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International Section of Counseling Psychology

ICP is a section dedicated to encouraging, promoting, and facilitating a scientist-professional model of counseling psychology in international contexts in the USA and around the Globe.

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## Are you a member? How to Join

Please download here (.doc) for instructions

The membership fee for U.S. professionals is $10.00 dollars per year. The membership is free for students and professionals who are not residing in the United States. Proceeds will be used for activities, such as operating expenses, section projects, and annual student and professional awards for best research/theory presentation on international issues. Please make the check payable to Division 17- International Section, and mail it together with a copy of the membership form to:

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Greetings from the Tri-Chairs

Hello Everyone,

It seems that the Toronto APA convention just ended and by the time you read this newsletter many of us will have submitted proposals for the San Diego 2010 convention. We are sure that there will be high quality research papers presented that incorporate international issues in counseling psychology. The San Diego convention promises to be an exciting time, especially for those with international colleagues they see too infrequently. It will also be a time for the new officers to take the reins of the International Section, but first, let’s summarize our work at the Toronto convention and other activities. The Tri-chairs thought it would be a good idea to let everyone know of some of the specific things that we are working on.

For the fifth year, we organized the International Scholars Reception and Breakfast at APA convention in Toronto. We were very pleased to have several leaders attend the breakfast, including the Division 17 president John Westfield, and the President of the Counseling Division of the International Association of Applied Psychology, Richard Young. Also for the fifth year now, we held our annual Section members business meeting during APA convention. More than 30 section members attended the meeting, where our award winners highlighted in the Fall newsletter were recognized.

The Executive Board of the Section held a pre-conference retreat in the Div 17 Hospitality suite (the night before APA convention). The members shared their views on the current status and future of the International Section, and discussed the sections goals and future directions. We organized our fifth annual mentoring program for international students, and our fifth annual meeting of international leaders in the counseling profession.

We have continued to develop our website, and publish two newsletters a year. Our student representative Manijeh Badiee had helped to create a Facebook communication system for international students in the Section. Finally, discussions are occurring regarding a language committee, restarting the effort to create country-liaisons, and an international manuscript committee. There were also discussions of possibly inviting senior international scholars or leaders to give presentations in their own languages and hiring international students to be the translator, working closely with Division 17 presidents and
their initiatives, and collaborating with other organizations. The subcommittee for international women is underway under the leadership of Johanna Nilsson, and an “international bridge” committee was formed to get in touch with international counseling psychologists graduating from US training programs, which is chaired by Ayse Ciftci.

Our Executive Board met over Skype on October 8th, where the Program Committee was formed that is responsible for the Section’s one hour program, student posters review, and social activities at the convention. An Awards Committee was also formed to run our annual award program, and a new committee was formed to identify international recipients of APA conference scholarship to increase international scholars’ attendance at APA conventions. Additionally, we also formed a counseling center staff initiative committee to promote the involvement of University counseling centers in the section.

As you can see, the International Section has been very active over the past and it is an exciting time to become involved or even join the Section. We look forward to meeting those of you we have not met yet and work with those we have. Please let us know if you have ideas as to how to make this section work better for you.

Sincerely,
Changming Duan, Mark Leach, Alvin Leung, Tri-Chairs

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**Announcements**

**Donations Needed**

Please consider donating to the International Section. The donated funds will be used for the section’s various activities such as the International Scholars Breakfast, the Midyear Meeting, and Student Research Awards. Donations are tax deductible. Please make checks payable to: Div 17 section 12 - International, and send to our treasurer, Tes Tuason, whose mailing address is above.

**A Reminder**

If you have not yet done so, please send your yearly membership fee of $10 (U.S. members only) for our section. Please make the check payable to: International Section, Division 17 and send this to our treasurer: Tes Tuason, #1 UNF Drive, Psychology, University of North Florida, Jacksonville, FL 32224. If you have sent your fees already, thanks a lot!

**Many thanks to Larry Gerstein**

We are grateful to Larry Gerstein, who has not only renewed our web address subscription until 2013, but also donated the expenses for doing so. Thanks for this contribution that amounted to $135.93, which allows us all to continue to have our site, http://www.internationalcounselingpsychology.org/.
We continue to promote presentations at the APA conference on international topics. There were many outstanding international programs offered by our Section and Division 17 at the 2009 APA Conference in Toronto.

