Fiji has a population of less than a million, around 50% of which is youth. In both major cities, substance abuse amongst youth is on the rise. On some city streets syringes are frequently found lying near overflowing garbage bins. This issue was brought to the attention of the ministry of health. There is a shortage of counselors and mental health support workers in the country. While counselling youth with suicidal ideation and depression, information provided indicates that most clients had not finished high school, they had not acquired any job skills therefore were unemployed and majority of them were homeless, living on streets. Only young people that were taken to hospitals for emergency treatments were able to access counselling services.

The only counselling service providers are inundated with calls for assistance by the health department and the general community. The organization’s counselors work Monday to Friday at all major hospitals providing counselling services. During a population study, I carried out a survey of suicidal deaths in one settlement community. In one extended family there were five deaths by suicide within the past few years. Descriptions of all deceased persons’ health prior to suicide vary from individual to individual. The notable similarity was that they had all threatened suicide at some stage prior to committing suicide. Counselors that frequently provide services to surviving clients express concern for the extent of suicidal intent and clinical depression in youth. All clients that were fortunate to receive counseling expressed their gratitude for having someone giving them quality time and listening to their views.

One major issue amongst extended Island families was found to be the hierarchical order of family members. The females and younger family members expressed their concerns at being at the bottom of the hierarchical ladder and not having anyone that would listen to their views and concerns or supporting them in their future plans. This further indicates the necessity for counselling services in Island communities. The method that was most successful in therapy was Systemic Family Therapy that assisted in defining the family hierarchical order and where the client was placed in the family constellation.
Biography of the Authors:

I am a Graduate Counselor/Psychotherapist and community worker. I gained experience working in rural, urban and settlement communities in Fiji, New Zealand, Australia and Canada. I carried out a population study in a Fijian settlement during 2009 - 2010, working as counselor, social & community worker and introduced community educational programs to enhance physical and psychological well-being in rural & remote areas.
Abstracts:

The motivation for studying attitudes toward people with disabilities stems from the identification of negative attitudes and their apparent connection to bias and discrimination. Negative attitudes are thought to be at least partially responsible for discrimination encountered by people with disabilities in many social facets of life. Such attitudes create barriers to developing a positive social engagement with people with disabilities.

The attitudes held toward people with disabilities vary. A large body of research has documented societal attitudes toward people with disabilities in general. However, little research has been done to explore attitudes toward people with disabilities in a more specific context such as engaging in personal relationships or building friendships.

Given the persistence of negative attitudes toward people with disabilities, there is a need to create a positive environment and it requires assessments of existing individuals’ attitudes about people with disabilities. Realistically, attitudes toward disability should be measured on the basis of social context and specific disability (Grand, Bernier, & Strohmer, 1982). The researcher will discuss about the attitudes of college students toward people with disabilities in the social context and how rehabilitation counseling practitioners may also benefit from these outcomes.

Biography of the Authors:

- Faculty member at Department of Counseling of Universiti Malaysia Sarawak
- Doctoral candidate at Southern Illinois University-Carbondale
- Certified Rehabilitation Counselor (CRC)
- MS degree holder in Rehabilitation Psychology at University of Wisconsin-Madison
- I have received training to work at the vocational rehabilitation-based agency, community-based agency, and sheltered workshop throughout my years pursuing my graduate degree. I have been trained as an accommodation specialist for students with psychiatric disabilities on campus. I have a very strong interest in disability attitudes and counseling curriculum development for training counselors to work with people with disabilities
Abstracts:

Issues faced by Indigenous peoples living in urban and regional areas have a commonality not just within Australia but across the globe, where upon the effects of colonization and racism are irrefutable and equally undeniable is the strength of self-determination, resilience and the pride of Aboriginality. Working throughout Australia in Aboriginal Community, I have noticed that large disparities are evident in the delivering and understanding and providing Counseling in the field of Mental Health. My research questions the importance of mental health assessment and recovery for Aboriginal people with a mental illness. Importantly it will draw attention and recognize interpretations and meanings those diagnosed with a mental illness attach to their personal mental health experiences, which are influenced by culture providing the reader alternative explanations and understandings of mental health. Questions concerning Aboriginal mental health are embedded in larger set of questions relating to culture, historical events, social and cultural change and coping mechanisms. It is important to highlight mental health is viewed by Aboriginal people based on their current, historical and spiritual values and is a broad concept incorporating:

- Social
- Emotional
- Cultural
- Physical
- Mental well-being of the individual
- Mental well-being of whole community

Biography of the Authors:

- BA Health, Ageing & Community Services Over 10yrs experience Mental Health in Remote Aboriginal Community
- Dip Counseling
- Dip Community Services Work (ATODS & Mental Health)
- Dip Community Services Work
- Level 3 Membership ACA
- Clinical Membership ANZATSA
- Full Member ACWA
Title: Investigating the relationship between social support and psychological well-being of employed women with mediation of satisfying basic psychological needs in work environment

Authors/Institution: Morteza Moradi, Azam Cheraghi, Mozhdeh Ahmadzadeh, Abbasali Soleymani Khashab Shiraz University

Abstracts:

The study is to investigate the following: social support positively predicts the psychological well-being of employed women, social support positively predicts fulfillment of basic psychological needs of employed women, fulfillment of basic psychological needs along with controlling of social support positively predicts the psychological well-being of employed women, fulfillment of basic psychological needs has a mediatory role between social support and the psychological well-being of employed women. The method applied was a correlational one. Social support is the exogenous variable, the fulfillment of basic psychological needs has the role of a mediatory variable and the psychological well-being is the final endogenous variable. The results obtained showed that social support can positively and significantly predict the feeling of the psychological well-being of employed women. In examining the second assumption of the study, the results indicate that satisfying the basic psychological needs of the employed women is predicted through the social support. Investigation of the third assumption, showed that satisfying the need for autonomy can predict the psychological well-being of the employed women. Also the results obtained by this study revealed that satisfying the need for independence as an intermediate variable has effected the relationship between the social support and the psychological well-being.

Biography of the Authors:

- Morteza Moradi,
- MA Student of Educational Psychology of Shiraz University. Shiraz, Eram pards, College of Psychology and Educational Science
**Abstracts:**

The use of self has been a significant part in doing effective counselling. How to facilitate the counsellors’ self-reflective practice with respect to the ability to recognize one’s own personal characteristics, styles, values, counselling intervention and the effects have on the others in the counselling process, has long been a significant focus in counselling training program. The paper aims at the development of a framework to expand the repertoire of counselling and supervision techniques which go beyond words, direct verbal confrontation in group supervision in a non-threatening as well as insightful way. Ego state analysis, which can be a very useful framework, allows the counsellors to develop self-awareness. It promotes the sensitivity to personal intraphysic and unconscious interpersonal dynamics in the counselling process both in self and relationship. Action methods in group counselling supervision favor the experiential learning process and thus engage the supervisees by facilitating the functioning of the visual, kinesthetic modes through physical activities in learning. The implementation values of the model of Ego State Analysis and Action methods in group supervision serve to enhance critically and constructive reflective practice, personal insights and professional growth in the counsellors.

**Biography of the Authors:**

Ms. Pui Chi TSE has been teaching in Shue Yan University for around 15 years. She is now the director of the Counselling and Psychology program and the internship coordinator in the University. She is the founder and the director of the Asian Professional Counselling Association. She has been training groups of experienced counsellors to become counselling supervisors. She is also the advisor of the Praying Heart Counselling center and director of Gears Counselling and Development Center. She has around 30 years of practical experience in counselling profession doing individual, group, family, marital, child as well as adolescent counselling work.
Abstracts:

Despite the significant relationship between the society and the university, there is little research on this topic. This paper examines the Omanis' perception on SQU and its graduates: past and present from the educational, occupational, and social angles. After reviewing some related issues to this topic such as the functions of education and the birth of higher education as well as the role of contemporary higher education, this study analyzed the questionnaire responses of 50 Omanis from different regions and an interview with an expert in comparative education. The results showed the perceptions of Omanis on SQU and its graduates. The results show that Omanis, in general, are satisfied with what SQU has contributed to the national development. In addition, SQU graduates are seen to be knowledgeable and still have chances in the job market. Scientific colleges are particularly seen more attractive than humanities colleges because of their graduates' chances in the job market. Moreover, SQU is still considered to be the best higher education institution in Oman because of its students' profile, faculty, funding, study facilities, and opportunities in the job market. Omanis recommend that SQU deploy more efforts to achieve higher levels of quality.

Biography of the Authors:

I am Mahmood Mawali, from Sultanate of Oman. I have a Bachelor Degree in English language teaching. I am now working as a demonstrator in the Department of Psychology at the College of Education, SQU. I am now a graduate student at Kent State University, USA, in which I will start my studies next spring 2014. I am interested in research concerning counseling and parenting as as it is my graduate major.
Abstracts:

Painless and painful crises are common phenomena in sickle cell crises. People with sickle cell disorder (SCD) do experience both chronic and acute pain throughout life. The painful crisis is unpleasant with wide variation in intensity, quality, duration and persistence. It accounts for over 60% of hospital admissions in any given year of persons affected with SCD. Little attempt has been made to survey gender differences in frequency and intensity of pain as well as types of crises often experience by individuals suffering SCD. Thus researches focusing on gender differences in SCD crises are rear despite the fact that women often report lower pain thresholds, higher pain ratings, and lower tolerance for pain. Men affected by SCD also experience low nitric oxide. Psychologically, women experienced high level of anxiety over pregnancy related crises. Thus, limited understanding and awareness exists among mental health practitioners on the need for genetic counseling and about the psychotherapeutic management of painful crises in persons affected by SCD. Hence, the need for this paper which attempt to examine the differences in crises as well as proffer solutions for the genetic and mental health implications of these disorders.

Biography of the Authors:

Ph.D in Clinical Psychology; USIP Certificate in Conflict Analysis; PN & M, Trained Genetic Counsellor & Gendered Psychotherapist

I am concerned with taking care of people with the Sickle Cell Disorder, as well as creation of awareness for the Prevention and Control of Sickle Cell Disorder in Nigeria (and beyond) through Information, psycho-education and Communication, Screening, psychotherapy and genetic counselling.
Abstracts:

It needs to be understood that for many women an abortion, like any other type of neonatal loss is perceived as a death experience. However, unlike other types of neonatal death, following an abortion, a woman is generally unsupported in her need to grieve and as a result is unable speak about her experience of pain. This disenfranchisement of her pain can lead to a complicated grief and the behaviors attendant to this grief.

The work of post abortion grief counseling presents some difficulties, not least of which is the denial of such grief by society which views abortion as a right and legal.

