



International Academy
of Family Psychology

NEWSLETTER OF THE INTERNATIONAL ACADEMY OF FAMILY PSYCHOLOGY

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Edited by Yumi Oshita

Contents

- Editorial
- From the President's Desk
- Congress Announcement and Call for Abstracts
- International Report from Japan
- Book Review
- IAFP Board Members and National Representatives

IAFP publishes a newsletter which is mailed out by e-mail about every six months. Sample issues can be downloaded from the IAFP homepage or may be obtained from your national representative (see www.iafpsy.org) and the editors: Yumi Oshita, Ph.D. (ohshita@pu-hiroshima.ac.jp)

Editorial

We hope that the present Newsletter is enhancing creative communication between IAFP members and between family psychologists from different backgrounds all over the world. We look forward to contributions from distinct professional perspectives in the near future. Submissions can be sent to the editorial board (ohshita@pu-hiroshima.ac.jp). We welcome diverse forms of contribution such as news of member's interests, new research activities, reports from relevant conferences, reviews of family psychology in particular countries, reviews of books, letters and debates on important issues.

This newsletter focuses on the 7th Conference of IAFP which will take place in Tokyo (Japan) the end in August next year. It is held jointly with the 30th anniversary conference of Japanese family psychology association. We look forward to meet you at this magnificent place and to share great experiences with you!

Yumi Oshita

Note

**The 7th Conference of IAFP will take place in Tokyo (Japan)
Aug 29- Sep 1, 2013**

**The deadline for online submissions of presentations is NOW UNDER
CONSTRUCTION. For further information concerning the conference and
online submissions please go to our website www.iafpsy.com.**

From the President's Desk

IAFP has faced with difficult problems in organizing new board of directors. But, we finally overcame these problems through persevering negotiations among international board members during two and half years after 20 years anniversary conference in 2010, Georgia, USA.

We Japanese have also suffered from enormous natural disasters on March 11, 2011. It will take many years to restore heavily damaged a number of cities and towns along seashores of northeast areas of Japan. Many children and peoples are still holding their psychological pains resulted from huge losses of family members. Former residents around the Fukushima nuclear power plant have been forced to move to various areas all over Japan because of the long lasting radioactive contamination.

Not only Japan but also other countries in the world have confronted with their local and global crisis. We definitely need the effective preventive and intervention programs for psychological problems of families in the multiple crisis. I think that such an international organization as IAFP is truly needed to exchange the newest knowledge on family psychology and related disciplines. "IAFP Tokyo Conference 2013" will be a good chance to get the historical research evidences and practical knowledge on the prevention and intervention programs for the troubled families in the turbulent world.

I would like to suggest that one of topics of Tokyo Conference will be "Anxiety Management" which might be theorized by Entropy Model of Uncertainty (EMU) framework (Hirsh, Mar & Peterson, 2012). EMU framework will present the comprehensive and integrative picture of our future trends in international family psychology.

I cordially invite you to join Tokyo Conference 2013 at this historical moment in Asia and Transpacific Rim region.

Very best regards,

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Conference Announcement and Call for Abstracts

Family Collaboration against Global and Local Crisis

7th Conference of IAFP

Tokyo Japan, August 29- September 1, 2013

Dear Colleagues,

With great pleasure and anticipation for a fantastic event, we announce the International Academy of Family Psychology's 7th Conference and invite you to plan to join colleagues from around the world in Tokyo Japan, Aug 29- Sep 1 2013. **Save the dates!**

The goal for the conference is to continue the mission of IAFP when it was founded in 1990: to enhance international exchange and collaboration between researchers and practitioners working in the field of family psychology. Increasing globalization calls for a world-wide perspective on family issues such as changing family forms, diverse living conditions of families and their impact on family functioning, child bearing and child rearing, changing expectations and demands on partnerships, family relations in old age, and current trends in family education as well as family therapy.

The 7th Conference provides magnificent opportunities for face-to-face sharing of ideas, continuing education and networking with colleagues and leaders in the field of family psychology from around the globe. The 2013 theme, **Family Collaboration against Global and Local Crisis**, will focus on sharing current research and findings about challenges and risks for families; economic deprivation, migration, marital instability, coping with trauma in the family context, raising resilient children in the face of contextual threat, the implications of family change for intergenerational solidarity, family values and spirituality, addiction issues in families and cross-cultural perspectives on partnership and parenting. Our conference will provide a unique and exiting forum for psychologists, psychiatrists, researchers, academicians, clinician and students during four wonderful days together.

