



International Academy of Family Psychology

Newsletter of the International Academy of Family Psychology



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President's Message: Families Count!

Happy and healthy New Year 2018! I hope all of you could bid farewell to a successful and joyful old year and welcome a promising, peaceful new year in precious company with family and friends – the “social convoy” that counts.

We are looking back at a truly exciting year for the International Academy of Family Psychology and – with a wider view – at four years of growth and consolidation, thanks to the passionate engagement of John Thoburn, PhD, ABPP, our past president. As past president of the Society for Family Psychology, Division 43, of the American Psychological Association (APA), and past president of the American Academy of Couple and Family Psychology, he managed to expand and strengthen the network of IAFP in the U.S. As internationally renowned family psychologists with special expertise in trauma and disaster psychology his work has taken him to Uganda, Bosnia, India, Sri Lanka, China, Jordan, Haiti, Jamaica, and Japan – connections he could build on in the service of IAFP. We are most grateful for his dedicated and successful work on behalf of IAFP!

The highlight of 2017 was an excellent, inspiring *International Couple and Family Psychology Conference* held at the Hilton Hotel in beautiful Evanston, Illinois, right next to Chicago. From Thursday June 22nd through Saturday June 24th, 2017, a series of outstanding talks addressed the theme *Crossroads in Family Psychology* with an emphasis on the intersection of family psychology

and behavioral health in a global context. The conference was jointly held by the International Academy of Family Psychology, the Society for Couple and Family Psychology, and the American Academy of Couple and Family Psychology. John Thoburn, co-organizer of this conference, reports in this newsletter on the conference. Also included are impressions of a student participant and faculty from Japan. Guest of honor and one of the five plenary speakers at the conference was Florence Kaslow, Ph.D. ABPP, one of the original founders of IAFP. Her memories of the history of IAFP provided a broad view not only of the foundation and development of our organization, but also of international family psychology across the past 30 years. Her retrospect is available in this newsletter and concludes with a clear mission: In an increasingly diverse and globalized world, international collaboration in family psychology is of essential importance.

As family researchers and professionals, family is much more to us than our private network. Families are the focus of our professional lives, be it in research, counseling, in policy-making, in family law, social work, or in the health sector. Family issues cut across disciplines and call for multi-professional collaboration. As a network of family psychologists around the globe, IAFP seeks to strengthen psychological approaches in understanding current challenges for families and in developing suitable support. At the same time, IAFP is aware of the strengths and challenges of multidisciplinary exchange and collaboration. It is my honor to serve the International Academy of Family Psychology.

I have been involved in the mission and work of IAFP since 1994, only a few years after it was founded. Klaus Schneewind and Florence Kaslow introduced me to the organization, and I soon joined the board, first as treasurer, later as secretary, and finally as president. In fact, this is my second round in this position, and I hope that my past experience in IAFP may be as helpful for the organization as my expertise in family research, counseling, and policy consulting. The new board, elected at the Evanston membership meeting, has taken up its work. Given the expertise and dedicated commitment of all colleagues on the board, our cooperation will be not only productive, but also a pleasure: Kobun Wakashima (vice president) and Michiko Ikuta (secretary) are long-standing IAFP members who have previously been involved in the board. Masako Okuno, a new board member, will support IAFP as head of the membership committee. Together with Kobun Wakashima, Harald Werneck, former vice president of IAFP, will be editor of the newsletter. Last but not least, John Thoburn will provide support and advice as past president.

To make a sustainable contribution, family psychology must be “glocal”, i.e. global *and* local. It must be aware of broad international trends in the formation, development, and diversity of families. At the same time, it must respond to local needs and demands, living conditions, family cultures and social milieus, as well as available services for families. Bridging these levels is challenging and calls for interdisciplinary cooperation – without losing one’s professional identity. Psychology has contributed substantially to our understanding of family processes, endorsing systemic and dynamic perspectives and developing suitable approaches to meet the needs of diverse family systems in diverse contexts. In order

to strengthen its place in the broader picture of family science it will be essential to reach out and make family psychology visible and fruitful in multidisciplinary cooperation, be it at the intersection of families with the educational system, with the labor market and working conditions, with health services, social work or the legal system.