Abortion grief counseling, while still in its early mode of practice is of necessity something which can no longer be denied or left to volunteers. The volume of abortions performed annually and with some studies reporting up 15% severe post abortion grief affecting mental health of women, the time has come for serious attention to be given to this new type of grief.

Recovery and healing from abortion wounds requires management and programs for this type of care are of utmost urgency.

Biography of the Authors:

BA Psy/Rel Stds., Dip. Edu (Sec), MA Theol Stds., MA Rel Educ., 6 Units of Pastoral Care Cert. not completed moved to Melbourne Post Grad Certificate Trauma Grief & Loss (1 unit to go complete). Ongoing professional development and short courses on grief and trauma. Over 16 years

Speaker on post abortion and sexual abuse grief. Speaker at international conferences, Australia, Rome, Portugal, Germany, Austria, Spain, France, UK, Prague, Wigratzbad, Linz, India, New Zealand, Papua New Guinea. Author Redeeming Grief, Broken Branches Newsletter, pamphlets, and articles.
Abstracts:

This research has been done with the main goal, comparing the effectiveness of Group Counseling based on forgiveness and hope on general anxiety of High School’s Girl Students in Tehran. Statistical society in this research has been 97685 girl students among which 384 students have been selected randomly. To this end, Spilberg’s anxiety test (STAI) has been performed on 384 as a Pre-test. 30 students who had the highest mark in anxiety Test have been selected and divided into three groups of Forgiveness, hope and control. Group counseling on forgiveness has been held for 2 hours in 10 sessions. After 2 months follow up has been done, Spilberg’s anxiety test has been performed as a post-test. In order to analyze data, descriptive statistics and deductive statistics (Variables Analysis, Leven & t Test for Follow up Step) have been used. The results showed that Group Counseling based on forgiveness and hope, have been effective to reduce general anxiety. There is no statistical difference between two groups of forgiveness and hope. However, follow up findings show that the rate of effectiveness of Hope group to reduce anxiety, have been more effective, comparing with Forgiveness group.
Abstracts:

Junior Eysenck Personality questionnaire (JEPQ) is utilized by the majority of countries with similarity in original UK data based in counseling and psychotherapy purpose that may be useful for other countries which need to be tested. A sample of 263 junior students in high school of four zones of Karaj state completed the Iranian translation of Junior Eysenck Personality questionnaire (JEPQ-90) to compare their mean scores and r coefficient of personality scales sample with UK data based. With the factorial analysis, some inapplicable items of original research were substituted in Iranian edition (JEPQ-80) and utilized in this study. Finding revealed factorial similarity in as Neuroticism (N), and significant differences in other scales such as Extroversion (E), Psychoticism (P), and Social desirability (L) with UK data based. Having norm of JEPQ in culture differently of original community is suggested.
Abstracts:

In an affluent society, there are millions of jobs available with ample chances to move up the career ladder and with various kinds of training and education on offer. People need to choose their jobs and select appropriate training programs with care. What is the basis for choosing a job from the millions out there and selecting the training that offers the right knowledge and skills for the chosen job? Using academic criteria alone has proven inadequate. However, adding career interests and potential to the criteria has been supported theoretically and empirically. Your clients need to find jobs that match their interests and potentials, which will consequently become fulfilling careers and help them to lead meaningful lives. In Malaysia, people need to not only fulfill their personal dreams but also to realize the country’s vision. Your clients’ choices are also part of national agenda. How does a professional counselor help his clients with such challenges? This paper describes a workshop that aimed to provide counselors with a theory base, skills, and a well-researched tool to enable them to facilitate clients’ charting their futures to fulfill their dreams and to realize the nation’s vision.
Abstracts:

Obsessive-Compulsive Disorder (OCD) has been identified as one of the most chronic and costly forms of psychopathology. In the United States, the social cost exceeds $8.4 billion every year. For the past decade, Cognitive-Behavioural interventions have been used to address the above disorder. However, treatment results were inconsistent. This workshop critically reviews the empirical literature on the effectiveness of Cognitive-Behavioural Therapy (CBT). It explores if CBT interventions are successful by using purely direct interventions and challenges the view of therapeutic change relying on cognitive change. One case study is presented to evaluate the effectiveness of CBT in clients presenting with OCD symptoms comorbid with suicide ideation. Both authors/facilitators use dialogue excerpts to examine clients’ verbal and non-verbal responses based on facial expression as well as words spoken. In addition, body language is analyzed to determine clients’ motivation level and receptiveness of therapeutic interventions. Quantitative findings are compared with case studies observations to evaluate the relationships between additional variables such as childhood experiences in the development of OCD. A comprehensive review finds little evidence that specific cognitive interventions significantly increase the effectiveness of therapy. The case study supports that treatment of CBT outcomes can be further enhanced by utilizing other core approaches such as Attachment theory as a secure base to address unresolved childhood and relational issues. Hence along with CBT it may also be useful to challenge developmental and experiential bases for the disorder, such as attachment relationships and self-perceptions. As the client explored his personal narrative in the secure base
of therapy, the counsellor worked with him to become self-aware regarding his recurring pattern of issues related to trust, identity, autonomy and intimacy. Emphasis was on changes in client’s implicit working models and the counseling relationship as a medium of providing self-relevant feedback, helping the client to rework his cognitive model of self and others. Therefore, the workshop aims to contribute to the studies that OCD intervention with CBT in isolation may reveal a traditional medical model, indicating inflexibility in exploring possible etiologies and other theoretical frameworks such as attachment, as used in this case study.
Abstracts:

Multitasking is generally viewed as being a highly stimulating activity due to the demands of the tasks themselves and the activity of coordinating them. Therefore, individuals high in extraversion or low in neuroticism are generally predicted to perform better at multitasking than individuals low in extraversion or high in neuroticism (Lieberman & Rosenthal, 2001; Szymura & Necka, 1998).

The researcher aims to determine participants with multitasking ability by using Communication Specific Multitasking Measurement Instrument by Alla Kushniryk, group the participants according to their personality type as introverts/extroverts, determine using the experiment’s protocol their level of multitasking ability and support or contradict Eysenck’s arousal theory of extraversion.

Conclusions

This section presents conclusions made from the data gathered.

1. Multitasking is more prevalent on women. Women are more accustomed to performing multiple tasks. They are being overwhelmed by the pressures of multitasking in pursuit of too many conflicting demands. Young people ranging from the ages of 14-18 years old can multitask efficiently. They can do this, apparently, because they have grown up with digital technology and have become used to multitasking.

2. Most of the extroverts and introverts came from the age of 15 years old. They are often assertive to the point of pushing their limits too far. Adolescents are very explorative and impulsive these days, they tend to do tasks simultaneously in order to save time and be more productive. Their minds have been set to the way life goes today, fast and continuously developing.

3. Extroverts are partially better in multitasking than introverts. Introverts prefer focusing on one task at a time. On the other hand, extroverts tend to be assertive and multi-tasking and are good in activities involving task that require high stimulation.

4. The present study was able to support the Arousal Theory of Extraversion. Individuals high in extraversion perform better at multitasking than individuals low in extraversion.
Recommendations

In the light of the findings of the study, the following recommendations are proposed:

1. Planning and strategy can be the key to women’s success. The ability to develop strategies for coping with the multiple tasks in the everyday life is their advantage. Women can use these skills to improve the output on the multiple tasks that they are doing in the real life setting especially in home, school and work.

2. Guidance offices in each school can develop programs that can help students to cope up with their personality differences with other students like youth camps and the like. These programs can be effective if it can combine their talents with interests and abilities of others.

3. Being an effective multi-tasker is one of the explicit abilities that extroverts posses. With this, it is suggested that these people should exercise and enhance their multi-tasking ability through engaging in activities with higher stimulation like school tasks and other secretarial duties that may be of great help for them today and in the future.

4. This may be used as a reference to psychology students in conducting experiments. They may use other stimuli such as activities that require divided attention to confirm if extroverts really outperform introverts in terms of multitasking.

5. It is important to note that the reported results are only generalizable to these undergraduate students in the public high school. Future research will be necessary to demonstrate the multitasking and personality scale’s potential for generalizability beyond this group.
Abstracts:

**Introduction:** According to researches, medicine therapy has insignificant effect on remission of type 2 diabetics. It is used comprehensive care word to therapy this illness, so personality dimensions, psychological and social factors are important. Comparison and recognition of patient's personality and healthy people can great effects on prevention, physical and psychological hygiene. This research has conducted in order to compare personality dimensions of diabetics and normal people.

**Methodology:** The study assessed by ex-post facto method in which 30 normal people and 39 diabetic people, who were chosen of Bonab's hospital patients without physical and psychological problems, after targeted selection, answered the HEXACO personality questionnaire.

**Results:** The results of t-test revealed that there was significant difference between compared groups in honesty-humility, extroversion, conscientiousness, and emotionality. Normal people are higher than diabetics.) P<0.001) and there is no differences in openness to experience and adjustment dimensions between two groups.

**Conclusion:** According to results, there are significant differences in personality of illnesses and healthy people, so it is very useful to design preventive method and psychological therapies regarding diabetic people personality.
Type of Paper: DS 4
Name of Presenter: Mrs Homa
Country: Malaysia
Title: Self neglect In Elderly
Authors/Institution: Homa Mardan

Abstracts:

Elder self neglect (ESN) is a multidimensional, complex behavior and present unique challenges to society, health care and social agency with the highest percentages reported of elder abuse which could lead to mortality. The study aims is to investigate how the previous studies look at the ESN phenomenon to identify the important gaps, causes and the factors related with self neglect in elderly especially in developed countries such as United States, and United Kingdom. The significant gaps and factors linking to ESN are discussed. The outcomes of this review also suggest that the public awareness and attitudes towards self neglect is needed.
Children in conflict with the law (CICL) have violations that merit trial in courts. These children need effective programs in order to minimize recidivism.

This research identified counseling needs of 148 CICL detained in a youth rehabilitation center in Manila, Philippines. The research participants were given the Culture Fair Intelligence Test to assess general factor intelligence, the Brainard Occupational Preference Inventory and the Mooney Problem Checklist in order to identify needs. Demographic data such as age, educational attainment and type of offense were also obtained.

Findings show that majority of CICL have below average general factor intelligence, have concerns about their court cases and future vocational endeavors and have an occupational preference for agricultural jobs. Therefore, such clients should be given counseling programs that use simple language and if possible, in a task analyzed form as they are at risk of cognitive difficulties based on the intelligence test given and informal assessments done. They should also be given career education programs that are geared towards practical skills in agriculture and its related fields. Counseling programs should also help them identify career options and providing counseling services on how they can cope with the concerns they have regarding their court cases.

