

International Understanding



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International Understanding (IU) was first published in 1961-62. IU as a supplement to ICP's quarterly newsletters began in 1951. IU assembled papers read by members at professional conferences. The International Psychologist (IP) newsletters were started after the "National Council of Women Psychologists" became the "International Council of Women Psychologists" and agreed to continue the after the ending of WWII. Formal founding of the NCWP as a temporary platform for under-represented psychologists took place on, December 11, 1941

*IU provides a platform for members' substantive articles: concept papers, scientific presentations and research studies. IU was discontinued 1995-1997 when the Council, by then re-named and incorporated as The International Council of Psychologists, Inc., explored publishing a professional journal, **World Psychology**, Edited by former President U.P. Gielen and published by Robert Wesner. After four years The Council Board suspended publication of WP. IU was re-introduced in 2009 when I became IP Editor to be an informal journal, called Part B of the **International Psychologist (IP)**. IP became widely respected in the international association community as a hallmark publication under the editorship of Dr. Carleton Shay during the final decades of the twentieth century. Publication of IP shifted to Pittu Laungani, London University, England. Dennis Trent, also of England, followed as IP Editor. He transferred editorship to a graduate student/early career psychologist. She was succeeded by two USA graduate students at University of Portland, Oregon. Academic demands and career changes made editing of the IP overly demanding for the students. Incoming President Lowenstein appointed me Editor in 2009.*

Atlantic Beach, Florida. Fourth of July, 2019, US Independence Day. I celebrate ten years of gathering and laying-out reports and news for this pioneering, independent association. An especially meaningful collection of papers

comprise my final assembly of the IP for the International Council.

Across 77 years, the common focus centered on quality scientific investigative work [research], mutual respect for differences, inclusion of members actively in association governance and activities, joint collaborative projects among members on topics of mutual interest, and providing annual platforms for sharing cutting edge developments in scientific psychology, educational workshops and for hearing from/about under-represented professional colleagues.

This makes the IPV59.1 especially significant. The lead section showcased here is the Council's most recent effort to enable members to collaborate in working together to understand and support wellness across cultures and disciplines. The formal name of this newest Interest Group is **Scientific Approaches to Human Wellness. Interdisciplinary, Cross-Cultural Studies.**

International Understanding, IPV59.1 Part B, is presented in three sections. The first two sections, Wellness and Awards & Platforms include papers, briefs and articles; the third presents international news items and association announcements.

Wellness

The newest Interest Group made its debut at the Cadiz conference. Dr. Fukuhara describes the presentations here to spark interest among members to begin organizing their own collaborative efforts for the Prague 2020 annual gathering. From the Mediterranean to the Pacific Rim, psychologists find creative ways to translate science into applications.

Awards and Platforms

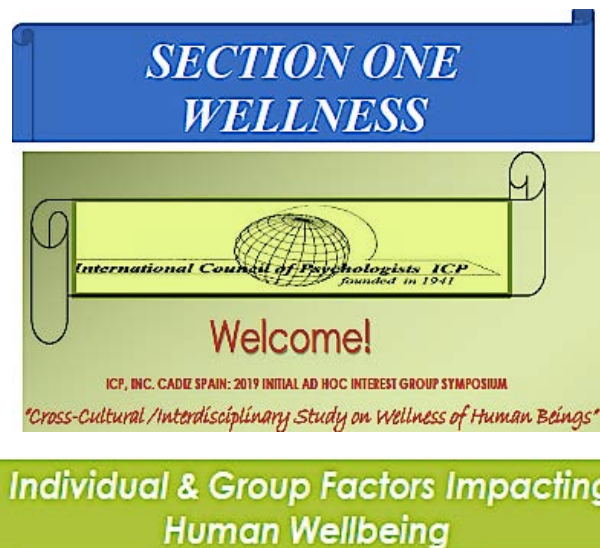
ICP members appreciate the unique and meaningful work done by colleagues within the Council membership and in the broader community of professional associations. Dr. Boehnke of Germany describes a study he is currently involved with about self perceived values. **Do individuals think the values held by self, peers, parents, partners change over time? A tricky question. And, NO, we do not think we get more like our parents in old age.**

Dr. Fukuhara, ICP's longest standing member, gave her **Distinguished Contributions Award Address on the topic of Scientist-Practitioner**. She was impressed with this concept during her graduate studies in the USA. The model changed minimally from its original version because it was received extremely well at the Boulder Conference of 1949 when it received accreditation by the psychological community and the American Psychological Association.

The goal of the scientist-practitioner model is to increase scientific growth within clinical psychology in the United States. It calls for graduate programs to engage and develop psychologists' background in psychological theory, field work, and research methodology. The scientist-practitioner model encourages clinicians to use empirical research to influence their therapy and intervention practice; while allowing their experiences during applied practice to shape their future research questions. Therefore, continuously, we advancing, refining and expand useful scientific psychological knowledge.

Announcements

Entries include: IAAP 2020 CONGRESS: ICP2020; PSI CHI CELEBRATES AT YALE; Farewell from Editor and Associate Editor.



The following papers were part of an inaugural symposium for a new ICP, INC. Interest Group: **Scientific Approaches to Human Wellness**. 21st century, scientists in every part of the world are investigating mental health from the viewpoint of wellness. People suffer from losing properties, even lives, by natural disasters, wars and political movements. Other threats to individual well being arise from environmental and life phase conditions. Older persons might be depressed by losing partners, social communications;

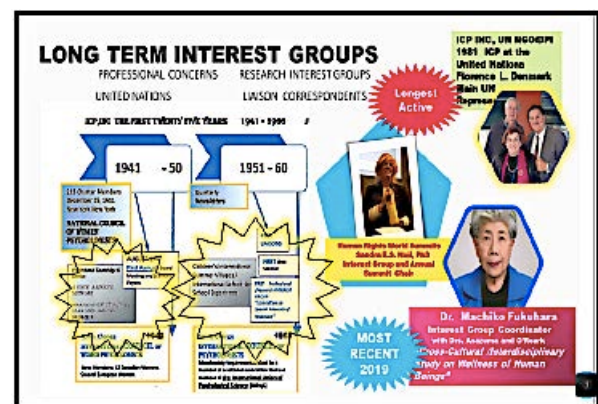
workers may experience stress by losing job opportunities; younger people can be angry/unhappy about being separated from parent, friends, teachers. **How can we face these realities using our scientific psychology knowledge base?** We invite ICP colleagues to join us in investigating ways psychologists and mental health specialists contribute to well-being, health and harmonious living.

Chairs and co-organizers of the wellness interest Group include: Machiko Fukuhara, PhD JAPAN. Japanese Association of Microcounseling. Honorary Professor. Tokiwa U. Ex. Director; Naoki Asazuma, MD JAPAN Director: Internal Medicine, Clinical Laboratory and Chemotherapy, Kawakita General Hospital, Tokyo; and, Ann Marie O'Roark, PhD USA. Private Practice, Ret'd: AO' Executive and Organizational Consultant.

Report on Symposium presented at 77th ICP Annual Conference, Cadiz, Spain June 13, 2019 Individual & Group Factors Impacting Human Well-being

Drs. Ann Marie O'Roark, Machiko Fukuhara, Naoki Asazuma, Ana Guil-Bozal, and Anna Laura Comunian contributed to a symposium on the topic **Individual & Group Factors Impacting Human Well-being** under the sponsorship of the newly created Interest Group (Fukuhara, and O'Roark, 2019), **Scientific Approaches to Human Wellness. Interdisciplinary, Cross-Cultural Studies.**

In the history of ICP, an Interest Group is, as you may know (see illustration 1), began as an academic gathering of members interested in discussing the same topic. Among them, one of the most active and long lasting (almost 30 years) is Human Rights, initiated by Dr. Sandra Neil. Neil developed the group's annual conference symposium into a Summit series presented at ICP scientific programs and other international congresses. Her work generated wide impact and interest. For several years Human Rights has been included in ICP's annual Conference theme, along with "social justice".



In the 21st century, the field of psychology directed considerable attention toward advancing evidence-based scientific studies that are applicable to how real life situations. **The goal of providing quality of life (QOL) for people struggling with increasingly complex multicultural factors around them affecting their QOL, their self-identities, and their ability to fulfill life potentials.**


Looking at those phenomena closely, we find that each individual has different problems depending on the situation. Moving forward in the 21st century, scientists from every part of the world are investigating mental health from the viewpoint of wellness. People suffer from losing property and lives in natural disasters, wars, and political movements. Other threats to individual well-being rise from environmental and life phase conditions. Examples include older persons who might be depressed by losing partners and social communication, workers who may experience stress by losing job opportunities, or younger people who can be angry or unhappy about being separated from parents, friends, or teachers. **How can we face these realities using our scientific psychology knowledge base?** As time goes on, those phenomena seem to be prevalent all over the world according to the complexities of life that we deal with daily. While psychologists and mental health professionals are needed to attend to the needs of those individuals globally, we need to conduct basic studies on human beings at local levels. The knowledge we gain from this research should be adapted to the actual daily lives of those individuals.

Four Speakers contributed to the 2019 Symposium. Two speakers, Dr. Anna Marie O’Roark and Dr. Ana Laura Comunian were unable to attend unexpectedly, but each participated with voice recordings and written papers. Dr. Comunian’s paper on Kindness across cultures is presented first. She describes the personality measure she developed and hypotheses related to the relationships between that variable and Kohlberg’s stages of moral development. Next, is Dr. O’Roark’s report updating mind-body studies impacting physical, emotional and cognitive well being and functioning of organizational executives. She describes advances enabled by Framingham Heart Health Studies, the linking of Vital Sign Emotion characteristics with individual wellbeing, the giant steps forward made possible by the GLOBE studies and recent neurological brain training.

Naoki Asazuma MD, being a humanistic medical doctor, presented a paper on the concept of global care for the wellness of the elderly in which the care is focused on the mind-body approach. Illustrating a longitudinal case study he had worked on, he explained the self-actualization of the person challenging for her well-being.. “Mental Acuity and Personal Identity/Self Concept in the Elderly”

Symposium Paper 4

Author[s]
Naoki Asazuma, MD. JAPAN
Director: Internal Medicine
Clinical Laboratory & Chemotherapy,
Kawakita General Hospital, Tokyo Japan



Title
Mental Acuity and Personal Identity/Self Concept in the Elderly


Abstract

In Japan, life expectancy reached 87.2 in 2017. Persons over 65 exceed 1/4 of Japan’s population, creating social and economic problems. Moreover, elders losing self-identities lack enjoyment of life. How can scientific /interdisciplinary approaches be helpful? I propose Interest Group members design a study with findings presented at upcoming conferences.

Dr. Ana Guil, Rocio Guil and Carlos Sepulveda presented a paper on emotional expression. Though Flamenco dancing is originally from Spain, as it impacts wellness, it provides relaxation and enhances coexistence. It has spread to other countries, such as France, and even to Japan, where it was originally intended for people who need to improve their self-esteem. “Flamenco and Sevillanas as Emotional Expression in Andalucia”.

Symposium Paper 1

Author[s] Rocio Guil (Univ of Cádiz),
Ana Guil (Univ. of Seville) &
Carlos Sepúlveda (Flamenco Psychotherapist)
anguil@us.es
University of Cádiz, University of Seville, Private Practice.



Title
Flamenco and Sevillanas As Emotional Expression In Andalucia

Abstract
Emotionally expressive Flamenco dancing, originating in Andalusia spring fairs, impacts wellness, providing relaxation and enhancing coexistence. The musical genre crosses borders, practiced nearby France and even in Japan. Flamenco dance is used as a therapeutic mediator for maltreated women, people with disabilities, and people who need improve their self-esteem.

Dr. Anna Laura Comunian could not attend the symposium so she sent the paper she intended to present. The paper dealt with a cross-cultural study on Kindness, using qualitative studies with people from four different countries in which she applied the Maturity Scale she has developed. Key words of all of these presentations were Emotion, Cognition, and Behavior of the Individuals and Groups striving for their Wellness. Also, each presenter suggested some strategies for helping others such as therapeutic approaches and those for professional caretakers. Scientific Studies of qualitative and quantitative research were encouraged. Also, it was suggested that in order to generalize our findings into real life situations, cross-cultural and interdisciplinary studies seem to be necessary among various kinds of professional caretakers.

Symposium Paper 2

Author[s] Anna Laura Comunian,
Professor Emeritus, Padua University, Italy



Title
Kindness Maturity: Data Comparisons Japan, Italy, Greece, Chile and Australia

Abstract

Four Stages Scale of Kindness Maturity data compares cultural similarities differences in kindness across Japan Italy, Greece, Chile and Australia. Cross national differences show Japanese demonstrate a higher level of kindness a relational than personal level. The findings are discussed and direction for research suggested.

It was most exciting that Ana Guil and her team were so thoughtful to let us listen to Spanish music at the end of the symposium. The audience was happy and excited to share our sentiments to be experiencing Spanish culture. It was very much appreciated. I am grateful to Dr. Ana Guil and her staff. Thank you to Dr. Bullock, S-G, also, for helping with the technology.

