

The 2nd INTERNATIONAL CONFERENCE
OF SAT HEALTH COUNSELING

SAT Enhancing Resilience

The page features several decorative green clover-like flowers. One is a thin outline in the top right, another is a solid light green fill in the middle right, and two are larger thin outlines at the bottom left and bottom right.

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

**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 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.)

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

Chair Munakata, Tsunetsugu President, Academy for Health Counseling
President, International SAT Association
Chair, Department of Human Care Science
University of Tsukuba

Secretary-General

Hashimoto, Sayuri

Associate Secretary-Generals

Higuchi, Noriko

Hu, Wenyan

Francis Onuoha

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

Akemi 1, Urayasu, Chiba, JAPAN 279-8550

Phone: 81-47-355-5120 FAX: 81-47-350-5504

E-Mail : nhiguchi@meikai.ac.jp

CONFERENCE INFORMATION



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:
September18 (SAT.) 9:50-18:00
September19 (SUN.) 9:30-17:00

WELCOME PARTY

Data: 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

Noriko Higuchi

Akemi 1, Urayasu, Chiba, JAPAN 279-8550

Phone: 81-47-355-5120 FAX: 81-47-350-5504

E-Mail : nhiguchi@meikai.ac.jp

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.

[Concussion]

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

Noriko Higuchi¹⁾ Naomi Niitsuma¹⁾ Sayuri Hashimoto²⁾

1) Meikai University Faculty of Languages and Cultures Department of English

2) Division of Health Counseling Science, Department of Human Care Science, Graduate School of Comprehensive Human Sciences, University of Tsukuba

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

Nakashima K, Munakata T

Graduate School of Comprehensive Human Sciences, University of Tsukuba

[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.

*This study was supported by a University of Tsukuba Grant-in-Aid (principal researcher: Tsunetsugu Munakata).

S3-2

SAT Life Change Support and HbA1c Improvements in Diabetic Patients

Hashimoto S¹, Higuchi N², Mukasa 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 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.

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.

3.5a 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.

3.6a 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.

3.6b 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 For the time being, the ISAT headquarter shall hold office at D511, 1-1-1, Tennoudai, Tsukuba, Japan 305-8577 C/O Prof Munakata Laboratory. International SAT Association 501, 2-5-18 Yawata, Ichikawa, Japan 272-0021

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.

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

Email Address

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

BANK:
Account Number:
Account Holder: International SAT Association

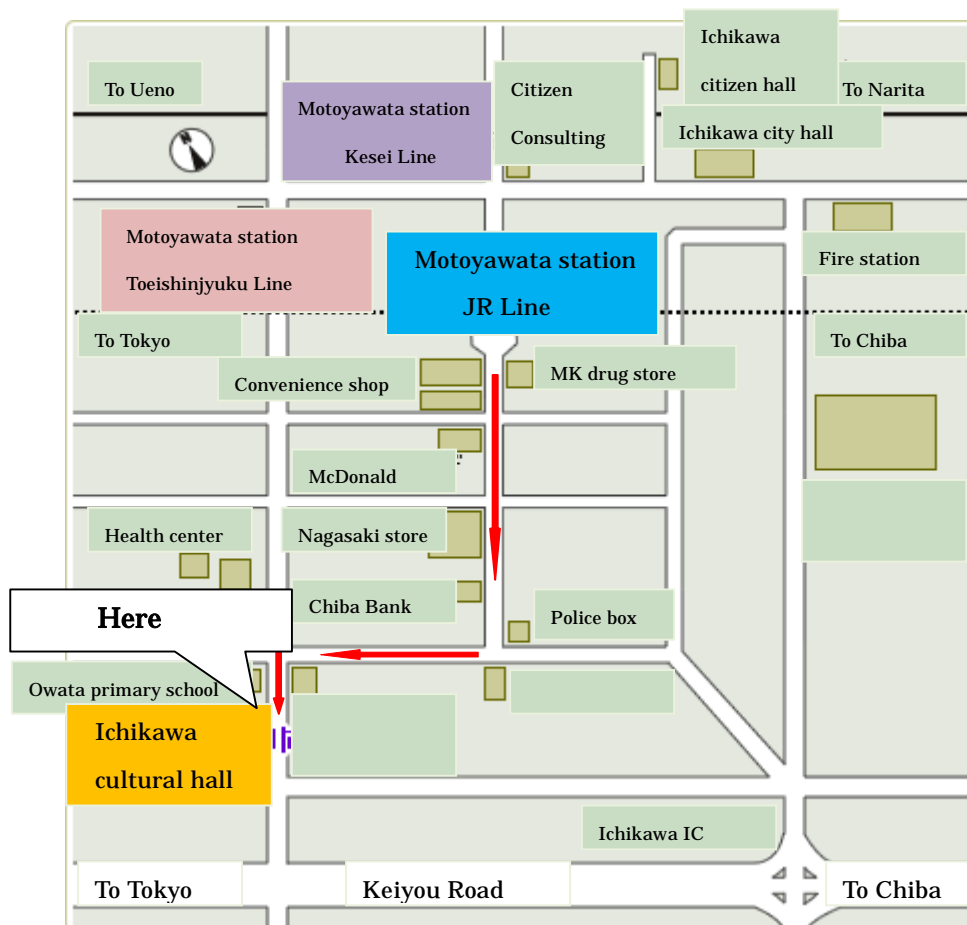
International SAT Association
D511, 1-1-1 Tennoudai,
Tsukuba, JAPAN 305-8577
Department of Human Care Science,
University of Tsukuba
Tel&Fax: +81+29+853+3971
Email: munakata@hcs.tsukuba.ac.jp

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 Kesen Line

Underground Railway

Approximately 10 minutes from A3 exit of Motoyawata station by Toeishinryuku 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

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 D511, 1 - 1 - 1 Tennoudai, Tsukuba, Japan 305 - 8577
C / O Prof Munakata Laboratory 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.