



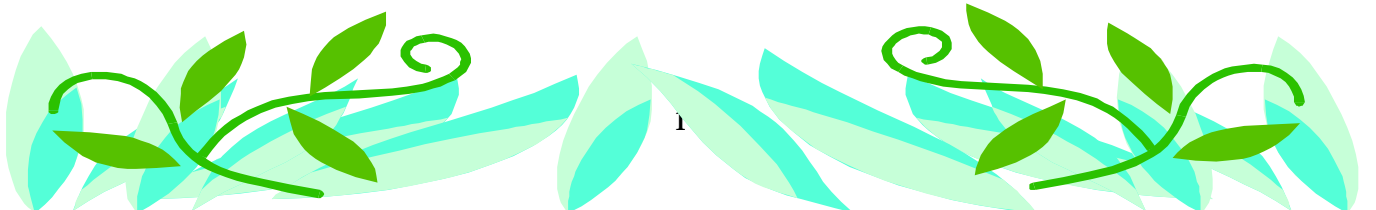
**THE 3rd**  
**INTERNATIONAL CONFERENCE OF**  
**SAT HEALTH COUNSELING**

To Achieve People's Universal Health

**CHIBA JAPAN**

**2011.9.17**

**ACADEMY FOR HEALTH COUNSELING**  
**INTERNATIONAL SAT ASSOCIATION**



## From the Chair

### THE 3rd INTERNATIONAL CONFERENCE OF SAT HEALTH COUNSELING

We hereby sincerely invite you and other representatives from your organization to join the 3rd international conference of SAT health counseling, September 17, Saturday, 2011 in Chiba, Japan.



The 3rd international conference of SAT health counseling highlights “To Achieve People’s Universal Health”. Based on the technique of SAT counseling & therapy, we concentrate on supporting people change their lifestyle from other-rewarded oriented to self-rewarded oriented one which would brought great effect on both contributing to the fulfillment the need of “want to love oneself” and “want to love others”, and on contributing to build positive self-image. People will benefit from achieving this change: have greater flexibility, more ease in the body; more joy, a feeling of handling stress in a positive way; a feeling of wellness and greater personal power, good human relationship, and etc. We believe this conference will be of great benefit to our future cooperation on developing the effective program to improve human’s universal health.

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 3rd International Conference of  
SAT Health Counseling  
Chair, Department of Human Care Science  
School of Comprehensive Human Sciences  
UNIVERSITY OF TSUKUBA

**Advanced Research Building D511,  
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<http://www.hcs.tsukuba.ac.jp/~munakata/>**

# THE 3rd INTERNATIONAL CONFERENCE OF SAT HEALTH CONFERENCE

**Main Symposium: To Achieve People's Universal Health**

**Date :** September 17, 2011 ( SAT ) 18:45 ~ 20:35

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

**Organizer :** NPO Corporation Academy for Health Counseling  
International SAT Association

Registration Fee: 2000 yen(Japanese yen only)

## **Schedule**

<b>Entry:</b>	By the deadline, July 15 ( Fri. )
<b>Abstract Submission:</b>	By the deadline, August 5 (Fri. )
<b>Proceeding English Paper:</b>	By the deadline, October 31, 2011 (Sun.)

## ORGANIZATION

.....  
**Organizer** Organizing Committee of the 3rd International Conference of  
SAT Health Counseling

**Co-Sponsors** ACADEMY FOR HEALTH COUNSELING  
INTERNATIONAL SAT ASSOCIATION

**Conference Theme** To Achieve People's Universal Health

### 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

**Secretariat:** Organizing Committee of the 3rd 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

会議事務局：第3回国際 SAT ヘルスカウンセリング会議事務局

明海大学外国語学部英米学科 樋口倫子

〒279-8550

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TEL: 047-355-5120 (教員代表) FAX: 047-350-5504 (教員代表)

E-Mail : nhiguchi@meikai.ac.jp

# CONFERENCE INFORMATION

## VENUE

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

## DATE

INTERNATIONAL CONFERENCE: 18:45 - 20 : 00 , SEPTEMBER 17 (SAT), 2011  
JAPAN NATIONAL MEETING OF ACADEMY FOR HEALTH COUNSELING:  
SEPTEMBER 17 (SAT.) 9:50-18:00, SEPTEMBER 18 (SUN.) 9:30-17:00

