

1. MISSION

The International SAT Association (ISAT) was founded originally in 2008, formally in 2010 to globally disseminate the social skills based on structured image association technique (SAT) for empowering members of the global citizen to satisfy the essential needs (affection seeking need, self-trust need, affection for other need) of their hearts through realizing their own “true” self for their own holistic well-being.

2. FOUNDING PRESIDENT

Professor Tsunetsugu Munakata, Dr H Sc
Director, Department of Human Care Science,
University of Tsukuba, Japan

(Former Consultant, Global Program on AIDS, World Health Organization.
Former Executive, International Sociological Association)

3. ISAT SECRETARIAT

DEPARTMENT OF HUMAN CARE SCIENCE

UNIVERSITY OF TSUKUBA

D511, 1-1-1 TENNOUDAI, TSUKUBA, JAPAN 305-8577

STATUTES OF THE INTERNATIONAL SAT ASSOCIATION

INTRODUCTION

The Statutes were originally adopted at the Constituent Congress held in Tokyo, September 18th-19th 2010, where the International SAT Association (hereinafter referred to as ISAT) was formally established.

ARTICLE ONE: PURPOSES

The ISAT is a non-profit association for scientific and educational purposes. Its function is to represent Structural Association Technique (hereinafter referred to as SAT) counselors and therapists everywhere.

ARTICLE TWO: OBJECTIVES

2.1 The goal of the ISAT is to advance the knowledge and skills of SAT throughout the world.

2.2 To achieve these ends, the ISAT shall support activities to:

- (a) secure and develop institutional and personal contacts of SAT counselors and SAT therapists throughout the world;
- (b) encourage the international dissemination and exchange of information on developments in SAT knowledge and skills;
- (c) facilitate and promote international research and training;
- (d) convene meetings and regularly scheduled International Conferences of SAT;
- (e) promote publications which support its other activities.

ARTICLE THREE: MEMBERSHIP

3.1 There shall be both individual and collective members of the ISAT.

3.2 Individual membership is open to SAT counselors and SAT therapists active in practice, in research, and/or in teaching.

3.3 Collective members shall be countrywide SAT associations duly established for scientific and educational purposes and open to all active SAT counselors and SAT therapists.

3.4 Collective members shall be admitted to membership by a decision of the Executive Committee (EC) of the ISAT.

3.5 Both individual and collective members shall have the choice to become either general or managing members of the ISAT.

3.5b Managing members shall have general responsibility in managing the ISAT, in participating in the Assembly, in the election of Executive members, and in the implementation of the ISAT's policy.

3.6 To remain members in good standing, individual members must have consecutively paid their membership dues of 5,000 yen (3000yen for student) for the last four years; also collective members must have paid their yearly membership dues of 50, 000 yen.

3.6 All individual and collective members shall respect the principles upon which the ISAT is founded and contribute to its purpose.

ARTICLE FOUR: THE ASSEMBLY

4.1 The Assembly elects the President, the two Vice-Presidents, and other executive members. The Assembly makes final decisions on the general policies of the ISAT, and fixes the ISAT's membership fees. It may also hear appeals against decisions taken by the Executive Committee.

4.2 The Assembly shall be composed of managing members and will be chaired by the President of the ISAT (or in his/her absence by a Vice-President nominated by the President).

4.3 The Assembly shall meet at each International Conference, at a time and place set by the President.

4.4 A quorum of at least half of the managing members in good standing is necessary for decisions to be reached.

ARTICLE FIVE: THE EXECUTIVE COMMITTEE

5.1 The Executive Committee's tasks shall include proposing policies to the Assembly and carrying out the policies established by it.

5.2 The Executive Committee shall consist of the President of the ISAT, its two Vice-Presidents, and other members elected by the Assembly

5.3 The Executive Committee shall be elected at each four year.

ARTICLE SIX: THE PRESIDENT AND THE VICE-PRESIDENTS

6.1 The ISAT President shall legally represent the ISAT both domestically and internationally, and shall have general responsibility for the implementation of the ISAT's policy and for supervision of the activity of the Secretariat. The President shall chair the meetings of the Executive Committee; in his/her absence, the meeting will be chaired by a Vice-President nominated by the President.

6.2 The Executive Committee shall be responsible for the Program of the next International Conference, Research and Development, Publications, and Finance and Membership.

6.2a Research & Development - to maintain liaison with regular collective members, and to propose policies and activities to respond to their Research and Development needs.

6.2b Program - to develop the program for the next International Conference, in liaison with the Local Organizing Committee.

6.2c Publications - to oversee the running of the Association's publications, and to propose policies in the area of publications.

6.2d Finance and Membership - to oversee the Association's financial affairs in liaison with the Secretariat, and to propose policies in the area of finance and membership.

6.3 The ISAT headquarter shall hold office at ①D511, 1-1-1 Tennoudai, Tsukuba, Japan 305-8577
C/O Prof Munakata Laboratory ② International SAT Association 501, 2-5-18 yawata, ichikawa, Japan
272-0021

for the time being.

ARTICLE SEVEN: NOMINATIONS AND ELECTIONS

7.1 There shall be the Nominations Committee of three members elected by the Executive Committee to organize the ISAT elections

7.2 The Assembly shall elect the President, two Vice-Presidents and executive members by ballot.

7.3 The Executive Secretary of the ISAT, which shall be by appointment, shall not be a member of the Executive Committee.

ARTICLE EIGHT: DISSOLUTION

8.1 The dissolution of the ISAT shall be decided by the Assembly

8.2 If practical, the proposal for dissolution shall be submitted to a meeting of the Assembly. If the President does not judge a meeting practical, the proposal shall be put and votes given in writing without a meeting. Any such proposal must be circulated at least 6 months before the date of the meeting or postal vote. The dissolution shall be declared provided that a quorum of at least two thirds of the members participated in the meeting or postal vote, and that at least two-thirds of those participating have approved it.

8.3 In the event of dissolution, the net assets of the ISAT shall be transferred to an international organization or institution whose objectives are similar to those of the ISAT, or shall be assigned to other uses considered consistent with the ISAT's aims and objectives. The use of the assets shall be decided by

the Assembly, by meeting or postal vote, which shall mandate the President and/or the Executive Secretary to execute its decision.

BY-LAWS OF THE INTERNATIONAL SAT ASSOCIATION

1. WORKING LANGUAGES

English is the recognized language of the ISAT. The administrative language of the ISAT shall be English.

2. VOTING

2.1 In the Statutes the expression "votes cast" shall mean all votes, whether affirmative, negative, or abstaining ballots.

2.2 Voting in meetings on issues shall be by show of hands; voting for elections shall always be by secret ballot.

Founding Executive Committee

President: Prof. Tsunetsugu MUNAKATA (Japan)

Vice President: Prof. Sayuri HASHIMOTO (Japan)
Dr. Noriko HIGUCHI (Japan)

Executive: Prof. Mantang ZHANG (China)
Prof. Jessica Campano (Philippines)
Prof. Ying FENG (China)
Dr. Nozomi DONOYAMA (Japan)
Dr. Francis ONUOHA (Nigeria)
Prof. Pornsuk Hunnirun (Thailand)
Prof. Linda Bell (USA)
Prof. Chenying Lui (China)

Secretary Ms. Wenyan Hu

International SAT Association Application Form

Name in print Signature
Last First Middle

Gender Female Male

Birthday date / month / year
 / /

Address for Contacting Phone ()
 Fax ()

Institution / Office Address Phone ()
 Fax ()

Email Address ①

Email Address ②

Membership

- Individual member (Student)
Collective member
Managing member

Fees

To remain members in good standing, members must consecutively pay your membership for the lasting four years.