Keep in touch, contribute to our exchange, and use the organization to enrich your work!



Sabine Walper, Ph.D.

President of IAFP

Review on the Chicago Conference

John Thoburn, Ph.D.ABPP, Past President

The International Family Psychology conference was held in Chicago, Illinois, USA June 22-24, 2017. Many of the top family psychologists in the United States and a number of elite international family psychologists presented. Drs. Susan McDaniel and Nadine Kaslow, former presidents of the American Psychological Association, along with Dr. Florence Kaslow, co-founder of the International Academy of Family Psychology (IAFP) were plenary speakers at the conference. Dr. Florence Kaslow's address described a history of the creation and development of IAFP. Her personal stories about the early days of IAFP gave emotional weight beyond the bare bones of history.

Our Japanese colleagues came en masse to the conference. Drs. Koubun Wakashima of Tohoku University, Michiko Ikuta of Kanagawa Prefecture University, Masako Okuno of Iwate University and Dr. Kyung-Ran Yu of Tohoku University brought four students with them who made presentations at the Poster session. Dr. Sabine Walper, research director at the German Youth Institute, and Harald Werneck of the University of Vienna presented papers as did Sue Johnson of Canada, John Thoburn from Seattle Pacific University, Tom Sexton and Astrid van Dam from Amsterdam along with Dr. Wakashima and Dr. Ikuta. The theme of the conference was the intersection of family psychology and

behavioral health. The conference began with an opening convocation where Dr. Kaslow was honored for her many contributions to the field of International Family Psychology. Not only was Dr. Kaslow's daughter, Nadine (who was also a presenter) in attendance, but her husband Sol was there as well.

The conference was officially opened with a traditional African drumming ritual, followed by the Poster Session which was really excellent. Twenty two posters were represented from all over the world. Examples of poster presentations included, The process through which family therapists deal with the problems related to sex differences and gender: with a focus on therapeutic communication by Dr. Masako Okuno; Development and Validation of a Japanese version of the Unwanted Pursuit Behavior Inventory-Revised (UPBI-R-J) by Daisuke Kobayashi, M.A.; Effects of family resources on the trajectories of gender specific emotional problem behavior in childhood and adolescence by Philipp Alt, Gabriela Gniewosz and Dr. Sabine Walper; A case study of a "Young carers" woman who cared for grandparents with dementia in Japan: A focus in subjective psychological process by Shigeki Okuyama, M.A.; The effects of "well-formed goal" and "exception" questions developed by solution-focused brief therapy (SFBT)-Aimed to develop the SFBT worksheet by Gen Takagi M.A.,; Grasping the messages of "Ijiri"

pragmatically by Kazuma Sakamoto and Dr. Wakashima; A comparison study on Korean and Japanese middle-aged married couples' marital conflict: Family and children views, conflict resolution strategies, and marital satisfaction by Dr. Kyung-Ran Yu and Effects of Inter-parental Conflict and (Co)Parenting on Child Behavior in Mother and Father Reports by Barbara Wilhelm, Ulrike Lux & Dr. Sabine Walper.

A by invitation reception for International Family Psychologists was held following the Poster Session. The reception was held in the Bistro area of the Hilton Hotel and was warm and intimate. Dr. Kaslow was again feted for her pioneering work with IAFP and Dr. Wakashima and Dr. Ikuta were recognized for their years of work on the IAFP Board of Directors. Dr. Thoburn formally turned the reins of the Academy over to Dr. Sabine Walper, incoming President of IAFP and also announced that Dr. Koubun Wakashima would be Board Vice-President and Dr. Michiko Ikuta would continue as Board Secretary. At the previous Tokyo conference Dr. Kenji Kameguchi, outgoing President of the Academy, gave then incoming President John Thoburn a Japanese fan with the word 'Dream' inscribed on it. At the Chicago conference, Dr. Thoburn as outgoing President gave incoming President Dr. Walper the Dream fan and a Native American Dream Catcher, telling Dr. Walper he believed she would catch the vision for a revitalized IAFP (see Pictures of the event).

