Type of Paper: RS1
Name of Presenter: Ms Neda Deylami
Country: Malaysia
Title: Literature Review Article on Gottman Couple Therapy: A research - Based Approach for Improving Marital Communication
Authors/Institution: Nead Deylami, Proff. assistant Dr Siti Aishah Hassan

Abstracts:

The purpose of the current study was to review literature and some studies that show links between Gottman’s Method Couple Therapy and Marital Communication. Communication is a basic key to introduce a successful marital relationship. It is very important to know, the seeds of failure in marriage are sown very soon in a relationship. That’s why in current study, training of communication patterns are considered as a gold key to improve marital interaction and connection between spouses.

There are many kinds of couple therapy for helping and improve marital interaction. Gottman method couple therapy is one of the family approaches that studies marital communication consequences, either negative or positive to improve marital interaction for over 30 years. Gottman has established himself in the field of couples' therapy by treating and studying couples for over 30 years and has used perceptual, interactive-behavioral, and physiological measures in an attempt to find which techniques are effective with couples, and which are not (Barth, 2008)(Memmott, 2005).
Abstracts:

The concept of self-compassion is fundamental to compassion for others, the heartfelt experience of sharing the pain of another, and the wish for alleviation of their suffering (Goldstein, 2003). This study aims to evaluate the Psychometric Properties of the Iranian version of the Self-Compassion Scale (Neff, 2003). A total of 200 Iranian adolescents completed the Self-Compassion Scale. Factor analysis yielded 6 general factors such as high levels of self-kindness, common humanity (the belief that we all suffer), and mindfulness, and low levels of isolation, over-identification, and self-judgment. Also, this scale possessed good internal consistency (Cronbach's α=.86). This study was the first attempt to evaluate psychometric properties of the Self-Compassion Scale. Based on this results, Iranian version of the Self-Compassion Scale is valid and reliable scale among Iranian.
Abstracts:

Engaging various techniques of meditation to alleviate mental and emotion distresses and issues appear popular today. There are however differences in approaches, depth and scope and duration in each meditation techniques. Meditative Psychotherapy - build upon several systems and especially upon Buddhist system of psychotherapy focuses upon the bridging and harnessing of the client's total internal energising psychical forces into a holistic whole which offers self-curative and self-healing solutions to the client's problems and issue. In 2012, this technique was tried with a group of prison inmates and verbal reports indicated that many had benefitted from this therapy system. While many meditational therapy techniques emphasise upon the mind and body interactions, almost all seem to ignore that there must exist some sort of an energy bridge that offers symbiotic connection between mental and physical energy fields. This energy bridge is the – spirit (for want of a more appropriate term). This workshop offers this healing technique to therapists and counsellors and other mental health service providers another avenue when engaging with clients.
Abstracts:

Objective: There is a strong relationship between anxiety disorders and vestibular dysfunctions. The aim of this study is to evaluate depression, anxiety and stress levels among patients with dizziness and the effect of vestibular rehabilitation (VR) therapy and pharmacological therapy on them.

Methods: Two groups of 25 patients with dizziness and vestibular deficit were studied. One of them underwent vestibular rehabilitation and the other only received pharmacological therapy. All the patients filled Depression, Anxiety and Stress Scale (DASS), before and after both methods of therapy.

Results: Psychological factors influence the level of handicap experienced by dizzy patients, and vice versa disequilibrium among them effects the level of depression, anxiety and stress. The score of DASS decreased more after VR(p<0.01) in comparison to pharmacological therapy.

Conclusions: The VR therapy influence the emotional conditions of dizzy patients more positively rather than pharmacological therapy.
Abstracts:

Adolescents’ are known to experience developmental crisis which may lead to personality maladjustment. This study determined the relationship of the adolescents’ perceived parenting styles such as authoritative, authoritarian and permissive to their personality maladjustments. The respondents (N = 296) were Filipino adolescents aged 15-20 enrolled in a university. The descriptive-correlational research design was used to identify the relationship between parenting style and personality maladjustments. The result showed that adolescents perceived both of their parents to be almost always authoritative but sometimes authoritarian and permissive. Further, both authoritarian father and mother were positively associated to personality maladjustments such as thinking disorder and deviation though not considered to be clinically significant. Considering gender, males are more prone to depression and self-depreciation whereas, females tend to have more interpersonal problems and experience alienation in response to authoritarian and permissive parenting. Moreover, adolescents’ personality maladjustment is not influenced regardless of socio-economic status and family structure.

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:

Here, I describe the psychotherapeutic treatment of a latent severely disturbed woman. She was in her late twenties and employed as a nurse. She began to experience difficulties having sexual intercourse with her boyfriend after she had an abortion. When we first met, she admitted having some experience with self-mutilation. When presented with a Rorschach card, she took about ten minutes to respond and eventually gave two or three responses. There was no color response.

Initially, our sessions seemed to be going well. She talked of her feelings towards me. When thinking of me at home, she considered me to be an aggressive person. From the 11th session, she indicated a desire to work in a different department at her hospital. Following the change in department, our session schedule became irregular. She subsequently complained about her incompetence in her new job. She used a masochistic defense to overcome difficult situations. However, she became unable to go to work because she experienced intense anxiety. After changing departments, she gave up on herself. She said that she continued to talk without thinking at our sessions. She destructed the meaning of our psychotherapy despite feeling sorrow.

Biography of the Authors:

Chieko Hasui, Ph.D, has worked as a research associate at the National Institute of Mental Health in Japan and as a clinical psychologist at mental hospitals and a counseling office for about 15 years. Currently, Dr. Hasui is a Research Fellow of the Japan Society for the Promotion of Science.
Type of Paper: RS3
Name of Presenter: Ms Zohar Berchik
Country: Australia
Title: When paradox provides therapeutic change: The phenomenology of Voice Dialogue
Authors/Institution: The Australian Centre for Voice Dialogue

Abstracts:

Voice Dialogue is an approach developed over forty years ago by Jungian analyst Hal Stone, PhD and his wife, psychologist Sidra Levi Stone, PhD. Their model predates similar approaches dealing with normal internal multiplicity or self states and provides a prism through which to view and work with inner parts, psychic structures or energetic patterns.

In this workshop we will outline the Voice Dialogue model and present a recent study in which eight Voice Dialogue practitioners participated in a semi-structured interview regarding their lived experience of being facilitated in Voice Dialogue. The three comprehensive constituent themes that emerged to ostensibly capture the essential aspects of the Voice Dialogue process will be discussed. We will then use the model to explore the paradoxical forces existing within each of us and discuss how conducting phenomenological enquiry within a Voice Dialogue framework can act as a change agent for the enhancement of both intra- and extra-psychic relationships.

In doing so, we hope to demonstrate how Voice Dialogue can be a practical and enriching way to work with these forces to reduce shame, free constrictions and enhance ‘flow’ for both clients and therapist alike.