For the fifth year, we organized the International Scholars Reception and Breakfast at the APA convention in Toronto. We were very pleased to have several leaders attend the breakfast, including the Division 17 president John Westfield, and the President of the Counseling Division of the International Association of Applied Psychology, Richard Young. Each of these leaders shared their greetings and their thoughts about the future for our Section, and international issues and counseling psychology in general.

We held our annual Section members business meeting during APA convention. More than 30 section members attended the meeting. At the meeting, our three award winners were recognized: Daniel Hess from University of Minnesota and Huang J. Ye from University of Florida as the co-recipients of the Outstanding Graduate Student Research Award, and Dr. Paul Pedersen as the recipient for the Lifetime Achievement Award. We felt honored to have these individuals who have done such stellar international work as members of our Section.

The Executive Board of the Section had a pre-conference retreat in the Div 17 Hospitality suite (the night before APA convention). The members shared their views on the current status and future of the International Section, and discussed the sections goals and future directions.

We organized our fifth annual mentoring program for international students. The orientation occurred in the Div. 17 Hospitality Suite – a great success. This tradition will continue because we find that there is strong need in this area.

We also organized our fifth annual meeting of international leaders in the counseling profession. The meeting was attended by several leaders from a number of countries. The participants discussed visions and progresses in counseling and counseling psychology in their countries and brainstormed ways in which international collaboration could be strengthened.

We have continued to develop our website to promote awareness of our Section, and the mission and activities of our Section; we sincerely thank our website manager, Ayse Arlette. Similarly, we have continued to publish two newsletters a year to promote awareness.

A new committee was formed to identify international recipients of APA conference scholarship (waiver of the registration fee), to increase international scholars attendance at APA conventions.

Additionally, we also formed a counseling center staff initiative committee to promote the involvement of University counseling centers in the section. This committee is upon requests from some section members working at university counseling centers.
On August 8th 2009, typhoon Morakot was the most severe typhoon to attack Taiwan in the past two decades. The extreme amount of rain caused enormous mudslides and severe flooding throughout southern Taiwan and one mudslide buried the entire town of Xiaolin, killing nearly 500 people in the village alone. Typhoon Morakot caused catastrophic damage, totaling approximately NT$110 billion ($3.3 billion USD) in Taiwan (Wikipedia, 2009) and people experienced emotional upheaval due to the loss of families and friends. During this difficult time, helping professionals and paraprofessionals were actively involved in counseling in the hopes of easing distress for those who suffered from this tragedy.

Counseling and clinical psychologists participated in all aspects of psychological interventions including crisis intervention, suicid prevention, psychoeducation about the grief process and PTSD, emotional support, etc. However, honestly speaking, I was not sure how helpful we truly were to the refugees. In fact, I noticed that paraprofessionals from several religious organizations demonstrated powerful influences on enhancing refugees' emotional and psychological well-being, as well as daily functioning. In addition, the refugees appeared to be more receptive in obtaining help from the individuals from religious organizations. Religion seemed to offer a meaningful explanation for this uncontrollable tragedy. In one particular example, a Christian group (pastors and several volunteers) led a prayer meeting every night to express concern for people who died from the disaster, and prayed to heal the wounded hearts of survivors. During this process, people actually witnessed the power of prayer to experience healing and many refugees learned to face this tragedy by keeping faith in God.

Reflecting from this experience as a counseling psychologist, I have to admit that we need to pay more attention to integrating religion/spirituality into our current practice. Religion/spirituality can be an effective therapeutic intervention, which has been historically ignored in the training of counseling psychologist (Hall & Dixon, 2004). Religion/spirituality is merely addressed as one aspect of multicultural counseling dimensions. However, it can be a critical source of strength for many clients, is important to find meaning in life, and can be...
instrumental in promoting healing and well-being (Hathaway, Scott, & Garver, 2004). Religious beliefs can provide a deep sense of purpose and meaning (Pargament, 1999). Specifically, these beliefs can offer hope in the face of suffering and can provide a perspective when we are overwhelmed by life's problems. Moreover, there is growing empirical evidence that our spiritual values and behaviors can promote physical and psychological well-being. Therefore, the integration of religion/spirituality into current counseling practice can enhance therapeutic effectiveness and protect survivors and refugees against depression. Depression and suicidal attempts are commonly observed behaviors and increased religious participation has evidenced to lower levels of depression as well as suicidal ideation (Lee & Newberg, 2005).