During the conference papers were presented by a host of international family psychologists: Dr. Sabine Walper's conference presentation was on, Joint parenting after parental separation:

Current trends and challenges for practice. Dr. John Thoburn's presented a paper on, International family psychology and social justice. Dr. Koubun Wakashima presented on, Systemic support following the eastern Japan Great Earthquake: A way of thinking of family psychology applied to earthquake disaster support and Dr. Michiko Ikuta presented on, Study of Japanese multi-generation cohabitation families. Dr. Harald Werneck presented a paper on, Family development in the course of life - An Austrian longitudinal project over twenty-two years, Dr. Astrid van Dam presented on International Functional Family Therapy and Dr. Tom Sexton presented on, Practicing evidence based clinical interventions with patient evidence: Merging the research practice gap in couple and family psychology.

The goal of the Chicago conference was to be as successful as the Tokyo conference and the prevailing sentiment was that the conference did in fact, meet its goal. Everyone enjoyed the conference and enjoyed Chicago. Thank you to all the wonderful psychologists who made this event worthwhile. We look forward to the next conference in 2020 in Munich, Germany.



John W. Thoburn, Ph.D. ABPP
Seattle Pacific University

On Dr. Susan McDaniels talk "Using Psychological Science and Systemic Thinking to Solve Global Health Problems"
 Kyung-Ran Yu, Ph.D, Tohoku University

"Since our problems have been our own creation, they also can be overcome when we use the power provided free to everyone." - From *This Is Love* by George Harrison (1987)

"We have the technological power, the engineering skills to save our planet, to cure disease, to feed the hungry, to end war; But we lack the intellectual vision, the ability to change our minds." - Terence McKenna (1946 - 2000)

Humans have been borne into the planet by those who have created problems previously, only to add some. Although the problems are diversified and need not only one solution, policy makers are split into a few number of groups, or even two: Continental and Analytical, Keynesian and Hayekian, Libertarian and Conservative, Marxian and Capitalist. Maybe this gigantic dichotomy got rid people of attitude, because fancy pundits of the two are being casted over TV, radio, and internet. Hence, solutions appear simple and "could have" resolved all the irritating issues, but never to be enacted perfectly due to the opposite camp. After all, we have one additional meta-problem out of the existing problems, hostility.

However, if you look close to the truth, reality gives you back rather a complicated picture of it. In modern history, the onus to draw such pictures was put on sociologists, economists, jurists, and etc. Then, why are psychologists not allowed to draw the

pictures, when it is about letting people be happy, which we psychologists know still more than other experts, and when we psychologists are more likely to think and investigate systematically on certain issues? Is the combination of deep reflection and frequentist statistics we are bringing with as tools in researches not sufficient to satisfy policy makers?

Probably, it is because we have limited our perspectives. Psychologists may well pay attention to the objects' mental health, but linking our strategies in researches to society issues, including health problems mentioned in this talk, is another. From the talk by Dr. Susan McDaniel, I found psychology needed more than ever in the society facing diversified problems that neither mother nature nor physics created, but men did.

Impressions of the Conference

Shigeki Okuyama

I'm Shigeki Okuyama and I am taking part in the doctoral course of graduate school, Tohoku University, Japan. I participated in a poster session of IAFP as a member of the graduate students of Tohoku University. As I was inexperienced in taking part at such an international conference and presenting a poster in English I was nervous and uneasy before the conference. However, in hindsight these feelings were unnecessary. The other researchers were not authoritarian at all, and I was relieved. The mindset regarding the whole conference was to remain critical while being open to new ideas. I was impressed hearing some other researchers presenting visions for

improving living conditions for families all over the world.

It was also discussed how to handle issues regarding the unification of individuals and the gap between research and the real world.

To participate in this conference was a great experience for me and I feel satisfied to have presented a poster by myself. It also was an incentive for me to improve not only my language skills but my academic knowledge as well. Finally I want to express gratitude to all people who made this experience possible. Thank you.