Biography of the Authors:

Zohar Berchik (MA Counselling & HS) is an experienced counsellor, psychotherapist and Voice Dialogue facilitator in private practice. She is an educator at The Australian College of Applied Psychology and a clinical supervisor. She is registered with the Psychotherapy and Counselling Federation of Australia (PACFA) and is a Level IV member of the Australian Counselling Association. Zohar has trained in the United States with Voice Dialogue founders Hal Stone, PhD and Sidra Levi Stone, PhD. She has co-authored a research exploring the phenomenology of Voice Dialogue facilitation, runs Voice Dialogue training programs and has presented papers at both national and international conferences.
Type of Paper: RS4
Name of Presenter: Dr Margaret Anne Carter
Country: Singapore
Title: Master of Guidance and Counselling Students’ Perceptions of Belonging and Social Connectedness within their Program.
Authors/Institution: JCU Singapore Dr Margaret Anne Carter

Abstracts:

The present study reports the perceptions of students enrolled in a blended Master Guidance and Counselling (MGC) course, JCU Singapore. Students were surveyed online to identify their sense of belonging and social connectedness with lecturers and classmates during their course of study. Due to the blended mode of delivery, students engage in online learning for 12 of the 13 week trimesters. Throughout the study periods, students participate in a variety of online learning activities including blackboard collaborate teaching sessions. They also attend one mandatory block week class for each subject, 25 hours in duration.

The teaching, learning and assessment of four of the eight core subjects were modified in this program in 2012 for the purpose of increasing the social connectedness of students with one another and with the lecturer. This study reports on the effectiveness of these changes.

This study employed a mixed method design using both quantitative and qualitative approaches. Descriptive statistics were used to profile demographics. Open – ended questions complimented these statistics and were analysed according to Creswell’s data analysis spiral.
Type of Paper: RS4
Name of Presenter: Mr Mehdi Rostami
Country: Iran
Title: Abuse in childhood experience with forgiveness, mental health and coping strategies in subjects
Authors/Institution: Mehdi Rostami

Abstracts:
Long-term psychological effects of psychological abuse and behavioral problems in adolescence and adulthood. People who are exposed to violence in childhood, due to injuries and psychological injuries resulting from abuse, mental schemas arises that affects their subsequent marital relationship (Frychet al, 2006). This study examines the relationship between experiences which causal comparison with clemency Abuse in childhood, mental health and coping strategies of married individuals is discussed. The study population in our province in 1391, all employees are married to monitor mental health counseling center in the province gathered. Participating in the class of 1200 employees (those married more than three years of marriage passes), chosen by a simple random sample of 350 people and experience questionnaires Mohammad khani Abuse (1381), giving the family questionnaire (FFS), mental health Questionnaire (GHQ-28) questionnaire and Lazarus coping strategies implemented For data analysis, multi variate analysis of variance (MANOVA) was used. The findings indicate a significant positive relationship between the experience of child abuse, and mental health and coping strategies in adulthood is also a negative relationship between experience Abuse and forgiveness. Between women and men in terms of persecution, injury and mental health components were significantly different. Abuse in childhood can experience results revealed that adult The mental health charity and the stress of everyday Can have a great impact on the character and quality of life.
Abstracts:

There are three aims in this paper. Firstly, it aims to formulate a theoretical model describing the psychological reactions of people who suffer from posttraumatic stress disorder (PTSD) by integrating conceptual ideas developed in recent research. When confronting the distress from a traumatic event, alexithymia acts as a defence mechanism defending against the distressing emotions associated with it. Having difficulty processing emotions alongside dissociation between subjective feelings and physiological sensations is in fact inhibiting or minimizing emotional involvement so that the self is protected. This is why alexithymia has been conceptualized as the emotionally numbing aspect of PTSD. This captures the main characteristics of stress response syndrome and altered self-capacities (e.g. affect dysregulation). Secondly, it aims to explore important implications of this model for psychotherapeutic practices, one of which is to empower clients to process their traumatic emotions. In essence, psychotherapists assist clients to develop a kind of “emotional language” that clients can use to articulate their traumatic experience. This leads to the third aim which is to argue that clients, however, experience difficulties in developing such language. This paper will explain why it is the case by drawing together theories from philosophy of mind with a focus on language.

Biography of the Authors:

Man Cheung Chung is Professor of Psychology at Zayed University in the United Arab Emirates. His research interests lie primarily in the applied area of clinical psychology/psychotherapy. Over the past few years, much of his work has focused on posttraumatic stress disorder. He is also interested in teasing out philosophical issues in psychotherapy.
Abstracts:

Verbal communication is emphasized in the interactions between client and therapist at mental health settings; surprisingly, the role of language per se in the counselling process has been peripheral in multicultural counseling research. Also, a monolingual approach to psychotherapy may not fully capture the dual reality of bilingual clients.

The present phenomenological study explored code-switching and emotional expression in the narrations of Mandarin-English students from mainland China, gathered through an individual semi-structured bilingual interview. The participants shared their stories before and after arrival in the U.S., and then reflected on their bilingual experiences. They also completed a questionnaire about their language history, language use and language attitudes.

Conversation Analysis of the interviews revealed that language negotiation occurred as a co-constructive process between the interviewer and participant. Most of them expressed negative attitudes towards code-switching. Yet, they code-switched frequently, and unconsciously, during the interview, regardless of their length of stay in the U.S. Code-switching between Mandarin and English during their emotional expression was found to be contextually determined. Also, switching from Mandarin to English appeared to have an emotional distancing effect when the participants shared Chinese taboo topics. Implications for bilingual counseling and recommendations for relevant treatment will be discussed.

Biography of the Authors:

Lan-Sze Pang is a Registered Counseling Psychologist in Hong Kong; and Assistant Professor at Hong Kong Shue Yan University. Her clinical and research interests include sojourners’ adjustment issues, ethnic minority development, phenomenological understanding of diversity issues, vocational psychology and career counseling.
Abstracts:

Unpleasant romantic relationship terminations commonly lead to depressive responses or catastrophic interpretations, similar to those recognized in grief. The present research has a two-fold purpose: First, to identify the components of grief in subjects with recent histories of romantic relationship terminations, and second, based on the components identified, to construct a counselling model for people who experience unpleasant romantic relationship terminations. Fourteen key informant interviews, analyzed by a grounded theory framework, showed that the psychological responses appearing after a break-up formulated different emotional positions. These emotional positions, which included denial, bargaining, anger, depression, and acceptance, revolved around a classical stages-model of grief. From this, a new grief-counselling model named “Dynamic Positions of Grief” is enunciated in the present research. In order to enhance the dynamics within the emotional positions to reach the state of acceptance, putting experience into words became an essential mourning process for clients. Besides, the provision of acute empathic understandings and non-judgmental therapeutic alliance were central to the emergence of the above counselling model.