## LANGUAGE

English shall be the official language for the conference

## REGISTRATION DESK

The registration desk is open as follow:  
September17 (SAT.) 9:50-18:00  
September18 (SUN.) 9:30-17:00

## WELCOME PARTY

Date: Saturday, 17 September, 2011  
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 3rd 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

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# Time Table

9/17/2011 Sat.			
Room The 2nd meeting room(3F)	18:45-18:50	<b>Opening ceremony</b> Remarks <i>Chair: Dr. Higuchi</i>	Prof.Tsunetsugu Munakata
	18:50-19:20	<b>Keynote lecture</b> <i>Chair: Dr. Hashimoto</i>	Prof.Tsunetsugu Munakata
	19:20-19:50	<b>Session 1</b> Childrearing support system <i>Chair: Ms. Hu</i>	Chieko Tamura Yuka Masaki
	19:50-20:00	coffee break	
	20:00-20:30	<b>Session 2</b> Mental Health in undergraduate & Disaster Victim Assistance <i>Chair: Ms. Tamura</i>	Keiichi Nakayama Wenyan Hu
	20:30-20:35	<b>Closing ceremony</b>	<b>Launching International SAT Association</b>

\*Oral Session: 10min for Presentation 5min for Question and answer

### **Opening Ceremony**

18:45

### **Keynote Lecture**

18:50 The Applicability of the Simple Version of the Structured Association Technique  
in Promoting Universal Health

Professor Dr Tsunetsugu Munakata

### **Session 1** Childrearing Support System and Mental Health

19:20 S1-1 The relationship between the perceived stress relating to pregnancy and  
child-birth, mothers' reared experience and maternal mental health

Chieko Tamura

19:35 S1-2 Supportive psychological intervention for maternal stress reduction of pre-school mothers

Yuka Masaki

### **Coffee Break**

19:50

### **Session 2** Mental Health in undergraduate & Disaster Victim Assistance

20:00 S2-1 Human bonds at the devastated area – the Great East Japan Earthquake –

Keiichi Nakayama

20:15 S2-2 Human Competence Promotion Program for College Students: Application of SAT Therapy

Wenyan Hu

### **Closing ceremony**

20:30 - 21:35

## **Keynote Lecture**

# **The Applicability of the Simple Version of the Structured Association Technique in Promoting Universal Health**

Munakata Tsunetsugu, Dr H Sc

### **Summary**

#### **Objective**

The fundamental factors responsible for stress accumulation are considered to be the conflict between two personality traits in an individual and the attempt to balance these two traits in order to eliminate this conflict. Through the first trait, an individual finds happiness through self-acceptance (self-rewarding type), and happiness with regard to the second trait is influenced by others' judgments (other-rewarding type). In order for persons to become self-rewarding, so that they live without inhibitions and accept themselves, they need to believe that their rearer have accepted them unreservedly and that the rearer approach them with cheerful expressions. In reality, this mental representation is difficult to acquire. However, it may be created from the memory of the facial expressions of another person who is not an actual rearer, that is, parents. We performed an intervention study to clarify whether self-image and mental health can be improved through structured association technique (SAT) therapy; SAT is an imagery method that helps people to form the mental representation of another rearer, who is looking at them with a cheerful expression.

#### **Methods**

Intervention 1: More than 80% of all fertilized eggs fail to develop. The rationale behind the spiritual key person (SKP) imagery method, which is integral to SAT therapy, is that non-existent spiritual beings can serve as rearer. Observations before and after interventions have already proved that if the vicarious facial expressions of a spiritual rearer frequently simulate, for a long period, the expressions of an actual rearer who is accepting a person happily and unreservedly, this person's desire for love disappears, other-rewarding self-image script is eliminated, and transition to becoming self-rewarding is facilitated. However, no intervention studies have demonstrated that this transition can be achieved consistently.

Intervention 2: A phenomenon called microchimerism resembles organ transplantation in that non-self cells, which are from siblings, parents, relatives, and/or organ donors, coexist with self cells as a consequence of frequent membrane contacts. As in the case of organ transplantation, emotions and moods such as fear, anger, and sadness that existed in the donor, who also had non-self cells, manifest themselves in the recipient. However, the emotions and moods of the recipient may also play a role in this manifestation; that is, the person experiences emotions such as fear, guilt, and sadness toward non-selves such as non-existent siblings, children, and relatives. As stress accelerates the proliferation of non-self cells, the tissues in which they exist are chronically susceptible to rejection, inflammation, pain, deformation, and cancer, because of the activities of antibodies. In such circumstances, emotions to eliminate these foreign