Biography of the Authors:

Marie Grace A. Gomez is a faculty member of the Special Education Area, College of Education, University of the Philippines-Diliman. She has a bachelor’s degree in Political Science, a master’s degree in Guidance and doctoral degrees in Guidance and Special Education, respectively, earned from the University of the Philippines. She is a registered guidance counselor and an active member for the Sub-committee on Education of the National Council on Disability Affairs.
Type of Paper: DS 4
Name of Presenter: Ms Hafizah Asyrani Binti Sulaiman
Country: Malaysia
Title: Motivation, System Support And Challenges Among Postgraduate Students.
Authors/Institution: Universiti Utara Malaysia

Abstracts:
Postgraduate students face many challenges in their studies due to differences in background including age, experience, learning styles and levels of thinking. Whilst some may stay motivated to complete their studies many do not. The objective of this study is to investigate postgraduate students’ types of motivation, support system and challenges. This qualitative study was conducted on 10 volunteered graduate students from the educational studies programme in one of the public universities in North of Malaysia. Participants include active and non active (either terminated or deferred) as well as part-time and full time students. Data were gathered through interview and analysed using constant comparative method of analysis. Major themes that emerged from the data revealed that ambition and knowledge, time management, financial aids, family and friends were key contributors in providing positive support to their learning. Negative perception from school management, parents and family’s on students’ studies is also seen as a catalyst to students’ determination to continue their study. This study shows that both intrinsic and extrinsic motivation influence the students whether to continue their studies. Thus, providing support from significant people as well as financial aids is essential in ensuring postgraduate students continue their studies.

Biography of the Authors:
Hafizah Asyrani has just completed Masters in Education specialising in Educational Psychology from Universiti Utara Malaysia and aspires to further her studies to do a doctoral study. Currently she is working as a research assistant. Her first degree on counselling and her own experience as a postgraduate student has influenced her interest to embark on this project. Fauziah Abdul Rahim is faculty member from the School of Education and Modern Languages, who teaches postgraduate courses.
Abstracts:

Chemical dependency is a multifaceted disorder. Working with individuals who are addicted to substances requires specialized psychosocial treatment. Studies indicate that LGBT people are more prone to substance dependency when compared to the general population and are less likely to abstain from use (CSAT, 2009). Thirty percent of lesbians are diagnosed with alcohol abuse problems and they also have higher problems with marijuana and cocaine as compared to heterosexual women (CSAT, 2009). An online survey was conducted in Singapore by Fridae.asia on Men who have sex with Men (MSM). Findings from the survey revealed that 13.4% of the respondents consumed recreational drugs (e.g. Viagra, ecstasy, poppers, methamphetamine) for sex. Yet, most people have very little understanding on drug use, its effect and the danger of developing chemical dependency particularly for the LGBT community. Certain drugs appear to be more popular in the LGBT community when compared to others.

This workshop will focus on the understanding of chemical dependency and its effect on the LGBT community. It discusses homophobia and heterosexism and how they contribute to substance abuse. The various clinical issues with LGBT community are explored and a framework of treatment is discussed employing case studies. Cultural, psychological and political issues impacting treatment are further discussed on how to achieve a more comfortable treatment environment.
Abstracts:

The objective of this study was to gather data which holistically reflects the issues, perceptions, and experiences of local gifted and talented students toward counseling provision in the school setting. The study was conducted on 240 students who were selected as the first (2011) and second cohort (2012) of students to attend the Pusat PERMATApintar™ Negara Educational Program, the first laboratory school program for local gifted and talented students, set up at the Universiti Kebangsaan Malaysia (UKM). In general, the study found out that Malaysian gifted and talented students were facing common psycho-socio emotional issues as being experienced by their peers in other parts of the world. Also, their counseling needs were found to be centered on career and academic guidance, as compared to other service dimensions. The data was discussed with purpose to recommend a working framework of educational counseling provision to be implemented in the local context, especially in the educational setting meant for this unique population of students. Concomitantly, future research should focus on how to adopt this recommended ‘best practice’ counseling provision for gifted and talented students in the larger population of Malaysian students.

Biography of the Authors:

I hold a Bachelor of Arts (BA) degree in Psychology from the University of Michigan, Ann Arbor, USA, and a Masters of Education (MEd) degree in Counselling and Guidance from Universiti Kebangsaan Malaysia (UKM), Bangi, Malaysia. At present, I am in the verge of completing my doctoral degree (PhD) in Counsellor Education from UKM, while also pursuing a post-graduate certification in Gifted Education at the University of New South Wales (UNSW), Sydney, Australia. I had worked as psychology and counselling officer with the Royal Malaysian Navy (RMN) for 10 years, before joining UKM as lecturer at its’ Faculty of Education.
Abstract:

Working with religion and spirituality is often problematic in counselling practice due to counsellors’ competency issues and their own cultural and spiritual history which do not make them expert in the field. Especially, there are not enough educational courses regarding preparing counselling students for applying spirituality in counselling practice. This study examines a relationship between spiritual awareness, spiritual disappointment, spiritual narcissism, spiritual realistic acceptance, and spiritual instability and multicultural counselling awareness, multicultural counselling knowledge and multicultural counselling Skills among counselling students. And as an empirical research this study randomly surveyed final-year counselling students (n=119) at three Malaysian universities, to find their self-ratings on Spiritual Assessment Inventory (SAI) and Multicultural Counselling Competencies (MCCs) scales. Eight significant low and moderate positive correlations were found, but four of them indicated medium and large effect size. The results show demanding role of spirituality and cultural competency of counseling students with special reference to the needs of the counseling profession within the diverse culture of Malaysia.

Biography of the Authors:

- Master of Science in Guidance and Counselling, CGPA=3.89
- Bachelor of Art in English Literature, CGPA=3.60
- Group moderator and counsellor for large intensive marathon therapy groups over 6 months in Universiti Putra Malaysia (UPM) and Global Creative Center (GCC)
Abstracts:

This study covered the assessment of the multicultural competencies of the Counselor Practioners, Counselor Educators and Teacher Educators. This aimed to determine the profile of the counselor practioners, counselor educators and teacher educators in terms of age, sex, civil status, highest educational attainment, number of years of counseling experience and/or teaching experience, and school; determine the level of mastery of multicultural competencies of Counselor Practioners with regard to cultural awareness of self, cultural awareness of others, culturally appropriate intervention strategies, and culturally sensitive working alliance and of Counselor Educators and/or Teacher Educators with regard to content integration, knowledge construction process, prejudice reduction, equity pedagogy, and empowering school culture and social structure; and identify ways on how to increase the level of mastery of multicultural competencies in counseling and in teaching.

The descriptive survey method was used in this study. A researcher-designed evaluation instrument served as a tool for collecting data. Eighty helping professionals- 20 Counselor Practioners, 20 Counselor Educators and 40 Teacher Educators across levels were the respondents. This study was conducted during Summer 2012. Percentage and weighted mean were used in analyzing the data.

The results of the study shows that describing the respondents in terms of age, sex, civil status, highest educational attainment, years of counseling and/or teaching experience and school provide an account of the multidimensionality of Counselor Practioners, Counselor Educators and Teacher Educators; Counselor Practioners, Counselor Educators and Teacher Educators are multiculturally very competent yet are eager to upgrade the level of mastery of their competencies; most of the Counselor Practioners reveals that they are highly competent with regard to the awareness of personal assumptions, values, and biases, the understanding of the worldviews of the clients, and establishing working alliance with clients and collaborating with clients in determining counseling goals and client and counselor tasks that are responsive to the significant domains of cultural identity; most of the Counselor Educators reveals that they are highly competent on prejudice reduction and very competent with regard to content integration, knowledge construction process, equity pedagogy, and empowering school culture and social structure; and most of the Teacher Educators reveals that they are very competent with regard to the multicultural education competencies. Thus, the researcher would recommend that Counselor
Practioners must have the awareness of their personal assumptions, beliefs and biases, the understanding of the worldviews of culturally different students and the skills of developing appropriate interventions; educators and administrators must attend to each of the five dimensions of multicultural education; Counselor Practioners, Counselor Educators and Teacher Educators must have an understanding of contexts of multiculturalism in school to develop multicultural competence; and multicultural competencies have become the central to the effectiveness of Counselor Practioners, Counselor Educators and Teacher Educators thus, upgrading the level of mastery of the competencies need to be given much attention by the professionals themselves, the administrators of the schools, and the officers of accredited professional organizations.

**Biography of the Authors:**

**Education**

*Ph.D. in Guidance and Counseling*
Philippine Normal University, Manila
Ongoing – 52 units

*MAEd in Guidance and Counseling*
Philippine Normal University, Manila
March 2008

*AB Psychology*
University of Batangas
March 2004

**Work**

*Instructor*
College of Arts and Sciences
Batangas State University

*Head, Guidance and Counseling*
Batangas State University
2010 – 2012

*Head, Counseling Department*
University of Batangas
2009 - 2010

*Guidance Counselor*
University of Batangas
2007 – 2009

*Guidance Counselor*
Lipa City Colleges
2005 – 2007

**Eligibility**

*PD# 907 Civil Service*
LET Passer year 2005
RGC year 2008
Abstracts:

Since homosexuality was removed from the “Diagnostic and Statistical Manual of Mental Disorders” published by American Psychiatric Association in 1974, there is growing psychological research on lesbian, gay, bisexual, and transgender (LGBT) population in the West. Studies on LGBT issues in counseling psychology field in Taiwan also slowly emerged. The purpose of this study was to systematically review the empirical findings of LGBT issues in counseling psychology journals and theses/dissertations in Taiwan using content analysis method.

Results show that during past 40 years, only 13 of 3,215 papers (0.40%) in 10 leading counseling psychology journals focus on LGBT issues. There are also 44 LGBT-related theses/dissertations from counseling psychology graduate programs. Among the total 56 LGBT-related studies, most use qualitative methods (78.57%) and only 17.51% of the participants are LGBT (n = 1,115). Only 8 studies investigate LGBT adolescents and none includes the elderly. Topics of the studies mostly are on LGBT people’s sexual identity and intimate relationships, however career development, health behaviors, addiction, and multicultural issues related to LGBT people are rare.

It is concluded that more rigorous and culturally-sensitive LGBT research in counseling psychology in Taiwan is needed. Implications for future research and practice will be discussed.