Biography of the Authors:

Helen is a Counselling Psychologist and a registered counsellor in Hong Kong. She received her Master’s degree in Counselling Psychology from Hong Kong Shue Yan University. Helen has worked within a variety of clinical settings with children, adolescents, adults and families. Her research interests include issues of grief and loss in counselling. She has completed a qualitative research using grounded theory approach to construct a model of grief counselling for break-ups in romantic relationships. In addition, she is currently serves as a member of the Executive Committee of the Asian Professional Counselling Association.
Abstracts:

This paper primarily narrates the impact of using CDOI (Client Directed Outcome Informed) therapy in clinical practice by a counseling psychologist trainee who has no previous counseling experience. It is often noticed that the non-experienced therapists may encounter difficulties to form therapeutic alliance efficiently due to a lack of precise understanding of clients’ needs. As CDOI therapy is designed to pose a series of structured questions by using two formal scales known as ORS (Outcome Rating Scale) and SRS (Session Rating Scale) to help the therapist better facilitating the therapy sessions, it is believed there would be a promotion of smoother interaction between the therapist and the client. For this particular paper, two in-depth cases are discussed to illustrate the therapeutic process of using this innovative therapy. The trainee was under regular and scrupulous supervision and it is observed the improvement of the client-therapist alliance as well as the enhancement of perceived therapeutic outcome from the perspectives of both therapist and clients were validated. Furthermore, the inspirations, reflections, criticisms and recommendations of using CDOI in conjunction with other therapeutic techniques are also discussed thoroughly in this paper.

Biography of the Authors:

Ms. Yen Cheung is currently a graduate student obtaining her Master of Social Science degree in Counseling Psychology program offered by the Department of Counseling & Psychology at Hong Kong Shue Yan University. She has been receiving continuous counseling training over 160 direct-contact hours with various clients from diverse demographic backgrounds. Ms. Cheung also has been receiving weekly counseling supervision since the beginning of her counseling training. She will be eligible to apply as a Registered Counseling Psychologist from the Hong Kong Psychological Society with one-year practice and counseling experience after her completion of the program.
Abstracts:

The present study investigates gender differences in the relationships between adult insecure attachment, maladaptive perfectionism, and the severity of depressive symptoms.

Based on earlier findings and specificities in the Egyptian culture it was hypothesized that career-oriented perfectionism mediates the correlation between avoidant attachment and depressive symptoms among males, whereas relationship-oriented perfectionism mediates the correlation of anxious attachment and depressive symptoms among females.

The Adult Insecure Attachment Scale (AIA), the Maladaptive Perfectionism Scale (MAPS) and the Zung Self-Rating Depression Scale (ZDS) were applied to 220 Egyptian volunteers (137 females), with a mean age of 22.64 $\pm$ 2.3 years.

The results showed that relationships-oriented perfectionism mediates the relationship between anxious attachment and the severity of depressive symptoms among females. The results didn’t support any similar path among males. It was also shown that the variable most capable of predicting depression in females was anxious attachment, while in males it was career-oriented perfectionism. Significant gender differences in the relationships between the three variables were obvious. However the results didn’t support most of the hypotheses related to avoidant attachment. These results were discussed in terms of characteristics of the Egyptian culture, mainly collective cultural values.

Biography of the Authors:

Kholoud Saber, Assistant lecturer, Department of Psychology, Cairo University,
Teaching assistant, Department of Psychology, Cairo University, 2007-2013.
Assistant Lecturer, 2013- present.
Graduated 2006 from Psychology Department, Cairo University,
Consulting and counseling, Nazra for Feminist Studies, Cairo, Egypt, 2013.
Abstracts:

Drug abuse is a complex issue and has been a serious public health problem in Malaysia. The cumulative number of registered drug users until 2008 was estimated at about 250,000 and was predicted to reach half a million by 2015 (Rusdi, Noor Zurani, Muhammad, & Mohamad, 2008). The present study aims to examine the contributory factors of drug relapse among drug addicts and the treatment effectiveness of the rehabilitation centre. An in-depth qualitative interview which was flexible, non-directive, and semi-structured was employed. There were 17 drug addicts and 3 administrative staffs being selected from the Rehabilitation Centre for interview. Result indicated that peer influence and curiosity were the top two significant factors that contributed to drugs abuse rate. Treatment that provided in the centre was highly effective as majority of the participants have a very low intention to relapse after recovered.

Biography of the Authors:

Dr. Tam Cai Lian is the lecturer from the School of Medicine and Health Sciences, Monash University Malaysia. She is a counseling psychologist and is a registered counselor from the Board of Counselors Malaysia. Dr Tam has worked previously within the special areas of adolescent autism and drug abuse and has an interest in conducting research into Obsessive Compulsive Disorder. She is actively involved in writing commentaries on current issues for the monthly magazine, Dewan Masyarakat and is the advisor for People Development Counseling (PDC). She has involved actively in conducting research and providing consultation that relate with coping and relaxation skills.
Abstracts:
The aim of this present study was to investigate social problems of elderly in a nursing home at Surabaya, Indonesia. Descriptive study carried out in a nursing home in Surabaya. A total of 30 elderly were interviewed using a schedule. Finding were described in terms of proportions and percentages to study the social problems. The present study revealed that 26.67% of elderly had a conflict with the others, 23.33% bored with the daily activities, 20% felt lonely, and 13.33% experienced some difficulties in socialize. The result of the study showed that there is a need for geriatric counseling service in the nursing home that can take care of their psychological needs. The management should conduct more various and interesting activities in order to eliminate the boredom.

Biography of the Authors:

Qualifications
2003-2006 : Bachelor Degree in Psychology, Surabaya University
2007-2009 : Professional Master in Clinical Psychology, Surabaya University

Experiences
2007-2008 : Part-time Lecturer, Faculty of Psychology, Surabaya University
2009-…… : Full-time Lecturer and as Psychologist, Faculty of Psychology, Pelita Harapan University Surabaya
Abstracts:

As it was traditionally believed that men should be the bread winner in the family, fathers usually spend most of their time away from home. The phenomenon of labor migration gives hope for most fathers who were unlucky to find job in their own countries. Fathers often choose to work outside the country to be able to provide their family’s financial needs and better life. This harsh reality motivates the researcher to explore the impact of fathers’ absence on the interpersonal dependency of 255 university students whose fathers are working abroad. The researcher found out that, among emotional reliance, lack of self-confidence and assertion of autonomy, the absence of father specifically influenced the self confidence of their children as young adult. It further reveals that, the longer the father is away during the growing up years of his children, the lower is the self-confidence of their children when they reach their young adulthood stage.