Tokyo is a lovely, peaceful setting for our conference. Tokyo is Japan's capital and the world's most populous metropolis. It is also one of Japan's 47 prefectures, consisting of 23 central city wards and multiple cities, towns and villages west of the city center. Its long history of prosperity started with the establishment of the shogunate by Tokugawa Ieyasu in 1603. At that time, Tokyo was called Edo, which by the 18th century had grown to a huge city of over a million people. Today, Tokyo offers a seemingly unlimited choice of shopping, entertainment, culture and dining to its visitors. The city's history can be appreciated in districts such as Asakusa, and in many excellent museums, historic temples and gardens.

Tokyo is now Japan's center for political, economic, cultural, and various other activities as well as the origin for the dissemination of information. We will play together as we work together! IAFP has a precious heritage of memorable conferences; this is a group that has a lot of fun together. Tokyo, with its rich heritage of family psychology and contribution of many family psychology leaders to the world, is the ideal place for our event. Presenters from scores of countries will gather to share and learn.

For further information concerning the conference and online submissions please go to our website www.iafpsy.com.

Based on the final program, the organization will apply for continuing education credits with APA and AAMFT. We hope to see you in Aug 2013!

1st day (August 29th, 2013)

【Conference center】

International University of Health and Welfare Graduate School

【Address】

Aoyama 1choume Tower, 1-3-3-5F Minami Aoyama, Minato City, Tokyo, JAPAN

【Access】

Take the Ginza Subway Line/Hanzomon Subway Line/Toei Oedo Subway Line, get off at the Aoyama-1-chome Station, and use Exit #3;

【Map】



2nd – 4th days (August 30th – September 1st, 2013)

【Conference center】

The Independent Administrative Institution

National Institution for Youth Education National Olympics Memorial Youth Center (NYC)

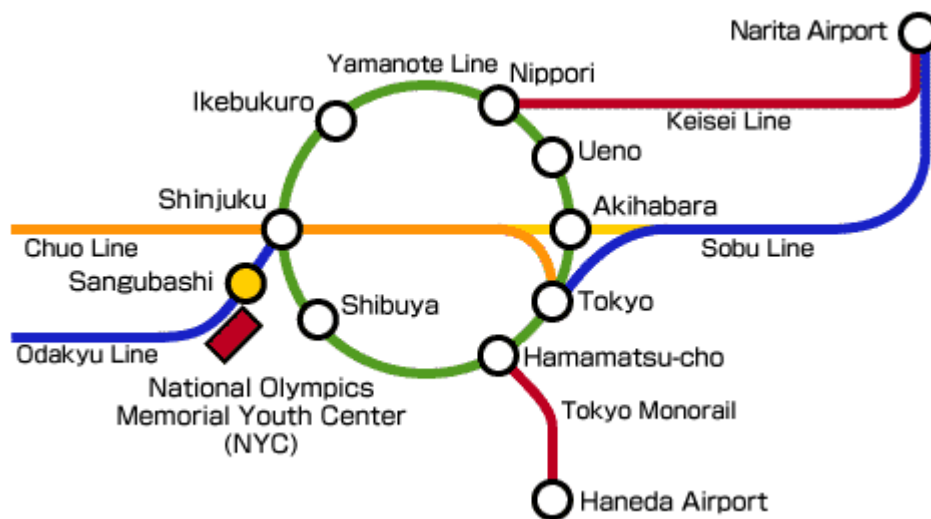
【Address】

3-1. Yoyogi Kamizono-cho, Shibuya-ku, Tokyo 151-0052 JAPAN

TEL.+81-3-3467-7201(General number)

Website: <http://nyc.nive.go.jp/e/>

【Access】



From Tokyo Station

Take the JR Chuo Line to Shinjuku Station (about 14 minutes).

Transfer at Shinjuku Station to a local train on Odakyu Line .

Get off at Sangubashi Station (about 3 minutes from Shinjuku).

The NYC is about 7 minutes walk from the station.

From Narita Airport

Take the JR Sobu Line to Shinjuku Station (Narita Express about 80-90 minutes).