Biography of the Authors:

I am an Assistant Professor at the Department of Educational Psychology and Counseling, National Pingtung University of Education, Taiwan. I received my PhD in counseling from the National Changhua University of Education, Taiwan. I am also a Licensed Counseling Psychologist and Certified Counseling Supervisor in Taiwan. My major research interests include couple and family counseling, multicultural counseling, men and masculinities, gender diversity and gender equity education, and assessment of family relationships.
Type of Paper: DS 6  
Name of Presenter: Mrs Aslina Ahmad  
Country: Malaysia  
Title: Using PRODIGY in increasing school motivation among Malaysian children: A case study in a school in a rural area in Perak  
Authors/Institution: aslina et al.,/ Sultan Idris Education University

Abstracts:

This study evaluates the effect of a programme using counseling skills named as PRODIGY towards school motivation among students in a rural area in Perak. A number of seventy eight students (N = 78) of the age of 12 years old were involved in this study. The effect of the programme is measured in the mean score in the pretest and post test. The instruments used to measure school motivation were (a) Elementary School Motivation Scale by Guay, Marsh & Dowson, and (b) Intrinsik and Extrinsic Motivation by Harter (1981). Descriptive analysis is used to see the difference in mean score and the standard deviation of the data. Result shows that mean score among students from the treatment group is higher compared to the control group. Teachers commented that children in the treatment group are more confident and have made the initiative of meeting teachers whenever they have difficulties in their studies.

Biography of the Authors:

Master in Psychology and Counseling (National University of Malaysia), Diploma in Psychology and Counseling (National University of Malaysia), Lecturer in Counseling Department in Sultan Idris Education University for 10 years, experienced school teacher and counselors for almost 11 years, certified counselors, members of Malaysian Psychology Association, Malaysian Counselor Association, APECA. Presented papers and carried out research regarding counseling in local context.
Abstracts:

The purpose of this study is to understand the influence of sources of self-efficacy and career decision making self-efficacy to adolescence career adaptability. This is a quantitative research with a path analysis and simple regression techniques using 305 participants from two private universities in West Jakarta, Indonesia. The result showed a significant influence of sources of self-efficacy to career decision making self-efficacy, significant influence of career decision making self-efficacy to career adaptability, significant influence of self-efficacy to career adaptability through career decision making self-efficacy. The result also showed that only three among five sources of self-efficacy that have a significant influence to career adaptability: verbal and social persuasion, mastery experiences and positive emotional arousal, meanwhile two other sources: vicarious learning and negative emotional arousal did not have any significant influence.

Biography of the Authors:

I am a lecturer with 7 years working experience and the Head of the Psychological Service Center (PLP) at Krida Wacana Christian University (UKRIDA), Jakarta.

I received a master’s in ministry from Cipanas Theological Seminary and a master’s of Science in Educational Psychology from University of Indonesia. I teach Counseling Psychology, Educational Psychology and Career Counseling. Now I am conducting several research about career counseling and career decision making among high school student in Jakarta, Indonesia.
Type of Paper: DS 7
Name of Presenter: Mrs Aslina Ahmad
Country: Malaysia
Title: Personality among trainee teachers: A case study in a university in Malaysia
Authors/Institution: aslina et al./ Sultan Idris Education University

Abstracts:

This study investigates the personality traits among trainee teachers. A number of 266 new students from one of the universities in Malaysia was randomly chosen. Respondents were given Big -5 Personality Inventory in the beginning of the semester. Data was analyzed by using descriptive and inferential techniques such as mean and t-test. It was found that the highest personality trait among trainee teachers is openness, followed by agreeableness, conscientiousness, extraversion, and neurotisme. Results also show that there is no significant difference in extraversion, agreeableness, conscientiousness and openness based on gender. However, there is a significant difference in neurotisme between female and male students. Female students are found to be more emotional, anxious and depressed. The findings of this study have a number of important implications for future practice in education context in Malaysia.

Biography of the Authors:

Master in Psychology and Counseling (National University of Malaysia), Diploma in Psychology and Counseling (National University of Malaysia), Lecturer in Counseling Department in Sultan Idris Education University for 10 years, experienced school teacher and counselors for almost 11 years, certified counselors, members of Malaysian Psychology Association, Malaysian Counselor Association, APECA. Presented papers and carried out research regarding counseling in local context.
Abstracts:

Background: The Read-me-to-Resilience (Rm2R) intervention comprises 22 traditional African stories collected from elders. Each story presents a theme of resilience and was considered potentially resilience-promoting by a panel of South African psychologists. **Aim:** To explore the usefulness of bibliotherapeutic, resilience-promoting interventions, like Rm2R, for teachers functioning as lay counsellors. **Methodology:** Sixteen South African teachers voluntarily implemented the Rm2R for 22 weeks with orphaned learners. Its usefulness was investigated using a pre-intervention, post-intervention design, using qualitative data generation techniques (the draw-and-write technique, focus group interviews and research diaries). **Findings:** Participating teachers reported that using Rm2R promoted their positive adjustment to the challenges of lay counseling. This included development of: a positive attitude towards lay counselling roles, counselling-competence, and a development of cultural awareness. Four resilience-supporting pathways were reported for orphaned learners, including promotion of: life skills, positive distraction, constructive attachments, and an appreciation of cultural resources. Although useful as a ready-made intervention, refinements were suggested to address frustrations experienced during implementation. **Implications:** The Rm2R intervention can be utilized, albeit judiciously, as a useful and inexpensive tool to promote resilience in at-risk learners.

Biography of the Authors:

**Carmen Joubert, M.A.,** is a lecturer of life skills and lay counselling in the School of Educational Sciences, Faculty of Humanities, Vaal Triangle Campus, North-West University, South Africa.

**Linda Theron, D.Ed.,** is a full professor in the School of Education Sciences, Faculty of Humanities, North-West University, Vaal Triangle Campus, South Africa, and a registered and experienced educational psychologist. She is leader of the Optentia research focus area's Pathways to Resilience subprogram (see www.optentia.co.za). Her research is qualitative and explores the formal and informal processes inherent in South African youths' resilience, particularly those challenged by poverty, HIV&AIDS, and learning difficulties.
Abstracts:

A major milestone in the life of adolescents is the transition from school. Opportunities may be more limited for rural adolescents than for their urban counterparts. This paper describes case studies of four Australian adolescents who participated in a small scale qualitative study that investigated factors influencing secondary school students as they prepared to transition from school. Data was collected through the My System of Career Influences (MSCI) qualitative career assessment instrument. The MSCI is a guided reflection process presented in booklet format. During three career guidance lessons, students worked through the booklet to identify the influences impacting on their transition from school and to present them on a System of Career Influences diagram. Subsequently the students told stories about their diagrams in narrative career interviews. Issues facing rural adolescents are considered and suggestions are offered about career guidance services in schools.

Biography of the Authors:

Dr Mary McMahon teaches career theory, narrative career counseling, and guidance and counselling in the School of Education at The University of Queensland, Australia. Mary researches and publishes on the career development of children and adolescents, narrative career counselling and qualitative career assessment. She has published more than 100 books, book chapters and journal articles.
Abstracts:

Literally, the term of “Self Well-Being” is derived from Arabic phrase “Al-Sihah Al-Nafiyyah” (الصحة النفسية). Meanwhile, in Bahasa Malaysia it is translated to “Kesihatan Jiwa”. In language context, the word of “Nafiyyah” and “Jiwa” are referred to human self. In Islamic tradition, usually uses the term of soul, spirit, heart and mind compared to Western that uses the term of mental health when referring to the person well-being status. What is the concept of self well-being in Islamic view? Is there any difference with the concept of mental health that used by the modern world today? This paper attempts to give a preliminary view of self well-being from Islamic perspective.

Biography of the Authors:

Mohd Nasir bin Masroom is a PHD candidate at the Faculty of Islamic Civilization, University Technology of Malaysia. Received his early education at Sekolah Menengah Arab Kota Tinggi and received Sijil Menengah Agama (SMA) in 1992. Continued study at Maahad Johor to obtain Sijil Tinggi Agama (STA) in 1995. Then pursued studies at the National University of Malaysia and was awarded a Bachelor in Usuluddin and Philosophy in 1999. Then, owned his Master of Guidance and Counseling was awarded by University Technology of Malaysia in 2004.
Type of Paper: DS 8  
Name of Presenter: Dr. (Mrs.) BUKOYE Roseline Olufunke  
Country: Nigeria  
Title: MANAGING STUDENTS’ ACADEMIC STRESS THROUGH DEVELOPING EMOTIONAL INTELLIGENCE COMPETENCIES  
Authors/Institution: Dr. (Mrs.) BUKOYE Roseline Olufunke, Dr. ADEOYE Emmanuel Atanda and Mrs. OWOLABI Boludola Oluwagbemisola

Abstracts:

Stress is a state of physiological and psychological disequilibrium, which has devastating and debilitating effects on individuals. Students experience academic stress with the great source from test-taking, studying for examinations, grade competition of assignment, workload among others. Inability to manage stress effectively results in prevalence of failure, poor performance, truancy, drop-outs, lack of motivation, feeling of inadequacy, frustration and dejection among students. In view of this, the emotional intelligence competencies of self-awareness and self-management are considered for managing academic stress under this study. This paper therefore examines the concepts of stress, academic stress, emotional intelligence and its competencies. Finally, the paper recommends that all students should be equipped with emotional intelligence competencies so as to manage academic stress in a healthy manner.

Biography of the Authors:

I am Dr. (Mrs.) BUKOYE Roseline Olufunke. A Senior lecturer with B.Ed., M.Ed. and ph.D. degrees in Guidance and Counselling in the years 1992, 1997 and 2003 respectively at University of Ilorin, Ilorin, Kwara State, Nigeria.

As seasoned and erudite scholar, I in conjunction with few NGOS; and on my own volition organized seminars and workshops on sensitive issues like HIV/AIDS, stress management, examination malpractice, child abuse, among others.

As professional and competent Counsellor, I have worked in various capacities within and outside my state as teacher, lecturer, coordinator and Counsellor. Presently, I lecturer in Ibrahim Babangida University (IBBU.), department of counselling psychology, Lapai, Niger State, Nigeria.
Abstracts:

The study is a survey designed to determine perception of consequences of early marriage on female education as expressed by Civil servants in Kwara state, Nigeria. Five research questions were answered and four null hypotheses were tested in the study. The instrument tagged perception of consequences of early marriage on female education questionnaire (FCEMOFEQ), which consisted of 20 items was used. Data collected were analyzed using percentage, t-test and ANOVA. The results of the findings revealed significant differences among civil servants in their perception of the consequences of early marriage of female education on the basis of their gender, age and their marital status but, not significance on the basis of their religion affiliation. Based on the results of the findings, it was recommended that, the counsellors in collaboration with NGOS should create advocacy sensitization campaign and awareness to the consequences of early marriage and significance of female education to economic stability in families and society at large; The media houses could as well partner with the government (Federal and State) to present educative gingles, cartoons and play let on televisions, radio, dailies, magazines, and hand bills to encourage Nigeria females gender empower themselves educationally rather than rushing for marriage, among others.