Biography of the Authors:

Doctor of Philosophy in Psychology with extensive background and experience in Training and Development, Tertiary Teaching, Recruitment, Psychometric Assessment, Research and Organizational Development. Has twelve years integrated experience in academe, counseling, people management and human resources. Senior Business Psychologist and at the same time Administrative Manager of Aspects Management and Human Resources Consultancy for two years in Dubai UAE. At Present, she is working as Assistant Professor from College of Education and at the same time Director of Guidance and Counseling Center at American University in the Emirates Dubai, UAE.
Type of Paper: RS7
Name of Presenter: Ms Ahsha Vaksalla D/O Thiyagarajan
Country: Malaysia
Title: Work Engagement Among Nurses: A Case Study on Hope, Meaning in Life and Personal Growth at Mount Miriam Cancer Hospital
Authors/Institution: Universiti Tunku Abdul Rahman

Abstracts:

A research in progress on Work Engagement among Nurses: A Case Study on Hope, Meaning in Life and Personal Growth in Mount Miriam Cancer Hospital in Penang, Malaysia. The study carefully analyzes the effects of hope, meaning in life and personal growth among nurses related to their work engagement. Hope, Personal Growth and Meaning in life are significant elements in Positive Psychology. People who live on hope are able to search for meaning in life and encounter personal growth in their life. Personal Growth involves the individual’s openness to change, the capacity to adapt/cope with the good or the bad things in life. Hope is a sense of potential success; there are two aspects in hope which is the pathway (planning to meet goals) and agency (goal-directed energy). Numerous employees find workplace as a means of searching the meaning in life. People refer their workplace as a community giving purpose to their lives. Work engagement means a positive, satisfying work-related condition of mind differentiated by three dimensions which is the vigor, dedication and absorption. The study is to discover the relationship between hope, meaning in life and personal growth towards nurses work engagement.
Type of Paper: RS7
Name of Presenter: Ms Nazanin Boujarian
Country: Malaysia
Title: The correlation between first domain of early maladaptive schemas and marital adjustment among international graduate students in Universiti Teknologi Malaysia
Authors/Institution: Nazanin Boujarian, Prof. Mohd. Tajudin Ninggal, Universiti Teknologi Malaysia

Abstracts:

The aim of this descriptive study is to identify the correlation between Disconnection & Rejection (The First Domain of Early Maladaptive Schemas) and Marital Adjustment. By utilizing systematic sampling 90 married graduate international students were selected from the respective population in Universiti Teknologi Malaysia. The data collected through Young Schemas Questioner-Short Form (YSQ-SF) and Revised Dyadic Adjustment Scaling (RDAS). The result of the study shows the Disconnection and Rejection are related to the first subgroup of Marital Adjustment (Dyadic Consensus) (-0.69) at the level of 0.05. This domain refers to one’s needs for security, safety, stability, empathy, sharing of feeling, acceptance and respect will not be met in a predictable manner. When the individual has high scores in this domain interprets that he or she doesn’t have anybody to give her or him warmth, holding, and affection and the high scores of this domain reasonable to assume related with low scores in Dyadic Consensus that is about Demonstration of affection. Some suggestion about intimacy in relationships are made based on the obtained results for counselors of counseling centers and spouses.

Biography of the Authors:

I received my MSc. Degree in Master of Counselling from the University Technology of Malaysia (UTM) in July 2012 with CGPA 3.67/4.00. I was ranked as the second top student. I am currently a doctoral candidate in the Department of Psychology at University Technology Malaysia and also I am working as a research assistant under the supervision of one of the best professors in UTM (Prof. Mohd. Tajudin Ninggal). My work in the clinical and counselling settings included providing psychological, psycho-educational and cognitive-behavior assessments.
Abstracts:

Humour is universally used in many different settings. Humour and laughter can improve one’s wellbeing physically and can reduce stress, increase self-esteem and stimulate the immune system. Humour is a powerful tool, which, if used well, can assist the counselling process.

This paper highlights the results of a research completed earlier this year by Counselling Psychology graduate Neelam Hiranandani. The research explored the use of humour in counselling in Hong Kong. All the counsellors and psychologist who took part in the study were Hong Kong Chinese, and all were engaged in multicultural counselling.

The presenters will highlight which styles of humour affected the counselling process as well as the empirical relationship between humour styles and empathy. They will also examine the varying presenting concerns of clients and the effects of using humour in these different situations. The implications of using humour in a multicultural context will be discussed. In particular, some of the aspects of the internalised culture of the clinicians and how this may influence their use of humour will be examined.

The final part of the presentation will be interactive, engaging the audience in discussion of how their particular cultural understandings may also influence the use of humour in counselling.

Biography of the Authors:

Neelam received her Master’s degree at the Hong Kong Shue Yan University in Counselling Psychology. She is experienced in working with children with special needs, ethnic minorities in Hong Kong and conducting psychological assessments. Her research interests include, humour, career counselling and multicultural counselling.
Buddhist counselling, a culturally responsive form of counselling in Thailand, is still under-researched. This paper presents how counsellors and clients describe the meaning of Buddhist counselling and the impact it has had on their lives. Semi-structured interviews were conducted with three clients who had received Buddhist counselling. A focus group and follow-up semi-structured interviews were carried out with five Buddhist counsellors. The transcribed data were analysed using interpretative phenomenological analysis (IPA). The results reveal the impact Buddhist counselling had in terms of self-transformation on both counsellors and clients. For the counsellors, practising Buddhist counselling encouraged them to internalise Buddhist ideas and follow Buddhist practices. This internalization appeared to play a significant part not only in the way they worked with clients, but also in the way they lived their lives. The clients reported gaining insights from the counselling, and they used those insights to help them deal with their difficulties. This appeared to bring about positive changes in their lives. These results are then discussed in terms of the role played by Buddhist counselling in facilitating change. The paper concludes with a consideration of some of the implications of this research for therapeutic practice.

Biography of the Authors:

I received a Bachelor’s Degree in Sociology and Anthropology, and a Master’s Degree in Counselling Psychology from Chulalongkorn University, Thailand. I worked as a university lecturer teaching psychology in Thailand, prior to receiving a government scholarship to pursue a PhD in the United Kingdom. I am now a third year PhD student in Counselling and Psychotherapy at the University of Edinburgh, UK. My PhD explores how Thai counsellors and clients make sense of their experience of Buddhist counselling.
Type of Paper: RS8
Name of Presenter: Ms Yi-Feng Carol Lan
Country: Taiwan
Title: Parental Leave: A Gift or A Burden?
Authors/Institution: Yi-Feng Carol Lan, Liang-Yun Wang

Abstracts:

Parental Leave is the employee benefit that provides paid or non-paid time off work to care for a child or to make arrangements for the child's welfare. In Taiwan, the Act of Gender Equality in Employment protects the rights of parents to apply for non-paid parental leave for up to two years before any of their children reach the age of three years, retaining employment security. However, in reality, mothers who are eligible for parental leave struggle with concerns about the impact of the leave on family finances, problems when other workers assume their job role, and self-doubts about achievement. This study focuses on the parental leave decision and the experience of six mothers of young children or currently pregnant who have different professions and have made a variety of decisions regarding parental leave. The qualitatively designed study illuminates the factors that influence the decision making process, the experiences of seeking counseling services and the challenges faced by mothers and families during parental leave. Recommendations for counseling of expectant and new mothers are provided.