Individual member 5,000 yen (Student 3,000 yen)

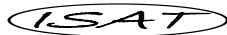
Collective member 50,000 yen

Paying Bank: Mizuho Bank, LTD.
A/C with Branch: Motoyawata Branch
Address: 2-5-3 Yawata, Ichikawa-shi, Chiba
272-0021, Japan
Swift Code: MHBKJPJT
A/C Number: 284-1199424
Account Holder: ISAT MUNAKATA Tsunetsugu

みずほ銀行 本八幡支店
普通: 1199424
口座名: ISAT 宗像 恒次

International SAT Association
D511, 1-1-1 Tennoudai,
Tsukuba, JAPAN 305-8577
Department of Human Care Science,
University of Tsukuba
Tel&Fax: +81+29+853+3971
Email: munakata@hcs.tsukuba.ac.jp

INTERNATIONAL SAT ASSOCIATION



1. MISSION

The International SAT Association (ISAT) was founded originally in 2008, formally in 2010 to globally disseminate the social skills based on structured image association technique (SAT) for empowering members of the global citizen to satisfy the essential needs (affection seeking need, self-trust need, affection for other need) of their hearts through realizing their own “true” self for their own holistic well-being.

2. ACADEMIC PROGRAMS

DIPLOMA IN SAT COACHER

- Basic
- Senior
- Executive

DIPLOMA IN SAT HEALTH PSYCHOTHERAPIST

- Basic
- Senior
- Executive

INTERNSHIP PROGRAMS

3. ELIGIBILITY

Eligibility for the ISAT academic programs is interdisciplinary. Clinical and social health care providers, psychotherapists, counselors, doctors, nurses, sports and exercise coaches, managers, clinicians, academic researchers, school teachers, students, and general citizens are all eligible to attend.

4. SAT SECRETARIAT

DEPARTMENT OF HUMAN CARE SCIENCE

UNIVERSITY OF TSUKUBA

D511, 1-1-1 TENNOUDAI, TSUKUBA, JAPAN 305-8577

5. FOUNDING PRESIDENT

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(Former Consultant, Global Program on AIDS, World Health Organization.

Former Executive, International Sociological Association)

SUCCESS CHECKLIST FOR SAT COACHER (SENIOR)

STANDARD YEAR 2011

| | |
|-------------|--|
| Name | |
|-------------|--|

signature or seal

1. B•A•M-TEMPERAMENT COACHING SKILL B A M
2. B-HUMAN RELATION SKILL
3. B-LISTENING SKILL B
4. B-DEBATE SKILL TRAINING
5. B-LEADERSHIP TRAINING
6. A-ASSERTION & NEGOCIATION SKILL TRAINING
7. A-STRESS MANAGEMENT SKILL TRAINING
8. A-COLLABORATION SKILL TRAINING
9. A- GOAL SETTING COACHING FOR PROBLEM-SOLVING
10. A-GROUP COUNSELING FOR SELF-DECISION
11. M- HEALTH COACHING
12. M-GROUP COUNSERING FOR BEHAVIOR CHANGE
13. M-STRESS REGILLIENCE TRAINING
14. B•A•M-COACHER ASSESSMENT B A M

INTERNATIONAL SAT ASSOCIATION

SUCCESS CHECKLIST FOR SAT COACHER (BASIC)

STANDARD YEAR 2011

| | |
|--------------|--|
| Trainer Name | |
|--------------|--|

signature or seal

1. B•A•M-TEMPERAMENT COACHING SKILL B A
2. B-HUMAN RELATION SKILL
3. B-LISTENING SKILL B
4. B-DEBATE SKILL TRAINING
5. B-LEADERSHIP TRAINING
6. A-ASSERTION & NEGOCIATION SKILL TRAINING
7. A-STRESS MANAGEMENT SKILL TRAINING
8. A-COLLABORATION SKILL TRAINING
9. A- GOAL SETTING COACHING FOR PROBLEM-SOLVING
10. A-GROUP COUNSELING FOR SELF-DECISION
11. B•A-COACHER ASSESSMENT B A

INTERNATIONAL SAT ASSOCIATION

Rules and Regulations on Certified ISAT Qualifier

Article 1 Membership of International SAT Association is not necessarily required for certified ISAT qualifier for the time being. The qualification is valid for three years from the date of acquisition.

Article 2 For the renewal of the qualification, the SAT coaches of beginner's level are required to constantly keep in mind to make good progress and as the refresher training to participate either in the basic course or the advance course of the SAT coaches training at the preferential fee of ¥20,000 at least once during the ongoing three year term.

Article 3 For the renewal of the qualification, the SAT coaches of intermediate level are required to constantly keep in mind to make good progress and as the refresher training to participate either in the advance course or the master course of the SAT coaches training at the preferential fee of ¥20,000 at least once during the ongoing three year term.

Article 4 Those Certified ISAT Qualifiers who wish to renew the qualification are required to send in the Application for Renewal of the Qualification with copies of certificates of completion of the training courses stipulated in the preceding articles attached thereto to the below mentioned office in charge of the renewal of qualifications.

Article 5 In case necessary credits are not obtained by the designated expiration date for renewal of qualification, those Certified ISAT Qualifiers who wish to renew the qualification are required to be recertified by taking the SAT coaches training courses at the regular fee; basic or advance course for the SAT coaches of beginner's level and advance or master course for those of intermediate level.

The office in charge of the renewal of qualifications : SDS Corporation at Room 501, No.3 Motoyawata Diamond Bldg., 2-6-18 Yawata, Ichikawa City, Chiba Pref. 272-0021 Japan Phone : 047-332-3638 Fax : 047-332-3643 E-mail address : info@kksds.com

Welcome Message

The 1st INTERNATIONAL CONFERENCE OF SAT HEALTH COUNSELING

It is a great pleasure for us to welcome many distinguished professionals to join the first international conference of SAT health counseling, 21 September, Monday, 2009 in Tokyo Campus University of Tsukuba, Japan.

The first international conference of SAT health counseling highlights developing and spreading a counseling & therapy based on SAT Method. We hope to develop this conference into an international academic society for probing SAT counseling & therapy as a behavioral scientific technique and as a research and global educational method by designing effective training and remedial intervention programs in SAT Method. Especially, we are expecting to discuss about SAT Method leading global strategies in the future for successful performance, stress management, mental health maintenance, innovation in health care technology, chronic disease or lifestyle-related disease management and health behavior change. We believe this conference will be of great benefit to our future cooperation on developing the effective program to improve human's well-being. Finally we are hoping that you will enjoy Japanese beautiful summer days.



Professor, Tsunetsugu Munakata, Dr H Sc
Chair, The First International Conference of SAT Health Counseling

Chair, Department of Human Care Science
School of Comprehensive Human Sciences
UNIVERSITY OF TSUKUBA
Advanced Research Building D511,
1-1-1 Tennoudai, Tsukuba, JAPAN
305-8577

Phone&Fax: 81-29-853-3971

E-mail:munakata@hcs.tsukuba.ac.jp<http://www.hcs.tsukuba.ac.jp/~munakata/>

The first international conference of SAT health counseling



The first international conference of SAT health counseling was convened on 21 September, Monday, 2009 in Tokyo Campus University of Tsukuba, Japan. Many distinguished professionals gathered here for discussing, developing and spreading a globe counseling & therapy based on SAT Method.

The chair, Prof Tsunetsugu Munakata made the keynote speech about what is the SAT counseling and SAT therapy. And then 8 researchers presented their study results about the work of SAT counseling and SAT therapy. Finally, the chair, Professor. Tsunetsugu Munakata made an agreement with Professor Mantang Zhang who came from Health Counseling Center of Yun Nan University. They determined to give the first public speech about SAT therapy in China to launch the Chinese SAT Association next year 1-7 August.

This conference showed great benefit for discussing and developing SAT Method and it also greatly contributed to the future cooperation with other countries professionals on developing effective programs to improve human's well-being.