bodies are liable to be aroused. In this study, using the standard version of the third-generation imagery method, we attempted to ascertain whether subjects who possessed non-self cells from third-generation relatives could discern the cheerful expressions of those relatives, who served as care providers. When sympathy and gratitude toward these vicarious facial expressions are generated, the person's desire for love and other-rewarding self-image script are thought to be eliminated. Through studies using the standard third-generation imagery method, we have confirmed that in cancer patients, blood circulation is improved, immunity is enhanced, and the genes involved in the carcinostatic mechanism are activated. For the present study, we applied a widely used version of our third-generation imagery method with the aim of realizing universal health (a concept that is based on the theory that all people are satisfied with their lifestyles and attain well-being by changing their social environment and achieving self-improvement so that they can accept everything positively, even though they might face problems such as poverty, disease, or disability). University students (n=50) who voluntarily participated in this group intervention study were trained in SAT by means of models and were encouraged to participate in pairs. Questionnaires that involved a trait scale were administered immediately before and after the intervention and 3 weeks later.

### **Results and Discussion**

Significant improvements were observed when comparing the responses collected before and after the intervention and at 3 weeks, in terms of anxiety, depression, post-traumatic stress syndrome (PTSS), and other-reward-oriented behavioral traits (interpersonal dependency, self-repression, problem avoidance, self-dissociation, Difficulty in recognizing emotions, self-pity, and self-denial). In the intervention using the SKP imagery method, we asked the participants to imagine brothers and sisters whom they wanted to have been born. Simultaneously, the participants used a simple version of the third-generation imagery method to visualize the vicarious facial expressions of relatives whose chimeric cells coexist with the participants' self cells. The findings suggest that not only the participants' self-image scripts, which consisted of their behavioral traits, but also their mental health improved when they visualized their care providers accepting them unreservedly with cheerful expressions.

Keywords: structured association technique, universal health, self-image script,

## **S1-1 The relationship between the perceived stress relating to pregnancy and child-birth, mothers' reared experience and maternal mental health**

Chieko Tamura Yuka Masaki Sayuri Hashimoto Tsunetsugu Munakata  
(Department of Human Care Science, Graduate School of Comprehensive Human Sciences, University of Tsukuba )

### **(Purpose)**

The purpose of this study was to investigate the several factors to be related mothers' mental health, such as the perceived stress relating to pregnancy and child birth, mothers' reared experience and mental health.

### **(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.

### **(Result and Discussion)**

It was showed that mother whose uneasy child care is stronger than the result of the present study negatively acknowledges the experience to be brought up and is doing negative acknowledgment with a lot of troubles when getting pregnant and giving birth.

### **(Conclusion)**

It is faced that the research will advance in the future of intervene at the symbol level including the counseling.

## **S1-2 Supportive psychological intervention for stress reduction of preschool mothers**

Yuka Masaki<sup>1)</sup>, Chieko Tamura<sup>1)</sup>, Sayuri Hashimoto<sup>1)</sup>, Tsunetsugu Munakata<sup>1)</sup>

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

### **(Purpose)**

The number of mothers who suffers from stress has been increasing. In addition, many cases of child abuse have been reported. From these facts, the psychological support for mothers could be important for improving families' health. The purpose of this study was to investigate the effectiveness of a new method of SAT imagery therapy in order to improve mothers' mental health.

### **(Method)**

The subject was 17 preschool mothers who were from T city I prefecture. All were recruited when they attended the class of the SAT theory-base temperament coaching. The mothers among experimental group (N=8) participated in 2 hours program based on SAT imagery therapy, which was recreated the image of parents' facial expression. On the other hand, the control group (N=9) was not given any training. Both participants completed questionnaires measuring self-image, perceived support, maternal anxiety and mental health at pre- and one month after the therapy.

### **(Result and Discussion)**

The results indicated that, one month after participating in the therapy, the experimental group had improved on self-image, maternal anxiety and mental health, when compared to the control group. Mothers with the "others-oriented reward type of self-image" have a strong desire for love, being eager to be loved or recognized by others. Therefore, they may not to be able to believe themselves and may tend to feel anxious. These result suggested that group intervention using the SAT imagery therapy had the capability to support the reduction of stress.

### **(Conclusion)**

To improve mental health, it is essential to support these mothers to develop self-confidence, and enjoy life by themselves and with others. The result indicated that this intervention is effective for preschool mothers.