Biography of the Authors:

Yi-Feng Carol Lan is a licensed counseling psychologist in Taiwan and a PsyD Doctoral candidate at Alliant International University, CSPP, HongKong campus. She serves as psychologist in hospitals, private clinics, community healthcare centers, universities and elementary schools helping clients with her abundant clinical experiences. As an adjunct lecturer in the InternationalMaster of Business Administration program and an active lecturer, she has frequently given talks and presentations on mental health issues at universities and other institutions.
Type of Paper: RS8
Name of Presenter: Dr Yen-Chun Liu
Country: Taiwan
Title: Changes in Communication, Conflicts and Marital Satisfaction among Taiwanese Couples with Newborn Baby
Authors/Institution: Department of Counseling and Clinical Psychology, National Dong Hwa University

Abstracts:

The majority of research on the transition to parenthood has found that as couples become parents, there is a dramatic increase in marital conflict and a precipitous decline in marital satisfaction. However, there were little literature in Taiwan discussed the marital relationship of couple with newborn baby and focused on the changes of couple relationships after the first baby arrives. The purpose of this study is to examine the changes of communication patterns, conflict responses and marital satisfaction in couple relationship after the childbirth. This study is a quantitative study and different self-report instruments were used to collect data regarding Taiwanese couples’ conflict responses/patterns and marital satisfaction during the third trimester and the 2 to 5 postpartum months. The results indicated that the decrease in marital satisfaction and changes in couple’s communication patterns after the childbirth. The implications of these findings for new parents and mental health professionals are discussed.

Biography of the Authors:

Yen-Chun Liu: Assistant Professor, Department of Counseling and Clinical Psychology, National Dong Hwa University; Licensed Clinical Psychologist in Taiwan; Licensed Psychologist in California, U.S.A; Specialty: Clinical Psychology; Psychopathology; Individual Psychotherapy; Couple Therapy; Family Therapy; Group Therapy; Psychological Assessment
The cognitive group therapy in Beck’s model has been found to be an effective treatment choice for depression. However, there is little research that examined the process of the group in detail and explored how each treatment step or component influences group members and the effect of cognitive group therapy when used in Taiwan. The purpose of this study is to investigate the cognitive group therapy procedure by using the process analytic approach method. Each group session was videotaped and analyzed. The group therapist and each group member were also interviewed at the beginning, middle and end of treatment course. This study has three main findings. First, the result found that the step-by-step approach in cognitive group therapy was therapeutic, especially in identifying moods, automatic thoughts and the interaction between two. Second, the group members found that it was especially helpful to emphases on identifying and rating their moods. Third, group members showed signs of resistance and questioned the cognitive therapy when they started to experience the anxiety of change. Authors also discussed suggestions for the future cognitive group therapy.

Biography of the Authors:

Chih-Ju Liu: Associate Professor, Department of Counseling and Clinical Psychology, National Dong Hwa University; Licensed Counseling Psychologist in Taiwan; Specialty: Play therapy, Adolescence psychotherapy, Group psychology, trauma therapy.
Type of Paper: RS9
Name of Presenter: Dr Mark Thorpe
Country: New Zealand
Title: Negative capability and the therapeutic frame: the foreground and background in psychotherapy
Authors/Institution: AUT University

Abstracts:

The first part, or foreground, of this presentation advances the view that John’s Keates’ term ‘negative capability’—the capability of being in uncertainties, mysteries and doubts without any irritable reaching after fact and reason—is a vital part of psychotherapy. This process is illustrated through examples from poetry, literature, art and psychotherapy. The second part of the presentation argues that the ability to develop and maintain negative capability is contingent upon a background of being firmly supported and contained by the therapeutic frame. The dialectical interplay between negative capability (the figure) and the therapeutic frame (the ground) is then discussed.

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.
Type of Paper: RS9
Name of Presenter: Dr Fauziah Hanim Jalal
Country: Malaysia
Title: patterns of family functioning among urban adolescent with disciplinary problems in schools: an analysis of demographic differences.
Authors/Institution: Sultan Idris University of Education

Abstracts:

Some researchers have suggested that the patterns of family functioning may become risk factors to the development of disciplinary problem in schools. The patterns of family functioning were examined on various aspects that include problem solving, affective involvement, affective response, roles, communication, behavior control, general functioning, child routines, couples togetherness, meal, parent child, family togetherness, relative connection, chores and family management. A sample of urban Chinese male adolescents with disciplinary problems in school was found to be significantly related to family functioning were evaluated on the aspect of their family functioning patterns. Finding found that Chinese male adolescents who were from low socioeconomic status have low level of family functioning patterns compared with the other ethnics- Malay and Indian particularly on the relationship of parent child, couple togetherness, relative connection, problem solving and affective involvement. The importance of considering ethnicity and socioeconomic status when evaluating urban male parenting and family functioning is discussed.
Abstracts:

This paper starts by noting the steady increase in the number of overseas born and trained psychotherapists practicing in Australia and Aotearoa/New Zealand. This is followed by a discussion on the stressors and complexities involved in immigration and linked to how immigrant therapists have to mourn their multiple losses, adapt to the new country, and at the same time learn to work therapeutically with their new clients, who are mostly from an entirely different culture. The presenters encouraged the psychotherapeutic community to reflect upon and understand the inherent difficulties of this process in order to facilitate and support the working relationships between immigrant therapists and their new clients. The following themes are then addressed; a) the therapist’s attachment style and resultant ability to tolerate, process and mourn multiple losses, b) the phase appropriate use of defences against mourning, loss and adaptation, c) the complementary attitudes and projections of the new host country, colleagues and clients, d) the difficulties of working in another language and e) the degree of perceived difference between immigrant therapist and client.

Biography of the Authors:

Miranda Thorpe has been working as a psychoanalytic psychotherapist for fifteen years, with special interests in abuse, blended family dynamics and immigration. Over the past decade Miranda Thorpe has co-founded and established a private practice of nine clinicians within a large purpose built medical centre, to help integrate psychotherapy with the medical model. Commensurately she completed the Australasian PPAA training and is a Guest Member of the New Zealand Institute of Psychoanalytic Psychotherapy, is on the Admissions Committee of the
New Zealand Association of Psychotherapists and a member of the International Association for Relational Psychoanalytic Psychotherapy.

**Type of Paper:** RS10  
**Name of Presenter:** Mr Ryosuke Tomatsu  
**Country:** Japan  
**Title:** Learning from Noh: From a Conflict-Integration Model Toward a Paradox-Containing Model in Psychotherapy  
**Authors/Institution:** Ryosuke Tomatsu/Kyoto University, Arata Sakai/Medical Corporation Yushin-kai Niji Clinic, Yasuhiro Oyama/Kyoto University

**Abstracts:**
This paper examines the relationship between a Japanese traditional performing art, Noh, which originated in the 14th century, and Japanese psychotherapy. On the Noh stage, while a main actor (Shite) narrates a lingering attachment to the past, a supporting actor (Waki) listens silently to the Shite. Then, the Shite transforms into a real figure, which is the dead or a ghost, among others, dances beautifully and returns to the other world. Comparing the relationship between the Shite and Waki with that between a client and therapist, the intrinsic process of Japanese psychotherapy is revealed. In a Noh performance, for example, the Shite does not express any conflicting emotions. Nor does he/she disclose any hidden thoughts. Rather, the Shite harbors incompatible feelings and thoughts in his/her innermost unconsciousness and transforms naturally. Instead of interpreting the Shite’s narration, the Waki keeps listening and holding still. The dynamism in Noh contrasts with that in Western performing arts, such as Greek tragedies, which portray the psychic process of conflict revelation and integrate them with the consciousness, thus depicting the “conflict-integration model” of Western psychotherapy. We propound the “paradox-containing model” for Japanese psychotherapy through analyzing a Noh performance, Adachigahara, and some clinical examples.