Please let me extend many thanks to all of the participants and the speakers at this symposium. I am grateful to Dr. Ann Marie O'Roark for her collaboration in organizing this symposium with great effort. Also, thank you to Dr. Naoki Asazuma for his help in preparation of the materials. I sincerely pray for Ann Marie for good health and the recovery of her strength. Also, I pray for Ana Laura for her early recovery from illness. Finally, may we wish for peace and the Wellness of our friends and colleagues all over the world.

Machiko Fukuhara, Ph.D.

DISCUSSANT

Machiko Fukuhara
PhD JAPAN
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FUKUHARA & O'ROARK with Denmark & Lowenstein
CELEBRATING ICP AT 75th AND 70th AND INTO THE FUTURE
WITH A NEW INTEREST GROUP

Individual & Group Factors Impacting Human Wellbeing ...

This start-up symposium for the INTEREST GROUP: "Cross-Cultural/Interdisciplinary Study on Wellness of Human"

Anna Laura Comunian, PhD. University of Padua Italy ICP, Inc. President 2006, Kos, Greece

**Kindness:
Across-cultural study**

"We all need each other"
Robert J. Sternberg

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Conference

Summary. – This chapter contains two separate studies. Study 1 a new inventory, the Comunian's Kindness Maturity Scale, with 25 item chosen to four related developmental stages, was evaluated. In Study 2, this test was used to explore hypotheses regarding cultural similarities and differences in kindness and moral

development stages across Italy, Greece, Chile and Australia. The construct measuring kindness was defined in terms of Kohlberg's (1984) developmental stages. Data were collected from 191 male and 216 female subjects 13 to 60 years of age. The Kindness Maturity Scale evidenced acceptable levels of reliability (test-retest, internal consistency) and construct-related validity.

STUDY 1

The cognitive developmental approach (Piaget, 1932; Selman, 1980; Kohlberg, 1984; Kuhmerker, 1991) emphasized that values and ethics are developed during interaction between a person and the environment, and that this occurs in stages. A review of theoretical and empirical literature suggests there has not been research on the cognitive developmental construct of kindness and the interaction between the self and others. In this research, we used a framework of developmental stages in the study of kindness (Comunian, 1994, 1995, 1996, 1996a, 1996b, 1996c). In a concept like kindness then, instead of a continuum from great unkindness to comprehensive kindness, this construct suggests a vertical hierarchy, where in the lowest stage on a person's frame of reference is either giving or receiving self-related meaning for kind or unkind actions. Each stage is qualitatively different from the next. Kindness at succeeding stages shows transformation from an egocentric orientation to exchange and helping others, with conformity to stereotypical image of majority, to an orientation of doing one's duty and showing respect and regard for earned expectations of others.

Finally, an orientation to conscience or principles, not only to ordained social rules but to principles of choice appealing to universality and consistency, characterizes Stage 4. In the last stage conscience is a directing agent, together with mutual respect, trust and harmony.

Defining the Test Construct. - According to the theory of cognitive development, concepts of kindness at the Stage 1 are described as egocentric and subjective. On this stage, interpersonal conceptions tend to be focused on only one person and on that person's subjective perspective in the social relationship. Societal expectancies remain external to the self. An action's physical consequences are not clearly separated from the psychological consequences. The individual actor follows rules to avoid trouble, satisfy needs, and maximize personal interest. Kindness is viewed as important at Stage 2, because the person believe people need relationships, need to be liked. At this stage appears an ability to see reciprocal relations between interpersonal perspectives; each person is seen as capable of taking into account the other's perspectives on the self's motives, thoughts, and feelings. The basic limitation of this stage is that the subject still sees the basic purpose of awareness as the serving of the self's interest or as a context-specific like or dislike of the fixed standard of the others. At the Stage 3 the concepts of relations are mutual. The kindness includes and coordinates the perspective of self and other(s). Subjects thinking at this level see the need of coordinate reciprocal perspectives, and believe social satisfaction, understanding, or resolution must be mutual and coordinate to be genuine and effective. Societal and symbolic perspective-taking characterize Stage 4. The individual now conceptualizes subjective perspective of person toward each other

(mutuality) as existing not only on the plane of common expectations or awareness but also simultaneously at a multidimensional or deeper level of communication. Each self is believed to consider a shared point of view of the generalized other or social system, to facilitate accurate communication and understanding.

The Kindness Maturity Scale.— This scale was originally developed by Comunian in 1994, first as a 30-item form and later as a reduced 25-item form as presented here. The scale is not only parsimonious and reliable, it also showed construct validity in the studies conducted to examine the psychometric properties of the Italian version (Comunian, 2000, 2002, 2003).

The Kindness Maturity Scale is a self-report scale, which contains 25 items. Of these, five of the items concern Stage 1 (example of item: “I am a kind person because is easier to get what I want”), Stage 2 (example of item: “I am kind with people who were good to me”), Stage 3 (example of item: “I know how to be properly courteous with others”), Stage 4 (example of item: “I’m kind because I believe in respecting the dignity of others”), and five are distracter items.

Respondents are asked to rate each item on a four point scale anchored by 1=not at all true and 4 =exactly true so scores range from 20 to 80. The five items at each stage load principally on one factor distinct for each stage.

Method

Research Questions

The present study examined the psychometric properties of the Kindness Maturity Scale on the assumption that Kohlbergian moral development construct is a construct that can be applied to mature kindness and can be measured. The purpose is to confirm this assumption and provide a 25-item measure that can be adopted for collecting further evidence. The items for this self-report measure of the developmental stages of kindness were selected on the basis of preliminary studies and consistency with the hypothesized factor structure. These selected items were also inspected for internal consistency.

Three steps were taken to obtain the necessary psychometric data. First, the internal structure was scrutinized.. Second, the item characteristics and test-retest reliability of the scores was tested. Third, sex differences were examined.

Sample

The sample of 407 subjects were selected from a wide range age, marital status, and education, and were selected in similar proportion from North to South Italy. There were 191 men with an average age of 25.1 (SD = 6.5) and 216 women with an average age of 25.4 (SD = 6.5).

The test-retest sample consisted of 127 subjects of the original participants.

Procedure

Participants met individually and were told the purpose

was to explore how people experience and approach kind action. Next the participant completed the Kindness Maturity Scale. All the participants were volunteers. The data collection was anonymous but the subjects were instructed to put a number on the packet of inventories. 127 subjects reconvened 6 weeks later and the Kindness Maturity Scale was administered again. Cases were considered valid for inclusion in the test-retest study if both Kindness Maturity Scale protocols with the same subject number were completed.

Results

This section focuses on the internal structure of the inventory and the psychometric properties. Then item characteristics, reliability and further evidence for validity are examined.

Factor analysis

A principal component factor analysis with varimax rotation was performed on the intercorrelation matrix for the Kindness Maturity Scale. The first factor, called *Kindness Stage 1*, had an eigenvalue of 5.05 , and it accounted for 18.8% of the variance. This factor comprised five items of the stage 1 (loadings of .55 to .69). The second factor, *Kindness Stage 4* (in order of variance explained had an eigenvalue of 4.30, accounted for 16.5% of variance), and comprised five items of the Stage 4 (loadings of .37 to .66). The third factor, *Kindness Stage 2*, with an eigenvalue of 2.06 accounted for 9.4% of variance and comprised five items of Stage 2 (loadings of .43 to .61).The fourth factor, *Kindness Stage 3*, (eigenvalue of 1.36 and 6.3% of variance) comprised the items of Stage 3. The total variance accounted for was 50.70%.

The factor analysis on the Kindness Maturity Scale scores basically replicated the structure indicated in the preliminary studies. The assumption of a stage development construct of the Kindness is well represented by the data.

Item Characteristics and Reliability

Item analyses were carried out separately for each dimension of the scale. All item-total correlations were satisfactory. No improvement was possible by eliminating items. Coefficients were from .39 to .67 ($p < .001$). Scores on all 25 items correlated with their respective scales in the predicted direction for both sexes. To assess the internal consistency of the four stage dimensions, coefficients alpha were calculated for each of the four dimensions for the total sample. The alpha ranged from .65 to .80 indicating a sufficient or higher amount of internal consistency.

Zero-order product-moment correlations were calculated to estimate test-retest reliability. The interval between Time 1 and Time 2 for testing was an interval of 6 weeks. The correlation coefficients ranged from .90 to .93 $p < .001$ and suggest that Kindness Maturity Scale scores were reliable.

Gender Difference

To explore whether there were meaningful gender differences in the developmental stages of kindness maturity, an analysis of variance in which sex was the independent variable and the kindness-stage score the dependent variable

give statistically significant differences for men and women, with higher values for the women only for the adolescent [$F = 12.24$ ($p < .001$)] but not for young and older adult samples. Sex did not interact with scores at Stages 3 and 4 of Kindness Maturity Scale. These results are consistent with those from other investigations (Gilligan, 1982; Walker, 1991; Basinger, Gibbs, and Fuller, 1992; Comunian and Gielen, 1995) on the development of moral judgment stages.

The results of the analyses of study 1 confirm the internal consistency and the construct validity of Kindness Maturity Scale. No sex differences emerged, which is consistent with the research on the stage development of Moral Maturity.

Discussion

The Kindness Maturity Scale evidenced a four-stage structure which corresponded to findings of the development of moral judgment (Kohlberg, 1984; Gibbs, Wideman and Colby, 1982; Basinger, Gibbs and Fuller, 1992). The Kindness Maturity Scale showed acceptable validity. The findings from our current investigation suggest that the major themes and specific concerns can be addressed within the context of kindness maturity study and that the scale assesses a developmental construct. There is no evidence for sex differences in responses to the scale. Sex differences emerged only in early adolescence. In exploratory research, we found that females scored higher on Kindness Maturity and at 2 stages than males during early adolescence, but this difference disappeared for the late adolescents. These findings are similar to those found in the research on the development of moral judgment (Gilligan, 1982), and the pattern of development found using the Kindness Maturity Scale corresponds to patterns obtained using other stage measures in studies of the development of moral judgment (Walker, 1991; Comunian and Gielen, 1995).

STUDY 2

This study examines cultural similarities and differences in kindness among Italian, Greek, Chilean and Australian young adults.

Cultural similarities and differences

Gielen (1996), in a review of Kohlbergian research in a cross-cultural perspective found that although there are more than 120 cross-cultural studies, Kohlberg's theory has undergone only preliminary testing and it needs to be tested in a more comprehensive fashion. The large majority of studies in the tradition have focused on stages of moral judgment development, on moral reasoning and on research comparing the influence of standard variables such as age, education, and gender on moral reasoning skills. Studies exploring easily objective measurement of moral stages are very rare, indeed. Kohlberg's approach in measuring moral judgment development culminated in the extremely complex and difficult-to-administered Standard Issue Moral Judgment Interview and Scoring System. This effort was followed by the effort of Rest, Gibbs and Lind each of whom developed his own approach to the measurement of Kohlbergian stages of moral development.

Cross-cultural psychologists investigating the development of moral reasoning have relied on four methods.

These include Kohlberg's Moral Judgment Interview (MJI) and a number of coding guides associated with it, Gibb's Social Reflection Measure - Short Form (SRM-SF), Rest's Defining Issues Test (DIT), and Lind's Moral Judgment Test (MJT). As proposed by Gielen (1991), the four tests readily fall into two groups. The MJI and the SRM-SF are production tests that provide samples of the actual reasoning of respondents. In contrast, the DIT and MJT are recognition-preference tests that ask respondents to evaluate moral arguments. **In this study, Kindness Maturity Scale was applied in association with new moral judgment test, the Padua Moral Judgment Scale (Comunian, 2002, 2003).** This measure is a 28-item objective recognition preference test that can be used by persons who do not necessarily grasp the details of Kohlberg's theory and methodology.

Method

Samples

Participants were from four convenience samples of university students from Italy, Greece, Chile and Australia. The Italian sample consisted of 173 undergraduate students drawn from Padua University. Their ages ranged from 19 to 56 ($M = 23.88$, $SD = 3.94$). The Greek sample consisted of 80 undergraduate students of the University of Thessaloniki. The age also had a wide age range from 18 to 52 ($M = 24.84$, $SD = 6.54$). The Chile sample ranged from 19 to 43 ($M = 21.95$, $SD = 3.67$). The 110 undergraduate students were taken from the University of Concepcion. There were 50 undergraduate students in the Australian sample. Age ranged from 17 to 25 ($M = 19.21$, $SD = 1.59$). The sample was taken from the New South Wales University of Sydney.

Additional validity evidence

The Kindness Scale and Padua Moral Judgment Development Scale were administered individually in these samples. The 25 item Scale was previously adapted in the respective culture and language. Principal component factor analysis supported the four-factor structure of the Kindness Maturity Scale in all four samples. By either the eigenvalues greater than 1 rule or the screen test, there were four distinct factors corresponding to the factor structure of the original Kindness Scale. The four factors accounted for close to or slightly more than 60% of the variance in the four samples. On average, factor loadings were at .70. Table 1 reports internal consistency reliability estimates and average factor loadings obtained from the four samples.

Results

In the Italian and Greek samples, the kindness stage 1 was correlated with moral development stages 1/2 and 2; and stage 2 of kindness with stages 2/3 and 3 of moral development. These correlation coefficients were statistically significant and similar in magnitude across the two samples. In the Australian and Chilean samples, these two stages were not correlated significantly with the stages of moral judgment development.