PROGRAM

HEALTH COUNSELING AND SAT THERAPY PROGRAM

ACADEMY FOR HEALTH COUNSELING

INTERNATIONAL SAT ASSOCIATION

DEPARTMENT OF HUMAN CARE SCIENCE

UNIVERSITY OF TSUKUBA

WELCOME PARTY: 18:00-20:00 SEPTEMBER 20(SUN), 2009 Building E 364

SEPTEMBER 21(MON):17:00—21:00, 2009 TOKYO CAMPUS Building G 501

UNIVERSITY OF TSUKUBA, JAPAN

THE FIRST INTERNATIONAL CONFERENCE OF SAT HEALTH

COUNSELING

ORGANIZATION

Organizer Organizing Committee of the First International Conference of SATHealth Counseling

Co-sponsors Academy for Health Counseling International SATAssociation

Organizing Committee

Chair Munakata, Tsunetsugu President,Academy for Health Counseling

President, International SATAssociation

Chair, Department of Human Care Science

University of Tsukuba

Secretary-General Associate Secretary-Generals

Hashimoto, Sayuri Hu,Wenyan

Executive Members

Higuchi, Noriko; Kobayasi, Keiichiro

Onuoha, N. Francis Donoyama, Nozomi

Camparo, Jessica Nakashima,Kazue

Iwanaga, Yuka Yang,Wenjie

Zhang, Mantang Zhao,Yuemei

**SECRETARIAT: ORGANIZING COMMITTEE OF THE First International Conference
of SAT Health Counseling, UNIVERSITY OF TSUKUBA,**

D511, 1-1-1 Tennoudai, Tsukuba, JAPAN 305-8577

Tel&Fax: 81-29-853-3971, E-mail: munakata@hcs.tsukuba.ac.jp,

CONFERENCE INFORMATION

VENUE

G501, Tokyo Campus University of Tsukuba, 3-29-1 Otsuka Bunkyo-ku, Tokyo, Japan

Directions to Tokyo Campus Otsuka Area (Myogadani)

Directions to Tokyo Campus (Myogadani)

Arriving by Train

Tokyo Metro Marunouchi Line: Myogadani Station (about 2-minute walk)

Address

3-29-1 Otsuka, Bunkyo-ku, Tokyo 112-0012

DATE

WELCOME PARTY: 18:00-20:00 SEPTEMBER 20(SUN), 2009

INTERNATIONAL CONFERENCE: 17 : 00 - 21 : 00, SEPTEMBER 21(MON), 2009

JAPAN NATIONAL MEETING OF ACADEMY FOR HEALTH COUNSELING: SEPTEMBER 20 (SUN.)

9:50-18:00, SEPTEMBER 21 (MON.) 9:30-17:00

LANGUAGE

English and Japanese shall be the official language for the conference

REGISTRATION DESK

The registration desk is open as follow:

September 20 (Sun.) 9:50-18:00

September 21 (Mon.) 9:30-17:00

ACCOMODATION FOR INVITED GUESTS

http://www.tsukuba.ac.jp/access/tsukuba_access.html

TSUKUBA UNIVERSITY HALL ANNEX 4th FLOOR UNIVERSITY GUEST HOUSES(DAIGAKU KAIKAN BETSUKAN)

1-1-1 TENNNOUDAI, TSUKUBA, JAPAN 305-8577

029-853-2382/2386

2500 yen per one night

Access to Tsukuba Campus

Tsukuba Campus

1-1-1 Tennodai, Tsukuba, Ibaraki, 305-8577 Japan

R o u t e M a p — T s u k u b a C a m p u s

The 1st INTERNATIONAL CONFERENCE OF SAT HEALTH COUNSELING

Monday, September 21, 2009

Presentation time schedule

17:30-21:00 (Room 501-G) Keynote speech

17:30-18:10 Chair Tsunetsugu Munakata

18:10-18:40 Business Meeting with Evening Meal Oral section

18:40-18:55 Keiichiro Kobayashi

18:55-19:10 Sayuri Hashimoto

19:10-19:25 Noriko Higuchi

19:25-19:40 Nozomi Donoyama

19:40-20:00 Break

20:00-20:15 Wenjie Yang, Mantang Zhang, Yuemei Zhao

20:15-20:30 Kazue Nakashima

20:30-20:45 Yuka Iwanaga

20:45-21:00 Wenyan Hu

Keynote speech

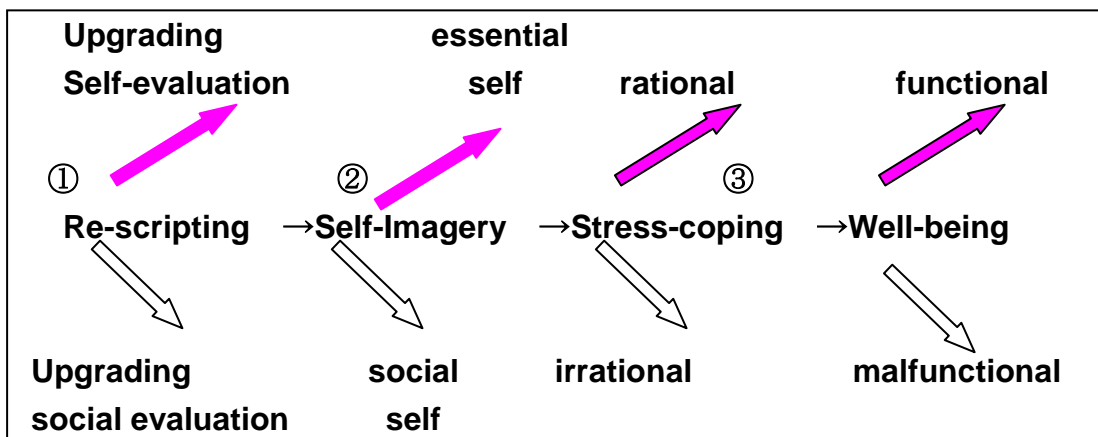
SAT Counseling & Therapy

Munakata, Tsunetsugu

1. What is SAT(Structured Association Technique)?

Cognitive Behavioral Environmental Therapy for Awareness,
Behavioral and Environmental Change
by taking advantage of Structured Meditative &
Regressive Association

2. SAT Intervention Method



- ① Awareness of Unconditional Guardian Representation
- ② Awareness of Essential Self
- ③ Rational Expectation Coaching Based on DNA Temperament

3. SAT Therapy Logic

- ① Somatization → Rainfall or Color Imagery → Mentalization
- ② Behaviorization → Clarifying Feeling → Mentalization
- ③ Matter- focus → Clarifying Emotion → Emotion-focused
- ④ Other-focused → Self-Imagery → Self-focused
- ⑤ Meditation → Association → Awareness
- ⑥ Externalization → Resolution → Internalization
- ⑦ Supposition → Goal-setting → Realization
- ⑧ Regression → Re-scripting → Progression
- ⑨ Scripting → Imagery Representation → Representation
- ⑩ Large Goal → DNA Temperament Coach → Small Goal

Oral section

The 1st INTERNATIONAL CONFERENCE OF SAT HEALTH COUNSELING ABSTRACT FORM

(Title) Expression of Tumor-suppressor Genes and Shift in Frequency of Human Voice Observed in Cancer Patient with Application of SAT Imagery Therapy

(Name) Kei-Ichiro Kobayashi (Counseling Room "Vivid Life")

Tsunetsugu Munakata (University of Tsukuba)

(Purpose) : In the SAT imagery therapy for the patients with cancer, because of a high degree of alexithymia, psychological scales are not satisfactorily effective as barometers of the memory of stress images. Therefore, by adopting natural scientific scale, we planned to improve the effectiveness of therapy.

