

ASIAN ACADEMY OF FAMILY THERAPY

NEWSLETTER

This second issue of our newsletter is long overdue. Many things have been delayed due to the coronavirus. We would like to start by presenting to you a message from our president:

Greetings to our Asian community of family therapists! I would like to wish you and your family safe and well in this unprecedented time of COVID-19 pandemic. Both our professional and personal lives have been drastically altered in coping with this global crisis, which makes it so much more important for us to stay connected during this difficult time of social distancing.

I hope this newsletter can serve as a forum for sharing and exchange, not only for our Asian but also international colleagues.



Wai-Yung Lee, Ph.D.
AAFT President

AAFT 7th ANNUAL CONFERENCE POSTPONED

Our next annual conference that was originally scheduled to be held in Seoul in October 2020 will be postponed to **October 22-24, 2021**.

We look forward to the chance to be able to finally come together to celebrate the recovery of the entire world.

LAST ANNUAL CONFERENCE IN BATAM ISLAND

While we are waiting another year before we can meet again, let us share some photos taken from our last conference held in Batam Island in July 2019.



A big thanks, once again, to PPIS Family Therapy Institute in Singapore for hosting such a great experience for all of us!

PRESENTATIONS AT AAMFT CONFERENCE

Five of our AAMFT members were invited to share their expertise at the AAMFT conference, "2019 Institutes for Advanced Clinical Education in Singapore", which was held right after the AAMFT 7th conference in Batam Island. Topics included "Social Withdrawal of Today's Youth in Asia: Culture and Family Perspectives" by Dr Takeshi Tamura, "Capturing Children's Response to Parental Conflict and Making Use of It" by Drs Irene Kam and Viviana Cheng, and "The Sweat and Tears in Differentiating from Asian Parents: Reflections on Stories of Taiwan Families" by Dr Wentao Chao. This was a great example of how the clinical work in Asia is gaining momentum in the West. We hope that more collaborations like these can happen in the future.

FAMILY THERAPY AND SOCIAL DISTANCING

You may have noticed the creative ways that artists, musicians, and professional sports players had been using social media platforms to entertain their fans from their homes during this time. The global community of family therapists had also been trying very hard to deal with social distancing, such as recording videos of themselves singing and dancing in their studios at home. A number of outstanding manuals and packages have been developed, informing people how to deal with the emotional upheaval when their lives are so affected by the pandemic, and how to prepare children who may be confused and puzzled in facing this unprecedented crisis.

AAMFT At-Home Series

American Association of Marriage and Family Therapy (AAMFT) had organized a series of online videos featuring renowned systemic thinkers sharing their insights from past cases, developmental work in various specialties, and professional anecdotes and personal reflections. Dr Tracy Todd, its CEO, had generously invited our members to view these presentations for free. If you are interested in accessing the series, please visit <http://www.aamft.org/athome>

AAFT Resources

At AAFT, we are also compiling a list of resources on various subject matters related to how to cope with the COVID-19 pandemic. Members who are interested in any of these topics, please feel free to contact us. We would be happy to provide information or help to search for them on your behalf.

Teaching and Clinical Services through the Internet

As many educational training facilities and clinicians have resorted to teaching through the internet, there has been a lot of concern over confidentiality for the various programs available on the market. Zoom seems to be the most used program so far but also the one that has raised the most concerns. We at AAFT are using Jitsi Meet at the moment and have found it to be very convenient for our purpose. This technical aspect of our work is becoming a big issue and we think it may be an area of interest for colleagues in other regions as well. We would love to hear from you in this regard.

Greetings from Sweden

We are so delighted to hear from our member, Paul Johansson from Sweden. He shared with us that he is living in a house with a little garden in Gothenburg, where there is lots of open space by the sea. He sends his greetings and hopes that the rest of us who are less fortunate can find our own lakeside in our mental world to successfully cope with the pandemic.

ACCREDITATION CRITERIA

The Accreditation Committee, which is chaired by Dr Shinichi Nakamura, has been actively working on polishing and finalizing our Accreditation procedures and standards. The updated accreditation criteria will be much more comprehensive. Clinicians who are interested in applying for Fellow membership, please feel free to contact us and we will assist you to plan your career path accordingly.

INTERNATIONAL COLLABORATIONS

Dr Wai-Yung Lee had been invited to deliver a keynote at the Australia Association of Family Therapy annual conference in September 2020, following Dr Takeshi Tamura's keynote presentation in September 2019. Again, the conference had also been postponed to September 9-10, 2021 due to the virus.

Dr Tamura had also taken up the lead to publish a special issue on Asian family therapy for the Australian and New Zealand Journal of Family Therapy, which will be published in 2021. We are looking forward to reading it!

A cross-regional project had been formed to collaborate on the *Capturing Children's Response to Parental Conflicts* model developed by Dr Wai-Yung Lee and her team. This newly established project, which includes participants from France, Sweden, Japan, Korea, Shanghai, and Taiwan, is another joint venture at an international level. Regrettably, the meeting had been postponed several times due to the pandemic. Like many other world events, we also have to resort to online communications for the time being.

