memory Reprocessing and Reconsolidation
OS/19	LEE, INSOO & YOON, AE-RAN	Marital Conflict and Marital Adjustment in the Couples: Moderating Effects of Wisdom
OS/20	CHAN T.M. SIMON	The Family Relationships of Casino Dealers in Macau - Implication for Adolescents
OS/21	KUBO KYOKO, KISHIDA YASUKO, KURAMOCHI KIYOMI	Situation of Families with Infants after the Great East Japan Earthquake and Discussion on Support Necessary for the Families
OS/22	ONG PEI NI	Asian Families with Financial Difficulty: What Works for Them?

## PRE-SYMPOSIUM WORKSHOPS @ SOCIAL SERVICE TRAINING INSTITUTE (SSTI)

Sunday, 9th December 2012		
Time	Title	Speaker
0900 hrs - 1700 hrs	Pre-Symposium Workshop I Title: Working with Children and Youths in Family Context	Dr Lee Wai Yung
0900 hrs - 1700 hrs	Pre-Symposium Workshop II Title: Marriage Counselling	Ms Agnes Ng
0900 hrs - 1700 hrs	Pre-Symposium Workshop III (Mandarin) Title: Family Learning Together 一家人一齐学习：分忧解难	Dr Lui Hah Wah Elena
0900 hrs - 1700 hrs	Pre-Symposium Workshop IV Working with Muslims - A Local Experience	Mr Mohd Ali

Monday, 10th December 2012		
Time	Title	Speaker
0900 hrs - 1700 hrs	Pre-Symposium Workshop I Title: Working with Children and Youths in Family Context	Dr Lee Wai Yung
0900 hrs - 1700 hrs	Pre-Symposium Workshop II Title: Marriage Counselling	Ms Agnes Ng
0900 hrs - 1700 hrs	Pre-Symposium Workshop V (Mandarin-speaking) Title: Parent-child Conflicts, Non-filial Beating and Family Therapy 家庭治疗	Prof Joyce Ma
0900 hrs - 1700 hrs	Pre-Symposium Workshop VI Title: Creative Therapeutic Intervention with Vulnerable Children and their Families	Ms Yoges Munisamy Ms Ong Pei Ni

## **Pre-Symposium Workshop I**

### **“Working with Children & Youths in the Family Context”**

2-day Workshop

By Dr Lee Wai Yung

#### **Workshop Relevance**

The work with children and youths in the family context has been much ignored in the current mental health practice. While a vast body of established literature has connected children’s development to family dynamics, specifically to unresolved parental conflicts, children in distress are often diagnosed with individual pathology and overly treated by medication. Our research on Children’s response to parental conflicts that measured children’s physiological arousals when exposed to parental conflict suggested that children were largely aroused by their parents’ own interpersonal issues, regardless of whether the parental conflict was expressed verbally or nonverbally.

#### **Workshop Contents**

In this two-day workshop, Dr. Lee will share with participants her work with children in the family context, including a range of behavioral and emotional problems such as depression, ADHD, ODD, and school refusal.

The first day will be focused on theoretical constructs and its application. Using DVD segments of live family therapy interviews, Dr. Lee will illustrate the clinical process in creating new pathways, specifically the four step map, that guides the therapeutic exploration as introduced in the book which she co-authored with Salvador Minuchin and Michael Nichols, “Assessing families and couples – From symptom to system”.

The second day will involve working with live families. Dr. Lee will demonstrate her very pragmatic and culturally sensitive approach in working with Asian families.

This workshop is a MUST for clinicians from multi-disciplinary backgrounds who are working with children and family from diverse cultures. Participants are also welcomed to present their cases for clinical supervision and sharing.

