



Family Therapy E-News

An IFTA Publication

July 2019

Vol. 11, Issue 2

Editor:

Daniel Stillwell, USA

Inside this Issue...

Spotlight

Joyce Ma

- 1 Trained as a social worker, I had worked as a medical social workers in hospital psychiatry for 7 years before university teaching. After my PhD, I trained with Dr. Wai Yung Lee and Dr. Salvador Minuchin in family therapy. So I have dual professional identities: a mental health social work academic, and a family therapist and an approved supervisor.
- 2
- 3
- 4

Regular Features

Why IFTA?

- 5 **For IFTA, it's useful to people to know therapist cultures and rules in different countries. What's it like to be a family therapist from Hong Kong or Mainland China?**

2020 Congress
Journal of Family Psychotherapy

Media Plug

Join us on Facebook:
IFTA - International Family Therapy Association

Follow us on Twitter:
@IFTA_Family

Visit our Website:
www.ifta-familytherapy.org



IFTA Spotlight:

Dr. Joyce Lai-Chong Ma

What kind of therapist do you identify as?

Trained as a social worker, I had worked as a medical social workers in hospital psychiatry for 7 years before university teaching. After my PhD, I trained with Dr. Wai Yung Lee and Dr. Salvador Minuchin in family therapy. So I have dual professional identities: a mental health social work academic, and a family therapist and an approved supervisor.

Unlike many Western societies, in China family therapy is not an established human service profession. China is a vast country with diversity and disparity between rural and urban places. There is hardly any family therapy in rural China, whereas it has gradually become known in urbanized cities such as Beijing and Shanghai. Generally speaking, human service professionals in Hong Kong are more knowledgeable of family therapy and its applicability to different clienteles than that of the Mainland. In Hong Kong, there are significant differences between family therapists, social workers, and psychologists. For example, while many social workers have knowledge of family therapy, few conduct it due to a heavy workload and insufficient training, focusing predominantly on case management in clinical settings.

Why IFTA?

I joined the annual conference in the past 10 years. I like to be part of it because I am able to update my knowledge

Continued on page 3



Why IFTA? In your own words...

An existential experience of cultures and therapists all gathering to grow and learn together.

Caitlin M. Swallow, AMFT, PhD Student at Adler University

Networking within a warm community of like-minded practitioners/therapists, to continue to develop my knowledge base, to have opportunities to be curious about the current research trends intellectually.

Anonymous

As a doctoral student, it was helpful to meet with others in the field to learn about their experience and for potential collaboration.

Cassandra Leow

International presenters. Diverse topics. Venues [the different locations around the world].

Mamie Balajadia

I attended IFTA in order to hear about others' practices of systemic work internationally, to present our work (Canadian), and I also really appreciated being able to attend the supervision track!

Amy Jones

To connect to other family therapists/supervisors and their ideas and work.

Mari Mattsson

For new and inspiring ideas, ways of practicing, new connections, new relationships, making new friends, new communities. Was very generative!

Peter Robinson, Aberdeen



IFTA Spotlight *Continued from Page 1...*

on family therapy and family therapy research. I come to meet family therapists from different parts of the world and have professional and academic exchanges with them. More importantly, I identify with the vision and mission of IFTA. Family therapy benefits a lot of service users. The mastery of family therapy should not be confined to human service professionals in developed societies. It should be promoted, disseminated, and practice worldwide, which in turn will benefit families in need worldwide.

Why be involved on the board and as President?

I knew some of the board members from past conferences. Upon their sharing and invitation, I started to get involved, with the curiosity to learn more about how an international professional organization runs. I look forward to the challenge for me to take up the post as the President of IFTA, especially since I identify with the vision and mission of IFTA. Further, there is a strong governing board, experienced past presidents, as well as a great administrative team to help me carry out the important work of IFTA.

With this being your first year as President, what do you want your term/legacy to be?

Family therapy is a powerful clinical intervention in helping families in distress. I hope IFTA continues developing, promoting, and transferring the knowledge of family therapy, both clinical practice and research, to every corner of the world, in general and in particular the underdeveloped societies. The world is large but can be small through social networking and continued professional and academic exchanges in the IFTA platforms such as the annual conference and the Intensive Institute. Continued accreditation of family therapy training programs in underdeveloped societies would facilitate the blossoming of family therapy in these societies. There are both universal and culturally distinctive facets of family therapy. We should remain open and humble to learn from family therapists from different parts of the world.

You have studied and written about eating disorders in the Chinese context. What is one truth about eating disorders that transcends culture and location?

The adolescents and the youth with eating disorders experience a strong sense of personal ineffectiveness. The same is applicable to the afflicted families. They need help rather than being blamed and stigmatized. Family therapy is the most suitable clinical intervention to mobilize family resources of these families. It is also evidence-based.