(Method) : The expression of tumor-suppressor genes(p53, RB, BRCA2 and RUNX3) and the number and the ratio of neutrophils and lymphocytes were continuously measured, and the frequency of "AH" in Japanese word "OKAHSAN (mother)" was evaluated with FFT-analysis through 26 times of therapy for a female patient with breast cancer.

(Result and Discussion) : All the tumor-suppressor genes have been expressed more than 200%, immune strength of white blood cells has been improved to the desirable state. The frequency of "AH" in "OKAHSAN" was found to decrease remarkably from 293-312Hz to 137-185Hz with a change of imagery of her parents to the ideal one.

(Conclusion) : Through a series of SAT imagery therapy applied to a patient with cancer, not only physiological measurement but also physical property have been confirmed to be able to be adopted as a scale of latent stress images and their observed values have been significantly improved.

**The 1st INTERNATIONAL CONFERENCE OF SAT HEALTH COUNSELING
ABSTRACT FORM**

(Title) **SAT Life Change Support and HbA1c Improvements in Diabetic Patients, Part One.**

(Name) Hashimoto S₁, Higuchi N₂, Mukasa K₁, Murakami K₁, Hamamoto Y₃, Toyoda M₃, Funaoaka M₃, Kaneshiro M₃, Nakajima S₃, (Affiliations) 1:Department of Human Care Science, Graduate School of Comprehensive Human Sciences, University of Tsukuba, Ibaraki, Japan 2:Meikai University, Chiba, Japan 3:Nakajima Medical Clinic, Kanagawa, Japan

(Purpose) From a health counseling perspective, lifestyle diseases such as diabetes are approached as stress prone personality diseases. In this study, we conducted a style of psychotherapy that supports this kind of life change and compared short-term and mid-term effects on HbA1c levels to test whether there were improvements in hyperglycemia related to stress.

(Method) (1) Subjects: The subjects of this study were twelve women patients (50-80 years old) introduced by a clinic. (2) Intervention method: Structured Association Technique therapy for life change support was conducted between March to September 200X in a single session that lasted approximately two hours. (3) Analysis: Average weight and HbA1c levels were compared for the two months prior to the start of therapy (baseline), two to four months (short-term effect) after the end of therapy, and four to six months (mid-term effect) after the end of therapy.

(Result and Discussion) After therapy, there was a significant (1% level) drop in HbA1c levels (Friedman test $p=.002$) for the short-term period compared to baselines levels ($Z = -2.903, p=.008$). Likewise, there was a significant (1% level) drop for the mid-term period compared to baseline levels ($Z = -2.943, p=.006$). There was no significant change in weight (Friedman test $p=.979$). We can infer that the significant drop in HbA1c levels after one therapy session was due to having less stress after patients became aware of ways to cope with interpersonal stress and attachment styles and realized the need to care for themselves and determine their own self-reward behavior goals. Patients maintained the effects of the intervention by practicing self-reward behaviors in daily life.

(Conclusion) These results suggest that SAT life change support is effective in improving the health of patients with diabetes.

**The 1st INTERNATIONAL CONFERENCE OF SAT HEALTH COUNSELING
ABSTRACT FORM**

(Title) **SAT Life Change Support and HbA1c Improvements in Diabetic Patients, Part Two.**

(Name) Higuchi N₁, Hashimoto S₂, Mukasa K₂, Murakami K₂, Hamamoto Y₃, Toyoda M₃, Funaoaka M₃, Kaneshiro M₃, Nakajima S₃, (Affiliations) 1: Meikai University, Chiba, Japan 2: Graduate School of Comprehensive Human Sciences, University of Tsukuba, Ibaraki, Japan 3: Nakajima Medical Clinic, Kanagawa, Japan

(Purpose) Psycho-social Stress is a potential contributor to chronic hyperglycemia in type 1 and type 2 diabetes, the support with psychosomatic medicine is needed. We paid our attention to the fact that the patients of diabetes have stress prone personality disease. We thought it imperative not only to give support to them for their acting-out toward proper lifestyle but also to cope with the essential task. So, we developed our original intervention aiming to improve hyperglycemia caused by stress. In this study, to determine effect of SAT Life Change Support intervention, we analyzed the change in HbA1c and body weight in short-term and mid-term. Furthermore, we analyzed it about the transformation process of the internal experience

(Method) Subject; After providing informed consent, we finally selected 7 cases (age = 42-78) as the subject of study. Measure; the demographic data, glycemic control (HbA1c), Body weight, psychological index, qualitative records. Intervention methods; Individual intervention for two hours each was conducted 1~2 during the term from March to September 200X by a therapist. SAT Image work to be aware of true self-imagery was conducted, Analysis; HbA1c and body weight were comparatively assessed among T0 or baseline (average in two months immediately before intervention), T1 (short-term average in 2 to 4 months after intervention) and T2 (mid-term average in 4 to 6 months after intervention).

(Result and Discussion) Comparison between T0, T1 and T2 showed a significant improvement in HbA1c (Friedman test ; $p=.006$) . Both T1 and T2 showed a significant improvement compared with T0 (post hoc test ; $p=.032$). But in body weight did not improve significantly.

(Conclusion) Effects of SAT Life Change Support intervention were observed for mid-term duration change in HbA1c. Followings are considered to have had an impact on dropped HbA1c; 1) sympathetic listening to patient's painful narratives, 2) Patient's own awareness of essential task and cultivated self-understanding, and 3) Patient's setting of specific goals for leading a new life to enjoy stress less self. These findings suggest that the need to have a viewpoint of support to patient's life change in diabetic care.

The 1st INTERNATIONAL CONFERENCE OF SAT HEALTH COUNSELING ABSTRACT FORM

(Title) An Evaluation of the Structured Association Technique (SAT)-based Group Counseling Program for Students with Low Vision

(Name) Nozomi DONOYAMA (Department of Health, Faculty of Health Sciences, Tsukuba University of Technology)

Noriko HIGUCHI (Health Service Center, Meikai University)

Tsunetsugu MUNAKATA (Graduate School of Comprehensive Human Sciences, University of Tsukuba)

(Purpose) Since developing the group counseling program including the Structured Association Technique (SAT) to reduce the levels of trait anxiety for students with low vision, we evaluated the effects of the program.

(Method) Fifteen male undergraduate students with low vision (mean age 23.3, SD 8.1) were recruited in a special university for people with visual impairment. They attended a 240-minute group approach by the developed group counseling program; this program was composed of SAT (self-imagery, social skills training including assertiveness skills and negotiation skills) incorporating self-disclosure and peer support. Values of learned helplessness, self-repression, self-esteem, self-confidence as self-efficacy, perceived emotional support, and trait anxiety were measured before attending the group, after attending the group, at one-month follow-up, and at three-month follow-up and analyzed by Dannel's test using SPSS 15.0.

(Result and Discussion) In participants who had suffered high trait anxiety before attending the group, the values of learned helplessness after attending the group, at one-month follow-up, and at three-month follow-up were significantly lower, those of self-esteem at three-month follow-up were significantly higher, and those of trait anxiety at three-month follow-up were significantly lower than those before attending the group. Moreover, those of self-confidence at every measured point were significantly higher than those before attending the group. These results imply that the self-image script is modified to a positive new one by SAT; it is considered that a subjunctive, not real past experiences or knowledge, reconstructs new positive self-image scripts.

(Conclusion) The SAT-based group counseling program for students with low vision is effective for reducing the levels of trait anxiety by modifying their self-image script.

**The 1st INTERNATIONAL CONFERENCE OF SAT HEALTH COUNSELING
ABSTRACT FORM**

**The SAT treatment intervention
to Chinese mothers with high parenting stress**

—The attempt of the SAT treatment intervention—

Wenjie Yang¹, Mantang Zhang, Yuemei Zhao

Objective: To discuss the efficacy and adaptability of the SAT treatment for Chinese mothers who feel high parenting stress.