Next, religion/spirituality can be easily incorporated with current counseling practice. For example, cognitive behavioral therapy can be effectively integrated with religion/spirituality (Hodge, 2006). The focus of CBT addresses the importance of challenging a client's maladaptive thoughts to experience positive emotions. Religious beliefs and scriptures can be beneficial in modifying maladaptive thoughts that are related to negative moods (Paukert et al., 2009). Further, self-statements with religious connotations can serve as a positive cognitive reframing mechanism to enhance healthy automatic self-talk and to foster a sense of hope when faced with uncontrollable life stressors.

I hope to use this reflecting experience to advocate professional training organizations to better recognize the importance of spiritual issues in counseling practice. Spiritual and religious matters are therapeutically, ethically, and multicultrurally relevant. Psychologists need to be prepared to deal with their clients' issues of the human spirit to actually consider the best benefits of our clients.

References


Book Review


Review by John L. Romano, Counseling and Student Personnel Psychology Program, University of Minnesota

I first saw a copy of the Handbook of Cross-Cultural Counseling at the 2009 APA convention as I was strolling through the Exhibits. I briefly thumbed through it, and took a flyer to order it after my return to Minneapolis. I received the book shortly after I returned home, but as I got involved with other projects, I put it on the shelf until I agreed to review it for the International Section Newsletter. I am glad that I did as the Handbook contains a wealth of information and it is so much more than a description of counseling across the globe. The Handbook, edited by a stellar group of scholars with considerable international experience, is a valuable resource for U.S.-based counselors and psychologists as well as helping professionals in other parts of the world. I highly recommend the Handbook for courses in international and cross-cultural psychology, courses on multicultural issues in counseling and psychology, and as a text for professional issues courses in counseling and psychology. At the very least, I would strongly encourage graduate programs to secure a copy for student and faculty use, especially given the large numbers of international graduate students that enroll in our graduate programs. Many students may not be familiar with the history and current state of the profession in their home country, or the resources available to them upon return (e.g. professional associations and journals).

The Handbook begins with a Foreword by Anthony Marsella who highlights the importance of international work and the importance of the Handbook to counseling and psychology. Marsella writes that “the editors and contributors of the current handbook have created the definitive text on international foundations, issues, and directions for the entire field of counseling” (p. ix).

The main body of the Handbook is divided into three parts: Part I: Issues, Challenges, and Opportunities for the Counseling Profession Worldwide, includes eight chapters written jointly by the editors and other invited authors. The first chapter of this volume sets the tone for the entire Handbook, as it is written with cross-cultural sensitivity; it is inclusive; and it communicates a wealth of information. The history sections of this chapter contain the most
complete history of international activities in counseling psychology that I have read. Noteworthy about the history is the inclusion of international activities of the counseling and psychology professions outside of the U.S., an important addition as it recognizes the international work in counseling and psychology beyond U.S. borders. The chapter also provides a list and definitions of important terms frequently used in international work (e.g., globalization, cross-cultural psychology, transcultural psychology). While the authors write that the meaning of the majority of the terms are used inconsistently in the U.S. and abroad, I found the list useful in helping to shape future discussions about the terms which hopefully will bring clarity and consistency to their meaning in the years ahead.

Part I of the *Handbook* also includes very thoughtful and in-depth chapters on the multicultural and cross-cultural movements in the U.S. and abroad, international and cross-cultural research methods, exportation of U.S. training models to other countries, international professional collaborations, and indigenous models of helping. All of the chapters are well written and researched with many relevant and current citations and references. The literature review in Part I alone makes it a valuable resource for scholars and students. I was also reminded of the APA Resolution on Culture and Gender Awareness in International Psychology (pp 83-86), which I suspect has not been widely disseminated within our training programs. It should be.