## **Pre-Symposium Workshop II**

### **“Marriage Counselling”**

2-day Workshop

By Ms Agnes Ng

#### **Workshop Objectives:**

- provide you an opportunity to review your background and/or personal beliefs that might influence your marriage counseling work;
- help you to identify the differences between “counseling” and “therapy” so that no common mistakes would be made when you do marriage counseling;
- assist you to develop and/or enhance knowledge and skills in helping couples to restore their relationship; and
- provide you an opportunity to share your working experience with other professionals.

#### **Workshop Contents:**

- distinction between “Marriage Therapy” and “Marriage Counseling”;
- required knowledge and skills in conducting marriage counseling;
- benefits of marriage counseling;
- stages of marriage and its challenges;
- factors that might hinder people to get marriage counseling when they are in need of help;
- values and philosophy in selecting marriage counseling goals and methods;
- “Troubled Marriages” assessment;
- structure and work process of marriage counseling;
- marriage maintenance and ways to build a “Healthy Marriage”;
- resources regarding marriage counseling and

#### **Workshop Methodology:**

The workshop is an experiential and interactive learning process to empowering you with knowledge, insight and skills through:

- Mini-lectures
- Group discussion
- Role-play
- Case studies (optional)

### **Pre-Symposium Workshop III**

#### **“Family Learning Together” 一家人一齐学习：分忧解难 ”**

1-day Workshop

By Dr Elena Lui

#### **Workshop Relevance:**

To generate some fresh thoughts and new ideas for counsellors/ therapists to work with families to build or rebuild bonding through learning together. It is a total approach to lifelong learning of the old, the young and the middle.

#### **Workshop Contents:**

First is the presentation by Dr Lui on concepts and practices of family learning. Then participants will be guided to share their experiences in learning various subjects /topics together with family members, at home, outdoor or in cyberspace. The subjects cover healthy life style, home safety, finance literacy, time and stress management, work ethics, job trends, effective communications, nature studies, humanities, service learning, games and sports, etc.

#### **Learning Outcomes:**

The main ‘take away’ is that “family learning together” can help clients/patients of different ages and from diverse cultural/social/educational background share joy of learning and show more appreciation and respect, thus strengthen the family bonding, foster a caring loving home and enhance self-esteem.

### **Pre-Symposium Workshop V**

#### **Parent-child conflicts, non-filial beating and family therapy – “家庭治疗”**

1-day Workshop

By Prof Joyce Ma

Under the influence of Confucianism, children are expected to be filial toward their parents, that is, to respect, obey and take care of their parents in Chinese societies such as Hong Kong. Clinical sample presented for family therapy service in a university based family treatment centre in the past indicates otherwise. Non-filial beating toward the parents, a hidden family violence, has become a rising concern among mental health professionals in Hong Kong, which warrants professional help and assistance.

The aims of this pre-conference workshop are dual foci: (a) to understand the linkage between parent-child conflicts and non-filial beating in Hong Kong; and (b) to apply the multiple systemic intervention in assessment and treatment to assist the family to resolve the problem in general and to highlight how family therapy can contribute to helping in particular.

This workshop will be presented by brief lectures, case illustrations and discussion on the roles and functions of different mental health professionals in helping.

## **Pre-Symposium Workshop VI**

### **“Creative Therapeutic Information with Vulnerable Children & Their Families”**

1-day Workshop

By Ms Yoges Munisamy

#### **Workshop Relevance:**

Intervention modalities used with the vulnerable children and their families are creative

#### **Workshop Contents:**

- Definition of vulnerable children
- A sharing of creative interventions with children in their families in Singapore as well as Perth
- The impact of trauma on children and their families
- Introduction of creative tools that can be used in social work practice
- Practice Modalities that facilitated and enhanced the intervention
- Segment on application of these tools in sessions

#### **Learning Outcomes:**

- Participants have clarity of definition of this client group.
- Knowledge of how trauma impacts on children and their families
- Clarity of intervention goals with vulnerable children and their families
- Exposure to creative tools that can be employed to achieve these goals

#### **Workshop Methodology:**

In-session practice on the application of these tools and practice modalities.

