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# BUILDING INDIVIDUAL AND ORGANIZATIONAL CAPACITY IN THE ASIA-PACIFIC REGION

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**4<sup>th</sup> International Workshop on  
Psychological Intervention After Disasters**

November 9 – 12, 2015

Taipei, Taiwan







INTERNATIONAL UNION  
OF PSYCHOLOGICAL  
SCIENCE

FOUNDED IN 1951

# Building Individual and Organizational Capacity in the Asia-Pacific Region

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International Council for Science  
Regional Office for Asia and the Pacific



中国心理学会  
Chinese Psychological Society



UNITED NATIONS  
UNIVERSITY  
UNU-IIGH  
International Institute  
for Global Health

# FOREWORD

On behalf of the Center for Sustainability Science (CSS), which houses the Integrated Research on Disaster Risk-International Centre of Excellence, Taipei, (IRDR-ICoE-Taipei), it is my great pleasure to welcome all participants of the 4<sup>th</sup> International Workshop on Psychological Intervention After Disasters (PIAD) to the campus of Academia Sinica, Taipei, Taiwan.

Natural disasters are nothing new in Taiwan. Sitting on the so-called "Ring of Fire" belt, Taiwan has many earthquakes each year, though not all of them are major. Similarly, Taiwan is located in the subtropical region of the western edge of the world's largest ocean, the Pacific, and typhoons are frequent visitors of this island during the warm season. Hence the people of Taiwan fully recognize the importance of disaster prevention and mitigation. The psychological impact on the people suffering from disasters certainly is an important issue of disaster management, and therefore it is very fitting that PIAD workshop is convening here in Taiwan.

The subject also falls squarely in the research areas pursued by IRDR-ICoE-Taipei which was inaugurated in 2010 and serves as an international platform for conducting cross-disciplinary research on disaster risk and enhancing international collaborations. The program committee of this PIAD workshop has produced an excellent program and invited outstanding faculty to teach for the 4 day period. I am sure everybody will enjoy the program and learn a great deal about this subject through lectures and mutual discussions. I wish a big success of the workshop and hope all of you enjoy your stay in Taiwan.

**Pao K. Wang**

*Director, Center for Sustainability Science  
Academia Sinica, Taipei, TAIWAN*



# BACKGROUND TO THE WORKSHOP



This workshop represents a further step in a series of similar workshops dealing with psychological research and practice concerning disasters and how people and communities deal with it and have effects for their biopsychosocial well-being. It is organized by the International Union of Psychological Science (IUPsyS) and its partners. IUPsyS represents over 1 million psychologists worldwide, organized by 82 country members and 20 affiliated organizations.

The guiding principle of the workshop is to bring up-to-date basic and applied science of relevance to young investigators and academically trained practitioners, who are located in regions prone to (natural) disasters, such as the Asia-Pacific region. The target group is mostly people affiliated with and trained in psychology as a discipline.

The international faculty of the workshop consists of a mix from several fields, mainly in psychology, that more or less deals directly with the topics. They are renowned experts in their fields.

The workshop aims at a combination of basic, applied, and translational research, ranging from new insights into epigenetic effects as pathways in the emergence of disaster consequences for human behavior and development, over cutting edge research in relevant contexts such as family and communities, to particular manifestations of strain such as bereavement and PTSD, and finally to various means of evidence-based interventions.

A prime emphasis is the cultural awareness needed when generalizing scientific approaches, on roots of individual and collective differences in response to disasters, such as personality and resilience, with a focus on methodological rigor as a common denominator of all science.



# WORKSHOP PROGRAMME

## November 8 (Sunday):Arrivals

Evening	Registration at hotel lobby upon arrival until 19:00
	Free

## November 9 (Monday): Workshop Day 1

### All Workshop Sessions at Academia Sinica

08:30 – 09:00	Registration at workshop venue
	Opening and Welcome Addresses
	· Professor Rainer K. Silbereisen, Past President International Union of Psychological Science (IUPsyS)
	· Professor Chao Han Liu, Academia Sinica
09:00–09:30	· Professor Nordin Hasan, International Council for Science - ROAP
	· Professor Anthony Capon, United Nations University – IIGH
	· Professor Candice Lung, Director of International Program, Center for Sustainability Science, Academia Sinica
09:30–10:15	Presentation: Professor Rainer K. Silbereisen
	<i>DISASTERS: CORE TOPICS AND CONCEPTS OF PSYCHOLOGICAL RESEARCH AND APPLICATION</i>
10:15 –10:45	Q&A, Discussion
10:45 –11:15	Coffee/Tea/Refreshments
11:15 –12:00	Presentation: Professor Sue-Huei Chen
	<i>PSYCHOSOCIAL ADJUSTMENT FOLLOWING NATURAL DISASTER IN CHILDREN AND ADOLESCENTS IN TAIWAN</i>
12:00–12:30	Q&A, Discussion
12:30 –14:00	Lunch
14:00 –15:30	Breakout groups
15:30 –16:00	Plenary – reporting back, discussion

16:00 –16:15	Coffee/Tea/Refreshments
16:15 –17:30	Poster Presentations (Group A) [5 minute presentation of poster and 10 minutes discussion per poster]
17:30 –18:45	Poster Presentations (Group B)
18:45 – 19:00	Summing-up of day 1: Professor Rainer K. Silberiesen
19:30	Workshop Welcome Dinner