(edited by Beate Scheibel)

... and some visual Impressions



**From left to right:
Masaka Okuno; Ph.D.;
Harald Werneck, Ph.D.;
Michiko Ikuta, Ph.D.;
Sabine Walper, Ph.D.;
John W. Thoburn,
Ph.D. ABPP;
Koubun Wakashima,
Ph.D.;**



**Past president of IAFP
John W. Thoburn, Ph.D.
and
President of IAFP
Sabine Walper, Ph.D.**



Second row from left to right: Mark Stanton Ph.D., ABPP; Harald Werneck, Ph.D.; Andy Benjamin, JD, Ph.D., ABPP; Anthony Chambers, Ph.D., ABPP; John W. Thoburn, Ph.D. ABPP; Sabine Walper, Ph.D. and David Schnarch, Ph.D.; First row from left to right: Koubun Wakashima, Ph.D.; Florence Kaslow, Ph.D.; Susan H. McDaniel, Ph.D.; Nadine J. Kaslow, Ph.D., ABPP; Michiko Ikuta, Ph.D.;

A Brief History of International Family Psychology and how it intersects with Behavioral Health

Florence W. Kaslow, Ph.D., ABPP

IFTA had formed in 1987 at the first East/West Congress held in Prague, Czechoslovakia. Membership was opened to all in the family field – psychologists, psychiatrists, social workers; researchers, clinicians, professors – and our spouses and friends. No specific academic requirements were set in recognition of the fact that each country and various regions of the world had different training curricula and degree requirements for practice, teaching appointments and research positions.

In 1990, following a period of preliminary organizational activity by the late Luciano L'Abate (U.S.), Mario Cusinato (Italy), Klaus Schneewind (Germany), Tetsuo Okado and Kenji Kameguchi (Japan) and close colleagues of each of theirs, a fascinating formation meeting of what became the International Academy of Family Psychologists was held in Kyoto, Japan. Others invited to the first meeting included Etsuko Sato, Nobuaki Kuniya and Noriko Hariki of Japan, Eugenia Scabini of Italy, and David Olson and me, from the United States. Almost all were primarily academicians. I was invited as an academician who was also a clinician. Dr. L'Abate was elected as Honorary Past President, Dr. Okada as President, Klaus Schneewind as President Elect, Mario Cusinato as Treasurer, and Kenji Kameguchi as secretary.

The raison d'être and mission of the

new organization was to enable family psychologists around the world to become acquainted and to share their knowledge and perspectives, conduct cross cultural and cross country research, foster important dialogues, guest lecture for one another, and expand the field. It was an inspiring beginning. The founders and national representatives were very clear that to be eligible for membership one had to have a doctorate from an accredited University program. I was appointed national representative from the U.S. National representatives to the Board were also appointed from Japan, Spain, Israel, Canada, New Zealand and Czechoslovakia by 1994.

Board members and other active attendees agreed that our international congresses would be held every four years, preferably rotating in different countries. The second meeting was hosted by Dr. Cusinato in Padua, Italy at the University of Padua. He became the second President in 1994 as Dr. Schneewind did not wish to take on this role. A large contingent of Italian members as well as a huge group of our Japanese colleagues attended and the U.S. and Germany were also well represented. Others came from Israel, Australia, Canada, England and Wales. It was a stimulating mixture of psychologists. I served as overall chair of this meeting and Dr. Cusinato was Scientific Committee Chair.

In addition to putting together this in the fine, diverse formal program, tours were organized through Padua and to Venice. The arranging of tours has been repeated at some subsequent programs.

The International Academy of Family Psychology promotes these Congresses in the hope of making a specific contribution in support of the aims of the United Nations:

- Strengthening the family's ability to meet its own needs.
- Clarifying and understanding the balance between how the family can satisfy its needs and what it can expect through public provision of services.
- Recognizing the effect of societal ills on family relations.

I have marvelous memories of guest lecturing in Tokyo, Japan (where Dr. Etsuko Sato served as my interpreter); Milan for Dr. Scabini and Bari, Italy with Dr. L'Abate; Heidelberg and Munich, Germany and many other interesting places during this period. Exchanging ideas about our various similarities and differences and their origins was informative and valuable to those involved. I also found repeatedly that our hosts in other countries spent more time with invited guests and were much more gracious than in the U.S.