## POST-SYMPOSIUM WORKSHOPS @ SOCIAL SERVICE TRAINING INSTITUTE (SSTI)

Friday, 14th December 2012		
Time	Title	Speaker
0900 hrs	Post-Symposium Workshop I Title: The Secret Lives of Families: Working with Secrecy, Privacy and Openness in Couples and Families in Therapy	Dr Evan Imber-Black
0900 hrs	Post-Symposium Workshop II Title: Helping Couples Separate in Peace	Ms Agnes Ng

Saturday, 15th December 2012		
Time	Title	Speaker
0900 hrs	Post-Symposium Workshop II Title: Helping Couples Separate in Peace	Ms Agnes Ng
0900 hrs	Post-Symposium Workshop III Title: Ritual for Our Times: Changing, Healing and Celebrating Our Lives and Our Relationships	Dr Evan Imber-Black

## POST-SYMPOSIUM PUBLIC FORUM @ SOCIAL SERVICE TRAINING INSTITUTE (SSTI)

Friday, 14th December 2012	
Time	Title
0900 hrs	Sharing Session on 3A Project 2012 by Finalist Teams to be held at NCSS

## Post-Symposium Workshop I

### “The Secret Lives of Families: Working with Secrecy, Privacy and Openness in Couples and Families in Therapy”

1-day Workshop

By Dr Evan Imber-Black

#### Workshop Relevance:

Secrets have existed throughout time. Contemporary families face particular dilemmas regarding secrecy, privacy, truth-telling and openness. Shaped in the interior of a family ten, twenty or fifty years ago, secrets may mean something quite different in today’s wider culture. New arenas of secrecy have emerged. Secrecy and privacy are being redefined in a 21st century context of technology. People are left in a quandary regarding decisions about who to tell or whether to tell.

#### Workshop Contents:

We will examine secrets in a multi-systemic context of culture, media, institutions, family-of-origin, household and individual selves; learn effective interviewing techniques when secrets pertain, and clarify our own ethical positions as therapists regarding secrets connected to such profound arenas as birth, illness, incest, affairs, substance abuse, suicide, money and death.

- The Social, Political and Cultural Contexts of Secrecy  
(Race and Ethnicity, Social Class, Gender, Media, Law & Culture)
- Larger Systems and Secrets  
(Institutional Beliefs, Policies, Actions & Interactions with Families)
- Families-of Origin  
(Intergenerational patterns of secrecy, Intergenerational patterns shaped by secrecy, Core beliefs regarding secrecy and openness & Key events in family history shaping secrets)
- Household  
(Relationship patterns, Triangles shaped by secrets, Hierarchy effects of secrecy, Power, Impact of secrets on communication & Impact of secrets on emotions)
- Individual  
(Life inside a secret, Life outside a secret, Symptoms and Secrecy, Identity formation & Developmental Stage)
- Typology of Secrets – Working with Distinctions  
(Sweet Secrets, Essential Secrets, Toxic Secrets & Dangerous Secrets)
- Special Topics  
(Couples and Secrets, Children and Secrets, Secrecy versus Privacy in a Technological Age, & Illness and Secrets)

#### Workshop Methodology:

All material will be presented through a combination of lecture, discussion, experiential exercises and video.

## Post-Symposium Workshop II

### “Helping Couples Separate in Peace”

2-day Workshop

By Ms Agnes Ng

#### Workshop Objectives:

You will leave the workshop with the knowledge and skills necessary to:

- help clients understand why people stay in bad marriages, as well as reasons why they want to get out of their marriages;
- identify separate peace characteristics of separation in peace and problems that need to pay attention to;
- conduct separate peace counseling; and
- assist clients to learn and practice essential techniques and principles in peace separation.

