

第 1 回国際 SAT ヘルスカウンセリング会議

THE FIRST INTERNATIONAL CONFERENCE OF SAT HEALTH COUNSELING

ヘルスカウンセリングと SAT 療法

HEALTH COUNSELING & 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

ORGANIZATION

Organizer Organizing Committee of the First International Conference of
SAT Health Counseling

Co-sponsors Academy for Health Counseling
International SAT Association

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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
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CONFERENCE INFORMATION

VENUE

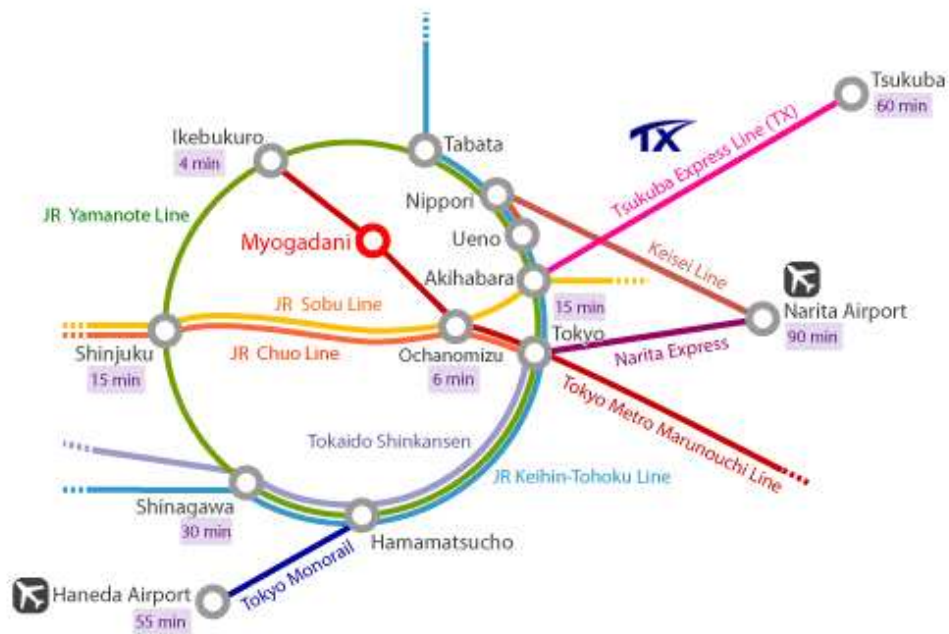
G501, Tokyo Campus University of Tsukuba, 3-29-1 Otsuka Bunkyo-ku, Tokyo, Japan

Directions to Tokyo Campus Otsuka Area (Myogadani)