Transfer to a local train on the Odakyu Line (about 3 minutes).

The NYC is about 7 minutes walk from the station.

By Subway (Chiyoda Line)

Get off at Yoyogi-Koen Station (Exit No.4).

The NYC is about 10 minutes walk from the Exit No.4.

By Bus (Keio Bus)

Get on Bus Stop No.16 at Shinjuku Station Nishiguchi (west exit) bus terminal [juku 51 going to Shibuya Station].

Get off at Yoyogi 5-Chome bus stop.

The NYC is 1-minute walk from the bus stop.

Get on bus stop No.14 at Shibuya Station Nishiguchi bus terminal [juku 51 going to Shinjuku Station].

Get off at Yoyogi 5-Chome bus stop.

[Map]



[Photographic image]





International Report from Japan

The report on the Support for the Families Evacuated to their Relative's and the Accepted Families after the great earthquake 2011 in Japan.

Michiko Ikuta, Ph.D. Kanagawa University of Human Services

After the Great Earthquake, 2011 in Japan many people evacuated to shelters, or homes of relatives and acquaintances. Support from across the country gathered mainly in the shelters. A problem has since occurred with the people living at the shelters becoming tired of being supported. On the other hand, the people living in the houses of relatives or acquaintances have not been able to receive support.

The author is a family therapist, and also has experience of giving therapy and doing surveys of multi-generational families living together. Our group of therapists has conducted free consultations for the evacuees and the families from April 2011. As of March 2012, no clients requested our help.

Families have been newly created by these evacuations. These families and the traditional multi-generational family have many similarities.

Overall summary of consultation and discussion.

In the beginning, most of the requests were from the wives of the home owners. A month after the earthquake, there were few consultations. At that time the atmosphere was positive. Our conversations were about how they could better care for the evacuees. Evacuees were mourning about the disaster situation and grateful to the homeowners for their help. The homeowners felt genuine sympathy to the victims, and they wanted to do everything they could to help. This period might be called the honeymoon period.

However, the number of consultations increased from around June. The conversations were negative; for example, "The family that evacuated to my house has no common sense", "I am tired of not knowing how long this situation is going to last" and "This situation has become a burden to me". Also, the homeowners were thinking, "I must not let the evacuees or my family know that I'm under stress".

Living together after the earthquake made various problems. For example, it was so suddenly, that there was no time to prepare. There was no clear end time. It was difficult to continue for them. However, the homeowners strongly felt that "We must not have negative feelings because we have not suffered from the disaster." It suggests that they were tired because the situation was continuing over a long time. It was found that various problems arose after three or four months.

When after August, serious consultations have increased. Such as "Trouble has occurred", "Even though I have done as much as possible, the family said that they decided to go to the shelter. I'm shocked and I wonder if there was a fault in ourselves".

More than two months later, It is natural that the victim began to compare the current environment and other environments. At the same time to collect the information, that is as natural also begin to be frustrated. However, accepted families are difficult to sympathize such a mind of them. Because they think they provide them the conformer living space than the shelter.

Whether the family living at the house of relatives try to gather the information with the independence that influence their future or not, difference came out to the degree of burden of Accepted Families.

The harder Acceptance family tried, the more burden increased. Farther, the more the degree of reliance increased. Such a way, vicious cycle occurred in some cases.

Intervention is as follows:

- 1) We tried to evaluate they accepted the evacuee and they have played a part to support for victims and their effort related to the acceptance.
- 2) We tried to explain that the victims have been under the peculiar circumstances psychologically.
- 3) We tried to hear from an Accepted Families to their efforts in recent months to accept the victims. And compliment everyone had a great support and respectively

Finally, We are blessed with donations and support from outside Japan. Our heartfelt thanks to all the donors for their contributions.



Rebirth of Family and Psychological Support

Natsuno Morikawa Graduate School of Education, Tohoku University

The Great East Japan Earthquake caused great damage along the shores of Miyagi, Fukushima, Iwate and other prefectures. In Ishinomaki city of Miyagi prefecture, more than 3,000 people died and more than 500 people are still remained missing. In addition, more than 30,000 houses were destroyed and damaged. Many people were shocked and confused by such an implausible and unpalatable disaster, and they have to overcome a lot of difficulties.