**Biography of the Authors:**
A doctoral student at the Graduate School of Education, Kyoto University, Ryosuke Tomatsu is also an official school counselor for Kyoto City. With ten years of clinical experience in
psychiatry, Arata Sakai has worked as a clinical psychologist at a childcare center for five years. Yasuhiro Oyama is an associate professor at the Graduate School of Education, Kyoto University. All are certified by the Foundation of the Japanese Certification Board for Clinical Psychologists.

Type of Paper: RS10
Name of Presenter: Mr Raymond Chan
Country: Hong Kong
Title: Working with client in anxiety disorder by existential model
Authors/Institution: Raymond Chan

Abstracts:

It is generally accepted that cognitive-behavioral approach to work with clients in anxiety disorders has long been proved to be effective. Case study on working with a client in panic disorder by existential model showed that the fear of isolation and loneliness could be the reason to explain the panic. Dealing with the client’s relationship issues is found to be effective in reducing anxiety symptoms. Relationship involves intra- and inter-personal ones between client and worker, and between client and his significant others. Use of self in the therapeutic process helps the client experience the worker’s presence to accompany him in his difficult moments. The process of accompanying the client may help reduce the client’s fear of loneliness and facilitate the client to make re-connection with his own inner world. Cognitive change is observed to follow by showing more commitment in his life-enjoying activities. Reconciliation with his significant others to achieve a harmonious relationship is found to be related to this cognitive change. Working on relationship issues may be one of the focal directions in working with client in anxiety in future psychotherapeutic work.

Biography of the Authors:

The author is an instructor in the Hong Kong City University of Hong Kong, involving teaching of psychology and counselling program with previous training in family counselling and interest in studying anxiety disorder and mood disorder.
Abstracts:

This study explored counselling experiences of using visual arts in adult out-patients with Depressive Disorders. Three in-depth case studies, which included mixed methods of qualitative and quantitative approaches, were conducted in the counselling department of a local mental health hospital. Each participant attended six individual counselling sessions, which included four art making plans, for approximately two months. Data collection and analysis involved the observation of counselling sessions and participants’ artwork, session evaluation questionnaires and interviews. Interpretative Phenomenological Analysis was used to analyse the qualitative data. Significant themes and images regarding the participants’ responses to art were reported and discussed. The findings show that through the therapeutic use of visual arts, the participants were able to explore and express various emotions, communicate better with themselves and the counsellor, and make meaningful progress in counselling. The participants also came to believe that their counsellor was able to understand their feelings and issues through observing and listening to what they had shared from their artwork.

Biography of the Authors:

Dr Lee Khai Ling completed her PhD (Guidance and Counselling) in the Faculty of Education, Universiti Teknologi Malaysia (UTM) and graduated in year 2012. She completed her internship and research in Hospital Permai. Before lecturing and serving as a Deputy Head of Student Counselling Office in Southern University College, she completed her Master degree of Educational Studies in The University of Newcastle, Australia. Her recent teaching and counselling experiences include serving Austin Heights Private and International Schools, and
Abstracts:

Whilst countertransference is commonly experienced as feelings, thoughts, images, symbols and dreams endured by the therapist in relation to their client, somatic countertransference is positioned as an embodied, physical manifestation in the therapist’s body. Such common examples include headaches, nausea, aches, pains, sleepiness, sexual arousal, dizziness and trembling felt by the psychotherapist in session. Current interest in somatic countertransference spans from the psychoanalytic, post Jungian, Dance movement and humanistic modalities to empirical studies originating from the trauma research field. Whilst the clinical literature emphasises the therapeutic relevance and richness of somatic countertransference for understanding unconscious communications emanating from the client, trauma research advocates greater self-awareness and management of somatic countertransference to prevent therapist burnout. This paper will outline the rationale and research process for proposing the first cross-cultural study of somatic countertransference. This study is suggested as a means to extend our understanding of and ability to work with somatic countertransference. Preliminary results from a study of Chinese psychotherapists will be discussed.

Biography of the Authors:

I am a doctoral candidate at Deakin University with a keen interest in China, psychotherapy and the emergence of psychotherapy practices in China. I am a trained Psychologist and Psychotherapist from Sydney with 17 years of experience. My postgraduate qualifications at Masters degree level are in Art Psychotherapy, Psychoanalytic studies and Cross Cultural Psychology.
Abstracts:

The dramatic increase in psychopathological behaviours among undergraduate high-risk or protest prone students has attained an epidemic proportion, hence the need for character reformatory strategy through appropriate counselling intervention. It is particularly worrisome that despite concerted efforts by institutional leaders at mitigating this global challenge, the trend has remained unabated. Therefore, this study examined the therapeutic effects of Social Skill Training (SST) as an adjunct counselling intervention in the rehabilitation of high risk undergraduate offenders in selected Nigerian universities. Participants in this experimental study comprised sixty undergraduates’ offenders returning to campus after serving various terms of punishments. The Bakare Psychopathological Behaviour Rating Scale (BPBRS) was adopted to gather pre and post-test measures. The experimental treatments consist of six weeks of twelve treatment sessions. The results showed that the psychopathological behaviour scores of treated subjects reduced considerably compared with the control group. Based on this findings it was thus suggested that in-school adolescents and adults should be exposed to social skill training as a means of promoting self-regulation and rehabilitation towards adaptive behavioural response and positive disciplinary tone of Institutional climate.

Biography of the Authors:

Dr. Amos E ARIJESUYO is a holder of Ph.D degree in Counselling psychology. He is currently the head of Counselling and Human Development Unit, Federal University of Technology, Akure, Ondo State Nigeria.
Attachment theory has contributed in understanding the marital relationship in terms of profound psychological and physiological interdependence. It is perhaps this interdependence that causes damage to the quality of attachment relationship (Johnson & Makinen, 2001). Hence, this study would help practitioners to be equipped for appropriate and effective inventions.

Therefore our study aims at examining the prevalence, nature and the severity of attachment injury and its effect on marital quality and general well being, in a group of married heterosexual couples. It also attempted to associate different types of attachment style as well as coping style impact the relationship outcomes cause attachment injury. The study employed cross-sectional exploratory design with a set of self-administered and objective-rated measures. The sample comprised of 400 individuals from urban Bangalore. Statistical results show those individuals who were experiencing attachment injury are associated with poor marital quality, current happiness, and decline in their psychological health. It was also seen that attachment injury was found to be associated with gender, insecure attachment style and less useful coping strategies. Therefore our findings suggest that it is very important to consider marital quality as not only an outcome associated with general well being but also as a predictor of attachment injury.
Biography of the Authors:

I am a PhD scholar in clinical psychology from India. I have been working with children, individuals and families, in helping them enhance their mental health through counseling, psychotherapy and workshops. I have also enjoyed teaching postgraduates in psychological counselling and supervising students. I strongly feel for continued education, training and supervision of counselors and clinical psychologists and I make sustained efforts for receiving as well as providing the same.