In 1998 our conference was organized by Dr. L'Abate, Dr. Andy Horne, a professor at the University of Georgia in Athens GA and then Treasurer of IAFP, the site of the congress, and me. I had been quite active as Vice Chair under Dr. Cusinato and by the conference; I presided as the third elected President. We had a larger number of attendees there from the US as

well as our typical good size contingents from Japan, Italy and Germany and smaller ones from a few other countries. By then the IAFP newsletter, which was usually published two or three times a year, had done a great deal to enhance our communication and our getting to know one another a little better. Our thanks to Drs. L'Abate, Kamiguchi, Gordon Harold, Peter Smith, Thomas Gehring, Harald Werneck and other co-editors and contributors for inaugurating and following through on this. For almost two decades I enjoyed contributing an International Roving Reporter column chronicling my observations about and interactions with couples and families and therapists I consulted with and about my speaking and teaching trips.

The rise of the use of e-mail also heralded more communication and exchange of information. I was able to appoint psychologists from additional countries to serve as representatives to the Board; their major responsibilities were to publicize IAFP and recruit membership in their part of the world and keep us informed about family psychology in their own countries. These representatives came from Turkey, Brazil, Sweden and Australia.

The next two conferences were held in Heidelberg, Germany and Cardiff, Wales. There was some dissension over the issue of opening membership to non-psychologists. Ultimately the proposal was defeated, but a rift existed about this for a few years. Sabine Walper, from Munich became the fourth President in Heidelberg and tried to strengthen ties with various family sociologists. Several made fine

presentations at conferences and wrote top-notch scholarly articles for the newsletter – but I do not think that the membership requirements were changed. The setting was beautiful and the hospitality excellent, as it had been at all of the prior congresses.

It was at the conference in Cardiff in 2006 at the University of Cardiff, that we (my husband, Sol, who always accompanies me), unexpectedly saw John Thoburn, a psychologist colleague from the US who I had worked with in the APA Division of Family Psychology. I introduced him to everyone involved and oriented him to the organization and its politics. We also had him join us for sightseeing and social events.

Since many family psychologists in a variety of countries and cultures teach about mental health and mental illness issues, they have traditionally also been schooled in behavioral health and illness, and how they are intertwined. In the 21st Century this integral connection being seen as within our purview is being emphasized again, as it was when psychosomatic theories were promulgated and since psychodynamic family therapy was begun in the 1960s. In some ways couple and family psychologists seem extremely well qualified to practice at this interface.

As my term as (an active) past chair had come to an end in Cardiff – the next chapters belong to Sabine Walper and John Thoburn.

In closing, my affiliation with IAFP has been an important one that has been satisfying, stimulating and sometimes challenging. At this point in time I think its existence is vital given the increase of

immigration and migration, thousands of people living in refugee camps in deplorable conditions, all kinds of bi-cultural and bi-religious marriages, increasing political tensions, terrorist attacks and the mounting number of totalitarian regimes. Cross cultural, internationally oriented psychologists can contribute to finding solutions to the multifaceted problems encountered almost everywhere. Different countries have very different graduate school curricula and requirements for practice and we need to devise equivalencies so that when people relocate they can have their educational, supervisory, consultation and work experiences evaluated for licensure in their new homeland. One recent progressive development that I have long sought in the US is that the American Board of Couple and Family Psychology has developed requirements so that those educated in other countries are eligible to apply for their ABPP in Couple and Family Psychology in the U.S. and the ABPP BOT has accepted this. This bodes well for more collaborative family psychology ventures and adventures across the ever changing universe.



**Florence H. Kaslow,
PH.D., ABPP**

5th European Congress on Family Science Anna Dechant & Regina Neumann

Roughly 150 persons, including academics, practitioner and politicians, took part at the 5th European Congress on Family Science in Vienna (9th – 11th 2017).

The congress was organized by the Austrian Institute for Family Studies (AIF), the Federal Institute for Population Research (BiB) and the State Institute for Family Research at the University of Bamberg (ifb). The congress focused on the topics “family-education-migration”, all of them being key issues of todays society. The following parts focused on the talks on family.