Methods: We did interventions to 3 Chinese mothers who reported that they felt high parenting stress with the SAT basic counseling method and the temperament coaching, then compared to the score's change of the parenting stress scale before and after the intervention.

Results: All of these 3 mothers had Full-time job, and with the adherence temperament which was conspicuous for all of them. All of these children were "Only child" and 2-5-year -old kindergartners.

As for anxious for the child care, the answer "I wonder that I don't know whether it is correct or not of my education method to my child." was correspondingly. After the SAT treatment intervention, the parenting stress score of these 3 mothers were respectively from 72 to 59 and from 66 to 56 and from 59 to 44, which all decreased 10 or more points. Moreover, they described that their confidence of parenting were increased after having understood their characters.

Discussion: The SAT treatment is developed in Japan, and used widely as an effective parenting support method for Japanese mothers; but the study is the first attempt for Chinese mothers. Though 3 members were small, the result of the SAT treatment intervention showed that it was surely effective for reducing the uneasiness to their children's characters and intelligence as well as increasing the confidence to parenting for Chinese mothers. To examine the adaptability of the SAT treatment, it is necessary to add the follow-up survey after the intervention, and to increase the object's number.

【KeyWords】 Chinese mother, parenting stress, the SAT treatment intervention
1): Lecturer of Yunnan University psychological counseling center in China

The 1st INTERNATIONAL CONFERENCE OF SAT HEALTH COUNSELING

ABSTRACT FORM

(Title) 題目 糖尿病性腎症により透析を受けている患者へのSAT イメージ療法の介入効果

- 三世代再物語自己イメージ法による介入症例の報告 -

(Name) 発表者氏名, (Affiliations) 所属先

中嶋 一恵 (筑波大学大学院 人間総合科学研究科)

宗像 恒次 (筑波大学大学院 人間総合科学研究科)

(Purpose) 目的

糖尿病性腎症による透析患者数は増加しており、生涯にわたり透析を続けることへの不安、合併症や予後への不安などを抱えながらセルフケア行動をとることは困難である。

セルフケア行動は、一般に自己イメージの良否により実行自信度に影響を及ぼすため、自己イメージを改善することが必要である。

自己イメージは、本人のもつ養育者イメージの影響を受けやすく、その嫌悪系イメージ脚本が、本人のイメージをつくりあげ、価値観や生き方を決定付けている。そのため、養育者のイメージ変更が必要である。その改善方法として効果が知られている「三世代再物語自己イメージ法」を用い、セルフケア行動が困難な糖尿病性腎症の患者に対して、幼少期までに条件付けられた嫌悪系イメージ脚本を報酬系イメージ脚本に変更し、セルフケア行動の実行に効果が認められるか検討する。

(Method) 方法

A県内の透析専門クリニックにて人工透析を受けている糖尿病性腎症の患者に対して、三世代再物語自己イメージ法(幼少期までの恐怖の条件付けとして残っている嫌悪系イメージ脚本を報酬系イメージ脚本に変更することで、養育者の嫌悪系イメージ脚本を報

酬系イメージ脚本に変更し、自己イメージを改善する技法)を実施し、イメージ療法前後のストレス耐性の低さを示す心理特性の変化と、イメージ脚本の変化などについて検討する。

(Result and Discussion) 結果と考察

心理特性の変化として、問題解決度の上昇、自己否定度やPTSS の低下が認められた。

また、行動の変化として、水分制限が可能になり体重のコントロールができる、適切な質問ができる、自分や家族の話ができるなどの変化がみられている。これは、幼少期までの恐怖の条件付けとして残っていた養育者の嫌悪系イメージ脚本が報酬系イメージ脚本に変更されたことで、自己イメージが改善したためと考えられる。

(Conclusion) 結論

三世代再物語自己イメージ法を用いて、養育者の嫌悪系イメージ脚本である幼少期までの恐怖の条件付けを報酬系イメージ脚本に変更することは、ストレス耐性の低さを示す心理特性を改善し、セルフケア行動の変化にも効果があることが示唆された。

The 1st INTERNATIONAL CONFERENCE OF SAT HEALTH COUNSELING

ABSTRACT FORM 発表要旨

(Title) 題目 乳幼児をもつ母親の虐待の気付きに関連する要因の検討

(Name) 発表者氏名, (Affiliations) 所属先

岩永由香 (筑波大学大学院 人間総合科学研究科), 奥富庸一 (倉敷市立短期大学),

橋本佐由理 (筑波大学大学院 人間総合科学研究科)

(Purpose) 目的

児童虐待が深刻な問題になっている。専門機関によって把握される児童虐待の周囲には、
見に感情的な言葉をぶつけ、叩き、自分は虐待をしているのではないかと思う虐待リスク
のある家庭の存在が指摘され、こうした家庭の研究・支援が求められている。そこで、虐
待の発生予防を目指し、虐待の気付きに関連する要因を明らかにすることを目的とした。

(Method) 方法

A・B市の幼稚園、保育園児をもつ母親3392名に対し、自記式質問紙調査を2006年6
~9月(有効回収率56.3%)に実施した。「子どもを虐待しているのではないかと思うこと
がある」の回答から虐待の気付きあり、なしに群分けした。SPSS(ver.11)を使用し、
虐待の気付きを予測する因子を検討するため、 X^2 検定やロジスティック回帰分析を行った。

(Result and Discussion) 結果と考察

虐待の気付きが認められた母親は1375名(42.4%)であった。幼少期の両親の養育態
度をネガティブにとらえる母親は、ポジティブにとらえる母親に比べ虐待の気付きがあ
るリスクが1.50倍、自己価値感が低・中群の母親は、高群の母親と比べ虐待の気付きが
あるリスクが2.72倍、特性不安が強群の母親は、弱群の母親と比べ虐待の気付きがある

リスクが3.01 倍であった。虐待予防として、両親イメージ変容を通じた不安の抱えやすさのセルフケア、自分を愉しみ、人と愉しむことのできる生き方支援が必要であると考え。

(Concussion) 結論

母親のネガティブな両親イメージや自己イメージ、不安の抱えやすさは虐待不安に影響していた。自分を認め周りを信じることのできる生き方支援が虐待予防に求められている。

The 1st INTERNATIONAL CONFERENCE OF SAT HEALTH COUNSELING
The Subjective Well-being and Its Association with Psycho-social
Factors among Chinese College Freshmen

HuWenyan¹, Munakata T¹, Hashimoto S¹

¹: Division of Health Counseling Science, Department of Human Care Science, Graduate School of Comprehensive Human Sciences, University of Tsukuba, Ibaraki, Japan

Introduction: Attending a university for the first time can be stressful experience for many college freshmen. The main objectives were to investigate the subjective well-being status of college freshmen and to examine the relationships among perceived emotional supports, problem solving ability, negative mental health and subjective well-being status.

Method: Cross-sectional study of 460 Chinese college freshmen (male=276, female=184; age range 17-23). Outcome measures: Subjective well-being was based on scores from Satisfaction with Life Scale, State-trait Anxiety Inventory,

Zung's Self-rating Depression

Scale, Perceived Emotional Support from Family and from Peers Scales, General Self-efficacy Scale, Sense of Coherence Scale and Coping Strategy Scale was used to measure psycho-social factors of study variables.

Results: The results showed that

the profile of freshmen's subjective

well-being was not as well as

expected. Covariance structure

model indicated that perceived emotional support from family members and/or friends increased level of problem solving ability which in turn, contributed significantly in reduction of negative mental health which decreases the level of subjective well-being directly.

Discussion and conclusions: According to the result we found that the effort of improve perceived emotional support should be considered as the basic work when

we try to improve college student's mental health and subjective well-being.