Biography of the Authors:

I am Dr. (Mrs.) BUKOYE Roseline Olufunke. A Senior lecturer with B.Ed., M.Ed. and ph.D. degrees in Guidance and Counselling in the years 1992,1997 and 2003 respectively at University of Ilorin, Ilorin, Kwara State, Nigeria.

As seasoned and erudite scholar, I in conjunction with few NGOS; and on my own volition organized seminars and workshops on sensitive issues like HIV/AIDS, stress management, examination malpractice, child abuse, among others.
As professional and competent Counsellor, I have worked in various capacities within and outside my state as teacher, lecturer, coordinator and Counsellor. Presently, I lecturer in Ibrahim Babangida University (IBBU.), department of counselling psychology, Lapai, Niger State, Nigeria.
Abstracts:

Educational and occupational aspirations increase the desire of students for further education and to succeed in their schooling to ensure better career prospects. This paper presents research that investigated the educational and occupational aspirations of students in Brunei Darussalam. A survey questionnaire was administered to 815 Year 11 (those who are repeating their Brunei-Cambridge GCE O-Level) and Lower Six (those who passed their Brunei-Cambridge GCE O-Level) students. Factor analysis by means of principal components method was conducted to ascertain the grouping of items. The items loaded into six factors: personal, parents, teachers, peers, school counsellors, and obstacles to educational and occupational aspirations. This paper will focus on the personal and parental influences on students’ educational and occupational aspirations. Implications for policy makers, teachers, school counsellors and parents will be considered.

Biography of the Authors:

Nor Zaiham Midawati Abdullah is a Doctor of Philosophy student in the School of Education at The University of Queensland, Australia. She works as a lecturer at the Psychological Studies and Human Development Academic Group, Sultan Hassanal Bolkian Institute of Education, Universiti Brunei Darussalam. Nor holds a Bachelor of Primary Education (Hons.) from Universiti Brunei Darussalam, and a Master of Education (School Guidance and Counselling) from Queensland University of Technology, Australia.
Abstracts:

This paper argues that the process of conducting qualitative research augments the development of many of the fundamental psychotherapeutic skills needed by psychotherapy students. By doing qualitative research the student optimally develops a psychologically sophisticated understanding of their own worldview and personality, an intellectual rigor and trust in the process, and an empathic, open, curious, and respectful ability to become immersed in the research participant’s lived world. Leaving the security of the already known, maintaining an optimal distance from the data, and resisting the pull for premature closure, the student learns to tolerate complexity, confusion and ambiguity. The student gradually identifies patterns and forges meaning at increasingly higher levels of abstraction. These skills are transferrable to the process of conducting psychotherapy.

Biography of the Authors:

Dr Thorpe trained as a clinical psychologist and psychodynamic psychotherapist at Rhodes University. He has practiced as a clinical psychologist for the past 33 years and taught at a variety of universities in South Africa and New Zealand. Mark is passionate about the training and supervision of psychiatrists, psychologists and psychotherapists. His other interests include personality disorders, the therapeutic relationship, mindfulness and immigration. Presently Mark is head of the department of psychology at AUT University where he teaches on the postgraduate counselling psychology programme. He consults to organisations and runs a private practice.
Abstracts:

If children need a connection to nature for healthy development and learning (Louv, 2006), how can outdoor education in an increasingly globalized and urban context foster this biophilic (Wilson, 1984) relationship? This paper reflects on experiences with outdoor education with children in schools and communities from Canada. Given growing interest in ecopsychology, I explore the opportunities for multicultural environmental education (MEE) to strengthen the natural emotional bond of children with their home and ‘adopted’ environments. While recognizing that other cultures and perspectives have often been excluded or marginalized in education (Banks & Banks, 2001), this paper considers that MEE opens the door to enhancing young people’s sense of belonging, and to addressing current societal and environmental challenges in significant ways (Lundholm, Hopwood, Rickinson, 2013; Nordstrom, 2008). A central focus is on defining the role of educators in providing the skills, knowledge and self-awareness to students-school-communities in ways that embrace students’ cultural and environmental lived experiences and subjective knowledge.

Biography of the Authors:

Natasha Blanchet-Cohen is an Assistant Professor in Applied Human Science at Concordia University in Canada. Her doctoral work focused on early adolescent’s environmental agency. From 1997 to 2009, she worked as research director at the International Institute for Child Rights and Development in Victoria where she led national applied research initiatives on building resilient communities through youth engagement, including with Indigenous and immigrant children. She is well published with 15 peer-reviewed articles, an upcoming edited book Children’s Lives and Education in Cross-national Contexts: What Difference Could Rights Make? and author of 7 curriculum documents.
The purpose of this study was to introduce a course incorporating spirituality into counseling for Christian counselors and to obtain their feedback on the course. A total of 27 Christian counselors, 3 men and 24 women, participated in the study. The course included 3 goals: to enhance the awareness of spiritual development, to increase the knowledge of spiritual issues, and to enhance the intervention skills for addressing spiritual issues in counseling. To reach these goals, 11 themes were presented over 39 hours during the course. To explore the reactions of the participants toward the course, feedback sheets were designed and were then distributed at the end of each session. Twelve focus groups were also conducted at 3 different time points. Positive reactions were obtained from the feedback sheets and focus groups. Participants benefited from open dialogues and were able to widen their perspectives; they validated each others’ perspectives, generated and clarified new thoughts, obtained consensus, and integrated spirituality into counseling. Participants made suggestions regarding including more discussions, more concrete operations and skills training, and more case discussions and role plays. Finally, recommendations for designing future courses and research were proposed.
Type of Paper: DS 10
Name of Presenter: Dr Nurul Ain Mohd Daud
Country: Malaysia
Title: Narrative Ethnography As An Approach In School Counselling Research: Reflexive Accounts Of A Narrative Ethnographer In One Secondary School In Malaysia.
Authors/Institution: Sultan Idris Education University, Tanjong Malim, 35900, Perak, Malaysia

Abstracts:

This paper introduces, describes and proposes narrative ethnography as an important, relevant and appropriate contribution to school counselling research. Drawing on narrative ethnography with school community, this paper provides reflexive accounts of a researcher conducting her study in one large urban secondary school in Malaysia. The researcher actively involved herself in the provision of counselling which engaged fifty six pupils and staff in contributing narrative alongside observations of collective behaviours. The analysis was informed by the constant comparative method, a constructivist development of grounded theory. The findings in this particular study indicated that systemic issues particularly the relationship between counselling and other systems within the school was of paramount significance in the acceptability of counselling. In view of the findings, several implications and recommendations for understanding counselling services within the school system were put forward.

Biography of the Authors:

I have been a senior lecturer for ten years in the Department of Counselling Psychology, Faculty of Education and Human Development, Sultan Idris Education University in Malaysia. I obtained my PhD in Education (School Counselling) at the University of Bristol, United Kingdom. My area of interests includes Multicultural Counseling, Counselling and spirituality, qualitative methodology in counseling and narrative counseling.
Abstracts:

Field-based experience is an integral component of many pre-service professional preparation programmes. While regarded as a highly significant contributor to overall programmes, research suggests that student experience and the resultant learning can be varied.

The research participants engaged in initial online questionnaires, which explored their perceptions and experience of the mentoring relationship. They used four interventions, and a final online questionnaire to evaluate the interventions and focus groups.

The usefulness of the interventions in building relationship and enhancing enriched learning dialogue was affirmed. In particular, participants noted the way the interventions built trust and mutual understanding, clarified roles, and scaffolded exploration of underlying beliefs and assumptions and the ability to engage in personal reflection.

The study has added credence to the view that intentionality in structuring mentoring conversations can be highly effective in enriching learning dialogue. The use of specific tasks is shown to be one means of providing that scaffolding. These findings have application to a broad range of professional and vocational programmes. Abstract text here:

Papers that address original theoretical and practice of counselling and psychotherapy topics will be considered. The papers should be scholarly and written in a style that is accessible for researchers, professional, clients and self-help readers.

Biography of the Authors:

I have a Masters in Education, and undergraduate qualifications in Education and Psychology and a post graduate qualification in professional supervision. I have over twenty years experience as a tertiary educator in counselling and related fields, in various programmes in New Zealand. Practicum related courses have been a particular interest of mine over that time so I was very interested in participating in this multi-site research project into supervision. I have since left Wintec to become the research leader (Counselling) for Vision College a PTE in Hamilton New Zealand.
Abstracts:

It is assumed that the saving grace to the children cognitive and emotional development could be the grandparent based on interest to raise their grandchildren and their wealth of experiences in life. Whatever experience they use will have great impact on their grandchild’s development in the future including area of cognition and emotion growths. The applied grandparents’ approach towards grandchildren nurturing may be determined by race, ethnicity, or family structure etc. This paper explores applied Grandparenting modes on grandchildren’s cognitive and emotional development applying the qualitative method to investigate grandparents’ modes and practices on grandchildren’s cognitive and emotional development. Twenty one grandparents were selected from three cities in Malaysia. The cities are Ipoh, Tanjung Malim, and Wilayah Persekutuan. It is gathered from the interview analysis that, grandparents applied several modes which have great impact on their grandchildren’s cognition and emotional growths. The modes visibly boost grandchildren’s learning interest, impart culture and piousness into them, and consequently develop their cognitive and emotion in a wide scope suggesting urgent needs to seriously reconsider grandparents in our global educational system to regain golden lost of educational goal in the present global diluted era.