Part II of the *Handbook* contains 29 chapters (representing 29 countries) describing professional issues, practices, and research of counseling and counseling psychology across the regions of the world, i.e., Southeast Asia, South Asia, Central Asia, Europe, Americas and Caribbean, Middle East, and Oceania (Australia). The chapters are primarily co-authored by scholars and practitioners working within their own country (a few chapters include U.S.-based co-authors). The style, length (approximately 10 pages), and topics across the chapters are consistent and they can be read as “stand-alone” chapters as a summary of the field in that country. The titles of the chapters are in the language of the country as well as English.

In Part II, the authors summarize the history of counseling in their own country, often writing about indigenous healing practices [e.g., Hindu approaches to healing in Malaysia, healing provided by religious leaders in the United Arab Emirates (*Mutawaa*)] and informal networks of care (e.g., Greece, Venezuela). They also discuss psychological and counseling problems in their country, such as Taijin Kyofusho [“culturally distinctive phobia” (p. 164)] in Japan and vocational guidance in Italy. The chapters are filled with new (at least to me) information about counseling and psychology in the different countries. For example, in Sweden “terms such as counseling psychology, counseling, and counselor are not readily translated into Swedish
and do not exist as established psychological specialties” (p. 322). I also learned that since 2003 the Puerto Rican population living in the continental United States has outnumbered the mainland Puerto Rican population.

While it is understandable that every country could not be represented in the *Handbook*, I was surprised by a few countries that were omitted such as the Philippines, which has a long and distinguished history in counseling with active professional associations. No country from Central America was represented, and Thailand’s training and service programs in counseling and psychology were not included. I suspect that these omissions were the result of space limitations and the lack of professional contacts with professionals in those countries. I would have liked to have seen more attention given to the preventive aspects of mental health care in the *Handbook*. A quick review of the World Health Organization’s (WHO) website (www.who.int/research/en/) shows a desperate need for preventive mental health services across the globe to reduce the crisis in all phases of mental health work. For example, depression is the leading cause of disability worldwide, 20% of the world’s children are estimated to have mental disorders or problems, there is a severe lack of trained mental health professionals (especially in low and middle income countries), wars and disasters contribute significantly to mental health problems, lack of government funding for mental health, and problems go untreated due to stigma associated with mental health problems and care.

These examples argue for increased training, research, and service delivery systems in the preventive aspects of counseling and mental health work.

The *Handbook* concludes with the editors (in Part III) summarizing a global vision for the future of cross-cultural counseling. This section highlights many of the themes and issues in training, research, and collaboration detailed in the earlier chapters. I could continue with additional reflections about the *Handbook*, but I encourage others to make their own judgments. Whether or not one is directly involved with international research, services, or training, the *Handbook* is a welcomed addition to the literature. The history of the U.S. is intertwined with the settling of people from other countries, and today many of our schools and communities include new immigrants who will use the services that mental health professionals provide. The *Handbook* is an excellent resource for counselors, psychologists and other mental health professionals working internationally or at home.
The International School Counseling Collaborative is a new group formed to encourage and support communication among school counselors around the world. It is in its formative stage but already has members from countries such as the U.S., the Philippines, Saudi Arabia, Cameroon, Portugal, Greece, and Switzerland. It is the group's desire to promote international understanding and cooperation in order to improve the school experiences of children around the world. The group hopes that through this forum, ideas may be exchanged about “what works” to help children succeed. Future goals include establishing an informational website and listserv, and developing a travel program through which school counselors or scholars may visit established school counseling programs for study, research, and exchange. If you are interested in joining this international network of school counselors and scholars, please contact Julie Koch, assistant professor of Counseling and Counseling Psychology at Oklahoma State University at: julie.koch@okstate.edu.

THE INAUGURAL APA DIVISION 45 CONFERENCE

The Society for the Psychological Study of Ethnic Minority Issues (APA Division 45) will be hosting its first-ever conference outside of the APA convention on June 17-19, 2010. The conference will be held on the campus of the University of Michigan in Ann Arbor. There will also be a pre-conference professional development opportunity for ethnic minority graduate students and early career professionals on Thursday, June 17, 2010.