In all four samples, the stage 3 and 4 of kindness maturity were significantly correlated with the moral development stages 3, 3/4 and 4. Table 2 contains correlation coefficients. These correlations were not statistically different across the four samples.

Table 2. Pearson correlation coefficients between stages 3, 4 of Kindness & stages 3, 3/4, 4 of moral judgment development.

Kindness	Moral Development		
	Stage 3	Stage 3/4	Stage 4
Stage 3			
Italy	.31**	.28**	.25**
Greece	.23*	.23*	.26**
Chile	.23*	.20*	.24*
Australia	.43**	.61**	.42**
Stage 4			
Italy	.19*	.20*	.21*
Greece	.37**	.36**	.40**
Chile	.31**	.22*	.26**
Australia	.54**	.55**	.41**

Discussion

Given the consistency of cultural similarity across the four countries, it may be argued that with respect to **kindness stages, cultural background influences the potential impact of moral development in determining kindness behavior**. Altogether the findings of this study corroborate previous evidence for specific preferences for kindness behavior, **underlining the significant role assigned by different cultures to the different kindness behaviors**. The gender difference was not supported by the present data. The normative expectations were similar for male and female young adult within each culture. These expectations were due to the particular period of development studied in present research. Previous evidence reporting gender difference were attached to adolescence stage development (Comunian, 1998, 2000). However, our findings demonstrate the impact of different relationships between the first stages of kindness and preferred moral development stages, according to different country examined. These differences should be further explored in future research.

Conclusions

The first focus of this study was to ascertain whether Kindness Maturity Scale scores predicted the developmental stages as theorized by Kohlberg. **These results suggest that the factor structure of the Kindness Maturity Scale is consistent with a four stage development and that the components account for a large proportion of variance**. Also, the internal consistency of the scale is acceptable. **The second study found general consistency across cultures in the association between kindness and moral development**. Specifically, this study has demonstrated that the impact of kindness style may change depending on the context may suggest the ways in which kindness behavior are interpreted is of central importance.

In sum this study underlines the importance of taking cultural context into account when examining the interrelations among psychological constructs. Moreover the, implications of these findings extend beyond theoretical understandings. In a world in which multiculturalism is becoming the norm rather than the exception, the present findings highlight the need for psychologists to be sensitive to, and aware of, the importance that cultural meaning and context have for the improvement of the relationships.

Measures of kindness and moral judgment maturity should be used with other measures of positive moral functioning such as moral identity, moral courage, empathy or related social variables, in the larger context of positive individual and collective social life.

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Carlos Sepulveda came across the huge potential that **Flamenco Art** has for the body, the mind and the emotions. Since 2009 **Asociacion Autoestima Flamenca** (Flamenco Self-Esteem Association) encourages the knowledge and practice of Flamenco and art, building links with artistic, humanistic and scientific disciplines.

Flamenco Self-Esteem is influenced by dance therapy, psychophysical techniques, contributions from **different Schools of Thought in Psychology: Gestalt, Behavioral Techniques, Cognitivism, Psychoanalysis...** Different approaches from **Art Autoestima Flamenca** was developed by Carlos Sepulveda through years of teaching experience and with help from the people that take part in his workshops. **Autoestima Flamenca** helps get rid of preconceptions about Flamenco and understand that grace exists within every single person. Art does not only belong to artists.

We work to overcome scenic panic, to find our true selves, developing self knowledge and self confidence in a positive environment full of respect and trust, that encourages solidarity... that allows us to inhabit gender roles and experience them. It softens our armor and helps us to overcome mechanicity through rhythm. Flamenco makes us connect with our emotions and vibe with other people. We use Flamenco Dance to introduce ourselves to the rhythms: Tangos and Bulerias which allow us to express our feelings with simple and natural movements

We learn from pleasure. The energy of Flamenco has an unattainable vitality... Its sensuality...Its mischievousness ...The energy of Flamenco helps us to set boundaries ... to express aggressiveness to demand to accept praises to empower ourselves. That's the reason of its unruly spirit as well as its power, sensitivity and honesty.

Autoestima Flamenca Association spreads Flamenco from Andalusia to different countries, People with mental disorders People interested in Flamenco, and Education, Psychology, and health professionals. You wil find us involved in all kind of projects: Educational, integration, research and broadcasting.

Visit our site. www.autoestimaflamenca.es

Flamenco and Sevillanas as Emotional Expression in Andalucia

Ana Guil -Bozal, Univ. of Seville,
Rocio Guil, Univ of Cádiz, & **Carlos
Sepulveda**, Flamenco Psychotherapist



Below are quotes from the video used

For the Symposium presentation:



Rocio Guil **Autoestima Flamenca** (Flamenco Self-Esteem) is a tool for personal growth based on Flamenco Dance Creativity. In the 90s, while developing workshops in alternative and underdeveloped areas of the city.

Ann Marie O’Roark, PhD.
Atlantic Beach, Florida. ICP, Inc. President 2009-2011.
Mexico City Conference



Executive Wellness

Advances in Research

Mind-Body Studies:

Heart,

Personality and

Memory Care

Early in my professional career [during 1970-90], executive stress was a major wellness concern. Researches were funded by businesses and industries, including tobacco companies no longer in existence. Over a century earlier, scientific investigations of human wellbeing [1825-1917] recognized that by combining research efforts of many scientists located in many parts of the world, effective treatment applications for special types of mind-body abnormalities, such as senile psychoses, cerebral arteriosclerosis, syphilis, and other organically-related pathology, could be identified.

Combining independent work into clusters of findings about a particular phenomenon, resulted in effective treatments for debilitating conditions. It all began with a Frenchman, A. L. J. Bayle, whose complete and accurate description of symptoms of general paresis as a specific type of senility-related mental illness, was partnered in a non-statistical meta-analysis, combining discoveries made by Scotchmen, Viennese, Germans and Americans to recommend science-based interventions (Coleman, J.C. & Broen, Jr., W.E., 1973).

Linking research findings, analytic methods and clinical observations carried out independently, enabled applied psychology to transform serendipitous medical and psychological events into effective wellness protocols. Step 2 in effective organizational consulting is: Locating and selecting interventions to enrich executive and organizational productivity. Step 1 was diagnosis, a systematic observation and analysis of current dysthymic conditions. In a nutshell, my job meant I provided my clients with a bridge between scientific knowledge and solving everyday problems.

In order to keep up to date and to validate interventions used, I engaged in longitudinal, global and cross-cultural research that enriched my practice, adding to its value and meaningfulness for clients: individuals, groups and organizations. Across 40 years of membership in ICP [International Council of Psychologists], and annual participation in Interest Groups collaborations, I was able to present data and findings from organizational consultation to share and improve intervention techniques and procedures.

ICP’s Interest Groups were primarily initiated by former ICP presidents and leaders: my connections were with: Fran

Culbertson [women], Charles Spielberger [personality measures], Peter Merenda and Peter Weisenberg [Industrial-Organizational], and Stephanie Dudek and Antoinette Thomas [creativity]. Because of the significance of this during my career, in this post-practice phase-of-life, I still contribute to ICP and advocate for continuing an emphasis on each member’s active participation and collaboration with other members who share similar interests and specializations.

Three areas of applied psychological science were especially important to effectiveness of my practice: **strategic and tactical planning** for robust, productive living and coping with life’s challenges; **individualizing treatment and intervention** plans for reaching goals; and **enhancing mental skills for thinking** and decision making. The following examples illustrate recent developments in each area if psychological knowledge and how these are being translated into action: **Framingham Studies of Heart Health**; **Spielberger’s Psychological Vital Signs**; and, **Brain Training workshops** that maintain and sustain thinking competency (O’Roark, 2000/ 2012; 20015).



Mind-Body Studies

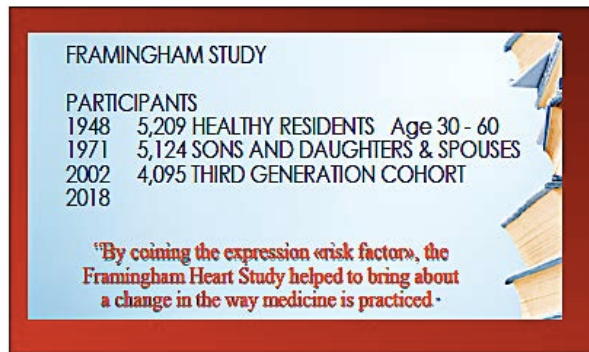


impacting executive and organizational consulting

<ul style="list-style-type: none"> • Heart Health <u>LIFE PLANNING</u> 1948.....ONGOING • Personality <u>INDIVIDUAL DIFFERENCES</u> 1970s.....ONGOING • Memory Care <u>THINKING /decision making</u> 1990s....ONGOING 	<p>FRAMINGHAM HEART STUDIES MEDICAL</p> <p>“PSYCHOLOGICAL VITAL SIGNS - PSYCHOLOGICAL</p> <p>“BRAIN TRAINING “ NEUROSCIENCE</p>
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Framingham. I began specializing in leadership and organizational development in 1976, some 43 years ago, when executive wellness workshops were “one size fits all.” I also specialized in individual personality assessment, which led me to view prescribing generic “canned” materials and actuarial-tables for individual clients as travesty. It gave me a mental *conflict-of-interests* headache. I needed to resolve the conundrum.

Fortunately, leadership literature reviews required for my doctoral study were fresh-in-my-mind. Soon as I looked into then-current literature on executive stress and health issues, I came across the **Framingham Heart Studies**, begun almost 20 years earlier, in 1948. Ironically, last fall, when I began my “inspired living” phase of life at the Fleet Landing Continuous Care Retirement Center (CCRC), two fellow residents, a married couple, mentioned they were second generation participants in the Framingham Heart Health Study.



His mother was among the 5,209 residents of Framingham, Massachusetts, included in the initial study. Within a few years, analysis of the Framingham data uncovered major contributors to heart diseases (cholesterol, blood pressure, cigarettes). In 1961, the term *Risk Factors* was introduced. "By coining the risk factor expression, ... [the Framingham Heart Studies]...helped to bring about a change in the way medicine is practiced." (O'Donnell, C.J. & Elosua, R, 2008, p.1).

My new neighbors participate in annual physical exams and surveys as Framingham- Offspring, second generation participants. *Framingham Heartbeat* newsletters (2004; 2013) also carry reports about third generation participants, who are located in 45 states and 8 countries. This year, the Boston University School of Medicine received a \$38 million dollar award from the *National Heart, Lung, and Blood Institute* (NHLBI) to continue the Framingham Heart Study (FHS) for another six years. And, next year, they will be conducting a conference on **Epidemiology and Prevention / Lifestyle and Cardiometabolic Health**. This will take place March 3 – 6, 2020 in Phoenix, Arizona. Conference topics and will cover recent researches ranging from: Acute Coronary Syndromes, Arteriosclerosis, Thrombosis, and Vascular Biology, to Obesity, Prevention Health, Wellness, and Nutrition Science.

How did this prevention and "Wellness" emphasis come about? "In 1948, the Framingham Heart Study was initiated by the **USA Public Health Service** to study the epidemiology and risk factors for **CVD**. The **National Institute of Health** expanded to encompass several institutes, each devoted to the study of particular diseases. **Framingham Heart Study** was transferred to the **National Heart Institute** established in 1949, now known as the **National Heart, Lung, and Blood Institute**, and remains under its direction today.

"Since 1970 the Framingham Heart Study has also been closely affiliated with Boston University. The town of Framingham, located 32 Km west of Boston, Massachusetts, was selected because it had been the site of a successful community-based tuberculosis study undertaken in **1918**, and because of its proximity to Boston's major medical centers, the presence of a well-informed and highly cooperative medical and civil community."(O'Donnell, C.J. & Elosua . 2000. P.1).

The longitudinal data flow permitted scientists to develop multivariate statistical methods allowing estimates

of individual risk according to the level of exposure to different risk factors, including behavioral factors, ie exposure to cigarette smoke, lack of exercise and becoming overweight.

The good news is that executives, my client constituents, are, today, noticeably less prone to experience heart attacks and cardio vascular diseases (CVD) than they did in the 1980s when there was a 50% probability for executive career derailment from heart disease. The unsettling news is that the 2019 general population statistics(<https://www.framinghamheartstudy.org/fhs-about/research-milestones>) from the American Heart Association continue to be alarming:

116.4 million, or 46% of US adults are estimated to have hypertension.

On average, **someone dies of CVD every 38 seconds**.
 On average, **someone dies of a stroke every 3.70 minutes**.

Vital Sign Emotions.

Moving away from statistical reports and into discovering actionable ways of working with individual clients, I thank ICP. I became a member of ICP in 1978. In 1982 at the 40th annual meeting, Southampton, England, I, took a stress management workshop led by **Charles Spielberger**, who became a mentor, colleague and influence on my practice. At his University of South Florida laboratory, he and his students developed psychometric tools to assess basic emotions associated with the arousal of the autonomic nervous system. Collaborations with medical researchers at Tampa General Hospital established that **psychological vital signs played roles as "risk factors" in heart health, cancers and behavioral motivation**. The *State-Trait Anxiety Inventory* (STAI) is Spielberger's most widely used psychological test, translated into 50 languages with more than 14,000 archival records. His staggering body of work, made possible by collaborative engagement with 60 doctoral students and countless colleagues around the world, is tied together by what he called "assessing core components of human 'psychological vital signs'," (O'Roark, Brunner, Prieto, 2014; O'Roark, 2015b).