Biography of the Authors:

Dr. Muhammed Yusuf, PhD, is a lecturer of psychology, Faculty of Education, Sultan Idris Education University (Universiti Pendidikan Sultan Idris) Tanjung Malim, Perak, Malaysia. Since obtaining a PhD in educational psychology, his areas of research interest focused on self-efficacy, motivation, self-regulated learning strategies, and psychometric analysis using sophisticated statistical tools such as Rasch model, PCA, and SEM. Additionally, his research wing includes qualitative research method applying NVivo. The author communicates in Malay language. Also, the author could speak and write Yoruba, English, and Arabic. In fact, he has some academic works written in Arabic language.
This article reports the use of electroencephalogram (EEG) biofeedback or Neurofeedback training (NFT) and cognitive strategies as the therapeutic tools to train the slow learner who have the history of epilepsy during early childhood. It is a technique that gives user actual or real-time feedback of the brain performance. Sensors were placed on the scalp and connected to the computer software to detect specific neuronal activity. The goal of EEG biofeedback was to enable the child to achieve a better brain regulation leading to improvement in social behaviour and learning performance. Beta training protocol and cognitive exercises in mathematics (problem solving) and reading were given. Interview and observation made before the training shows that she was not able to communicate well with her peers and her learning performance was significantly below grade level. The subject showed improvement in cognitive performance as indicated by her progress in mathematics and reading and social behaviour (communication and speech). Finally, delta waves frequencies decreases rapidly throughout the training especially after in the twenty training sessions.

Biography of the Authors:

I obtained my PhD from University of Durham, Uk in the field of cognitive psychology in 2004. My Masterate degree was in Curriculum and Instruction (Texas, USA) in 1997. My research interests include Neurofeedback training (EEG training), Cognitive neuroscience and educational psychology with vast experiences in the teaching of cognitive psychology, cognitive neuroscience, research methods and learning sciences. Most of the ongoing projects were in the area of Neurofeedback training especially on the Special needs children since 2008 untill now. The first case study was conducted on the ADHD child followed by Autism Spectrum Disorder children, and slow learners.
Abstracts:

This study explored on the problems encountered by senior high school in terms of career awareness, acquiring career information, identifying career goals and acquiring knowledge to achieve career goals, which served as foundation for the proposed career guidance program. The profiles of the respondents in terms of age and sex are identified.

The descriptive research method was used in this study. The one hundred forty senior high school students of Lodlod National High School Lipa City for AY 2011 – 2012 were the respondents. The statistical tools used in analyzing data were frequency, percentage, weighted mean, composite mean and independent t-test.

The results showed that most of senior high school students are having much problems on career awareness particularly on developing awareness on their personal abilities, understanding their interests, understanding the importance of the course they want to pursue, developing their hobbies, and choosing the colleges/universities offering the course of their choice. With regards to career awareness and acquiring knowledge there is no significant difference on problems encountered by the respondents when grouped according to their age, however there is a significant difference in terms of age. In terms of acquiring career information and identifying career goals there is no significant difference on problems encountered by respondents when grouped according to age and sex.

Based on the findings a career development program which focuses on developing career awareness and providing strong foundation for the senior high school students’ decision making skills is proposed.

Biography of the Authors:

Education :  
Ph.D. in Guidance and Counseling  
Philippine Normal University, Manila  
Ongoing – 52 units

MAEd in Guidance and Counseling  
Philippine Normal University, Manila  
March 2008
AB Psychology
University of Batangas
March 2004

Work:

Instructor
College of Arts and Sciences
Batangas State University

Head, Guidance and Counseling
Batangas State University
2010 – 2012

Head, Counseling Department
University of Batangas
2009 - 2010

Guidance Counselor
University of Batangas
2007 – 2009

Guidance Counselor
Lipa City Colleges
2005 – 2007

Eligibility:

PD# 907 Civil Service
LET Passer year 2005
RGC year 2008
Abstracts:

This study examines Bowlby’s four anxious threats to mental health from the framework of the family: loss of love, loss of control, loss of competency and loss of relationship, and provides a path for understanding the organization and role of resulting cognitive distortions present in personality and psychological disorders. A sample of graduate clinicians-in-training was asked to align each of Young’s 18 identified cognitive distortions with the specific anxious family pattern responsible for generating it. While a factor analysis revealed a matrix of correlated alignments, a case is made for the appreciation of biologically inspired mental processes which reinforce anxiously derived cognitive distortions automatically. A summary of best practices are reviewed for weakening and dissolving anxiously derived attachment distortions with an emphasis on object relations-attachment-gestalt therapy approaches.
Abstracts:

The study determined the relapse rate of the residents undergoing drug treatment and rehabilitation in a selected rehab in the Philippines. Thirty two (32) residents participated; nine (9) are in the primary stage, two (2) in the general recovery stage, seventeen (17) in the re-entry stage and four (4) are in the after-care stage. The 28-item AWARE (Advanced Warning of Relapse) questionnaire constructed by Miller & Harris (2000) patterned in Gorski’s relapse cycle measured the residents’ rate of relapse to alcohol use. The result shows that most (n=15) of the students has low (24%) tendency to relapse. Further, there is a significant difference (F=14.47; p=.000) in the relapse rate considering phases of recovery. Primary stage (M=62.44) has the highest rate followed by after-care stage (M=26), general recovery stage (M=24) and re-entry stage (M=21.47). The result implies that residents in the primary stage are the most prone to relapse followed by those who are in the after-care stage but not residents in the re-entry and general recovery stages. It is recommended that residents in the primary stage and after-care stage undergo relapse prevention program to help them handle relapse.

Biography of the Authors:

I am a Bachelor of Science in Psychology graduate. I worked as a part-time in-house Psychologist in one of the private drug rehabilitations in the Philippines, a graduate research assistant in a university and at the same time pursuing my Masters. I finished on March 2013 with the course, Master of Arts in Psychology. Currently, I work as a full-time research assistant in AUP, teaches at Undergraduate Psychology Department, consultant of a private drug rehab and pursuing my Doctoral degree.
Abstracts:

The survey results indicate that in Semarang about 63.1% high school students in the city of Semarang has a maladaptive achievement goals, i.e. performance-avoidance goal (Sugiharto & Sunawan, 2011). Whereas performance-avoidance goal encourages students have low motivation, negative emotions in study and low achievement (Pekrun, Elliot & Maier, 2009; Elliot, Shell, Henry & Maier, 2005). The purpose of this article to provide a comprehensive review on the application of reality therapy in developing adaptive achievement goals (Elliot & McGregor, 2001) in individual counseling setting. The unadaptive achievement goals, during the counseling process, interpreted from the perspective of basic needs, quality world, choice theory and total behavior. Achievement goals that undermine learning motivation in a long time indicated that the students have negative addiction. The goal of counseling is to help student develop adaptive achievement goals and implement those goals into concrete actions in ways that make him connected to the social environment. This article also discusses implementation of the system WDEP (Wubbolding, 2007) in developing the adaptive achievement goals.

Biography of the Authors:

I am a lecturer at Guidance and Counseling Department in Semarang State University. I have been teaching Counseling Models and Practice of Counseling Models since 2007. I also interested in educational psychology, especially self regulated learning theory. My interest is applying individual counseling model or theory (especially reality therapy and REBT) in educational context, such as motivational problem and other personal, social and career that related to learning problem. I have published 6 articles in Indonesian journal and done same researches in educational psychology and counseling. Now I take doctoral degree in educational psychology at Central China Normal University.
Abstracts:

Multicultural counseling competencies are one of the important aspects that help the effectiveness of counseling process. However, research on multicultural counseling competencies among counselors in Malaysia is still very limited. This study examines the level of multicultural counseling competencies among school counselors in Malaysia. In addition, this study also examines the level of multicultural counseling competencies among respondents based on gender, level of education, location, and work experience. A total of 275 school counselors in the state of Selangor were randomly selected in the study. The instrument to measure multicultural competencies was developed by the researchers based on the theory and in-depth interviews with counseling experts in Malaysia. The results showed that the mean scores of multicultural counseling competencies of the respondents are high. The study also found that there was a significant level of multicultural counseling competencies based on respondents’ education level. However, the scores of multicultural counseling competencies based on gender as well as experience working as a school counselor, and the location of the schools were not significantly different. The implications of multicultural counseling competencies for counselor training are also discussed in this paper.

Biography of the Authors:

Associate Prof. Dr Salleh Amat is a lecturer at the Faculty of Education, Universiti Kebangsaan Malaysia (UKM). He graduated with Bachelor of Education (Counseling and Guidance) from University Putra Malaysia, and Master of Education from Universiti Kebangsaan Malaysia (1998). He continued his doctorate study in the field of Counselor Education and Supervision at the University of Wyoming, USA (2006). His area of interest and expertise is guidance and counseling focusing on student personnel. Currently he teaches Interpersonal Skills, Counseling and Consultation; Principles of Guidance and Counseling; Counseling Practicum; Cross Cultural Psychology; and Pre Practicum for Counseling & Guidance.
Abstracts:

Researchers suggest that supportive school counselors may decrease the challenges of heterosexism encountered by LGBQ students. Tongzhi or LGBQ students in Hong Kong were perceived as receiving the highest rate of discrimination in secondary schools in a government survey. This presentation presents part of the data from a larger research on helping professionals’ experiences with LGBQ young people in Hong Kong, with a focus on the positive strategies used by school social workers and school counselors when supporting Tongzhi students navigating heterosexism. The qualitative data were collected through phenomenological in-depth interviews, and were analyzed via a software package Nvivo for data coding and data reduction. Three major themes with other subthemes were identified: 1) Creating inclusive Chinese counseling languages; 2) Developing community collaborative Tongzhi networks; 3) Participating in advocacy groups to initiate institutional change. We discuss the results related to prior literature and social cultural context of Hong Kong. Recommendations for counseling practices with sexual minority students in schools addressing Chinese cultural context are suggested.

Biography of the Authors:

Diana, K. Kwok, MSW., EdD, Assistant Professor in the Department of Applied Social Studies, City University of Hong Kong, and board member of the Hong Kong Association of Sexuality, Educators, Researchers & Therapists. Diana Kwok conducts professional training workshops to frontline counselors on sexual and gender diversity issues, and teaches undergraduate and postgraduate counseling courses related to sexuality. She conducts studies and published journal articles related to professional counselors’ attitudes to sexual and gender diversities and school experiences of Tongzhi (LGBTQ) students in Chinese Confucian contexts.
Type of Paper: DS 13
Name of Presenter: Mr Richard Hill
Country: Australia
Title: Curiosity Oriented Approaches to Therapy - new techniques
Authors/Institution: MindScience Institute / Sydney University

Abstracts:

The new approach of focusing on the centrality of the client-therapist relationship with a heightened sense of engaged curiosity has led to the development of a number of new techniques that can be utilised during a therapeutic session. This workshop will be an experiential look at “Arbitrary Mind Maps”, “The Open Book Whiteboard” and “The Door”. These techniques are creative, using images and words, that allow the client to readily connect with the revelations that often occur in creative and curiosity based techniques. “The Open Book Whiteboard” is a technique that enables the therapist and client to share the note-taking during the session. This heightens the feeling of mutual engagement that is vital in creating the client-therapist relationship.
When an elderly person was moved from their home to institutional setting, the person’s feelings of loneliness and depression increased, compared to those people who remained at home living in the community. Previous studies found that reminiscence therapy may be beneficial towards elderly with loneliness and depression in improving life satisfaction. Thus, the study would like to develop a reminiscence therapy intervention on elderly people with loneliness and depression. This study will be carried out at the several nursing homes. Multiple methods will be applied in order to design a comprehensive reminiscence therapy on elderly with loneliness and depression in Malaysia. The phases of the study will be divided into three phases; research evidence; intervention development and pilot study. In phase 1, review of recent trials will be identified and theories and models will be articulated. In phase 2, a multi-disciplinary group will be formed from elderly, geriatrician, psychogeriatrician, clinical psychology, psychiatrist, geriatric nurse, nurse from nursing home and nurse from community clinic. In phase 3, feasibility and acceptability of the intervention will be determined through pilot study.