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**The 2nd INTERNATIONAL CONFERENCE
OF SAT HEALTH COUNSELING**

SAT Enhancing Resilience

**CHIBA JAPAN
2010.9.18**

**ACADEMY FOR HEALTH COUNSELING
INTERNATIONAL SAT ASSOCIATION**

**THE 2nd INTERNATIONAL CONFERENCE OF
SAT HEALTH COUNSELING CONFERENCE**

We hereby sincerely invite you and other representatives from your organization to join the 2nd international conference of SAT health counseling, September 18, Saturday, 2010 in Chiba, Japan.



The 2nd international conference of SAT health counseling highlights “**SAT Enhancing Resilience**”. We hope to develop this conference into an international academic society for probing SAT counseling & therapy as the 3rd advanced generation of CBT and as a research and global educational method by designing effective training and remedial intervention programs in SAT Method. Especially, we are expecting to discuss about SAT Method leading global strategies in the future for successful performance, stress management, mental health maintenance, innovation in health care technology, chronic disease or lifestyle-related disease management and health behavior change. We believe this conference will be of great benefit to our future cooperation on developing the effective program to improve human’s well-being.

We are all looking forward to seeing you soon, and should you have any questions, please feel free to inform me.

Professor Tsunetsugu Munakata, Dr H Sc
Chair, Organizing Committee of
the 2nd International Conference of
SAT Health Counseling
Chair, Department of Human Care Science
School of Comprehensive Human Sciences
UNIVERSITY OF TSUKUBA

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THE 2nd INTERNATIONAL CONFERENCE OF SAT HEALTH COUNSELING CONFERENCE

Main Symposium: Improving Resilience with SAT Therapy

Date : September 18, 2010 (SAT) 18:40~

Venue : Ichikawa City Cultural Hall, 3F, The Second Conference Room

Organizer : NPO Corporation Academy for Health Counseling
International SAT Association

Schedule

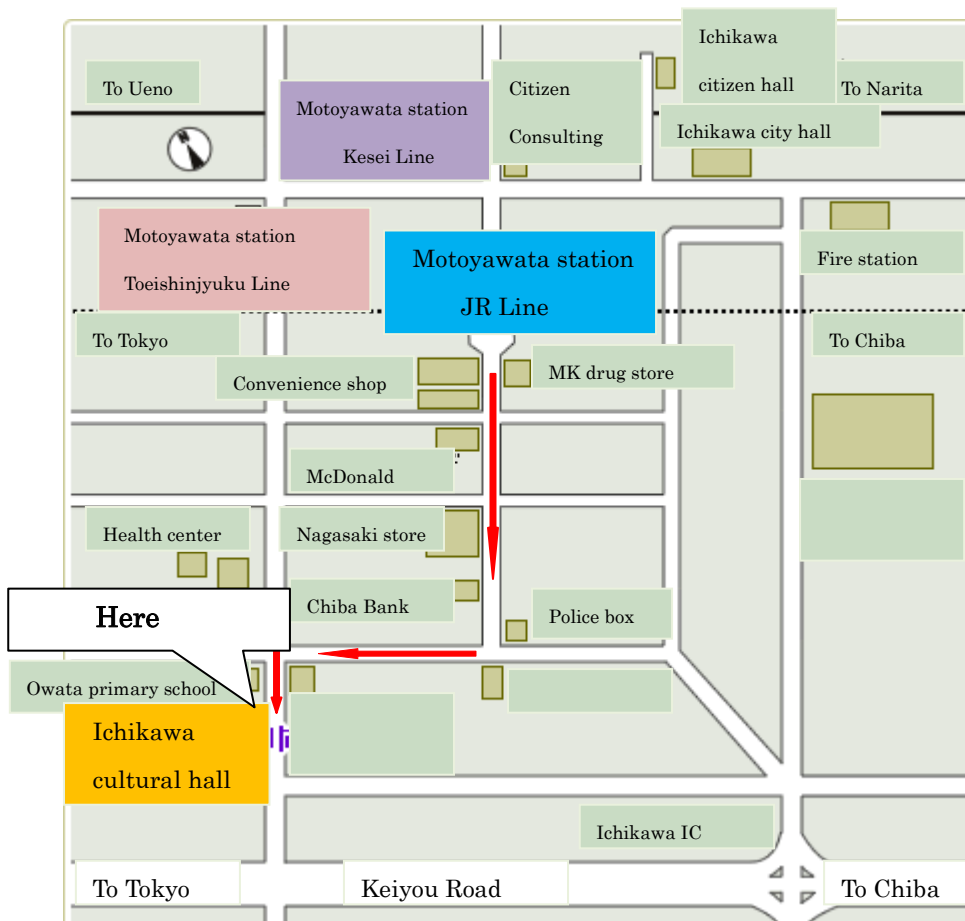
| | |
|----------------------------------|--|
| Entry: | By the deadline, July 15 (Thur.) |
| Abstract Submission: | By the deadline, August 5 (Thur.) |
| Proceeding English Paper: | By the deadline, October 31, 2010 (Sun.) |

ACCESS TO ICHIKAWA CITY CULTURAL HALL

Ichikawa City Cultural Hall

〒272-0025 1-1-5, Owata, Ichikawa, Chiba

TEL:047-379-5111 convinced



JR Line

Approximately 10 minutes from south exit of Motoyawata station by JR Sobu Line

Private Railroad

Approximately 15 minutes from Motoyawata station by Kesei Line

Underground Railway

Approximately 10 minutes from A3 exit of Motoyawata station by Toeishinjyuku Line

Bus

Take the bus for Motoyawata station and get off at the front of cultural hall

Car

Get off at Ichikawa Inter

※ Parking lot is not available

ORGANIZATION



Organizer Organizing Committee of the 2nd International Conference of
SAT Health Counseling

Co-Sponsors ACADEMY FOR HEALTH COUNSELING
INTERNATIONAL SAT ASSOCIATION

Conference Theme SAT Enhancing Resilience

Organizing Committee

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President, International SAT Association
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Higuchi, Noriko

Hu, Wenyan

Francis Onuoha

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CONFERENCE INFORMATION

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VENUE

Ichikawa City Cultural Hall
〒272-0025 1-1-5, Owata, Ichikawa, Chiba
TEL: 047-379-5111

DATE

INTERNATIONAL CONFERENCE: 18:40-21:00, SEPTEMBER 18(SAT), 2010
JAPAN NATIONAL MEETING OF ACADEMY FOR HEALTH COUNSELING: SEPTEMBER 18 (SAT.) 9:50-18:00,
SEPTEMBER 19 (SUN.) 9:30-17:00

LANGUAGE

English shall be the official language for the conference

REGISTRATION DESK

The registration desk is open as follow:
September 18 (SAT.) 9:50-18:00
September 19 (SUN.) 9:30-17:00

WELCOME PARTY

Date: Satday, 18 September, 2010
Time: 17:40-18:30
Fee: 2,000 yen (Free for Invited Guests)
Venue: Ichikawa City Hall

ON SITE REGISTRATION OF THE INTERNATIONAL CONFERENCE

The registration desk will be provided at the conference site and will be open throughout the conference period. Those who intend to register during the conference period are requested to pay the registration membership 1000 in Japanese Yen for participating in the International Conference at the registration desk in cash only.