#### Workshop Contents:

The workshop will give information on:

- Understanding the paradigm shift - from an “Adversarial” to a “Collaborative” ; perspective.
- Is it time to “Give Up” the marriage?
- Encountered issues (such as division of personal and real property, child support, parenting arrangement) and conflicts (such as custody, child access, fairness) during the separation process.
- Impacts of divorce on couples and children
- Dealing with anger and fighting in a relationship – Interpersonal dynamics.
- Violence prevention – concept and screening.
- Winning through accommodation – divorce mediation.
- Effective negotiation strategies and steps to handling arguments effectively.
- Culture and ethical issues in mediation work
- Power and control in divorce mediation
- Special issue: is it unsafe to use mediation for women of abused?

#### Workshop Methodology:

The workshop is an experiential and interactive learning process to empowering you with knowledge, insight and skills through:

- Mini-lectures
- Group discussion
- Role-play
- Case studies (optional)

### **Post-Symposium Workshop III**

#### **“Ritual for Our Times: Changing, Healing and Celebrating Our Lives and Our Relationships”**

1-day Workshop

By Dr Evan Imber-Black

#### **Workshop Relevance:**

Across time and cultures, people have made rituals. Small daily rituals, holiday celebrations and major life cycle rituals connect us to our past, while simultaneously enabling us to live in the present and envision a future. Rituals make and mark transitions. They define our relationships, express our beliefs and shape our identity as families and communities. Rituals enable us to express powerful emotions, often without words. The capacity of rituals to hold contradictions – loss and healing; sadness and joy – has made them of special interest to family therapists. In this course, we will focus on the development of rituals for healing individual, family and community trauma.

#### **Workshop Contents:**

This workshop will include:

- Key Elements of Rituals  
(Symbols, Symbolic Action, Open and Structured part, Special Time & Special Place)
- Four Types of Ritual and Their Uses in Therapy
  - Daily rituals – meals; bedtime; entrances and exits
  - Family traditions – the “inside calendar”; birthdays; anniversaries; re-unions; vacations; special traditions
  - Holiday Celebrations – the “outside secular and religious calendars” in a given culture
  - Life Cycle Rituals – birth; adolescent rites of passage; marriage; death; life cycle rituals for the 21st century.
- Distinguishing Naturally Occurring Rituals and Therapeutic Rituals and How to Use These in Therapy
- Ritual Purposes  
(Relationship Shaping and Building, Healing Losses and Traumas, Identity Formation and Change, Belief Expression & Affirmation and Celebration)
- Ritual Styles  
(Minimization, Interruption, Rigidity, Obligatory, Imbalanced & Flexible)
- Ritual Patterns
  - Assessing Family, Community and Cultural Relationships Through Rituals
  - Changing Family, Community and Cultural Relationships Through Rituals
- Rituals and Culture
- Gift-Giving and Receiving in Rituals

#### **Workshop Methodology:**

All material will be presented through a combination of lecture, discussion, experiential exercises and videos.

## AGENCY VISIT

**Date : 14 Dec 2012**

**Time: 9:00am to 5:00pm**

### **Route 1**

Agency 1 : THK Family Service Centre @ Tanjong Pagar  
Address : Block 18 Jalan Membina #04-01 Singapore 164018  
Contact No : 6270 6711  
Website : [www.thkmc.org.sg/thk-family-service-centre-tanjong-pagar/](http://www.thkmc.org.sg/thk-family-service-centre-tanjong-pagar/)

Agency 2 : The Family Court Singapore  
Address : Family and Juvenile Court Building 3 Havelock Square Singapore 059725  
Contact No : 6435 5110  
Website : <http://app.subcourts.gov.sg/family/page.aspx?pageid=3656>

### **Route 2**

Agency 1 : Centre for Family Harmony  
Address : Block 37 Circuit Road #02-455 Singapore 370037  
Contact No : 6747 7514  
Website : [www.thkmc.org.sg/thk-centre-for-family-harmony/](http://www.thkmc.org.sg/thk-centre-for-family-harmony/)