Anger emerged as the emotion most strongly related to detrimental health conditions. **Thomas Brunner**, one of the 60

VITAL SIGN EMOTIONS AND SCIENTIFIC STREAMS OF RESEARCH

ANXIETY	CURIOUSITY	ANGER
What feelings, beliefs, emotions feed into anxiety?	How can curiosity be harnessed to achieve?	How do feelings, beliefs, emotions feed into anger?

RISK TAKERS that gave focus to my professional practice were those In Executive Roles In Corporations and Service Organizations

Heart disease was sidelined more than half of executives studied by the US American Management Association in the 1970s.

Stress was named as the culprit (Hans Selye. 1956, 1974) and, soon, **Anger** was found to be the greatest contributing factor to the high number of deaths (C.D. Spielberger. 1982, 1983,1998).

Scientific searches for those whosurvive, and even thrive in high stress roles began in the Office of Strategic Services during WWII with the guidance of Psychologist/ personality theorist Henry A. Murray.

OPTIMAL CHALLENGE means balancing risk with rational thinking and reasonable behaviors (A.M. O'Roark. 2000, 2012).

doctoral students, is a licensed clinical practitioner in Tucson, Arizona. Using the Anger assessment instrument, STAXI-2 C/A (Spielberger, 1999) & Brunner (2004), adapted into eight languages and used youth in the US in athletic, school, medical, outpatient, and forensic settings. Brunner (2019) strives for sustainable results and finds that by applying behavioral science tools a client's problem(s) can be more accurately identified and solved, and that this enables individuals to reach life goals. He argues that Anger is a dominant 21st century human problem that **remains understudied**.

Dealing with **anxiety** is the specialty of **Michael W. Otto, PhD**, a 2019 invited speaker at the Spielberger EMPathy Symposium sponsored by three American Psychological Association Divisions. Otto is a professor of Psychology and Director of the Translational Research Program at the Center for Anxiety and Related Disorders at Boston University. He is a federally funded investigator of strategies to improve treatment outcomes for anxiety, mood, and substance use disorders. His knowledge-into- action contributions include 1] development of procedures for **using exercise as a strategy for overcoming depression and enhancing well-being**; and 2] **teaching therapists new techniques** that enable their clients to find successful ways to achieve desired changes. He developed a training manual, *Anxiety Disorders: Workbook (Treatments That Work)*.

The psychological vital sign, **Curiosity** is the autonomic nervous system arousal that **works for good health and problem solving**. Turning curiosity self-knowledge into applications is the career focus chosen by another Spielberger student, Jordan Litman, Ph.D. (Litman & Spielberger, 2003, 2005) Littman, currently a visiting professor at the Indian Institute of Technology in Gandhinagar, seeks to use client's State-Trait Curiosity scores in conjunction with that individual's setting learning goals and attaining achievement in academic and workplace settings. He expects to devise new methods related to how curiosity impacts critical thinking and solving "real world" problems.

The State-Trait Personality Inventory (STPI), Spielberger's (1996) full range of vital sign emotions and depression, proved to be most meaningful in my practice. Using individual results, I was able to assist clients develop their own stress management treatment, prepare career development goals, and understand how to motivate others (O'Roark, 2015). Using 'psychological vital sign' information with executives and managers in leadership training is outlined in *The Quest for Executive Effectiveness* (O'Roark, 2000/2012). Psychological Vital Signs have an integral role in the Invitational Leadership Approach (ILA) model that I developed during my later career years.

Brain Training. One of my first and longest standing practical learnings in scientific psychology was about decision-making. At IAAP and IUPsyS congresses, a group of organizational psychologists from multiple countries presented papers on work psychology [I/O; now Organizational]. They collaborated to understand managers thinking processes, especially decision-making modes that proved effective in business and organizations. Thirty years later, elaborations and advances in research methods led to publication of the first of the GLOBE studies, **Culture,**

Leadership, and Organizations (House, Hanges, Javidan, Dorfman, & Gupta, 2004). A series of volumes report results of their ten-year research program, the Global Leadership and Organizational Behavior Effectiveness (GLOBE). GLOBE is a long-term program designed to conceptualize, operationalize, test, and validate a cross-level integrated theory of the relationship between culture and societal, organizational, and leadership effectiveness. A team of 160 scholars worked together to study societal culture, organizational culture, and attributes of effective leadership in 62 cultures. The book is primarily based on the results of the survey of over 17,000 middle managers in three industries: banking, food processing, and telecommunications, as well as archival measures of country economic prosperity and the physical and psychological well-being of the cultures studied.

While eminently relevant to organizational consulting psychologists in developing intervention and treatment plans, more generally relevant to development of thinking and decision-making competencies comes from neuroplasticity and neurogenesis (Sirkin, 2014). **The neuroscience discovery that humans are "soft-wired" and that brains are fundamentally plastic, which has a plasticity switch. That switch is turned on when we are paying careful attention, when we are expecting reward or punishment, when we are working to accomplish a desired achievement, and when we experience surprise or threat from unanticipated stimulus.**

Why is this the most exciting cutting-edge knowledge-into-action information I came across? It is a breakthrough for wellness and thinking and memory retention during an extended lifespan. It says we can strengthen or re-strengthen connections between neurons, can slow shrinking brain centers and re-thicken targeted centers of shrunken grey matter. **We can significantly improve our capacity to enduringly remember any kind of input.** (Merzenich, 2013; 2008; www.integratedlistening.com/).

Mark Sirkin, PhD., recommends several models for ways Brain Training can be put into action as a psychological service. The goals of brain training can be for rehabilitation from psychological disorders or neurological problems, for maintenance and for obtaining peak performance levels. Clients increase ability to manage stress, gain power to concentrate, learn to recognize and manage emotions and gain a capacity for lifelong learning. The Models suggested for practitioners begin with 1. offering brain training in the context of other clinical and psychological services such as physical therapy, occupational therapy, medical treatment or psychotherapy; 2. Integrating with healthcare, to improve functioning and wellbeing; 3. Coaching that addresses a continuum from adequate health to peak achievement; and 4. Personal training for wellness lifestyle in spas or many continuous care retirement communities. **The brain training activities are woven into psychological life coaching that includes nutrition, aerobic exercise, meditation, body work like tai chi and yoga.**





An impact study (Reebok, et.al (2014) included 487 cognitively healthy adults, aged 65-93, showed participants became 131% faster processing, had 10 years improvement in memory and 77% reported benefits in everyday life. An ongoing study, funded by the National Institutes of Health at U. of Alabama at Birmingham, Penn State U. and others, included 2,832 participants showed large improvements in cognitive abilities, a 35.6 % reduction in risk of serious health-related quality of life decline. Studies are still underway to determine if brain training benefits younger or older participants more [currently no difference are being found] and if it is better to do the exercises at home or in a supervised setting [again, no differences found yet].

As one who has reached a time of life where things that used to take me one or two days, now take all week, Brain Training is an exciting and encouraging frontier for taking knowledge into action. So glad to learn that it is never too late to get into the wellness- swim and make brain training a daily activity.

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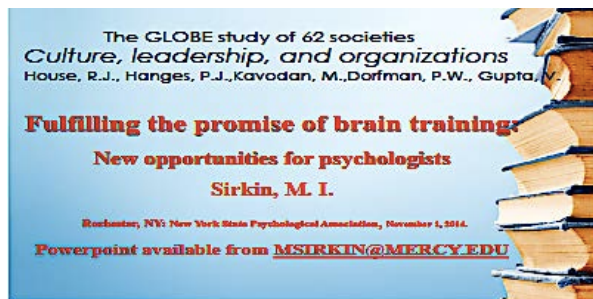
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www.integratedlistening.com/ What is Neuroplasticity? | Change the brain's function. (720) 580-092). Just as you exercise your body, you must exercise your brain to keep it healthy. Keeping your brain growing and learning requires real effort and real engagement. Holistic Brain Training. Founded In 2007. Types: Products, Training, Media, Research and Case Studies, Providers.

ADDITIONAL REFERENCES




Awards and Platforms

At the International Council of Psychologists' 77th Annual Scientific Program and Board Meetings in Cadiz, Spain, June 11-14, 2019, the following two Award presentations were delivered.

1. Dr. Klaus Boehnke of Jacobs University Bremen, Germany, recipient of the Advanced International Research and Service Award. *Subjective Perspectives on Value Transmission: Insights from a Multi-Wave Panel* [Excerpts from [powerpoint materials].
2. Dr. Machiko Fukuhara, Emeritus, Tokiwa University, Tokyo, Japan, and Director, Japanese Microcounseling Institute.

The IU provides a platform for United Nations Articles and Short Reports.





Klaus Boehnke,
PhD
Bremen, Germany

Fukuhara Award
Excellence in
Advanced International
Psychology Research
and Service

Jacobs University,
Bremen International Graduate School of Social Sciences
(BIGSSS) and National Research University Higher School of
Economics International Scientific-Educational Laboratory
for Socio-Cultural Research

Subjective Perspectives on Value
Transmission: Insights from a
Multi-Wave Panel

Dr. Boehnke's Fukuhara Award Invited address in Cadiz illustrates excellence in interdisciplinary methodology, basing analysis of data on a theoretical construct. For this study, the theory addresses basic human values that serve as motivational goals, as proposed by Shalom Schwartz (1994, 2012).

Since the work on this topic is in-process and on-going at BIGSSS, the final paper remains in-process and information about the presentation is taken from Boehnke's power point prepared for the ICP Inc Cadiz conference.

Professor Klaus Boehnke, BIGSSS Chair and Professor of Social Science Methodology at Jacobs University Bremen, is President of the International Association for Cross-Cultural Psychology (IACCP), 2018 to 2020.

The International Association for Cross-Cultural Psychology was founded in 1972 with the aim to put the non-Euro-American world on the map of academic psychology.

In the early days of BIGSSS, Boehnke, together with several other members of the BIGSSS faculty (Ulrich Kühnen, Franziska Deutsch, and Mandy Boehnke) organized IACCP's 2008 International Congress on the Jacobs campus, making it the IACCP congress with the highest attendance (600) until then. Boehnke campaigned for the IACCP presidency; motto of the congress was Rendering Borders Obsolete--Cross-Cultural and Cultural Psychology as an Interdisciplinary, Multi-Method Endeavor. The following are excerpts/ edited Boehnke quotes:

"... borders have often been overemphasized, borders between social psychology and other sub-disciplines of psychology, borders between universalist, etic, quantitative and indigenous, emic, qualitative approaches ... borders between (cross-)cultural psychology and neighboring social science disciplines like sociology, anthropology, political science, or neuroscience... It is my vision to indeed make these borders obsolete ... to overcome borders between the WEIRD (Western, educated, industrialized, rich and democratic) and the majority world, ... I find it important to not only fill the trenches between differently-focused research paradigms but to also include more wisdom from

neighboring disciplines that look at behavior and experience from an angle that differs from the psychological focus on the individual.”

Subjective Perspectives on Value Transmission: Insights from a Multi-Wave Panel

[An investigation into changes in perceived self reported values held by self, peers, parents and partners]
Information from Cadiz Powerpoint
Refugee & Migration History

WAVE	Year of Data Gathering	N	Retention Rate in Percent	Age Range (Mean Age)	Percent Women
1	1985	1492		8-20 (13.9)	54
2	1988/89	837	56	11-23 (17.5)	56
3	1992	541	65	14-26 (21.1)	58
4	1995/96	367	68	18-30 (24.7)	57
5	1999	241	65	21-34 (28.2)	58
6	2002/03	201	83	24-36 (31.5)	61
7	2006	220	109	28-40 (35.0)	60
8	2009/10	203	92	32-44 (38.9)	60
9	2013	190	94	36-47 (42.3)	60
10	2016/17	197	103	39-55 (45.8)	60

A one-item-each measure of the 10-value version of the Schwartz value circumplex was included as of Wave 5 of the study. At that time (1999), study participants were on average 28 years old (Wave 5).

- (1) Value preferences stay essentially stable during people's adult lives, be it own values or subjective impressions of the values of parents, peers, and partners (Karl Mannheim).
- (2) People's values as well as their perceptions of other people's values become more conservative across the lifespan (folk wisdom).
- (3) Subjective impressions of value preferences of peers and partners are more similar to people's own value preferences than are those of the values of their parents (James Youniss).
- (4) Subjective impressions of value preferences of parents become more similar to people's own value preferences across the lifespan (folk wisdom).

For testing hypotheses, latent growth models were calculated (using AMOS 25).

For testing Hypotheses 1 and 2 latent growth models were calculated for ipsatized value scores

For testing Hypotheses 3 and 4 latent growth models were calculated as well, but based on squared differences between—again ipsatized—value preferences of self and significant others (parents, friends, partners).