Directions to Tokyo Campus (Myogadani) 東京メトロ・丸の内線茗荷谷駅 徒歩 2分

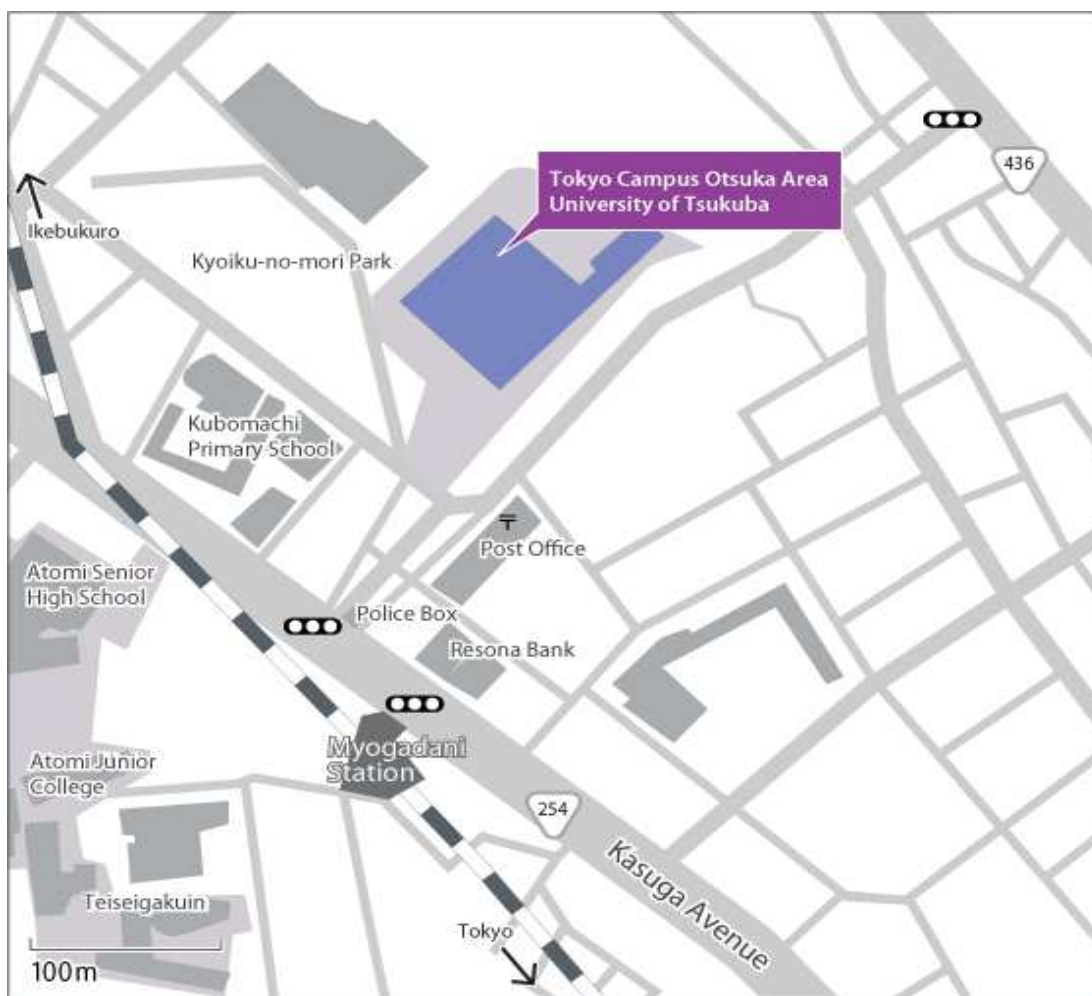
Arriving by Train

- **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 大学会館宿泊施設:

大学会館別館 4階)

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

029-853-2382/2386

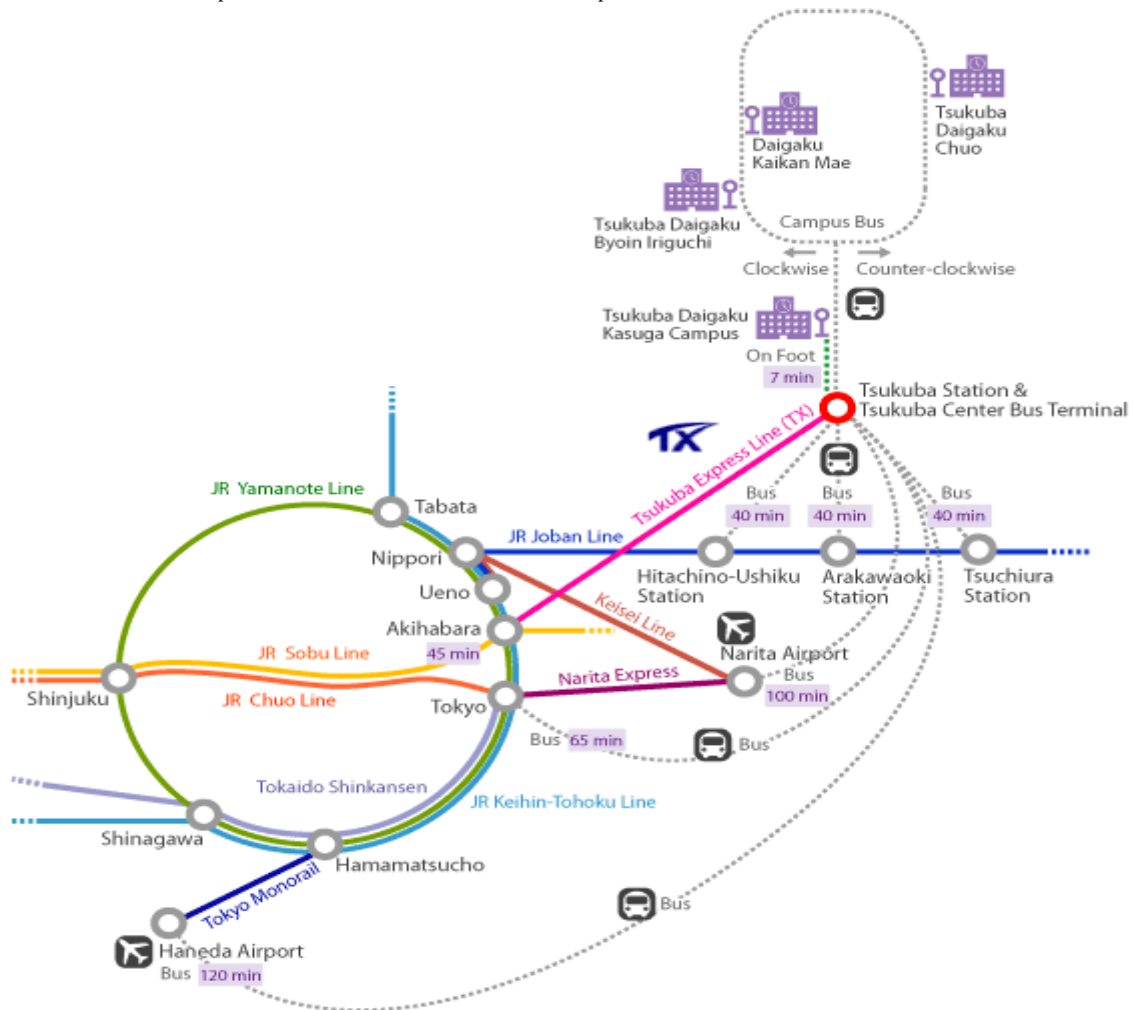
2500 yen per one night

Access to Tsukuba Campus

Tsukuba Campus

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

Route Map - Tsukuba Campus



The 1st INTERNATIONAL CONFERENCE OF SAT HEALTH COUNSELING

Monday, September 21, 2009

Presentation time schedule

17:30-21:00

(Room 501-G)