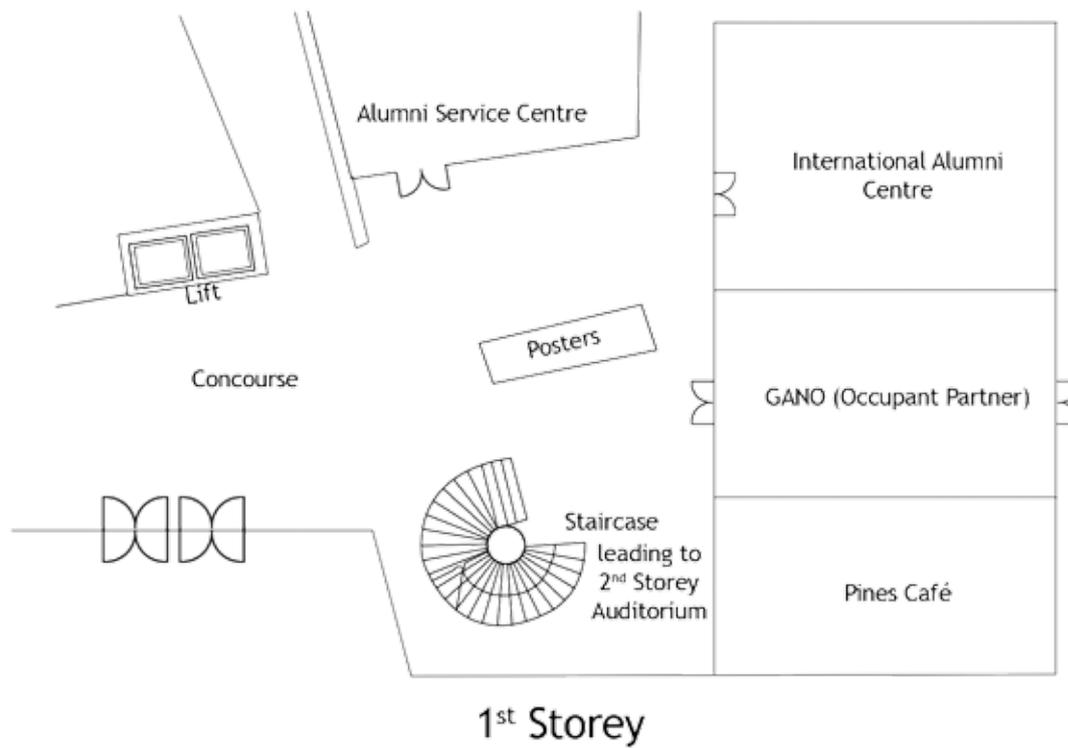
Agency 2 : PAVe (Promoting Alternatives to Violence)  
Address : Block 211 Ang Mo Kio Avenue 3 #01-1446 Singapore 560211  
Contact No : 6555 0390  
Website : [www.pavecentre.org.sg](http://www.pavecentre.org.sg)

Please note that only delegates participating in the main symposium are entitled to register for the agency visit. There is no fee involved and transport will be provided. Kindly email your choice of agency visit (either Route 1 or Route 2) with your registration number to [cifa2012@pinghealthcare.com](mailto:cifa2012@pinghealthcare.com).

## LOCATION MAP OF NUS CAMPUS



## FLOOR PLAN OF SHAW FOUNDATION ALUMNI HOUSE



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## ACKNOWLEDGEMENT

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- Singapore Pools and Tote Board
- Ms Susan Ng
- National Council of Social Service
- Singapore Chinese Orchestra
- THK School of Performing Arts
- THK Youth Special Stylo Drummers
- Members of the Scientific Committee
- Abstract Reviewers from the Department of Social Work, NUS

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A/P Hyekyung Choo

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A/P S Chokkanathan

Dr Hong Song-lee

Mrs Corrine Koh

Mr Marcus Chiu

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**Symposium Secretariat**



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