SELF

Universalism preferences increase over time Conservation value preferences (Tradition, Conformity, Security) increase

over time Achievement and Hedonism value preferences decrease across the lifespan. Benevolence, Power, Stimulation, and Self-Direction values remain stable.

Value Type	Intercept (Rank)	p	Slope	p
UNiversalism	4.11 (2)	<.001	.23	.021
BEnevolence	4.64 (1)	<.001	.13	.138
TRadition	1.54 (9)	<.001	.42	<.001
COnt conformity	3.74 (3)	<.001	.49	<.001
SEcurity	3.35 (7)	<.001	.38	<.001
POwer	1.11 (10)	<.001	.02	.840
ACHievement	3.46 (6)	<.001	-.45	<.001
HEdonism	3.51 (5)	<.001	-.53	<.001
STimulation	2.16 (8)	<.001	.14	.190
Self-Direction	3.54 (4)	<.001	-.18	.087

PARENTS

Perceived parental preferences of tradition values increase over time Perceived parental self-enhancement (Power, Achievement, Hedonism) value preferences decrease across time.

Value Type	Intercept (Rank)	p	Slope	p
UNiversalism	3.35 (4)	<.001	-.13	.238
BEnevolence	4.71 (1)	<.001	-.18	.079
TRadition	2.58 (6)	<.001	.23	.009
COnt conformity	4.20 (2)	<.001	.08	.390
SEcurity	3.81 (3)	<.001	.22	.100
POwer	1.52 (9)	<.001	-.26	.027
ACHievement	3.18 (5)	<.001	-.38	.002
HEdonism	2.41 (7)	<.001	-.30	.004
STimulation	1.28 (10)	<.001	-.13	.219
Self-Direction	2.40 (8)	<.001	-.15	.105

FRIENDS

Perceived value preferences of friends increase both for self-transcendence (Universalism, Benevolence) and conservation values (Tradition, Conformity, Security). Perceived value preferences of friends strongly decrease for Hedonism values

Value Type	Intercept (Rank)	p	Slope	p
UNiversalism	3.11 (4)	<.001	.28	.004
BEnevolence	3.86 (1)	<.001	.26	.005
TRadition	1.37 (10)	<.001	.72	<.001
COnt conformity	3.04 (6)	<.001	.68	<.001
SEcurity	3.09 (5)	<.001	.43	<.001
POwer	1.55 (9)	<.001	.09	.429
ACHievement	3.40 (3)	<.001	-.16	.093
HEdonism	3.43 (2)	<.001	-.87	<.001
STimulation	2.13 (8)	<.001	-.17	.102
Self-Direction	2.89 (7)	<.001	.11	.184

PARTNER

Least change in perceived value preferences of partners
Perceived value preferences of partners increase for Tradition values. Perceived value preferences of partners decrease for Achievement values, Hedonism values, AND Self-Direction values.

Value Type	Intercept (Rank)	p	Slope	p
UNiversalism	3.35 (6)	<.001	.09	.509
BEnevolence	4.47 (1)	<.001	-.19	.164
TRadition	1.74 (9)	<.001	.31	.029
COntoformity	3.66 (2)	<.001	.07	.556
SEcurity	3.43 (5)	<.001	.18	.171
POwer	1.33 (10)	<.001	.10	.486
ACHievement	3.55 (3)	<.001	-.44	<.001
HEdonism	3.65 (2)	<.001	-.65	<.001
STimulation	1.96 (8)	<.001	-.21	.114
Self-Direction	3.31 (7)	<.001	-.76	<.001

Differences in perceived value preferences of significant others do NOT develop linearly.

Differences in (perceived) value preferences of partners are seen as smallest, of parents as intermediate, and of friends as relatively largest.

Acknowledging that perceived value preferences of significant others do not develop linearly, the overall increase in difference is largest for partners, intermediate for parents, and almost non-existent for friends.

Reference Group	Intercept	p	Slope	p
Parents	.36	<.001	.62	.010
Friends	.47	<.001	-.04	.807
Partner	.22	<.001	.96	<.001

HYPOTHESES REVIEW

(H1) Value preferences stay essentially stable during people's adult life, be it own values or subjective impressions of the values of parents, peers, and partners (Karl Mannheim)

There is some evidence corroborating this hypothesis. However, looking at all ten values simultaneously, there is more change than stability. Most importantly, change is not only found in support of folk wisdom (H2), but also for Universalism (increase; sample peculiarity?) and Achievement/Hedonism (decrease).

(H2) People's values as well as their perceptions of other people's values become more conservative across the lifespan (folk wisdom).

There indeed are increases in value preferences (perceived and self-report) for all three conservation values (Tradition,

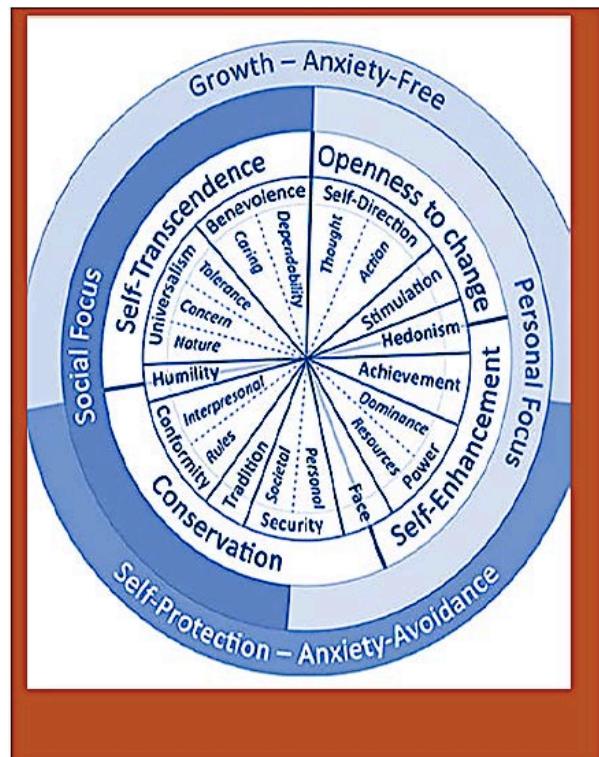
Conservation, Security) for study participants as well as their significant others. However, only Tradition values gain significantly more support over time from self and all significant others. Upward changes in Conservation and Security values are significant for self and friends only.

(H3) Subjective impressions of value preferences of peers and partners are more similar to people's own value preferences than are those of the values of their parents (individuation hypothesis).

Rank correlations between self-reported value preferences and perceived value preferences of significant others support this hypothesis. However, looking at overall (squared) difference scores, perceived partner values are most similar, parents' second-most and perceived value preferences of friends are most dissimilar to one's self-reported value preferences.

(H4) Subjective impressions of value preferences of parents become more similar to people's own value preferences across the lifespan (folk wisdom).

NO, perceived parent value preferences become more DISsimilar from participants' self-reported values, but so do partner values. Perceived values of parents and of partners do, however, not develop linearly in the eyes of respondents, but fluctuate considerably.



SHALOM H. SCHWARTZ, PhD. –

Human Values Variables

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- 1. **Benevolence:** Preservation and enhancement of the people with whom one is in frequent personal contact (meaning especially family). (helpful, honest, forgiving, responsible, true friendship, mature love)
- 2. **Universalism:** Understanding, appreciation, tolerance, and protection for the welfare of *all* people and for nature. (broadminded, social justice, equality, world at peace, world of beauty, unity with nature, wisdom, protecting the environment)
- 3. **Self-Direction:** Independent thought and action—choosing, creating, exploring. (creativity, freedom, choosing own goals, curious, independent)
- 4. **Security:** Safety, harmony, and stability of society, of relationships, and of self. (social order, family security, national security, clean, reciprocity of favors, healthy, sense of belonging)
- 5. **Conformity:** Restraint of actions, inclinations, and impulses likely to upset or harm others and violate expectations or norms. (obedient, self-discipline, politeness, honoring parents and elders)
- 6. **Hedonism:** Pleasure or sensuous gratification for oneself. (pleasure, enjoying life, self-indulgent)
- 7. **Achievement:** Personal success through demonstrating competence according to social standards. (ambitious, successful, capable, influential)
- 8. **Tradition:** Respect, commitment, and acceptance of the customs and ideas that one's culture or religion provides. (respect for tradition, humble, devout, accepting my portion in life)
- 9. **Stimulation:** Excitement, novelty, and challenge in life. (a varied life, an exciting life, daring)
- 10. **Power:** Social status and prestige, control or dominance over people and resources (authority, wealth, social power).

1 History, Scientist — Practitioner Model

The notion of psychology being an applied discipline seems to be the foundation of the beginning of the history of psychology. I understand that **it started with the establishment of scientific psychology by Wundt in 1879**. The first International Congress was held in **Paris and in 1892** at the second gathering, it was decided that its purpose was to carry out scientific research and to exchange information among members. Participants from 20 countries attended.

The name of this group has been changed several times including **The International Union of Scientific Psychology**, and finally in **1950** the name decided upon was **The International Union of Psychological Sciences (IUPsyS)**. This is familiar to you, today. This association is also under the International Council of Scientific Union which participates in uniting areas of social science and behavioral science.

Under the umbrella of the IUPsyS, **the International Association of Applied Psychology (IAAP)** was established in **1920** by Claparède, E. and his associates. Thus began the International Association of Psychologists. The first Congress was held under the name of Psychotechnics Applied to Vocational Guidance. This concept influenced Parsons, F. and others who initiated career guidance in the USA as well as experimental psychologist, Munsterburg, H. in Europe.

Psychotechnics in the field of psychology were organized so that psychologists could use assessments for career guidance and developing experimental facilities. As a result, a unique system of applied psychology started. Social Welfare or Career Counseling was relatively new in Europe and the USA. **The International Association of Psychotechnics was organized in Barcelona in 1927, then the name was changed to IAAP in 1955**. The 23rd Congress of IAAP was held in Madrid. The mission of IAAP is to develop applied psychological science and practical work. It stresses the importance and findings of basic psychology to researchers and well being of others.

Next, I will discuss our ICP. As you know this was found in 1941 in the USA as **The National Council of Women Psychologists**. In 1946, it became the **International Council of Women Psychologists** focused on education and global application of scientific psychology. Then in 1959, it opened its doors to male psychologists and became **The International Council of Psychologists**. The mission was to provide a collaborative forum for mental health and social health scientists from other fields of psychology and science.

The notion of Scientist — Practitioner became common in the early stages of the field of psychology. However, in the field of Counseling and Clinical psychology it was accepted specifically with the **Bolder Model in 1949**.

2 Getting familiar with this concept myself — finding the rationale of putting Science into Practice

The development of my understanding of the concept of 'scientist-practitioner' within the discipline of professional



Scientist — Practitioner Model

INVITED ADDRESS. UNIVERSITY OF CADIZ, SPAIN
JUNE 2019

Thank you for this invitation to talk to you today. I feel greatly honored.

psychology has been conceptualized along with my research career. As a counseling-clinical psychologist dealing with studies of personality measurement, emotion, self-actualization of individuals and groups, communication skills for counseling and psychotherapy and its generalization brain-based counseling or neurocounseling, my interest has been expanded and deepened throughout the years.

1960-1980

1) Research on Edwards Personal Preference Schedule (EPPS). When I came back to Japan from the USA in the early 60s, I was at a loss for I could not find any academic institutes that introduced counseling. **The concept of counseling psychology was not familiar in Japan. Even though it was not known and entirely accepted here, I was eager to introduce it in academic fields as well as to Japanese society.**

I started to think that cultural differences might be an affecting factor. For instance, many Japanese tend not to disclose their personal problems to others, while others tend to consult just close family members and friends. Especially when they are not familiar with professional counseling, it is difficult for them to seek help. Moreover, from the literature as well as my past research, I-You relationships of human beings seem to be different from those of people in the USA (western culture): In western culture, individuality implies respecting one's existence as well as that of others', especially for one's self-actualization, but for Japanese 'individuality' is seen to be 'self-centered'.

However, I thought that even though the USA consisted of various ethnic groups, counseling seemed to be accepted. Here I hypothesized that among human beings there must be similarities and differences, and some type of basic key factor which affects this similar trait of human beings might exist; if this is not accepted, some cultural factors might influence the concept of counseling.

I was motivated to carry out research on the similarities and differences among human beings who will receive counseling services effectively, in order to prove the above.

As part of the research, I conducted a survey on 'counseling services' and distributed it to university students. What I wanted to know was, 1) if they knew about 'counseling services', 2) if they knew whether or not they wanted to seek counseling services; if not, why, and to whom they would like to consult about their problems.

I translated the EPPS that I had studied about in the USA and administered it to Japanese students. I analyzed the data obtained from 800 students and categorized their personality traits into 8 types.

Those types were compared using the survey mentioned above. The features include types of extroversion, independent, and dominant traits sought for consultation from nonprofessionals, not from professionals. The non-dominant did not seek counseling. Those types who sought counseling were unexpected. When compared with data, though a small sample I obtained from US students, it showed similar tendencies. This might have

suggested to us that there are similarities among human beings with different cultural backgrounds in terms of personality traits which bring about similar behavior.