## **S2-1 Human bonds at the devastated area —the Great East Japan Earthquake—**

Keiichi Nakayama, M.Ed.

Meikai University, Dokkyo Medical University, Toho University

### **Abstract**

The presenter and his students have visited devastated areas (Iwaki city, Fukushima Prefecture in March, Minami-soma city, Fukushima Prefecture in April and May, Yamamoto town, Miyagi Prefecture in August and September). They have engaged in disaster-relief activities which were: providing food and water, active listening, cleaning houses and field by hand and/or heavy machinery, and so on. Throughout activities, the presenter realized that physical support such as providing food and water is vital but emotional and/or psychological support is crucial as well.

During “Golden Week,” the presenter and his students visited Minami-soma city that is located in the range of 20km to 30 km radius from the Fukushima No.1 nuclear reactor. Due to fear of radiation, truck drivers, who were transporting gasoline, food, water, and relief supplies, were so reluctant to get into the area. As a consequence, supplies became insufficient and the local government decided not to give away the supplies to those who were not staying in the shelter. The primary purpose of the activity of the presenter was to provide supplies to those who decided to stay at home and did not have access to supplies. However, the presenter and his students felt that just giving away the supplies was a work of delivery people. They thought they could do more. Thus, from the second day, in addition to the primary purpose, they started to focus more on making communication, active listening, than just giving away the supplies. As a result, students reported that giving away the supplies was a good trigger to making conversation. As spending time on listening, disaster victims started to talk their experiences, to express their anxiety, feeling of loss, and anger. Talking such things has great power to recover from state of anxiety on the victims.

During summer break, the presenter and his students visited Yamamoto town, Miyagi Prefecture. This area is “untouchable” area that crumbling houses remain, shattered glass and plates are all over the floor, mud, sand, driftwood are on the ceiling. Activities in Yamamoto town were mainly to clean such houses. They could be broken down, but it is a good idea for disaster victims to see clean houses again.

It is not surprising that people think volunteering is good for those who benefit from volunteer work. However, those who provide volunteer work can benefit from their activities as well. One victim said, “it is really nice to talk to you, young university students from Tokyo area. You energized me!” Listening such words can make those who provide volunteer work feel emotional closeness to disaster victims and devastated area.

## S2-2 The Role of Stress Temperament and Parental Image on Developing Self-image and Maintaining Well-being

**Hu Wenyan<sup>1</sup>, Munakata T<sup>1</sup>, Hashimoto S<sup>1</sup>**

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

**Purpose:** The aim of current study is to examine the role of parental image and stress temperament on level of perceived emotional support, self-image and well-being status, and examine the relationships between these study variables. **Method:** The subjects were 200 college students at Hainan University of China, 199 of the 200 students (response rate was 99.5%) who returned an effective questionnaire constituted the sample considered in this study. Of these, 55.3% (n=110) were female and 44.7% (n=89) were male; the age range was 18-23 with a mean age of the sample was 19.96±0.96. **Result:** Significant differences were found on self-image and well-being variables between the positive parental image group and negative parental image group. As the same, many significant differences were found on self-image and well-being variables between the high stress temperament expression group and low stress temperament expression group. The following relationships were found: negative parental image inversely corresponded to a positive self-image through it's significantly effect on perceived emotional support level. On the other hand, Students' stress temperaments itself decrease the possible of developing positive self-image significantly which in turn reduce the negative well-being level.

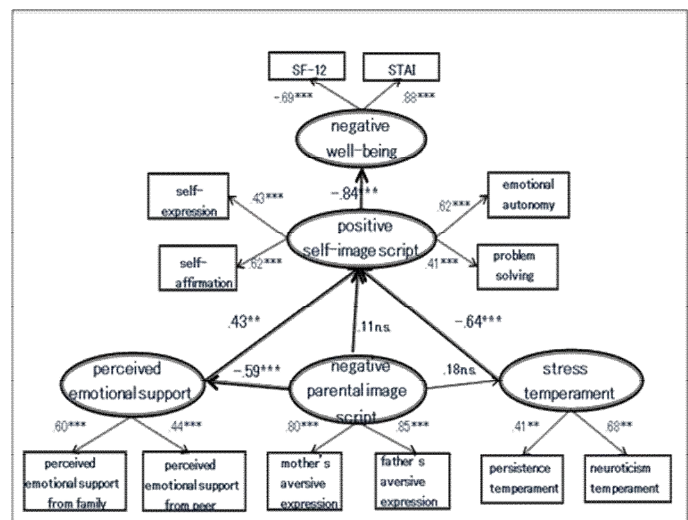


Fig1. Covariance Structure Model

Note: AMOS MODEL FIT INDEX: GFI=0.949, AGFI=0.917, CFI=0.957, RMSEA=0.047; \*\*\*p<.001, \*\*p<.01, n.s. no significant; the error variables were omitted