SECRETARIAT: Organizing Committee of the 2nd International Conference of SAT Health Counseling, Meikai University, 1701, Faculty of Languages and Cultures Department of English

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TIME TABLE

| 9/18/2010 Sat. | | | |
|--|-------------|---|--|
| Room The 2nd meeting room(3F) | 18:40-18:45 | Opening ceremony Remarks <i>Chair: Dr. Higuchi</i> | Prof.Tsunetsugu Munakata |
| | 18:45-19:10 | Keynote lecture <i>Chair: Dr. Hashimoto</i> | Prof.Tsunetsugu Munakata |
| | 19:10-19:50 | Session 1 Childrearing support system and mental health <i>Chair: Dr. Onuoha</i> | Chieko Tamura Yuka Iwanaga Onuoha Francis |
| | 19:50-20:00 | coffee break | |
| | 20:00-20:55 | Session 2 Mental health in undergraduate students <i>Chair: Ms. Tamura</i> Session 3 SAT therapy <i>Chair: Ms. Hu</i> | Wenyan Hu Noriko Higuchi Kazue Nakashima Sayuri Hashimoto |
| | 20:55-21:00 | Closing ceremony | Launching International SAT Association |

*Oral Session: 10min for Presentation 3min for Question and answer

Opening Ceremony

18:40

Keynote Lecture

18:45 Reconstructing Life and Society with SAT Therapy : Foundations of the New Generation CBT

Professor Dr Tsunetsugu Munakata

Session 1 Childrearing Support System and Mental Health

19:10 S1-1 The relationship between the perceived stress relating to pregnancy and child- birth, birth weight and maternal mental health

Chieko Tamura

19:24 S1-2 Supportive psychological intervention for maternal stress reduction of pre-school mothers

Yuka Iwanaga

19:38 S1-2 Predictors of mental distress in South African children orphaned by AIDS

Onuoha Francis

Coffee Break

19:50

Session 2 Mental Health in Undergraduate Students

20:00 S2-1 Human Competence Promotion Program for College Students: Application of SAT Therapy

Wenyan Hu

20:14 S2-2 The practical study of self-reward oriented social skill training for Undergraduates

Noriko Higuchi

Session 3 SAT Therapy

20:28 S3-1 Effects of 20-minute Stress Management Programs on Salivary Immunologic and Psychological Factors: A Comparison of SAT Re-scripting Parental Imagery and Fitness Jazz

Nakashima K

20:42 S3-2 SAT Life Change Support and HbA1c Improvements in Diabetic Patients

Hashimoto S

Closing ceremony

20:55–21:00

KEYNOTE LECTURE

KEYNOTE LECTURE

Reconstructing Life and Society with SAT Therapy: Foundations of the New Generation CBT

Professor Dr Tsunetsugu Munakata

President, Academy for Health Counseling

Professor & Chair, Department of Human Care Science, University of Tsukuba, D511, 1-1-1 Tennoudai, Tsukuba, Japan 305-8577 e-mail: munakata@hcs.tsukuba.ac.jp

Summary

All mammals, including humans, instinctively control through attachment behaviors their fear of not being able to subsist. Under normal circumstances, a child's principal care provider is his or her parents or guardians. However, if the latter are emotionally unstable, the child, who is supposed to be the care recipient, unwittingly becomes the one that provides the emotional care the parents or guardians covet. As a consequence, even after the child becomes an adult, he/she will unconsciously seek out an emotionally unstable family member or colleague at work and build a codependent attachment relationship replacing the former parent-child relationship in which one relies on the other and vice versa. Such relationships, however, create a whirlpool of undue stress accompanied by "insecurity, distrust and exploitation." To be able to overcome subsistence fear and build a stable attachment relationship marked by "ease, respect and gratitude," the individual needs to change the facial expressions and images of "tension and irritability" he/she remembers of their parents or guardians to those of "smile and serenity."

SAT is a structured imagery therapy used to promote reconstruction of stable attachment relations through the application of a subjunctive mood that takes clients back through evolutionary time to their ancestors and ultimately to their particles. A certified SAT therapist uses a retrospective image projection technique, including pictures, paintings, religious paintings, and comic books, to help clients discover their parental surrogate representations. By having clients observe these parental surrogate representations instead of the expressions and images of their actual parents or guardians, the SAT therapist helps clients reduce their negative emotions, thereby helping them to break up their codependent attachment relationships. SAT therapy is thus a new-generation CBT (cognitive behavioral therapy) that promotes rational thinking compatible with the client's genetic disposition.

Keywords: attachment, codependency, parental surrogate representation, cognitive behavioral therapy, SAT therapy

ORAL SESSION

S1-1

The relationship between the perceived stress relating to pregnancy and child-birth, birth weight and maternal mental health

Chieko Tamura¹ Yuka Iwanaga¹ Youichi Okutomi² Sayuri Hashimoto¹ Tsunetsugu Munakata

1

1, Department of Human Care Science, Graduate School of Comprehensive Human Sciences, University of Tsukuba 2. Kurashiki City College

[Purpose]

Maternal stress during pregnancy has been said to connect with the low birth weight. Consequently, prenatal stress has been reported to have negative effects on the child as the behavior inhibition, life disease and mental disorder in later life. In this study, the relationship with between the perceived stress relating to pregnancy and child birth, birth weight and mothers psycho-social factors.

[Method]

This study was conducted for parents who have toddlers at kindergarten and nursery school in A, B, and C city from July 2006 to September 2007. 6003 mothers were analyzed for this study and the perceived stress relating to pregnancy and child-birth, child's birth weight, child care anxiety, STAI, SDS and self-esteem were asked by self-report questionnaire. Mother who had normal birth weight child and low birth weight and macrosomia child were compared. The results were showed by unrelated t-test and odds ratio.

[Result and Discussion]

The result showed that mothers in highly perceived stress significantly higher score of child care anxiety ($t=-3.871$, $p<.001$), STAI ($t=-4.022$, $p<.001$) and SDS ($t=-3.182$, $p<.01$), and also lower score of self-esteem ($t=-2.086$, $p<.05$). Mother who have high perceived stress relating to pregnancy had risk for low birth weight (OR : 8.11) and macrosomia (OR:1.91) compared to no perceived stress mother.

[Conclusion]

From these results, it might be said to be effective for psychological intervention for pregnant mothers.

S1-2

Supportive psychological intervention for maternal stress reduction of pre-school mothers

Yuka Iwanaga¹⁾, Chieko Tamura¹⁾, Sayuri Hashimoto¹⁾

¹⁾: Department of Human Care Science, Graduate School of Comprehensive Human Sciences, University of Tsukuba, Ibaraki, Japan

[Purpose]

The number of mothers who suffers from maternal stress has been increasing. In addition, many cases of child abuse have been reported. From these facts, a number of psychological support has been practiced by professionals and peer group.

In this study, a new method of imagery therapy is examined its effect for pre-school mothers group in order to improve their mental health.

[Method]

The subject was 16 pre-school mothers who were from T city I prefecture. All were recruited when they attended the class about the SAT theory-base temperament coaching.

These interventions were taken place in November in 2009. The method was based on SAT imagery therapy, which was created new image of the signal from the mothers' parents' facial expression. Self-image, perceived support, child care confidence and mental health were examined by self-report questionnaire in pre-, post-intervention, one month after.

[Result and Discussion]

The results were: 1) around the time of intervention, self-esteem, cognition of child, child care confidence, GHQ, depression showed significantly improved. 2) the follow up effects continued to improve.

[Concussion]

These result suggested that a group intervention using the imagery therapy had the capability to increase mental health, increase child care confidence level, and support the reduction of maternal stress.

S1-3

Predictors of mental distress in South African children orphaned by AIDS

Onuoha Francis

University of Tsukuba

This paper examined mental distress and its predictors in South African children orphaned by AIDS.

Method:

The design had 458 children (mean age = 13.34, SD=2.20) in 4 categories: 96 AIDS-orphaned, 96 other-causes orphaned, 116 non-orphaned, and 150 “don’t know cause” orphaned groups. The last 3 were construed as control groups. The study variables included child abuse, depression, social discrimination, and anxiety as distress factors. Others were self-esteem, parental/foster care, social support, and socio-demographic factors.