2) State Trait Anxiety Inventory (STAI). Carrying out other research on STAI innovated by **Spielberger, C.** I have found that it is also important to be aware of the existence of multiculturalism associated with individuals and groups in the process of translation (making the Japanese version, STAI-JYZ). My hypothesis was proven when the instrument was given to Japanese subjects: STAI-JYZ was administered to 700 Japanese students and it was found that the Japanese tended to be more anxious when compared with their counterparts, the USA students.

Also, the Japanese are likely to suppress expressions of positive feelings. In addition, the Japanese tended to be conscious of how they see others as well as conscious of how they are seen by the others. I realize that we might not be able to disregard cultural factors in addition to personality factors in order to understand the behavior of the individuals. It is clearly said that factors of various kinds affect one's behavior. Factors include internal (personality trait, expectation, emotional—cognitive situation, etc.), and external (cultural — social personality, cultural stimuli, etc.). **Also, I have found that the behavior of being verbal and/or non-verbal on the part of the individual has a 'process', like stimuli-emotional arousal-awareness-cognition-behavior-emotion. And this process might be affected by both environmental and cultural factors.**

Those studies encouraged me to explore this process which involves the physiological reactions of the individuals in this circle.

1980-2000

Microcounseling. As a scientist/practitioner, on the basis of Similarities and Differences, I became interested in Microcounseling which was innovated by A. E. Ivey and others (1972), from its early stage.

Regarding the 'Similar part' among the individuals, I had confidence that I should be attentive to 'Attending' skills in Ivey's term, as effective and common to all skills. I believe that this is the result that he recognized in that there is a similar part in which the skills, attending skills, are effective. Also, I have recognized this term Ivey uses (attending) is likely to relate to the similar concept I have obtained from my earlier findings as has been mentioned above. I named the skills (attending skills that work effectively) as 'Basics' common to all helping relationships.

Through long years of collaborative study with Drs. Ivey, I have recognized that 'attending' is the most important attitude among human relationships, whether it is a professional relationship or not. This is to be transferred too in real life situations. (Later for generalization) Ivey warned professionals to be careful about their use of skills to help solve different problems for a variety of individuals. Because of the recognition of similar parts, we should admit the differences to understand and respect one's wellness.

Historically speaking, the background of psychology around the time of positive psychology was as strong as that of cognitive psychology. Those two concepts influenced the idea of self-actualization, self-identity, resilience, and the wellness of individuals. I am further encouraged about how I can bridge those findings and the idea of living creatures (human beings) all over the world.

2000--- Current

4) Physiological study on communication. Helping relationships are critical for individuals for their better QOL and Well-being (Neuro-counseling-physiological basis into psychotherapy)

As I have mentioned above, I hypothesized that there must be similarities and differences among individuals wherever they live. I, also, have found that when applying the principle of helping relationships to people, I should be sensitive to the differences of the individuals, too. Differences are due to an individual's attributes which come from one's innate culture. It has been found that individuals are unique and multicultural beings. Similarities and differences among them are found in terms of individual behavior. Studies done by four major predecessors, C. Rogers, R. Curkhuff, N. Kagan and A.E. Ivey will have to be proved as true on those points by physiological based experimentation. They are likely to have proved their own philosophy as effective.

Then I came to study about similarities among multicultural human beings using a neurocounseling standpoint: I wished to study counseling skills from a physiological view, so that I could verify skills can be applied to similar parts of individuals. This might be a way to put science into practice. Earlier, Fukuhara, using the Fukuhara Physiological-Behavior Analyzer System carried out preliminary experiments of communication (Fukuhara, M. 1981, 1983) with some Japanese students.

Then Fukuhara (Fukuhara, M., McPherson, R. and Hamilton, R. 1988) carried out a cross-cultural study to examine the responses of clients to counselors' questions. The purpose of the study was to see the influence of counselor's questioning skills as stimuli to the response of clients from a physiological point of view (measuring GSR, Pulse and Emotion), and to see if there are any differences among Japanese students and American students.

Some findings included 1) there were physiological significances during the interaction, 2) differences were found between the responses according to the type of counselor's question from the viewpoint of physiological significance, 3) there were differences among the Japanese students and their counterparts in terms of emotion measured. These results encouraged the author carrying out the study of counseling and psychotherapy from physiological-cultural viewpoints. This I thought will contribute to bringing knowledge of science into in vivo situations where individuals, with some of artistic manipulation, fit to different individuals. Since the 1980s neuroscience has become attentive to the research of scientists. This has brought about the development of instruments to measure brain-based responses (NIRS, etc.). Fukuhara, again, as a psychologist, was motivated to study counseling and

psychotherapeutic skills as brain-based supportive tools. Fukuhara, especially, is interested in research to find emotional arousals and functions influencing counselor/client relationships as the basis for one's behavior. J. Piaget said that no behavior exists without emotion; no emotion exists without cognition.

5) The following is my trial experiment examining skills in which a counselor uses communication with a client.

Purpose: to investigate the influence of counselor remarks (skills as stimuli) on the responses of the client from the viewpoint of culturally appropriate counseling and psychotherapy. This is the artistic part of therapy on the part of the therapist but with solid rationale. *the counselor here refers to the listener and the client refers to the talker in the conversation.

Procedure

Subject. Total of 8 Subjects (4 medical professionals; 4 office clerks.)

Skills examined. 4 types of Questions (Open Personal Q; Open Impersonal Q; Closed Personal Q; Closed Impersonal Q).

Instrument. GSR; Pulse indicator; Response Key (to measure emotional aspect); and NIRS.

Subjects were asked to sign an informed consent form. The Interviewer asked 4 types of short answer questions. During the interaction, one observer pushed the response key and one took care of the video. The data obtained by GSR, Pulse Indicator and Response Key was analyzed respectively. Next, the interviewees were asked to recall the interview session focusing especially on the specific points where data showed significant figures in response to the interviewer's question, along with the recorded data on the videotapes. Data obtained by NIRS was operated at real time as supportive information, especially for knowing the cognitive function in the process of one's emotional arousal to the response.

Results

Closed Impersonal type of Question (CImpQ) showed significantly lower scores when compared with Closed Personal type of Question (CPQ) in terms of GSR. This tendency appeared with all subjects when they were asked individually.

Open Impersonal type of Question (OImpQ) showed a similar tendency but no statistical significance was found. With the Personal type of Question (PQ) the response was likely to be open when it was used in the Closed Question (CQ) than in the Open Question (OQ).

With the impersonal type of question (ImpQ) the response was likely to be open when it was used in the Closed Question (CQ) than in the Open Question (OQ). Though this is not statistically significant the tendency was stronger with clerical staff than with medical staff.

Discussion:

Influence of the types of Question.

The Impersonal type of question in either the Open or the Closed Question seems to make it easier for the interviewee to respond to the interviewer's question. The Impersonal type of question led the interviewee to talk more with the Closed Question (CQ) than with the Open Question. Therefore, the Impersonal type of question in the Closed Question (ImpQ) seems to lead the interviewee to talk more openly. The similar tendencies were found from the results of the experiment carried by the authors (Fukuhara, 1998).

Japanese are likely to be hesitant when thinking about personal issues. However, a slight difference was found between the results by medical professionals and sales clerk. This alerted us that there are various factors influencing interviewee's responses, such as one's personal characteristics, workplace, etc. Individuals are multicultural beings.

The experiment compared the effectiveness of 'Attendance' (mentioned earlier as effective skills to similar parts of unique individuals), with that of non-Attendance. The former showed more significance than with non-Attendance in terms of GSR, response key (measured emotion), and cognitive aspects (measured by NIRS at real time): Brainbased phenomena (positive emotion) seems to be related to this from a Neurocounseling standpoint. Positive relationships will make people feel happy and content.

Conclusion: (2)

Professional caretakers should be alert to the similarities and differences of the individuals. Similarities are the basis which are common to all. Differences are built on culture associated with the human being.

Predecessors of counseling psychology, with case studies and/or with live research emphasized that taking care of the basic steps (with listening attitudes) is important when carrying out counseling. They have suggested to work on the similar part of human beings as a base of communication. In this preliminary research I myself tried to prove it with brain-based (neurocounseling) approach. This is likely to have been successful in understand/deepen what predecessors suggest regarding how to approach to the individuals and groups worldwide for the Wellness of them in their real life situation: This psychological/physiological study carried out by Fukuhara supported the results / idea being suggested by predecessors'.

In order to develop this philosophy of Science into Practice, as being a scientist—practitioner one should carry out case studies on this basic concept that scientific knowledge obtained should be applicable to each individual in real life situation.

Interdisciplinary and collaborative work with psychologists from different disciplines as well as other professionals will be encouraged.

Thank you for listening. Gracias!

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ICP, Inc. 77th Annual Conference Cadiz, Spain

Dr. Machiko Fukuhara is the recipient of the 2018 Frances Mullen Distinguished Contribution to International Psychology Award. She is an Honorary Professor with the Tokiwa University in Mito City in Japan, the Director of the Japanese Association of Microcounseling which is accredited by the Science Council of Japan, and the Director of Psychoeducation Institute in Japan. She collaborated with an ICP Past President, Charles D. Spielberger, on state-trait measures of anxiety, anger, curiosity, and depression Dr. Fukuhara has been a member of ICP since 1964. Her contributions to the ICP are varied and impressive and include being an Area Chair (1976-1983), Director-at-Large (1984-1987), Treasurer (1990-1993), and the ICP President in 2016-2017, among others. She was a key organizer for the 1990 ICP conference in Tokyo and the 2016 ICP conference in Yokohama. She established an ICP, Inc. Award Fund through which the Fukuhara Advanced International Psychology Research and Service Award is supported. In 2017, she established the ICP Early Career Professional/Student Conference Travel Award and the ICP Conference Workshop for ECP and students whose first language is not English that are funded through a generous donation from Tokiwa University. Both of these recent awards are designed to support the research activities, training, and professional development of early psychologists and students from economically-challenged regions of the world, who have to travel a far distance to attend ICP conferences, and/or whose first language is not English. Dr. Fukuhara has also served two terms on the Board of Directors with the International Association of Applied Psychology (IAAP) and was made an IAAP Fellow in 2014 in recognition of her contributions to applied psychology. In summary, Dr. Fukuhara has been instrumental in developing counseling psychology in Japan. She also has been a very strong advocate of international psychology as seen in her work with the ICP and IAAP. She also is one of the leaders who are actively nurturing future generations of international psychologists. Her leadership in creating the two most recent ICP awards in 2017 is a rare example of formal initiative to empower and offer research and training opportunities to psychology students and early career professionals from all over the globe, including those from distant and economically challenged parts of the world.

PLATFORMS

Psychiatrist Stephen Snyder discussed "accidental sex therapy"



Professor Snyder (center) with past and current NYSPA Presidents Leonard Davidman and Alan Hack.

On May 19, 2019 at Fordham-Manhattan, Professor **Stephen Snyder** of Mount Sinai's Icahn School of Medicine discussed his work on "accidental sex therapy" with clients who come for other issues, unaware that sexual issues may be involved as well. He is a psychiatrist, media consultant, and the author of the acclaimed volume, *"Love worth making: How to have ridiculously great sex in a long-term relationship"* (St Martin's, 2018).

Professor Snyder feels therapists can be prepared to help clients of all ages to rediscover the joy of healthy sex. Over 35 psychologists and students heard him present a dozen common sexual issues with his diagnoses, and answer many audience questions in the process. Professor Snyder provided signed copies of his book.

This two-hour workshop was arranged by the **Manhattan Psychological Association**, and hosted by **Fordham University**. For more details on Dr. Snyder, check www.sexualityresource.com/ For details on MPA, check www.mpapsych.org, or contact the MPA President at: takoosh@aol.com

Secrets of career success for psychology students

by
Thomas Mariani & Harold Takooshian **
Fordham University, NYC

"What can students and recent graduates do to best prepare for a future career in psychology?" This is a universal question facing psychology graduates world-wide.

On June 18, 2019, a dozen students participated in a workshop where six experts discussed this question at Fordham University in New York City. The workshop was arranged by Fordham University, the Manhattan Psychological Association (MPA), and chapters of Psi Chi--the International Honor Society in Psychology. The forum was welcomed by MPA Board members **Leonard Davidman** and Dean **Elaine Congress**.

Professor **Jason R. Young**, past President of Psi Chi, opened the workshop with a presentation on developing career skills. Professor Young has been working on this topic with the American Psychological Association (APA) (See notes 1, 2 below). He focused on things psychology students are already learning, to better prepare them for the workplace. He highlighted five skill domains valued by employers--including cognitive, communication, personal, social, and technology. He noted the importance of students citing specific examples of experience and classifying them into these domains to share with future employers.

Dr. Roxanne Moadel-Attie of the U.S. Census Bureau, shared a presentation focused on career trajectory and preparing for success. She tackled the ever-present question, "Why go to grad school?" and the necessary steps to obtain a graduate degree, including the importance of researching your areas of interest, and the departments and professors in the field focused on those areas.

Professor **Harold Takooshian** focused on networking for success. He quoted the classic Bennington Studies in the 1950s, that concluded college students actually learn more outside than inside the classroom, demonstrating the importance of co-curricular activities. He encouraged attendees to get involved—for example, to join clubs or professional associations.