Type of Paper: RS11
Name of Presenter: Mrs Ida Hartina Ahmed Tharbe
Country: Malaysia
Title: Correlation And Regression Analysis Of Emotional Intelligence Among Counseling Students Of Two Malaysian Universities
Authors/Institution: Ida Hartina Ahmed Tharbe, University of Malaya

Abstracts:

It has been claimed that emotional intelligence is an important factor in determining life success and psychological well being. Therefore a research was conducted to investigate the relationship between emotional intelligence with three variables namely perceived stress, quality of interpersonal relationship and general health. Mayer and Salovey’s emotional intelligence framework consisting four components, namely emotional perception and expression, emotional understanding, Emotional facilitation of thinking and emotional management, was referred to in this study. The participants were 144 counseling trainees from two Malaysian universities. Four inventories were used in this study including a newly developed Self Rated Malaysian Emotional Intelligence Scale, the Perceived Stress Scale, Ryff’s Positive Relationship with Other’s Subscale and the General Health Questionaire. The correlation analysis shows emotional intelligence is related to lower perceived stress, better quality of interpersonal relation and greater wellbeing in terms of general health. The regression analysis shows that EI significantly predicts 39.6%, 28% and 8.4% of variance in the perceived stress, quality of interpersonal relationship and general health respectively. The findings of the study have provided some valuable data for understanding the relationship between level of emotional intelligence with the variables examined.

Biography of the Authors:
Ida Hartina Ahmed Tharbe is a lecturer/counselor at Department of Educational Psychology and Counseling in University Malaya for the past 12 years. She has a degree in Politics and International Relations from University of Kent at Canterbury, Masters in Guidance and Counseling from University Putra Malaysia and finishing her PhD in Guidance and Counseling at National University of Malaysia (UKM). She is a registered counselor with Malaysian Board of Counselors and specializes in group counseling and Emotional Intelligence training programs.

Type of Paper: RS12
Name of Presenter: Mrs Dharatun Nissa Bt Puad Mohd Kari
Country: Malaysia
Title: Single Mothers’ Emotional Adjustment during the Transition Process in Family Life Cycle – From the Eyes of Feminist Therapy.
Authors/Institution: Dharatun Nissa Puad Mohd Kari & Dr. Melati Sumari / University of Malaya

Abstracts:

The status of single motherhood can be a great challenge to those who never thought that they would one day end up in their current predicament. This concept paper describes how single mothers move on with their lives which are full of issues and challenges. Various studies have shown that single mothers have to go through the process of restructuring the family cycle phases that require them to adjust emotionally so they can move to the next phase in the family life cycle. To help them with their emotional adjustment with their environment and surroundings, a single mother needs to apply positive emotions. Positive emotions in turn make them resilient individuals who can thrive in life. This is necessary because, in the eyes of Feminist Therapy, beside emotional adjustment, single mothers also need help in terms of hierarchical position in dealing with their children and help them become more accomplished in life. This is where cultivating positive emotion is important because it leads to resilience and help single mothers seeing themselves from a different point of view.

Biography of the Authors:

I am a PhD student, majoring in counseling under the Educational Psychology and Counseling Department, Faculty of Education at the University of Malaya. Under the supervision of Dr. Melati Sumari, my thesis focus is more on the Marriage and family counseling, where I was
studying the experiences of single mothers which can relate to Family Life Cycle for divorcee. I am also a counseling lecturer at the National University of Malaysia and part-time lecturer in IIUM since 2009. I was also a speaker and facilitator at the Malaysian Islamic training institute related to the basic course of guidance and counseling.

Type of Paper: RS12
Name of Presenter: Mrs Norsafatul Aznin Binti A Razak
Country: Malaysia
Title: Understanding the Experiences Of Individual’s Survival In Long-Distance Marriage
Authors/Institution: University of Malaya

Abstracts:

Physical separation between a married couple and their children involves many issues and challenges as the process of changing the way of the traditional concept of marriage in the marriage relationship to a more contemporary form of family in Malaysia. So, this article will discuss about the phenomenon of survival experiences of individual involved in long-distance marriage. In this article, the discussion will focus on the previous studies about this issues and the comparison of the findings from the preliminary study which have been conducted. Through Transcendental Phenomenological Study proposed by Moustakas, the exploration in terms of the meaning of individual’s survival have been conducted with the semi-structured interviews and will be analyzed qualitatively through 8 levels of data analysis according to Seidman to obtain the overall themes of the meaning of the survival experiences involved in long-distance marriage.

Biography of the Authors:

I am a PhD student majoring in counseling at the Faculty of Education, University of Malaya. I’m currently pursuing a focus in Marriage and Family Counseling under the supervision of Dr. Melati Sumari. I’m also had an experience of being a tutor in the Faculty of Education in counseling field before being offered for SLAB/ SLAI program as a full time student.
Abstracts:

The formation of a community begins with the construction of basic social system, which is called, family. This basic system is established through a valid marriage relationship in terms of religious and law. The formation of a harmonious marital relationship is very important to ensure the well-being of life not only to the couples but also to their children. However, what is worrying is when the number of divorce especially among the Muslim community are steadily increasing from year to year. Seeing this situation, its necessity to understand the complexity of both institutions in effort to understand the situation that is happening now. With this understanding, it is hoped to provide insight into the formation of a more well-being society. Therefore, this paper will discuss the expansion of the model of family and marriage by previous researchers in order to understand the dynamics of family and marital relationships in a more comprehensive manner. Extension of this model involves the addition of some new constructs that fill the gaps in previous studies. Extension of knowledge is adapted to take into account the culture and values of the Malaysian society in particular.

Biography of the Authors:
I am a full time PhD student, majoring in counseling under the Educational Psychology and Counseling Department, Faculty of Education at the University of Malaya. Currently I am doing research under the supervision of Dr. Melati Sumari, which is her expertise is on family and marriage therapy. My thesis is focus on the marriage and family counseling, which is related to the family of origin and its relation towards the married adult child.

Type of Paper: RS13
Name of Presenter: Dr Mark R Thorpe
Country: New Zealand
Title: Psychologists’ Experiences of Mindfulness When Working Therapeutically with their Clients
Authors/Institution: AUT University

Abstracts:

The increasing demands faced by practicing psychotherapists and psychologists have been linked to stress and burnout. Effective mindfulness techniques have been shown to help psychologists reduce stress levels, protect from burnout and increase job satisfaction. The first study explored the experiences of psychologists using mindfulness in their practices. Four psychologists were interviewed in depth and the data was analysed using Thematic Analysis. It was found that mindfulness worked well as a stress-reduction tool providing professional and personal benefits for the psychologists. The second study explored the phenomenon of “therapeutic breathing space” reported by the participants in the first study. Four mindfulness-practising psychotherapists were interviewed and the protocols analysed using Thematic Analysis. Participants experienced the breathing space as an expanded sense of time and space in which they felt deep present moment awareness of their clients’ situations. Psychologists were able to be kinder and less judgemental; experiencing enhanced sensitivity and deeper understanding of both themselves and their clients

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.