Ulrike Zartler spoke about how research in family science focuses on children but, for the most part, doesn't take the child's perspective into account. There are challenges when integrating children into research. Theses reach from methodological to ethical to legal issues. For instance the researchers should reflect on what it means to focus on children as subjects of research, who decides if children should be included in the process and which topics should be chosen. Should the topics be interesting and relevant for the children or is it enough to choose a topic that is relevant from the academic perspective but rather uninteresting for the child. If the researchers decide for a methodology that is participative, suitable for children and focuses on a visual design, children get an opportunity to express their perception of the world.

In her talk Zartler emphasized that it is vital to create an atmosphere in which the children are addressed as experts. This should happen in spite of (or due to) the fact that most children are used to the thought that adults know everything.

To include children more into research also entails that results should be accessible to children and presented in a way that is suitable for children. If these goals can be attained, the adults' perspectives on families can not only be relativized but also expanded.

Another talk addressed the topic fertility and the influence of societal and gender equality issues as well as individual considerations (e.g.: personal goals) on this topic. Laura Castiglioni, one of four speakers, focused on the question whether the temperament of the first child influences the decision for a second child. The assumption is that that a particularly troublesome first child reduces the likelihood of a second child. However, a thorough analysis on the basis of pairfam-data showed no such connections. In fact there is a strong tendency to a two-child norm, regardless of the experiences with the first child. In the subsequent debate Bernhard Nauck emphasized that it is essential to publish “non-results” as well, as this is a critical component of scientific progress.

The next talk dealt with the subject of families in the age of reproductive medicine. Advances in reproductive

medicine led to a diversification and individualization of the choices as to whether, when and how to found a family. Sheela Saravanan spoke about her qualitative research project, which investigated transnational surrogacy in India. In India, surrogate mothers, foster mothers and wet nurses enjoy a high cultural status. European and American couples with a desire to have a child often favor Indian surrogate mothers since it is comparatively cheap and, compared to other countries, the surrogates have almost no rights. Often they are not able to decide over their own bodies during pregnancy and are not allowed to see their families. Sheela Saravanan conducted qualitative interviews that revealed that surrogates did still build a strong relationship with the child before it was given to the foreign parents. The surrogates often cared for the child and even breastfed them until the parents take the child home. These relationships are often denied by the foreign parents or medical personnel as surrogacy is not seen as biological relationship but rather as a service.

The talk about fragmented parenthood focused on families in all their diversities and the resulting complex family relationships. Susan Golombak emphasized that contrary to prevailing prejudices the child's development is mostly influenced by the quality of family relationships and the wider social network, whereas sexual orientation of the parents or genetic biological kinship has virtually no impact. Related to this, Dorett Funcke highlighted the powerfulness of the idea of a nuclear family. Even same-sex parents and

families that did not correspond to the father-mother-child pattern looked up to and compared their families to the ideal of the nuclear family.

Thomas Skora spoke about another current phenomenon: multilocality and generational relations. Recently, family lives grew more and more multilocal and are nowadays rather a network spread over several different households. Skora conducts research focused on job related multilocality, examples being "overnighter", "shuttler" and "multimobiles". These kinds of multilocality have been steadily increasing and lead to complex impacts on the family life. It is particularly difficult for women, to balance these kinds of work with family. A postponement of founding a family could not be identified. Being away from home has an impact for men on family lives as well. The correlation between fertility and job-related multilocality is moderated by country context.

The last talk by Katharina Spieß dealt with infrastructural offers. These offers are one of three pillars of family politics, the other ones being financial aids and time policies. Her research shows a causal effect of the expansion of day-care facilities on the satisfaction of mothers. This is especially true for mothers with a high propensity for work. However there was no effect for fathers. The usage of child-care facilities for children under three years varies widely due to level of education and immigration background. From these findings emerge numerous political implications, one being the need for further investments in quality and quantity of child-care facilities. Furthermore a progressive charging fee is

reasonable due to the fact that families with higher income are willing to pay more for child-care. At the same time, target-group specific promotion is more useful than to spread the resources broadly and therefore too thin. In general it is important to create consistent quality standards as well as opportunities for parents to assess the quality of different child-care facilities.

(Edited and translated by Harald Werneck, Ph.D. and Beate Scheibel, BSc)