Since the terrible disaster, I have worked in psychological support for family who has been in-home evacuee. Through the psychological support, I met various families. Some families worry about having no job, and some families suffered from loss of family member. However, through the support activities, the important thing which I have revealed is that family is not only suffering from what they have lost or just facing the difficulties but also they are becoming stronger and greater from a crisis situation.

Let's think of this resilience from the standpoint of system theory. Hasegawa, K. & Wakashima, K. (2012) have argued that supporter needs to focus on self-organization by viewing family or whole country as a system, and instead of offering new support, respect their efforts to solve the various problems, which is intrinsic competence. Following case show the self-organization of family and community system.

The first is case of elderly woman who lost her husband by tsunami. After the earthquake, her daughter got to come to check on her so she won't be lonesome. On the other hand, this woman tried to behave as if nothing has happened and never showed sad face, not to make her daughter anxious. But, this made her daughter more anxious. In this case, the first death anniversary became instrumental in cutting off the vicious circle. In Japan, the term of mourning have been stated to one year from death, traditionally. After this anniversary, the elderly woman thought that it is about time to get over with mourning term and start new life by beginning to live with her daughter and rely more on her daughter.

The other case is of extended family. This family lost mother by tsunami, and grandparents, father, and a child were left. The grandparents were shocked by the death of their daughter and also they didn't know how to communicate with their grandson, which led to the soured relations. Before the earthquake, the family contacted frequently and relatives gathered in every new year's holiday and in Obon, traditional spiritual festival in mid-August. But in New Year's Holidays after the earthquake, they didn't feel like to gather around. However, they promised to gather in this year's Obon. In Ishinomaki city, Obon there is a custom which faraway relatives gather, and a variety of foods are offered to the spirits of ancestors and pray for their repose. Obon offered all family members a chance to gather.

As stated above, various efforts to solve problem are made in family and community system. By confronting of the crisis situation, some family overcame the situation by using

existing rule, and some family overcame by changing the rule, and other family got stuck on because they couldn't make change to their rule. However, if efforts to find a solution don't go well in family system, traditional festival and social custom, which belongs to community system or the superordinate system, may work well to maintain system.

I think that supporter is expected to focus on the intrinsic competence of family and community system, and to support with full respect for them instead of offering something new. Because family has the intrinsic competence to find a solution, we only have to change the rule which is going wrong and then the family will solve the problem by themselves.

Reference

Hasegawa, K. & Wakashima, K. (2012). Japan Association of Family Psychology(Eds.), *Disaster Assistance and Family Rebirth* (pp.17- 33). Kanekoshobo.



Book Review

Reviewed by Luciano L'Abate

Yumi Oshita and Kiyoshi Kamo (2011). *Reconstructing meaningful life worlds: A new approach to social work practice*. Bloomington, IN: iUniverse.
(ISBN-13: 978-1462006175)

When I accepted to review this book, I did not realize that it was oriented toward social work practice. Being a clinical family psychologist who has practiced part-time with my late social worker wife for 25 years (L'Abate, L'Abate, & Maino, 2005), I did not feel qualified to review a book about another mental health profession. Nonetheless, I felt challenged and intrigued by some of the points made in this book that paralleled the same points I have made throughout my academic and professional career. Furthermore, even though the book was clearly oriented toward the social work practice, it was nevertheless focused toward the practice of psychotherapy, that includes most mental health professions such as clinical psychology, among others. A reviewed this book in the spirit of professional inclusiveness rather than exclusiveness.

What attracted me the most toward reviewing this book was its valiant attempt to develop a theoretical background for clinical practice and especially psychotherapy. Indeed, the authors insisted that social theory should be the precondition for social work practice. Consequently, they constructed a clinical social systems theory based on the concept of difference and system change through a social network. There was a courageous attempt to integrate the coordinated management of meaning with their own relational meaning construction. Using the transformative power of micro-level analysis and a social constructivist approach to solve clinical problems, the role of the social worker was redefined as one that changes the meaning of the referral problem through recursively circular questioning, positive reframing, and tracking dyadic interactions.