Results:

The multivariate analysis showed higher distress factors among the AIDS-orphaned children. However, controlling for the socio-demographic factors, anxiety was highly significant among the AIDS-orphaned group. The regression to predict anxiety for all the groups, showed significant influence of hunger for both the AIDS- and other-causes orphaned groups. Between the two groups, however, hunger effect was stronger in the AIDS-orphaned group. The AIDS-orphaned children showed higher rates of persons they were living with being unkind to them. They scored the least perceived good health and reported highest loss of both parents, particularly mother.

Conclusions: Generalized anxiety from hunger could occasion mental distress in orphans. In those orphaned by AIDS, most of whom may have no parents, the effect of hunger to facilitate anxiety and mental distress could be higher.

Keywords: HIV/AIDS; psychological distress; orphans; anxiety; hunger

S2-1

Human Competence Promotion Program for College Students: Application of SAT Therapy

Wenyan Hu¹⁾, Tsunetsugu Munakata¹⁾, Sayuri Hashimoto¹⁾

- 1) Department of Human Care Science, Graduate School of Comprehensive Human Science, University of Tsukuba, Tennoudai, Tsukuba, Japan.

[Objectives]

An adolescent's level of human competence is associated with psychological well-being, good academic outcomes, successful marriage and have positive relationship with their own children. However, with the development and industrialization, Chinese youth faces the fact that both parents working, less or no siblings, and with residential unstable neighborhood caused by city floating people. According to the literatures, all of these factors limit the chances for youth to develop their human competence ability. The goals of the present study were to development a human competence promotion program and to test its effectiveness.

[Methods]

within a longitudinal study, student's changes on mental and physical health, human competence factors and love awareness factors were evaluated using self-reported questionnaires before, immediately after and 1 month after the program. The intervention group (IG, n=24) were the students who received 6-hour human competence promotion program training. There two control groups: control group 1 (CG1, n=12) were those who received 6-hours stress management college lecture, and control group 2 (CG2, n=8) who received 6-hours communication skill training. Data was analyzed with SPSS16.0 software, Friedman test and Wilcoxon signed-rank test was performed.

[Results]

The human competence promotion program had a continued effectiveness on improving students' well-being, love awareness and human competence level: while IG students showed significantly improved on most of the mental health, love ability and human competence indexes post, and 1 month after the intervention, the changes among CG1 and CG2 students were limited after 1 month.

[Discussion and Conclusion]

The human competence promotion program for college students benefited students' well-being by improving their love ability which has a strong impact on raising their human competence level. With comparing to the control groups, this program demonstrates its effectiveness among college student.

S2-2

The practical study of self-reward oriented social skill training for undergraduates

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PURPOSE: The purpose of this study was to examine the influence that self-reward oriented social skill training program (SST) in undergraduates gave acquisition of the social skill and improvement of resilience.

METHODS: Intervention group; Following informed consent, 22 undergraduates (male: female ratio = 10:12, the median age =20.8±1.8) participated the interventions of intensive SST, and 64 undergraduates (male: female ratio = 45:13, the median age =19.4±3.1) participated the interventions of distributed SST. Control group; 11 undergraduates who participated in outdoor experience. Procedure: Participants completed questionnaires on psychological indexes and demographics at pre/post SST and 1 month after such SST interventions. The questionnaire items for participants are as follows; demographic data (gender, age, and grade) psychological index (study1: self-esteem scale, loneliness scale, social skills scale, study 2; social skills scale, resilience scale).

RESULTS: study 1; Significant improvements were seen in self-esteem score and social skill score. Self-esteem score at post SST program as well as 1 month after SST were higher than at pre SST. Social skills score at 1 month after SST was significantly higher than at pre SST.

Study 2; Significant improvements were seen in resilience score and social skill score on distributed SST group. Resilience score at post SST distributed program was higher than at pre SST. On the other hand, no change were seen in resilience score and social skill score on Out Door group.

CONCLUSION: Self-reward oriented SST program for undergraduates appears to promote the acquisition of social skills. Additionally, it appears to improve self-esteem and resilience.

S3-1

Effects of 20-minute Stress Management Programs on Salivary Immunologic and Psychological Factors: A Comparison of SAT Re-scripting Parental Imagery and Fitness Jazz

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[Purpose]

In today's stressful society, there is an urgent need to establish effective stress management methods that do not require a lot of time and that are sustainable. The purpose of this study is to compare the effects on psychological and immunological factors of two different 20-minute approaches: 1) Mental Fitness Jazz, and 2) group Structured Association Technique (SAT).

[Method]

We selected 20 women in their 20s-30s from the general population to participate in a 20-minute program of either mental fitness jazz or SAT therapy. There were ten women in each group. In the mental fitness jazz group, the participants practiced expressions ranging from "healing" to "dynamism" according to five different awareness and emotion themes, and in the SAT therapy group, participants engaged in SAT re-scripting parental imagery. We measured the psychological effects of these two approaches immediately after the sessions and one month later. We also recorded Japanese POMS scores and biochemical indicators immediately before and after the sessions. Finally, we analyzed changes in psychological attributes and Japanese POMS scores, and improved salivary immunity, with a Friedman test and Wilcoxon signed rank test using SPSS17.0J.

[Results and Discussion]

For Japanese POMS, mental fitness jazz showed significant improvement effects on anger-hostility, fatigue, confusion, and vigor. There were no improvement effect for tension-anxiety and depression-dejection. SAT therapy showed significant improvement effects for anger-hostility, fatigue, confusion, vigor, tension-anxiety, and depression-dejection.

For psychological attributes, mental fitness jazz showed significant improvement effects on self esteem after the session, but these were not sustained one month later. There were no effects on self-control, problem-solving, self-dissociation, and self-denial after the session or one month later. SAT therapy showed significant improvement effects on self esteem both after the session, and one month later. There was a significant declining trend in STAI scores one month after the session compared to scores prior to the session. This may be attributed to reduced anticipatory anxiety stemming from an improved self image with high self esteem.

For immunological effects, we found biological evidence for the stress reducing effects of both mental fitness jazz and SAT therapy in that there were significant drops in adrenocortical hormone (cortisol) after the sessions.

These short 20-minute sessions using two different stress management methods suggest that mental fitness jazz has a short term positive effect on mood, using reward based music and video images, and cortisol levels, while SAT therapy is an effective short and long term stress management method that reduces anxiety and cortisol by improving the self image script through changing parental image representations.

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S3-2

SAT Life Change Support and HbA1c Improvements in Diabetic Patients

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[Purpose]

From a health counseling perspective, lifestyle diseases such as diabetes are approached as stress prone personality diseases. In this study, we conducted a style of psychotherapy that supports this kind of life change and compared short-term and mid-term effects on HbA1c levels to test whether there were improvements in hyperglycemia related to stress.

[Method]

(1) Subjects: The subjects of this study were 21 women patients (42-80 years old) introduced by a clinic. (2) Intervention method: Structured Association Technique therapy for life change support was conducted between March to September 200X in a single session that lasted approximately two hours. (3) Analysis: Average weight and HbA1c levels were compared for the two months prior to the start of therapy (baseline), two to four months (short-term effect) after the end of therapy, and four to six months (mid-term effect) after the end of therapy.

[Result and Discussion]

After therapy, there was a significant (1% level) drop in HbA1c levels (Friedman test $p=.000$) for the short-term period compared to baselines levels ($Z=-3.809$, $p=.000$). Likewise, there was a significant (1% level) drop for the mid-term period compared to baseline levels ($Z=-3.842$, $p=.000$). There was no significant change in weight (Friedman test $p=.168$). We can infer that the significant drop in HbA1c levels after one therapy session was due to having less stress after patients became aware of ways to cope with interpersonal stress and attachment styles and realized the need to care for themselves and determine their own self-reward behavior goals. Patients maintained the effects of the intervention by practicing self-reward behaviors in daily life.

[Conclusion]

These results suggest that SAT life change support is effective in improving the health of patients with diabetes.