Bizu Solomon and **Cheretta Robson**, career counselors and graduate school specialists in Fordham Career Services, spoke of the importance of getting involved, placing an

emphasis on volunteering, working in your field of study, or conducting research with faculty.

Ethan Chazin, a past professor at Fordham and President of the Chazin Group, shared a presentation about unleashing our full potential--bridging the divide between counselor and career coach. He opined on the importance of brand building and the idea that today, people in the psychology field should "career" counsel their patients.

Several of the six presenters prepared powerpoints. A complete set on speakers' powerpoints is available on request, by contacting takoosh@aol.com. Speakers can be



Speakers (l to r): **Ethan Chazin, Jason R. Young, Roxanne Moadel-Attie, Leonard Davidman, Elaine P. Congress, Harold Takooshian**

contacted directly, below:

**** Thomas Mariani** is a U.S. Marine Corps veteran, and student at Fordham University.

Harold Takooshian is the President of MPA, and past-President of Psi Chi, the International Honor Society in Psychology.

ICP video on NGOs at the United Nations

from
Harold Takooshian & Elaine Congress
Fordham University, NYC

On June 20, 2019, over 20 psychologists and students gathered at Fordham-Manhattan, for the monthly meeting of the Psychology Coalition at the United Nations (PCUN, www.psychologycoalitionun.org).

The International Council of Psychologists (ICP) was one of the first psychology groups to register with the UN as a Non-Governmental Organization (NGO) back in 1981, long before APA (1999) and the IUPsyS (1998). The ICP team is a charter member of PCUN, currently headed by Florence Denmark.

Back in May of 2000, ICP produced a unique 40-minute educational video on "NGOs at the United Nations," co-produced by psychologist Selma Sapir and sociologist Eva Sandis. This "forgotten" video interviews many of the early NGO leaders describing the rich history of NGOs at the UN. This video was screened at the June 20 PCUN meeting. Based on viewers' comments, this will be re-screened for a wider audience in fall of 2019. For any details, contact: takoosh@aol.com.





Selma Sapir, PhD., New York, NY, 1997 President, 55th Conference, Graz, Austria. Dr. Sapir served as the first ICP, Inc. Main Representative to the United Nations.

MY LYRICAL POEM Pashtun Woman

I wrote the words for this lyrical poem, Pashtun Woman, in a rhythm and evocative cadence to the delicate and haunting melody, *A Thousand Splendid Suns*. This melody was composed by the talented **Australian folksong writer, singer, and diplomat, Ian "Fred" Smith**. The singing is by gifted Australian songstress, **Liz Frencham**. The title of their melody was adapted from a **Seventeenth-Century Afghan poem, written by Saib e Tabrizi**. The version in my possession was sung at the **Concert for Uruzgan, at the Burrinja Cultural Centre, Sydney, Australia, on June 19, 2014**.

Refugees are difficult to determine with exactness. International authorities conclude there are more than six million Afghani refugees and internally displaced persons. Most of this number of refugees and displaced people traveled to Iran and to Pakistan, many settled amidst uncertainty and deprivation in the town of Peshawar, Pakistan.

The full extent of their plight in these countries is often unknown. They are unwanted and subject to abuse and exploitation. While Afghan diaspora exist across the world, some find new lives in Europe or the United States; the number finding safety is low, however, and the world seems to have ignored their plight. It is, in many ways, genocide, of the Afghan people, a genocide rooted in abandonment and powerlessness at the hands of hegemonic powers.

Anthony J. Marsella, Ph.D., a member of the TRANSCEND Network for Peace, Development and Environment, is a past president of Psychologists for Social Responsibility, Emeritus Professor of psychology at the University of Hawaii's Manoa Campus in Honolulu, Hawaii, and past director of the World Health Organization Psychiatric Research Center in Honolulu. He is known internationally as a pioneer figure in the study of culture and psychopathology who challenged the ethnocentrism and racial biases of many assumptions, theories, and practices in psychology and psychiatry. He has published 21 books and more than 300 articles, tech reports, and popular commentaries. He can be reached at

marsella@hawaii.edu. This article originally appeared on Transcend Media Service (TMS) on 19 Jun 2017.

Pashtun Woman: Enduring the Unendurable

BY

Anthony J. Marsella, Ph.D.

I.

I must now leave this land I love, Or perish, and remain forever. I will miss blue skies high above, Mountains, valleys, rivers, I have wandered. There is no reason to remain, All life and memory are now deeply stained. They said they came to make us free, But all they brought was misery.

I must make a sacred journey from my home, Seek life anew far from where I was born. My heart and spirit are now broken and forlorn, Buried forever in this earth scorched and torn.

II.

I will join others for a distant walk, They say they know where they are going. They say their brothers have gone before. And there found safety from the war. They whisper Peshawar many times, I will follow them, but perhaps there die. My eyes are swollen from my tears, I travel blindly, no longer feeling fear. Soldiers and warriors promised us peace, and so much more, But they were only here to make a war. Their words were lies, absent any sincere meaning, Our bodies now lie dead or bleeding.

III.

What did my tiny children do? They were so innocent as they played. They brought us joy and laughter

Now I place flowers on their graves. My husband is gone, no longer here, Buried beneath rubble and rocks I fear. He said he must go to fight the foe. It was written he said, so it must be so. Now I pack soiled sour grains to eat, Tie my strongest sandals on my feet. I carry now my few remains, Tattered photos covered with blood stains.

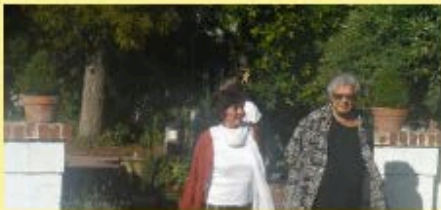
IV.

Do they know or care what they have done? With their lies and promises, what have they won! They have planted endless grief, The war they cause will never cease. We are Pashtun, brave and strong. But now all we have left are poems and song. I go now, and close the gate, I go now, and follow fate.

VIGNETTES: Powerful Flashbacks

Maria Consuelo Barreda-Hanson, PhD.

Australia ICP, Inc. President 2008
66th Conference, St. Petersburg, Russia: Families in Transition



Maria Consuelo Barreda-Hanson, left, walking in Selby Botanical Gardens in Florida with A. O'Roark

Dr. Barreda-Hanson, above right, has been traveling the globe in a series of cruise adventures while her retirement home was being completed near the northeastern region of the Great Barrier Reef in the Coral Sea. The following are a few of her retirement-reflections.

A Maori Girl

Raven black hair fell like soft baby feathers in small waves down her slender, youthful back. Her soft shiny skin, the color of wet brown sand, contrasted the lightness of her pearl blue eyes, revealing her mixed cultural inheritance. But Chrissy, the daughter of my guide, had a full Maori spirit. Her personality sparkled as she gave accounts of her ancestors, family unity and traditions. Her eyes had an intense brightness, as powered by an electric current as she spoke of the love she had for her tribe and the teachings of her elders. Chrissy was the new generation, the link in the chain binding the old, the new and the to come, so that the bravery and the culture of the tribe she was so proud of, not be forgotten as yesterday's wind, making me want to be one with them. *Maria*

A Phoenix rises in Phuket

I strolled the streets of today, remembering 15 years ago. Today tuk tuks and taxis abound, and myriad of shops cater to all tastes. Restaurants tempt with scrumptious smells and massage parlours invite with exotic, relaxing aromas. The past has changed the present, enabled many to place their lives in a different context. I remember 2004, when assisting tsunami survivors to resolve their trauma and find solutions for returning spirits needing to rest. Then, they had not let the terror, worse than any nightmare they could have conjured, graft scars in their souls. They fashioned a different reality from the collapse of their lives. Their believe in God's will kept them going and their need to honor their dead, the one goal that kept them from disintegrating. They had no room or time for melodrama, so they rebuilt the city, many leaving the seas to make bricks, others to cook, so a new Phuket, like the Phoenix, was reborn.

A Memoir: one of the children within a client with an identity disorder

Sally, one of the children

She had never seen a sky so ablaze with stars, so alive with light; the moon, shining bright behind eucalyptus tree tops, in a cloudless sky. Sally was one of the many children created by her host, for protection against traumatic experiences. At 12, she was to be initiated into a satanic cult where she had been involved in various tortuous and sexually deprived activities since a toddler. Today would start her training to eventually become a priestess. She stood, as directed, with holding the tray that would hold the parts of the girl being sacrificed, for the planting. The girl, slightly older than herself, lay in an altar, in a clearing that held the secrets of life and death. A cracking fire kept them warm and cast its reddish glow all around. Sally watched the sleeping girl's face while the bleeding was carried out, while they drank her blood and then, while they, ceremoniously, cut her arms and legs, putting them on her tray.

> Sally has been a witness to these and many other events, since at seven she had been reborn from an animal. A bull had been killed, disembowelled, and she had been born out of it's stomach. But today, she had an important role so she stood bearing the increasing weight of her tray, feeling the air stirring softly around her, as if birds had come back to life and their light feathered wings passed nearby. Then she heard the gentle chanting of the members, like the humming of birds, as they lead hear to each of the four planting sites.

> Today I talked with Sally. Many years had passed since she escaped the cult - many years of hiding, of darkness and fear. Many years during which her host had become stronger, more resilient and built a new life. "So why are you around Sally?" I asked "your host is safe" I wondered what was the salient issue. She looked at me and said "I didn't know her name and she was not buried all together." I realised that Sally, noting the victim's age close to hers, had for the first time, felt a connection, some empathy. "You can name her" I said "and picking up her parts, bury her all together." So we worked a plan in which Sally visualised me helping her collect the pieces, put them together in a straw basket we had made, lined with moth to make it soft. Before going to a burial place, she said "I have named her Misty, because I saw her first through a mist and I want to bury her by myself, so no one knows and she will be safe." After a while of deep concentration Sally said "I found a beautiful, peaceful place with flowers. No one will ever find her. I don't need to protect anyone anymore, so I can go to Emerald." And, as had been decided by the children, who had invented color and Emerald their place of farewell, she picked up her color, drew it on the farewell picture and with that, Sally was gone.

> Maria 8164

A Humbling Experience: My first criminal client

This was my last therapy session with Richard. He was a most charismatic white man, of hair like the feathers of a black raven that fell to his neck and barely touched his ears, over a handsome masculine face, dominated by deep, piercing brown eyes. As usual, he was scrupulously groomed and dressed with blue jeans and a freshly ironed light blue shirt. His masculine cologne was ever present. Richard was a killer; a contract killer, having shown no remorse or scruples shown at his hearings. He had been paroled before his time because of "exemplary good behaviour and commitment to learning a trait." He was considered a model inmate and had attained a diploma, with distinction, in car mechanics and participated in all social and religious activities in jail. Though early in my career I had done much work for the court I had limited experience with hard core. Criminals. But this judge liked me and had insisted I take on Robert for at least a year's therapy to smooth his transition back to society, help him find a job, see he didn't revert to crime and monitor his progress. He requested regular feedback and a final report. Both my supervisor and I were most pleased with Robert and no extension of treatment was requested. On this, his last session, Robert was beaming happily. "Thanks so much Doc" he said "because of you I am a new man. I never thought life would be so good. I have a great, well paid job at a garage, my own car and hope to safe to buy a little unit some day. I have a girlfriend who loves me in spite of my past life." I reassured him it was more to do with his good work and commitment to a new life. We reviewed the work he had done, placed emphasis on his new life without fears or need to keep looking behind his shoulder. On leaving for the last time Robert gave me one of his big, thankful smiles and shaking my hand vigorously said "Thanks again Doc, I owe you big time. I'll only say this once and only to you, but you know what I have been good at, so if you ever need that service, for you Doc, only for you, I'll do. Just send the word. But you don't have to put in your report." And with that, Robert left to his new life and probably to a new name.

Secretary-General's remarks to the Peacebuilding Commission



THE SECRETARY-GENERAL REMARKS TO THE PEACEBUILDING COMMISSION AMBASSADORIAL-LEVEL MEETING ON "LEADERSHIP, ACCOUNTABILITY AND CAPACITIES" New York, 7 September 2018 [as delivered]

Thank you for your focus today on enhancing leadership, capacities and accountability to sustain peace. Effective, responsible and accountable leadership – supported by the right capacities and resources – lies at the heart of my vision for sustaining peace. It is also crucial for fostering coherent and effective action in support of national governments and their people.

UN leaders and their teams, particularly in conflict-affected settings, must navigate a complex, politically sensitive environment while often operating with limited staff and limited financial resources. We need to work together to enhance their authority and their capacities.

We also need to invest more – and much earlier – in prevention and peace building. I have outlined a number of options in my report on peace building and sustaining peace. I urge you to consider them seriously. I also repeat my conviction in the Peacebuilding Fund as a key instrument to drive coherence across our peacebuilding activities. I renew my appeal to significantly scale up your contributions to this vital Fund which often plays a catalytic role in assisting countries seeking to build and sustain peace.