The goals of this meeting are to provide a forum for:

1) The presentation of state-of-the-art research related to the psychological condition of individuals from all ethnic minority groups within the United States;
2) The professional development of ethnic minority researchers (students and professionals);
3) Greater networking and collaboration among researchers conducting research on ethnic minority issues across various fields of psychology.
Call for Membership: Recruiting International Counseling Psychologists

As evidenced by the recent International Counseling Psychology Conference, The Society of Counseling Psychology - Division 17 is deeply committed to expanding the boundaries of international dialogue and collaboration within the discipline of Counseling Psychology. As such the membership committee is actively seeking to increase international membership within the division. To this end, the membership committee is inviting members of the International Section to disseminate information on divisional membership and actively encourage your international colleagues to consider joining the Society.

For International Counseling Psychologists, there are two options available for membership within Division 17. Those with membership in APA can join the Division for an additional $37 (US). For those who are not members of APA, the category of international affiliate is available for dues of $17 (US). Both categories include access to divisional listservs and subscriptions to the Division 17 newsletter and The Counseling Psychologist, the official journal of Division 17. In addition to these benefits are the more intangible benefits associated with being part of a professional community dedicated to improving the psychological well being of all people. Additional information on the joining the Division can be found at

www.div17.org/about_membership.html

Makiko Kasai

This has been a wonderful opportunity for me to work as a co-editor for the International Section of Division 17 newsletter. I have attended the APA conference more than 10 times, but I always felt like an outsider or a visitor.

However, being included as a co-editor, I felt a part of it or one of the members for the first time. I really want to say thank you for giving me this opportunity to all the section members and especially Changming,

Johanna, and Emily. This newsletter would not be published without Emily's work and e-mail technology, which made our work easier across the Pacific Ocean with more than 12 hours time difference.

Emily B. Russell

Serving as a co-editor for the International Section newsletter has been an exciting experience! I've really enjoyed corresponding with several of you from around the world, and I look forward to meeting you in person soon! I'd like to thank Johanna Nilsson, who served as my academic advisor and still is an amazing mentor, for helping me become more involved with the International Section. I'd also like to mention how much I've enjoyed staying in touch with Changming Duan, which has been an unexpected and pleasant surprise post-graduate school! Finally, thank you to Makiko for being such a helpful and dedicated co-editor! I always look forward to seeing your emails first thing in the morning. :)

Division 17
Announcement

Editors' Note
Call for Submissions for the Newsletter
International Section of Counseling Psychology!

We would like to invite students and professionals to submit articles and announcements for the upcoming Spring 2010 newsletter. The deadline for submitting your manuscripts/announcements is March 30th. In addition, the editorial team is requesting members' suggestions regarding the content and issues that the newsletter could address.

General Requests:
(1) Please share pertinent information or activities relevant to International Section members (e.g., upcoming events, international conferences, member news/achievements, relevant grant deadlines, position announcements, opportunities to collaborate, volunteer opportunities in the International Section, etc.).

(2) Submit manuscripts on international issues related to research, teaching, or practice in Counseling Psychology.

(3) Submit brief reports (300 words or less) for the column, “Counseling Developments Worldwide.”

(4) Please suggest areas of content/issues that you would like the Newsletter to include (e.g., column by Counseling Psychologists outside the U.S.).

Please email your manuscript submissions by March 30th to Emily B. Russell, Ph.D., Co-Editor, Newsletter: International Section of Counseling Psychology (erussell@loyno.edu).

Submission Guidelines:
Articles should be written using 12-point, Times New Roman font according to the style of the Publication Manual of the American Psychological Association (6th Ed.). A brief abstract (50 words or less) of the article should be included with each manuscript submission. Manuscripts should not be longer than 2,000 words. Personal information should not be included on the title page to ensure an unbiased review. Articles should be submitted electronically (erussell@loyno.edu) as file attachments using Microsoft Word. Please include a statement that the manuscript has not been submitted for publication or published elsewhere.

Please include this information when submitting other types of documents (maximum 100 words):
1) Conferences/upcoming events (e.g., date, place, theme, registration, links, etc.);
2) Relevant grants (deadlines, proposal guidelines, eligibility, etc.);
3) Member news/achievements (e.g., dates, awards, awarding agency, etc);
4) Position announcements (type of position, eligibility, application deadline, contact information, etc.);
5) Other announcements (e.g., collaborative projects, research studies);
6) Volunteer opportunities