Biography of the Authors:

For my professional qualifications, I have Master of Nursing Science from University of Malaya and Bachelor of Health Science (Nursing) (Hons) from University Science Malaysia. Currently I am working as a lecturer at Kulliyyah of Nursing, International Islamic University Malaysia. My previous working experience was as a tutor in Seri Manjung Nursing College and staff nurse at medical ward, Hospital University Sciences Malaysia (HUSM).
**Type of Paper:** DS 13  
**Name of Presenter:** Prof Hassan Palahang  
**Country:** Iran  
**Title:** Comparison of impact of behavioral-cognitive training on mothers and play therapy in reducing aggression in 9-11 aged boy schools in south of Shahrekord city (Iran)  
**Authors/Institution:** H. palahang/Psychiatry Dept., Shahrekord, Univ of Med Sci.Iran.F.Amini/Shahrekord, Univ of Med Sci.Iran./A. Salahian/Isfahan, Univ of Isfahan

**Abstract**  
Objectives: This research is designed to examine effectiveness of behavioral-cognitive training in mothers of aggressive children and play therapy in aggressive children in order to present an appropriate method for controlling children aggression.  
Methods: This clinical trail was conducted in 2010, first 300 students of 3 elementary schools in Shahrekord city (Iran) were selected randomly and studied using aggression Questionnaire. In second stage students who gained the highest score in aggression were selected and were assigned randomly in 3 groups: 1: Control group (n=31, lack of intervention), 2: Experimental group-1 (n=31, behavioral – cognitive training for mothers of aggressive children), 3: Experimental group-2 (n=31, play therapy for anger management). In the next stage intervention was conducted on two experimental groups, and after intervention completed, 3 group were re-tested using aggression questionnaire and results were analyzed.  
Results: Anova test showed that 3 groups were significantly different in mean scores of pre and post intervention and Duncan tailed test showed that difference of score in experimental group-2 (play therapy in anger management) was significantly greater than control group and experimental group-1. [F=3.45, p=0/04].  
Conclusion: This study showed that play therapy is an appropriate method for reducing aggression in children.
Abstracts:

The study determined the impact of the livelihood programs implemented by the Community Extension Services (CES) department of a university in the Philippines to the quality of life among livelihood beneficiaries. The livelihood programs were implemented by the three colleges and coordinated by the CES department. The College of Science offered courses such as auto-engine, baking and cooking, basic computer, computer technology, driving, electronics and welding. Courses in dressmaking and cosmetology were offered by the College of Business. The College of Nursing offered care giving courses and massage therapy. These livelihood programs were intended to bring positive improvements to the quality of life among residents of the adopted communities. The livelihood programs and activities were based on the findings of the needs assessment prior to the implementation of the program. Qualitative method was used in gathering data among 51 beneficiaries. The study revealed that the livelihood programs improved the quality of life of the beneficiaries in terms of financial, psychological state, family relationship and perceived health status. With these results the community extension programs of the university should continue to help people in the community for sustainable development.

Biography of the Authors:

Prof. Jolly S. Balila is the Director of the University Research Center of Adventist University of the Philippines (AUP). She is currently a Doctoral student major in Research and Evaluation at the University of the Philippines Diliman. She teaches research and statistics in Center for Graduate Studies (CGS) in AUP. She presented papers nationally and internationally. She published several research related to social research, statistics, and education. Further, she has been the resource speaker in topics such as Item Response Theory (IRT), thesis and dissertation writing, test and scale development and other related fields.
Title: The effect of “Forgiveness therapy” on depression and low self-esteem for a victim of abuse: A Case study.

Authors/Institution: Taibah University

Abstracts:

It has been said before that “No one forgives with more grace and love than a child”. And also no one can compete the child with his outstanding memory which can’t forget deep injuries during childhood, especially when these multiple abuses come from his/her parents and other relatives. Being physically abused, emotionally abused, and neglected from her biological parents combined with sexually abused from one of her relatives, this 22 years old female, who is a student in the university, suffers from severe depression and very low level of self-esteem.

Lightner Witmer defined "clinical psychology" as "the study of individuals, by observation or experimentation, with the intention of promoting change", thus, the current research aims at decreasing the client’s depression and improving her self-esteem using case study techniques (assessing her needs, fears, deep feelings and behaviour using a variety of methods, including projective tests, life history, interviews and direct observation of her behaviour).

The researcher will attempt to help this female using the techniques of the “Forgiveness Therapy” which is described by a number of clinicians and researchers as a promising approach to anger-reduction, depression healing and the restoration of general emotional and mental health.

Biography of the Authors:

1) Teaching psychology & mental health for 19 years.
2) Former Head of the Department of Psychology in Taibah University
3) Former Head of students Counseling and Educational Guidance.
4) Member of the American Psychologists Association APA since 2004.
5) Associate member of the Associated Stress Consultants ASC in UK.
6) Member of the Association of Teachers of Psychology STP.
7) Member of the Asian Professional Counseling Association APCA.
8) Diploma in Psychotherapy from Associated Stress Consultants ASC.
9) Certified Trainer from Canadian Training Centre for Human Development – Dr. Ebraheem Elfiky, Canada.
Abstracts:

In parapsychology and many forms of spiritual practice, aura is a field of subtle, luminous vibrating radiation surrounding a person or object. For human beings, this vibrating energy waves are related to energy level of the mind, the individual’s emotion and physical state. An imaging equipment will be used to capture the aura in a low frame rate video. Analysis is done through frame by frame image processing. The purpose of the video mode capturing is to process the images since the aura changes over time along with meditation to find is there any convergence to a stable or a final stage image. This final or stable image is what we define as the pure or characteristic aura of the individual. A statistical tool will be used to ensure that the pure aura images are within the acceptable range of error. This will justify the acceptance of the repeatability. Students of the same area of study and with a wide range of performance had been sampled for their aura images. The personal details of them had also been taken. The data had been analysed and some repeated and stable aura images had been observed.

Biography of the Authors:

Qualification: Bachelor of Electrical Engineering (Communication), University Tun Hussein Onn Malaysia, 2011

Experience: Has been a research assistant in the National Defense University of Malaysia since October 2012 in a Ministry of Higher Education’s Exploratory Research Grant Scheme (ERGS) for a research on human aura.
Abstracts:

Being a first time mother is commonly acknowledged as a time of critical transition which may upset a mother’s social rhythms and key relationships. When a new mother cannot function effectively, there can be serious implications for her own emotional health, the care and development of the baby, the marital relationship and her family. As alterations in maternal mood may precipitate the development of depressive symptoms during postpartum period, this critical event could be a time for increase vulnerability for depression. Since postpartum depression is the most common psychological childbirth complication that carries with it the possibility of life threatening consequences to the mother postpartum depression need to be prevented or treated as soon as possible. It is undeniable that psychosocial treatments for which there is evidence of effectiveness in reducing morbidity, chronicity and disability, have promise for prevention. Indeed, the beneficial effect of the childbirth psychoeducation program on depressive symptoms has implications for the development of theory-based childbirth education as a preventive strategy for minimizing the risk of perinatal depression in first-time childbearing women. Therefore, a comprehensive intervention including new woman’s life, relevant care, precise information and specific advice for the primary prevention of postpartum depression in first time mothers of infants, which is based on evidence from multiple sources, underpinned by relevant psychological and health promotion theory, integrated into existing health services and represents best practice in mental health promotion is crucial.

Biography of the Authors:

Lecturer, Kulliyyah of Nursing, IIUM Kuantan from 27.06.2011 till now.
Head of Department, Department of Special Care Nursing, IIUM Kuantan.
Assistant Lecturer, Kulliyyah of Nursing, IIUM Kuantan from 20.12.2006- 26.06.2011.
Staff nurse, Surgical ward Hospital University science Malaysia (HUSM) Kubang Kerian, Kelantan, Malaysia.
Staff nurse, Multidiscipline Ward at Kuantan Medical Centre, Pahang, Malaysia.
Abstracts:

Background: Today, despite the deep cultural changes and changes in lifestyle, many people lack key capabilities which are essential in dealing with life's problems, thus they are more vulnerable to stress when coping with everyday problems and issues. For this reason, life skills training as a master plan could promote effective mental health and increase their abilities.

Aims of study: The present study investigated the effect of life skills training on the happiness of veterans’ wives.

Methods used: This study was a quasi-experimental with a randomized control-group pretest-posttest design. Using easy sampling method, 102 participants were selected among spouses of veterans (war wounded) referred to counseling center affiliated to the martyr Foundation in the city of Shahrekord. These participants were randomly divided into experimental and control groups. Experimental groups had eight two-hour sessions for 8 weeks of training in life skills and stress management, problem-solving skills, decision making skills and communication skills. Research tools included the Oxford Happiness Questionnaire (OHQ) and the Check list of features of democratic life. Analysis of covariance (ANCOVA) was performed using SPSS-16 software.

Results: Results showed a significant difference between the posttest mean scores of happiness between experimental and control groups but this difference was not significant during the follow-up period.

Conclusion: This study suggests that life skills training may alleviate Stress and the problems of war and reduce the negative consequences on the veteran's spouse. Since many studies have demonstrated that spouses of people affected by war suffer a lot of stress and mental disorders are more likely among them, therefore, in order to reduce and prevent problems of these families, teaching life skills needs to be provided continuously.
Abstracts:

The purpose of this study is to pilot test and validate the applicability of nine units of a Career Modular Curriculum that was developed for secondary school students. This pilot study was conducted at one of the secondary schools in Hulu Langat District, Selangor. A total of 37 students were selected using cluster sampling method. The career modules are tested by the unit, two units (45 minutes per unit) per week for six weeks. Questionnaires were used to collect data after the students completed each unit and again after the students have completed all the nine units. Data were analyzed, and the reliability index was exceeding 0.80 while the mean value for applicability was also high (mean=4.41). The nine units proposed in the Career Modular Curriculum were proven valid and applicable in secondary school. Implications and future research are also discussed.