In Guinea-Bissau, for example, the Peacebuilding Fund provided critical support for the inclusion of women and youth in the political process, that we hope will lead to a successful outcome in the near future. In Colombia, the Peacebuilding Fund became the first contributor to the United Nations Post-Conflict Multi-Partner Trust Fund, helping mobilize more than \$90 million from bilateral donors for implementation of the peace agreement. In the Central African Republic, Peacebuilding Fund support helped strengthen a UN system-wide approach to responding to peacebuilding priorities.

...
We have progress to build upon.
...

Of course, good leadership relies on solid strategic vision. With its bridging and convening role, the Peacebuilding Commission can support the development of such vision in national and regional contexts and marshal resources for peacebuilding priorities.

Such was the case with the development of a peacebuilding plan in Liberia and enhancing the strategic coherence of international efforts in the Sahel. We must do more to ensure effective strategic leadership during transitions from one form of UN engagement to another and especially when Missions end and Country Teams need to assume a number of additional responsibilities.

Recent experiences in Côte d'Ivoire and Liberia were important test cases in ensuring the continuity of senior leadership and personnel through different phases of UN engagement, coupled with strengthened capacity of the

respective UN Country Teams.

... I am grateful to Member States for your support. Management reform will improve accountability and effectiveness of programme delivery. It will empower field leadership, simplify administrative policies, decentralize decision-making closer to the point of delivery and better align the responsibility for mandate implementation with the authority to manage resources. The repositioning of the development system will ensure that a new generation of Resident Coordinators and UN Country Teams benefit from better cross-pillar support, risk-informed joint analysis and planning, policy advice, monitoring and reporting. Empowered and impartial Resident Coordinators will have experience across the UN system and multiple skills including in integrated planning, risk management, gender issues and human rights. This will ensure more coherence across the humanitarian-development-peacebuilding continuum.

The restructuring of the peace and security pillar will bring greater effectiveness and alignment. The Peacebuilding Support Office will have the capacity to act as a “hinge”, facilitating greater coherence across the UN and its different pillars. Of course, success of these efforts will also depend on ensuring that the leadership culture is principled, inclusive, pragmatic, and action-oriented.

As part of this effort, gender parity within the UN system is an absolute priority. Empowering women and attaining long-overdue gender parity throughout the ranks of the Organization – as we have achieved already in the Senior Management Group – is of course the right thing to do. It will also position the UN system to better support Member States in achieving inclusive and sustainable peace. None of this happens on its own. We need to back our resolve with resources.

I committed to allocate at least 15 per cent of United Nations peacebuilding funds to gender equality and women’s empowerment. I am proud to report that the Peacebuilding Fund more than doubled this target, devoting 36 per cent of funds for projects supporting women’s peacebuilding work last year. We must also re-focus United Nations leadership to fully engage with young women and men in building and sustaining peace – and underscore it in the independent Progress Study on Youth, Peace and Security. Once again, thank you for your focus on effective and accountable leadership. Let us continue to build up on our progress to sustaining peace and to peacebuilding.

Thank you

UN Secretary-General António Guterres



Briefing Security Council, Secretary-General Calls for ‘Quantum Leap’ in Funding Activities to Prevent Conflict, Address Root Causes



Security Council approves ‘historic’ political Haiti mission, ending UN peacekeeping role in the country

The Security Council on Monday approved a resolution to create a UN “Integrated Office” in Haiti, designed to support the country’s government in strengthening political stability and good governance. The Office, named BINUH, will replace the peacekeeping mission in Haiti on October 16, putting an end to 15 years of peacekeeping presence in the country.



Reaffirming faith in human rights, promoting social justice and saving the world from the “scourge of war”: just some of the founding principles of the United Nations, which appear in the Organization’s bedrock [Charter](#), signed exactly 74 years ago in San Francisco.



Syria’s Idlib “on the brink” of a nightmare, humanitarian chiefs warn, launching global solidarity campaign
The heads of 11 global humanitarian organizations warned on Thursday that the embattled rebel-held province of Idlib in Syria, stands on the brink of disaster, with three million civilian lives at risk, including one million children

International Information
&
ICP, Inc. Announcements



PRAGUE, 19th - 24th July, 2020

International Congress of Psychology - ICP 2020

ICP 2020 ACCOMMODATION

We would like to inform you that you will have the possibility to book your accommodation through the registration process for ICP 2020.

The recommended hotels are:

Vienna House Diplomat Prague Vienna House Andel's Prague Vienna House Angelo Prague Holiday Inn Prague Congress Centre Occidental Hotel Prague 4 Occidental Wilson Hotel Radisson Blu Hotel Prague Don Giovanni Prague Hotel Juno Royal Court Hotel Ankora Hotel Student Dormitories

We will provide you with more information about each hotel in the following days by our newsletter and ICP 2020 social media.

Do not miss the opportunity to be a part of the scientific programme and submit your abstract for 32nd International Congress of Psychology and represent yourself, your country and region at ICP 2020.

DEADLINE FOR ABSTRACT SUBMISSION IS ON DECEMBER 1, 2019

IMPORTANT DATES FOR ABSTRACT SUBMISSION:

August 3, 2018 Opening for all abstract submissions

December 1, 2019 Deadline for all abstract submissions

March 1, 2020 Notification regarding general abstract submissions

GENERAL ABSTRACT SUBMISSION IS OPEN!

For more information about the Congress such as Important dates, Keynote Speakers, Guidelines for Abstract Submission and many others, please download our **Second Announcement**, visit www.icp2020.com or follow us on social media: **Facebook**, **Twitter** or **Instagram**



The 4th Int'l Conference on Educational Psychology
and Applied Social Psychology (EPASP 2019)

October 26-28, 2019 Guilin, China

EPASP 2019 will be held during October 26-28, 2019, at Guilin, China. This Conference will cover issues on Educational Psychology, Applied Social Psychology and other related topics.

Attendance Methods

1. Submit full paper (Regular Attendance Paper Publication Presentation)
You are welcome to submit full paper, all the accepted papers will be published by Open access journal.
 2. Submit abstract (Regular Attendance Abstract Presentation)
 3. Regular Attendance (No Submission Required)
- * If you are interested in it, please submit your paper/abstract by email directly.

Call for Keynote Speakers

- You can enjoy a free registration.
- The title and abstract of your speech will be posted on the conference website and program booklets.
- Your latest research results will be shared and acknowledged by scholars around the world.

If you wish to serve the conference as a Keynote Speaker, please send email to us with your CV for evaluation.

<epasps@hiteab.com

If you have any questions about the conference, please reply this email directly.

Call for EPA 2020 international proposals

The 125th meeting of the Eastern Psychological Association is set for **March 12-14, 2020**, in the majestic Boston Park Plaza Hotel in the heart of Boston.

Since 2002, EPA welcomes proposals from all students and professionals interested in international and cross-cultural psychology, due by **November 15, 2019**.

This EPA conference is free to members, but **one-year EPA membership is required before on-line submission**, for a low fee of US\$75 (members) or \$30 (students/affiliates).

As in the past, EPA will gather over 2,500 psychologists and students to share two full days of global programs—invited international speakers (including Bruce Overmier and Steven Pinker), symposia, papers, posters, and organizations.

To celebrate EPA's 125th anniversary, the EPA Board of Directors has established a new category of membership, the "Anniversary Society"—open to all members and fellows. This signifies a special commitment to EPA's mission and carries a number of added benefits: a designation in the program as a "125th year member," a hardcopy of the 2020 program, recognition at the meeting, and additional EPA merchandise. The cost of joining EPA as an Anniversary Society member is \$125.

To submit proposals by 11/15/2019:

www.easternpsychological.org

For any details, contact Harold Takooshian at takoosh@aol.com



ICP, INC AN INNOVATIVE - INCLUSIVE ASSOCIATION

- **First International Association to Establish formal Liaison Relationships.**
- **First to have membership as a UN Non-Governmental Organization [NGO]**
- **First member of the international community of associations to hold conferences in Eastern Rim, Russia and Brazil**
- **First to list worldwide psychology conferences**
- **First to introduce INABSENTIA graduate student poster exhibit**





Wrapping up this Fourth of July and final editorial message, I want to express my appreciation for a most fitting conclusion to my

adventures with the International Council. Ten years as a newsletter editor gives great Zigarnic closure for a once upon a time eager and idealistic journalist who, along with two other phi beta kappa new college graduates integrated the news department of the DC Washington Post. I considered my consulting psychology career to be an extension of that fascination with the endless creativity and escapades of human beings. I wrote about organizational and executive consulting as working as a “contemporary detective.”

No detective, looking for solutions to life’s challenges and stumbling blocks gets far without a lot of talented and supportive colleagues and associates. First, I thank GenoMary Krigbaum-Perez for her willingness to jump in with me to put the newsletter into a format that could be delivered in emails and printed for posting and sharing and recruiting new ICP members. It has been educational and fun to work with her using skype that made Alaska seem just around the corner. I wish her success in her next



career challenge in New Hampshire. I hope she comes to Florida to visit me when she gets ready for a break from the cold weathers.

Nancy Quatrano, my first co-worker and IP publisher, lives not far away in Florida. Our lunch-planning IP get togethers are strong, happy memories. She is successfully writing those novels that she had no time to work on while helping ICP. She was so good at the bookkeeping work when Treasurer Gamache died, that she was persuaded to take on most of the work of a Secretary General for ICP. She needed to return to her own business and her writing. We all owe a great debt to her for her good natured helpfulness and competent work.



There is no newsletter without the contributions of the elected leaders. Many have been willing to submit information and reports. I could count on the Presidents to be the first to meet deadlines. Some were not able to write for each issue, but gave input about their work and the activities of psychologists in their regions of the world when they could. Thank you.

And thank you to the faithful contributors to the Area Chairs, Interest Groups, awards and conferences. We have had a lively newsletter, one we can use as a fine historical record of changes in hot topics, major concerns and members lives.

Another group that made the IP a strong and substantial product is the Editorial Review Panel. Three members with experience in editing newsletters and professional materials took time to review each issue, given a 48 hour window of time to respond. They were amazing. Richard Velayo, Paul Lloyd, Donna Goetz, Anna Laura Comunian, Dennis Trent, Edit Nagy Tanaka, and, over time a number of others served.

My hope is that this effort will continue to function as it has since established by Carlton Shay with a “mentoring” Review Panel that is not part of the active governance group, but is knowledgeable about ICP and its history, policies and values across time.

The primary matter facing ICP at this point in time is to complete work on updating the Bylaws and Administrative Policies and Procedures (AP&P), as they have been called since 1986. Having worked with these document updates across three decades, it is interesting to note that legal counsel has recommended the bylaws be kept brief as possible as they are harder to change for incorporated entities. This time there are major adjustments to the initial structural patterns. Procedures, or "rules" of the governance documents are more easily adjusted by board and executive committee fiat, as they have been this year. This may have pulled the association out of a stagnant state. Nevertheless, the Policies and Values commitments of the Council remain agreements that are adopted by the full membership.

I quote from an article that appeared in the Fourth of July Wall Street Journal by Peggy Noonan, an opinion columnist at the Wall Street Journal where her column, *Declarations*, has run since 2000. Much of what she writes expresses how I feel about the essence of the International Council

The Why How and What of America.

..... *We are a people that has experienced something epic together. We were given this brilliant, beautiful thing, this new arrangement, ... based on the astounding assumption that we are all equal, that where you start doesn't dictate where you wind up. We've kept it going, ... down the generations, inspired by the excellence and in spite of the heartbreak. Whatever was happening, depression or war, we held high the meaning and forged forward. We've respected and protected the Constitution. And in the forging through and the holding high we've created a history, traditions, a way of existing together. Here's an argument on how to love America: There was a young man in 1838, an aspiring politician almost too shy to admit his ambition to himself or others, who gave a talk to a Midwestern youth group. It was a speech about public policy, but it showed a delicate appreciation of psychology, of how people feel about what's happening around them. America's Founders—"the patriots of '76,"*

he called them—were now all gone, James Madison having died 19 months before. In their absence Americans felt lost. Those men stood for this country, they modelled what it was in their behavior. Admiration for them had united the country. Now, without them, people felt on their own. First principles were being forgotten,..... The answer? Transfer reverence for the Founders to reverence for the laws they devised. ... "... the constitution and laws" will preserve our... institutions and retain "the attachment of the people" now that the founding generation has "gone to rest." You have already guessed the speaker was Abraham Lincoln, then only 28.

ICP, INC. is incorporated as a constitutional

association, intending for the governance bylaws and Administrative Policies and Procedures to remain as a shared common allegiance that encompasses all diversities included within the membership even after the founders are no longer with us. My admiration and appreciation of ICP is based on the unique concepts included in the initial governance declarations, values and the strong character of leaders who understood inclusiveness and professional activism.

Confluence and Consilience. I found ICP to be uniquely designed to permit confluence, a flowing together of global streams of thinking about human well being and a forum for consilience, a place for unification of psychological knowledge.

I wish the best for the future for Council decisions about updated governance documents, operational structures and membership functions. The precedence of innovative, forward thinking leadership in the association and within the community of professional associations is an excellent "north star" for navigating the seas of constant change.

Warm Regards, Sla'inte and Bon Adventures,

Ann Marie O'Rourke, Ph.D.

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