What else would you like the readers of *Family Therapy E-News* to know?

I have strong passion and commitment in developing, promoting, and disseminating knowledge of family therapy to younger generations through clinical practice, training, clinical supervision, research, and writing. In the past 10 years, I have used multiple family therapy in helping families with mental health challenges such as families of children with ADHD, families of parent/s in recovery of depression, and families of adult children with high functioning autism (HFA). I became a grandmother 4 years ago with 3 lovely grandchildren. The 4th grandchild is expected this December. I enjoy traveling, swimming, reading, and writing.

2020 World Family Therapy Congress

Basel, Switzerland

March 12 - 14, 2020



©Basel Tourism

The 2020 World Family Therapy Congress of the International Family Therapy Association will be held in Basel, Switzerland. We invite you to join colleagues from around the world.

Like all IFTA Congresses, it will feature many approaches to a variety of problems and ways of coping with them. The congress aims to help heal hurting couples and families in various cultures.

Call for Proposals: OPEN MAY 1st to September 30th

Proposals are sought for the in the following categories:

- Brief Presentation (20 minutes)
- Lectures/workshops (45 minutes)

Students

Students must send proof of student status (scan of student ID) to info@ifta-congress.org to receive a Promo code in order to register as a student



The Official Language

of the meeting is English. All abstract submissions must be in English.

Proposal Information:

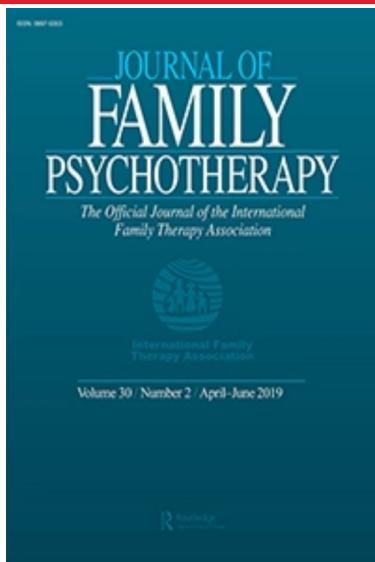
<http://ifta-congress.org/docs/GeneralGuidelines.pdf>
<http://ifta-congress.org/docs/StudentGuidelines.pdf>

Submit a Proposal:

www.ifta-conference.org



©Basel Tourism



The *Journal of Family Psychotherapy* is freely available online to IFTA members.

www.tandf.co.uk/journals/WJFP

Editor:
Christian Jordal, Ph.D.

Table of Contents Volume 30 (2)

The State of Supervision

Point of View Matters: Seeing, Hearing and Acting in Systemic Practice
By Wendel A. Ray, Eric Trappeniers, & David Hale

Treating Troubled Adolescents – The Don Jackson Way

By Wendel A. Ray, Robin Gibson, David Hale, & Sabrina Wegner

Toward an Integrative Approach: Refiguring Essential Developments in Family Therapy

By Warwick D. Phipps

Enhancing Therapist Courage and Clinical Acuity for Advancing Clinical Practice

By H. Luis Vargas

Psychological Needs in Post-Genocide Cambodia: The Call for Family Therapy Services and the Implications for the “Majority World” Populations

By John K. Miller, Jason Platt, & Hema Nhong

On the Education of Systemic and Social Constructionist Marital and Family Therapists

By Raphael J. Becvar & Dorothy Stroh Becvar

Help Make Family Systems Research Accessible

The Family Therapy and Systemic Research Centre develops, supports and promotes research in systemic and family therapy, as a resource for all family therapy and systemic practitioners.

<https://tavistockandportman.nhs.uk/research-and-innovation/research-centres/family-therapy-systemic-research-centre/>

Our aim is to make systemic research visible and easily accessible to the public and practitioners. We think it is important to **build a strong and connected systemic research community**, to support clinician-researchers and to encourage new research. We maintain a small database of family therapy and systemic research. Here you will find research on **outcomes and effectiveness** of systemic therapy, important to families and therapists, as well as to commissioners and policymakers. Clinicians, systemic consultants and practitioners will find **qualitative and process research studies** which will be relevant and applicable to their everyday practice. Researchers will find studies categorised under **topics and research methodologies** to enable their own research. We have included **links to systemic researchers & research centres** in the UK and internationally alongside their key research interests.

Please do let us know of any published research which you would want us to add to the data base, or if you would like to be added to the list of systemic researchers and research centres.

systemicresearchcentre@gmail.com



International Family Therapy Association

Secretariat:

William Hiebert
General Secretary, IFTA
WJHiebert@aol.com
Marriage & Family Counseling Service
1800 3rd Avenue, Suite 512
Rock Island, IL 61201 USA
309-786-4491

E-News Editor:

Daniel Stillwell, PhD, LMFT-S
DStillwell@ifta-congress.org
Charlotte, NC, USA