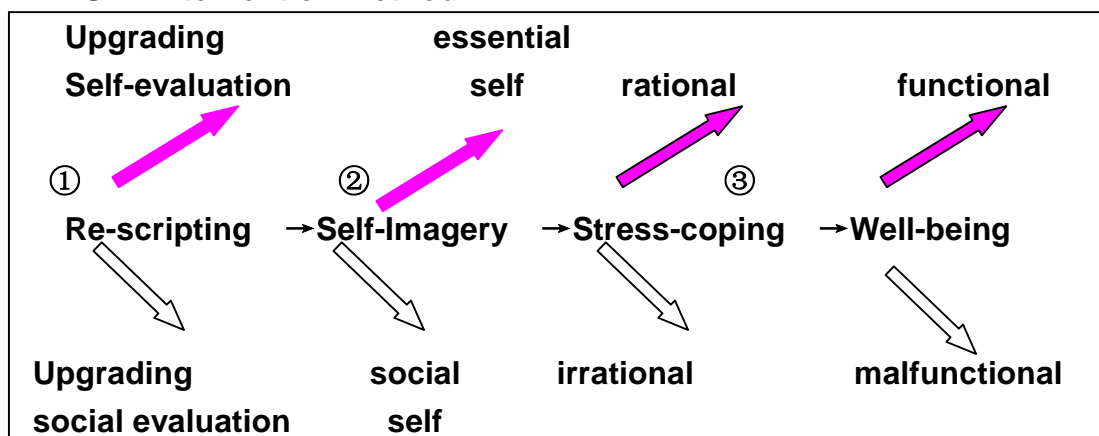
Keynote speech	
17:30-18:10	Chair Tsunetsugu Munakata
18:10-18:40	Business Meeting with Evening Meal
Oral section	
18:40-18:55	Keiichiro Kobayashi
18:55-19:10	Sayuri Hashimoto
19:10-19:25	Noriko Higuchi
19:25-19:40	Nozomi Donoyama
19:40-20:00	Break
20:00-20:15	Wenjie Yang, Mantang Zhang, Yuemei Zhao
20:15-20:30	Kazue Nakashima
20:30-20:45	Yuka Iwanaga
20:45-21:00	Wenyan Hu




Keynote speech

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- focuse → 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 determined 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 improved 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 adhesion temperament which was conspicuous for all of them. All of there children were “Only child” and 2-5-year –old kindergartners. As for anxious for the child care, the answer “I wander 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.

【Key Words】 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 発表要旨

(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

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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も、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がかり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、児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、虐待の気がかり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がかりあり、なしに群分けした。SPSS (ver.11) を使用し、虐待の気がかりを予測する因子を検討するため、 χ^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

虐待の気がかり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がかりがあるリスクが 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がかりがあるリスクが 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がかりがあるリスクが 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た。

(Conclusion) 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**

Hu Wenyan¹, Munakata T¹, Hashimoto S¹

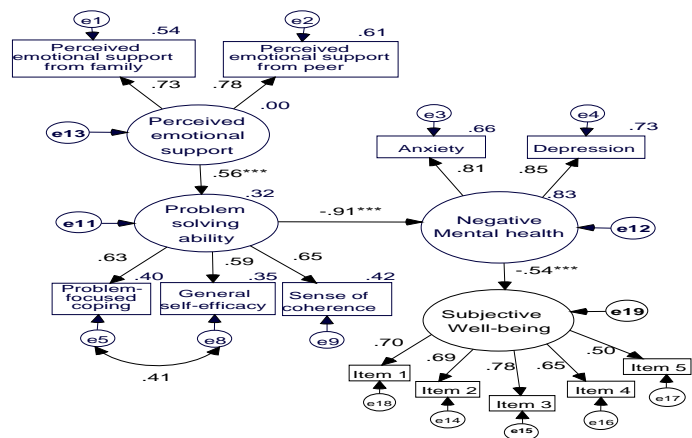
¹: Division of Health Counseling Science, Department of Human Care Science, Graduate School of Comprehensive Human Sciences, University of Tsukuba, Ibaraki, Japan

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.

Fig. Covariance Structure Model



Goodness of fit index: GFI=.955 AGFI=.930 RMSEA=.060

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Submission title: SAT Life Change Support and HbA1c Improvements in Diabetic Patients',
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Name: Kei-Ichiro Kobayashi

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Submission title: Expression of Tumor-suppressor Genes and Shift in Frequency of
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Imagery Therapy

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Name: Nozomi Donoyama

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Name: Wenjie Yang; Mantang Zhang; Yuemei Zhao
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Submission title: The SAT Treatment Intervention
to Chinese Mothers with High Parenting Stress
—The Attempt of the SAT Treatment Intervention—
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