The next Japan-Korea-Taiwan conference hosted by Dr Tamura that features case presentations by practitioners from different cultural backgrounds had also been postponed to July 2021 due to the pandemic.

REGIONAL COLLABORATIONS

In China, Prof Zhao Xudong, our Vice President, told us family therapy is now recognized in Germany by the Federal Joint Committee of Doctors and Health Insurance Companies (GBA) as an evidence-based approach. This is a big encouragement and model for all of us to pursue in our different regions.

We are pleased to announce that Prof Meng FU, who is also a member of our Accreditation Committee, had been appointed as the third Director of the Family Therapy Group of the Professional Committee on Psychotherapy Counseling of the Chinese Association of Mental Health (CAMH) in China. We hope she can continue to be instrumental in promoting family therapy in China in her new capacity.

In Korea, our Vice President, Prof Young-Ju Chun, informed us of the liaison between the Korean Association of Family Therapy, Korean Society of Narrative Therapy, Korea Association of Solution-Focused Therapy, and Korea Satir Transformational Systemic Therapy Association. The four associations co-hosted a conference titled, "Advancement of Relationship Science" on October 25th, 2019.

We are so excited to see so many regional and international collaborations taking place.

MEMBERS' PUBLICATIONS

Since we are more inclined to stay home during this time, you may wish to look up some journal articles written by our members.

- Lee, W.Y. (2019). Working transgenerationally: A Clinical Discussion on Family Dynamics and Treatment. *Journal of Family Therapy*, 0, 1–19. doi: 10.1111/1467-6427.12286
- Ma, J.L.C., Lai, K.Y.C., Xia, L.L.L. (2020). Perceived social support, perception of competence, and hope among Chinese children with attention deficit hyperactivity disorder in a Chinese context: Children's perspective. *Child & Family Social Work*, 25, 74– 82. doi: 10.1111/cfs.12655
- Tseng, C.F., Wittenborn, A., Blow, A., Chao, W.T., & Liu, T. (2019). The development of marriage and family therapy in East Asia (China, Taiwan, Japan, South Korea, and Hong Kong): past, present, and future. *Journal of Family Therapy*. 10.1111/1467-6427.12285.

Dr Wai-Yung Lee has been awarded a Certificate of Achievement by Journal of Family Therapy, as her article, “Deconstructing Minuchin” was among the top 10% most downloaded papers of the journal between January 2018 and December 2019.

If there are any other journal publications you would like to share with our members, please let us know.

AAFT MEMBERS IN WUHAN

In response to the crisis in Wuhan, two of our members, Dr. FENG Qiang, a psychiatrist from Shanghai, and Ms. LIU Hu, a therapist in Wuhan, had both volunteered to go to the frontline and provide support to patients and medical staff who were most in need of assistance when the city of Wuhan was isolated from the rest of the world. A salute to the both of them! We are looking forward to their sharing of their unique experiences with us in our next newsletter to be issued in October.

CALL FOR NEWSLETTER ARTICLES

We are now preparing for the hard copy of the 3rd issue of our newsletter, which will be distributed in October. Please send your articles to info@acafamilytherapy.org on or before August 1, 2020. We are looking forward to receiving your submissions!

WE HAVE A NEW HOME!

Finally, during this time when many things seem to have halted, the AAFT Headquarters in Hong Kong will be having a new home! This was made possible by a generous grant from the Hong Kong Jockey Club Charities Trust. Our new home will be a 6-storey building designed as an oasis in the busy central district. All of our colleagues and members are welcome to drop by and share a moment of thought with us!

Once again, we wish you well during this challenging time. We are looking forward to get connected with you at our next newsletter.

Viviana Cheng, Psy.D.
Chief Editor
AAFT Editorial board

Becoming an AAFT Member

AAFT is the first academy established in Asia that aims to provide accreditation to family therapists practicing in Asia through its Fellow member category. Our membership categories are as follows:

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| Fellow Member Annual Fee: US\$210 | An applicant who is interested in becoming a Fellow member should hold a graduate degree in the human services profession and have at least three years of post-graduate experience in working with families, including case practice, systemic training, and supervision. Fellow members of AAFT are our accredited clinicians. Therefore, their membership must be approved by the AAFT Vetting Committee, which is comprised of members representing Japan, Korea, Taiwan, Hong Kong, and Mainland China. |
| Full Member Annual Fee: US\$150 | An applicant is eligible to become a Full Member if he/she has attained educational requirements for licensure or certification in the human services profession or equivalent. He/ She can pay a one-off membership fee to become a Life Member. |
| Associate Member Annual Fee: US\$110 | Associate Membership is open to any applicant who holds a degree in other human service programs; or is a student in family therapy. |
| Student Member Annual Fee: US\$110 | An applicant is eligible to become a Student Member if he/she is enrolled in a degree program in marriage and family therapy, human service programs, related mental health field, or equivalent. |
| Organizational Member Annual Fee: US\$520 | Organizational membership is designed for professional or social service organizations/ associations/ societies/ institutions who share the mission of AAFT. Each Organization may nominate up to three members who will be eligible for AAFT membership. |

For more details, please visit <https://www.acafamilytherapy.org/membership>

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