A first and foremost concern for a professional helper is to emphasize the importance of the personal pronoun "I" in any relational interaction, both in the client as well as in the helper. In so doing, the authors revisited outdated Biestek's social work principles by proffering seven original principles starting with the: (1) construction of an I pronoun coupled with a statement of personal responsibility; (2) construction of reality develops according to the I's own way; (3) construction of a world view assured by practicing the I pronoun; (4) reason for the helping I is to emphasized the subjective relativity of all world views; (5) activation of the I in the self of the helper as well as of the client; (6) principles of helping are essentially infinite provided one focuses on the I pronoun to assume personal

responsibility; and (7) constitution and regulation of the subjective I is achieved through information processing, as well as concluding, constituting, and contextualizing processes.

The major skills to develop problem solving are circular questioning to change the context as perceived by the client, positive reframing of the reason for referral, and tracking the process of interactions between the helper and the client. These skills are presented in various, clearly detailed and delineated case studies, including a very original, but seemingly complex, method of evaluation that deserves undeniable attention and praise. Two appendices are included to assess interventions and measurements of social work models and their outcomes.

There is no question that the authors of this volume spared no attempt to present and preserve most of the enthusiastic theoretical thinking of the 1970s found in most family therapy ideologies of that exciting pioneer era. What is more relevant here is the honest evaluation made toward the very end of the volume to consider the weaknesses of the authors' approach. There is recognition that by now the old pioneering systems ideologies of the 1970s no longer possess the power allocated to them more than a quarter century ago. Even more explicitly, there is a forthright acknowledgement that: "the number of cases is insufficient to prove the effectiveness of our approach. More intensive case studies are needed to prove its theoretical and practical superiority to other approaches" (p. 142).

The last statement is where this reviewer respectfully begs to disagree with such a conclusion. We cannot base our theories and practices on case studies, no matter how intensive those cases may be. Theories and practices must be based on empirical outcome data that show the comparative superiority in cost and effectiveness of one approach over another (L'Abate, 2012). Science and practice cannot be based on case studies because no progress can occur through those studies. Case studies do not prove anything except the propensity for therapists to appear in a good light. I strongly agree with the authors of this book about developing a theory that is empirically validated and linked directly to preventive and therapeutic applications. I have devoted my entire academic and clinical career to develop and validate such a theory (Cusinato & L'Abate, 2012; L'Abate, Cusinato, Maino, Colesso, & Scilletta, 2010).

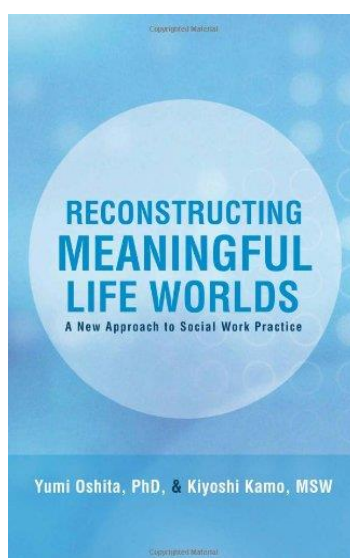
Since the beginning of this century at least two relational highly validated theories have entered the field of relationship science and clinical practice: attachment theory and relational competence theory (L'Abate, 2009). While the former has received world-wide research validation, the latter has received intensive validation at the University of Padova under the leadership of Prof. Mario Cusinato (Cusinato & L'Abate, 2012; L'Abate et al., 2011). In spite of both theories being relational, only relational competence theory has direct replicable links to interventions through programmed writing and interactive practice exercises or workbooks. Many workbooks match some of the 16 models that compose the theory, linking theory with research and theory with practice (L'Abate, 2011, 2012).

Therefore, to become more professionally scientific, clinical, psychological practice must be based on clearly replicable evaluations and interventions. The difference between artistic, impressionistically anecdotal and subjective clinical practices, as illustrated excellently in this volume, versus scientifically professional clinical practices lies on the latter relying on clearly replicable, validated methods of evaluation and intervention. This goal is achieved through quantitative pre-post-evaluation and follow-up of homework assignments offline and online (Kazantzis & L'Abate, 2007; L'Abate, 2012).

In conclusion, I appreciate my Japanese colleagues and friends for allowing me to review this historically important volume and sharing with them recent advances in my thinking that parallel in some ways the interesting work of its courageous authors: Yumi Oshita and Kiyoski Kamo. The Japanese social work community owes them a debt of recognition for their valiant attempt to change an entire profession, a difficult task that I am attempting to obtain in clinical psychology and psychotherapy (L'Abate, 2012).

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