Biography of the Authors:

Degree in Psychology, Masters in Guidance and Counseling, Work as a School Counselor since 2002. Member of Persatuan Kaunseling Malaysia/ Malaysia Counseling Association (PERKAMA). Registered Counselor with PERKAMA. Currently a doctoral candidate (Guidance and Counseling) in UKM
Abstracts:

In the present study the attempt has been made to challenge the two issues, namely” the school of life” and “the school life”, while studying the pathology and representing the social function of today’s schools and redefining the relation between “ living” and “teaching” based on current status of education at schools so that the congruity and incongruity between the school of life and school life would be clarified.

A concise view to the present situation of the schools and the expectations made by parents and teachers clearly represents such an undesired and hidden fact that the thing which has usually been forgotten in the context of school education is the genuine essence and meaning of life and the majority of students have become entangled in the exhausting competitions based on the principle of grade orientation.

Therefore, It is essential to attend to the student’s real needs and their relation to the content of the school curriculum to maintain a creative and refreshing life.

Keywords: the school of life, the school life, life, learning, life skills.
Psychological nano-therapy is a new method based on systems theory. According to the theory, systems are resistance to new change, especially systems with severe dysfunction. Also Systems work based on retrospect principle. These two supports a system to continue a certain loop. Inefficient loop leads to insufficient system. Family as a system is not out of this rule. Problematic family is a problematic system with insufficient loop. Psychological nano-therapy has a dynamic mechanism to break the ice of family resistance to modify its functions and to follow new rules to organize itself. This method makes not sensible changes via some nano-behavior to break the resistance of family to change and the inefficient loop gradually. Nano-behavior is an instrumental factor in psychological nano-therapy which delivers one or more nano-functions. Sending a text massage via cell phone, writing a note on a mirror and an unexpected cup of tea are three examples for nano-behavior. The content of these nano-behavior define nano-function in psychological nano-therapy. Respect, cohesion and love are three examples for nano-function. Based on psychological nano-therapy, systems are more ready to accept not sensible change instead of comprehensive change. Also this method is a healthy method for unpredictable systems.

Biography of the Authors:

I am associate prof. in Educational Psychology. I have work of family model. I have developed a family model entitle: Family Process and Content Model. Also I am faculty member in Shiraz and Marvdash University.
Abstracts:

The aim of the present study was to study about the effects of emotional intelligence based-intervention satisfaction and achievement of high school students. An experimental and a pretest-posttest control group design method were applied. The subjects of this study were girls students in two schools of Isfahan city. In order to measure satisfaction of students we developed a questionnaire that its reliability and validity were confirmed, for achievement in social science classroom scores were used. After gathering and analysis of the data with statistical analysis of covariance, the following results were revealed: The difference between the performance of students, in both control group and the experimental group in two variables was significant (p ≤ 0.005). It shows that the emotional intelligence based intervention has influenced on the students’ satisfaction and achievement.
Education forms an important part of our life. It is the process of acquiring knowledge and skill that helps one to cope with the issues we face in life. The main purpose of education is to gain knowledge and develop oneself physically, mentally and socially.

Gender-based violence (GBV) is a universal reality existing in all societies regardless of age, income, class and culture. The issue of GBV is rampant in certain schools and they affect children’s school performance and their future. Understanding the different kinds of gender-based violence that could be affecting school children is an important responsibility of the students, parents, caregivers and school staff.

Therefore, the Gender Violence Recovery Center of Nairobi Women’s hospital (Kenya) has established collaboration with Teachers Service Commission under the Ministry of Education to incorporate a joined program towards the fight against gender-based violence in several rural and urban schools to help school children. Education in schools cannot be successful if this issue of GBV is not addressed and proper programs implemented in schools.

Biography of the Authors:

I am a trained psychosocial counselor. My first degree is in counseling psychology and I have mastered in Armed Conflict and Peace Studies. I handle mental, social and emotional health counseling, with hands-on experience in one-on-one counseling sessions to survivors of gender-based violence. I have participated in offering psychosocial support trainings to schools, communities and health workers. I first trained as a teacher and taught primary schools for twenty years before changing my career for Counseling. I am equipped with research information to ensure that the knowledge imparted to the students in schools assist them develop in all areas.
Abstracts:

This research was a Mixed Methods Research. The objective was to study the effects of Bibliotherapy and Gestalt Group Counseling on Self – Esteem of Adolescents. The samples were 16 high school students (Grade 10) studying during the second semester of 2012 academic year at school in Ubon Ratchathani Province, were divided by a cluster random sampling and participate voluntarily into two groups, Bibliotherapy and Gestalt Group Counseling. Each group consisted of 8 students, participating in 2 sessions a week, for 1 hour/session each, 10 sessions total. The research instruments were: 1) A Self – esteem test with a reliability Cronbach’s alpha coefficient .92; 2) A Bibliotherapy Program; and 3) A Gestalt Group Counseling Program. The data were analyzed by The Wilcoxon Match – Paired Signed – Ranks Test and The Mann – Whitney U – Test. The research showed that the self – esteem in both groups was higher than before the bibliotherapy and Gestalt Group Counseling at .05 significant level. Moreover, the self –esteem after Bibliotherapy and Gestalt Group Counseling among the two groups showed different statistical significance .05

Biography of the Authors:

My name is Nimita Palawong. I am 26 years old. I graduated in Communication Art, Major Journalism from Burapha University. And now I study in graduate school Educational Psychology and counseling, Khon kaen University.
Abstracts:

Higher education faces rapid changes in the modern world. While these changes happen in the world of education, the role of educational counseling is becoming more important to help prospective students prepare for their tertiary education. Without doubt, these students need professional help to assist them in choosing educational programs that will meet with their career interest and job aspiration.

While there are not enough resources for the face to face educational counseling, we need to find creative ways to provide professional guidance and counseling for these potential students. One of the major sources of information for university programs offered to prospective students would be through university-advertising. Through this mode, it will attract potential students to find strategic and focused information to suit with their educational needs and goals.

A survey was conducted to 306 students who were currently studying at one of the national universities in Malaysia to identify their attitude toward the university-advertising. Interestingly, the results of this study showed that there were attitude differences between male and female students in choosing their program of studies through university-advertising. The information provided by the university-advertising through different media types seemed to affect male and female students differently.

Biography of the Authors:

- Doctoral Student in Counseling Psychology 2013
- Master of Guidance and Counseling 2011 - 2013
- Educational Consultant 2009 – 2011
- Psychiatrist assistant – Consultant, Psychoanalyst, Psychometric analyst 2007 - 2009
- Bachelor of Psychology 2002 – 2007
Abstracts:

The research was a Quasi – experimental Research. The objective of this study was to compare the effect of group counseling based on Roger’s Theory and basic skills training in counseling on undergraduate students at the Faculty of Education, between pretest and posttest of the experimental group, and between the experimental group and the control group of the posttest. The samples using in this study were 16 students assigning into experimental group, and control group, 8 students each group. The experimental group participated in the program of empathy development by group counseling based on Rogers’ Theory, 2-3 times a week, 60 – 90 minutes each session, total of 8 sessions and then have been trained in basic counseling skills, 8 hours each session, total of 2 sessions. The control group didn’t participate in the program of empathy development.

The statistic using for data analysis, was The Wilcoxon Matched Pairs Signed Ranks Test, and The Mann – Whitney U Test. The research finding found that: For the posttest, the experimental group had higher score of Empathy, than the posttest as well as than the control group at .05 significant level.
Type of Paper: DS 18
Name of Presenter: Assoc. Prof. Balan
Country : Malaysia
Title : Risky Sexual Behavior Relations And Substance Abuse And Mental Health Problems Among Secondary School Students: A Multi-Ethnic Studies In Sabah
Authors/Institution: UMS

Abstracts:
The purpose of this study is to find the relationship between sex behavior and substance abuse with mental health problems among multi-ethnic secondary school students in Sabah. About 500 high school students, mean age 16.06 from Sabah, Malaysia participated in completing the questionnaire. A survey design using questionnaires that have been confirmed include the Symptom Checklist-90 (SCL-90), Sexual Behavior Questionnaire used by Kite(1990) to measure sexual behavior and questionnaires. Adolescent Alcohol and Drug Involvement Scale (AADIS) was used to measure substance abuse. The results showed that there was a significant positive relationship between sexual behavior and mental health problems. Results also showed that alcohol addiction as no significant relationship with mental health problems and there are significant differences among ethnic groups in Sabah. Interventions and the importance of mental health issues are also discussed.

Biography of the Authors:
Dr Balan Rathakrishnan obtained his degree, M.A and Ph.D (Industrial and Organizational Psychology) from National Universiti of Malaysia (UKM). He is a member of the Malaysian Institute of Management(MIM) and member of the Malaysian Institute of Human Resource Management (MIHRM)-formerly known as The Malaysian Institute of Personnel Management.
Abstracts:

This study explores the problems and difficulties encountered by college-student athletes as basis for development of a proposed intervention program. The descriptive survey and developmental methods were utilized in this study. Sixty-four college student-athletes participated in this study during AY 2007-2008. Results showed that sex, age and year level contribute as factors affecting issues college student-athletes in their academic, career and personal/social development. This paves the way to propose an intervention program that would assist college student-athletes in general. This intervention program promotes a “student first, athletic second mentality,” highlighting the school life as top priority and sports life as second priority. Experiential in nature, the program focuses not only in participation in sports but more importantly to the life skills development. Preparing the college student-athletes to meet society’s changing demands during and after college by focusing on helping the student-athletes develop as a well rounded person- academically, athletically, personally and socially.

Biography of the Authors:

Education:

- Ph.D. in Guidance and Counseling
  Philippine Normal University, Manila
  Ongoing – 52 units
- MAEd in Guidance and Counseling
  Philippine Normal University, Manila
  March 2008
- AB Psychology
  University of Batangas
  March 2004

Work:

- Instructor
  College of Arts and Sciences
  Batangas State University
- Head, Guidance and Counseling
  Batangas State University
  2010 – 2012
- Head, Counseling Department
  University of Batangas
2009 - 2010

*Guidance Counselor*
University of Batangas
2007 – 2009

*Guidance Counselor*
Lipa City Colleges
2005 – 2007

Eligibility: PD# 907 Civil Service
LET Passer year 2005
RGC year 2008