**Discussion and conclusion:** The present investigation provides us with an opportunity to realize the important role of parental image and stress temperament on perceived emotional support level, self-image and well-being status. The challenge for us, therefore, is to help students to develop more healthy and positive self-image. In order to achieve this goal, efforts should be done to improve students' parental image and support them conduct the self-care behavior about stress temperaments.



# **STATUTES OF THE INTERNATIONAL SAT ASSOCIATION**

## **INTRODUCTION**

The Statutes were originally adopted at the Constituent Congress held in Tokyo, September 18<sup>th</sup>-19<sup>th</sup> 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

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Gender      Female      Male

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Birthday date / month / year

/          /

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Address for Contacting          Phone (      )  
   Fax      (      )

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Institution / Office Address          Phone (      )  
   Fax      (      )

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Email Address

Email Address

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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

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**BANK:**  
**Account Number:**  
**Account Holder:** International SAT Association

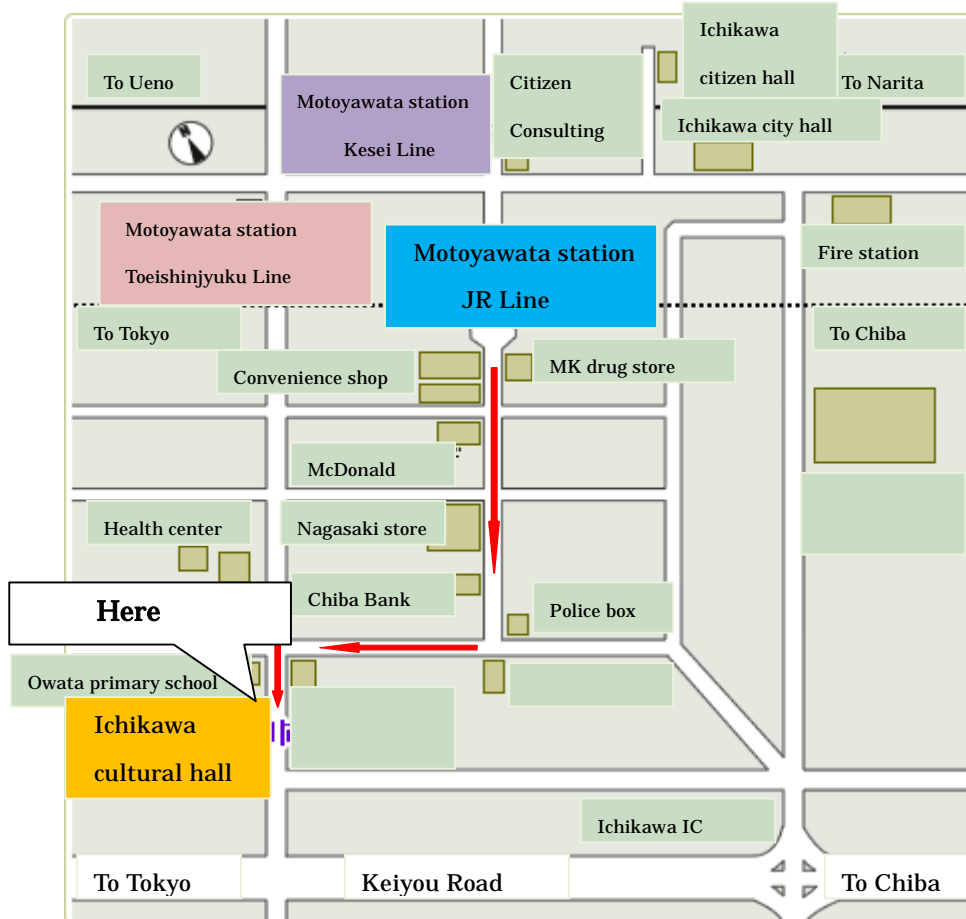
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Department of Human Care Science,  
University of Tsukuba  
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# Access to Ichikawa City Cultural Hall

## 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 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