**Type of Paper:** RS13  
**Name of Presenter:** Mrs Soerjantini Rahaju  
**Country:** Indonesia  
**Title:** Counseling Girl Dealing With Dating Violence: “How To End It”  
**Authors/Institution:** Soerjantini Rahaju/University of Surabaya

**Abstracts:**

Dating violence happened intentionally in dating relationship to sustain the power and control to the partner. Dating violence includes verbal & emotional abusive, sexual abusive and physical abusive. Violence basically is the product of power imbalance between doer and victim (Candrasasi, 2008), and girls usually are the victims. From the qualitative study of abusive relationship, the process of decision making to get out from the abusive relationship is not easy. The honeymoon phase in the abusive cycle that occurs after the abusive behaviour make the victim could not end it easily. There are also internal and external factors from the victim that make difficulties to get out from the relationship.

Using Egan’s model, the counseling process starts with the target to change the unrealistic optimism by giving information, and facts about the cycle of dating violence. Internal factors such as poor self esteem, ineffective coping style, and specific anxiety should be handled by using challenging skills. External factors such as potential new dating relationship, social support, should be created with the client. If there is problem with the family background, client should be helped to manage.
Biography of the Authors:

I am a lecturer in Faculty of Psychology University of Surabaya, Indonesia, since year 2000. I study master in counseling at Universiti Kebangsaan Malaysia, graduated in 2005. My subjects of lecturing are Counseling, Observation & Interview, and Abnormal Psychology.I am also a psychologist and my interest areas are counseling, marriage, and violence.

Type of Paper: RS14
Name of Presenter: Prof Feisal A. Yunis
Country: Egypt
Title: Attachment Figure, Style of Attachment, Depression and Gender.
Authors/Institution: Feisal A. Yunis/ Cairo University and Kholoud Saber/ Cairo University

Abstracts:

The Objective of the present study is to explore the relationship between Attachment figure in an attachment relationship and both attachment style and depressive symptoms from a gender perspective. Most western literature investigated intimate male-female romantic relationships as an attachment relationship. In an earlier study in Egypt, carried out by the second author, many of the volunteers reported that their attachment figures are either a same sex friend or a relative (mother or father). The question remains as to whether these cultural differences might affect the style of attachment adopted by an individual and his depressive symptoms and whether gender has a bearing on these relationships.

220 volunteers (137 females) with a mean age of 22.64 ± 2.3 years, were selected. They were administered a scale measuring insecure attachment, the Adult Insecure Attachment Scale (AIA), together with the Zung Self-Rating Depression Scale (ZDS) were used. They were also asked to determine who the attachment figure in their lives is.

Subgroups comparisons were carried out. Results were presented and discussed. One of the main results was that males.
Biography of the Authors:

- Feisal A. Yunis, CPsychol., PhD.
- Professor of Psychology, Faculty of Arts, Cairo University, Cairo, Egypt.
- Chairman, Psychology Department, 2003-2004 and 2007-2010.
- Clinical Psychologist. 1982-present
- Member, Scientific Committee for Promotion of Psychology, Faculty Supreme Council of Universities, Egypt, 2009-2013.

Type of Paper: RS14
Name of Presenter: Assoc. Prof Siamak Samani
Country : Iran
Title : Psychological Nano-therapy in Family Therapy
Authors/Institution: Dep. Psychology and Education

Abstracts:

Abstract text here: 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.

Type of Paper: RS14
Name of Presenter: Mr Thanawoot Chinahat
Country: Thailand
Title: Factors Affecting Public Consciousness Behavior of Students, Khon Kaen University
Authors/Institution: Thanawoot Chinahat and Suwaree Sivabaedya / Educational Psychology and Counseling Department, Faculty of Education, Khon Kaen University, Khon Kaen, Thailand.

Abstracts:

Studies of the relationship between psychological factors and public consciousness behavior, and the predictable of public consciousness behavior of Khon Kaen University students reveal that psychological factors such as self-esteem, intrinsic motive and support of family, teachers and friends factor had positive correlation to public consciousness behavior at 0.01 statistical significant levels. And psychological factors were the co-predictors of public consciousness behavior that could be predictable at 62.70 of percentage. The regression equation comprising three explanatory variables is Public consciousness behavior = - 4.36 + 1.39 intrinsic motive + 0.52 self-esteem + 0.36 support of family, teachers and friends. Studied the other psychological variables in predicting the behavior of public consciousness optimize variable factors such as learners factor, the teaching of teachers and environmental factors related to the individual's social situation and developed a causal model that affects the behavior of students in the public consciousness, Khon Kaen University. Due to the influence of direct and indirect effects. That affects to behavior of students in higher education and recommendations for future research are discussed.
Biography of the Authors:

I’m graduated in bachelor of Art (Tourism and Hotel), Faculty of Tourism and Hotel, Mahasarakham University, Thailand. And now I’m a graduate Student in Educational Psychology and Counseling Department, Faculty of Education, Khon Kaen University, Thailand. I have worked in academic service unit in the Faculty of Nursing, Khon Kaen University for three years and have learnt together in Educational Psychology and Counseling Department, Faculty of Education, Khon Kaen University, Thailand. Lifelong learning and continuous self-development are the way to success.
RS : Relation Symposium

Type of Paper: RS 18
Name of Presenter: Monique Sukamto
Country : Indonesia
Title : “I Want That Body!”: Counseling Adolescent with Body Image Dissatisfaction
Authors/Institution: University of Surabaya, Surabaya, Indonesia

Abstracts:

Body image dissatisfaction is the most common body image problem, which is characterized by one’s dissatisfaction or disliking towards his/her body or specific body parts. Body image dissatisfaction can emerge when one feels a discrepancy between his/her real body and the prevailing ideal standard. Body image dissatisfaction can develop into more serious problems, such as eating disorders, if the sufferer doesn’t do anything to cope with it. Counseling is a method of helping that can be effective in dealing with this problem. The aim of this article is to share some counseling practice experiences in dealing with body image dissatisfaction, especially among the adolescents since the concern towards appearance is increasing in adolescence. This article will describe (1) the process of exploring important areas which cause the client’s body image dissatisfaction, (2) skills of challenging needed to help client have new perspectives, such as giving information about healthy body weight through Body Mass Index (BMI) formula, and (3) steps to help the client formulate goals and strategies to have a more positive body image. Counseling will be effective if the client has the willingness to be open and be challenged by the counselor and has the commitment to help him/herself.

Keywords: body image, dissatisfaction, adolescent, counseling, BMI
Biography of the Authors:

I am a lecturer at the Faculty of Psychology of University of Surabaya (UBAYA) in Surabaya, Indonesia. I have been working as a lecturer at UBAYA since 1998. My scientific majoring is Clinical Psychology. I also work as a counselor and psychologist in Consultation and Psychological Services Centre at UBAYA. At this moment, I help children, adolescents, and adults with their personal problems, and am interested in body image and risk behavior problems.