## November 10 (Tuesday): Workshop Day 2

09:00–09:15	Introduction to Day 2: Professor Thomas Cook Presentation: Professor Douglas Paton
09:15–10:00	<i>FROM DISASTER RECOVERY TO DISASTER RISK REDUCTION: SOME CROSS-CULTURAL PERSPECTIVES</i>
10:00 –10:30	Q&A, Discussion
10:30 –10:45	Coffee/Tea/Refreshments
10:45–12:15	Breakout groups
12:15–12:45	Plenary – reporting back, discussion
12:45–14:00	Lunch
14:00–14:45	Presentation: Professor Abigail Gewirtz <i>PREVENTION AND INTERVENTION RESEARCH WITH CHILDREN AND FAMILIES AFTER DISASTERS</i>
14:45–15:15	Q&A, Discussion
15:15–15:30	Coffee/Tea/Refreshments
15:30–17:00	Breakout Groups
17:00–17:30	Plenary Presentations
17:30–18:45	Poster Presentations (Group C)
18:45 – 19:00	Summing up of Day 2: Professor Thomas Cook
19:30	Dinner/Free

### November 11 (Wednesday): Workshop Day 3

09:00–09:15	Introduction to Day 3: Professor Abigail Gewirtz
	Presentation: Professor Sarb Johal
09:15–10:00	<i>PLANNING PSYCHOLOGICAL INTERVENTION FOR IMPLEMENTATION BEFORE, DURING AND AFTER DISASTERS</i>
10:00 –10:30	Q&A, Discussion
10:30 –10:45	Coffee/Tea/Refreshments
10:45–12:15	Breakout groups
12:15–12:45	Plenary – reporting back, discussion
12:45 – 13:00	Summing-up of day-3: Professor Abigail Gewirtz
13:00–14:00	Lunch
14:00–16:30	Excursion to NCDR Taiwan (TBC)
19:30	Dinner/Free

### November 12 (Thursday): Workshop Day 4

09:00–09:15	Introduction to day 4: Associate Professor Sarb Johal
	Presentation: Professor Thomas Cook
09:15–10:00	<i>HOW TO ASSESS EFFECTS OF DISASTERS AND EFFECTIVENESS OF INTERVENTION: INDIVIDUALS, FAMILIES AND LOCAL COMMUNITIES</i>
10:00 –10:30	Q&A, Discussion
10:30 –10:45	Coffee/Tea/Refreshments
10:45–12:15	Breakout groups
12:15–12:45	Plenary – reporting back, discussion
12:45–14:00	Lunch
14:00 –15:15	Poster Presentations (Group D)
15:15 – 15:30	Coffee/Tea/Refreshments
15:30 –17:00	Alumna presentation by Dr Ya Zhou
	<i>PROSOCIAL BEHAVIOR ENHANCEMENT AMONG CHINESE ADOLESCENT EARTHQUAKE SURVIVORS YA ZHOU</i>
	Video talk by Professor Ann Masten: <i>CHILDREN AND DISASTER: LESSONS FROM RESILIENCE SCIENCE</i>



17:00–17:15 *SUMMING UP OF WORKSHOP, PROFESSORS NORDIN HASAN AND RAINER K. SILBEREISEN*

End of Workshop

19:30 Farewell Dinner and Certificate Presentation

## November 13 (Friday): Departures



# BIODATA OF FACULTY

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## **Sue-Huei Chen**

Dr. Sue-Huei Chen is a professor and the vice chair of the Department of Psychology, National Taiwan University (NTU), Taipei, Taiwan. She received her B.S. and M.S. in psychology from NTU, and her Ph.D. in Clinical Psychology from Emory University, U.S.A. She has worked as a clinical psychologist at the psychiatry department of Chang Gung Memorial Hospital, Taiwan and served as an associate editor of the Chinese Journal of Psychology. She currently serves as the President of Taiwan Association of Clinical Psychology (2015-2017). Dr. Chen's research interests include trauma and posttraumatic adjustment (PTSD & PTG), depression in cultural context of Taiwan, Internet addiction and psychological health in adolescents, non-verbal emotions (facial and prosodic emotion), and coping with chronic illness. She has studied and published empirical studies on psychological reaction and adaptation after disaster or trauma, cognitive pathology of PTSD; attachment and depression; stigma toward depression and help-seeking; psychological correlates of depression in women with breast cancer and of post-surgery care in elderly with cancer; predictors for Internet addiction in youths. Professor Chen has also developed several commonly used instruments for measuring Internet addiction, smartphone addiction, and perceived psychiatric stigma.

## **Thomas Cook**

Dr Thomas Cook is the Joan and Serepta Harrison Professor of Ethics and Justice, and Professor of Sociology, Psychology, Education, and Social Policy at Northwestern University and is also a Senior Fellow at Mathematical Policy Research Incorporated, in Washington, DC. He does work on program evaluation and methods for drawing strong causal inference. He is perhaps best known for his books on quasi-experimental design and analysis methods that are suitable for research in complex social, administrative and political settings.

## **Abigail Gewirtz**

Dr. Abigail Gewirtz is the John and Nancy Lindahl Leadership Professor in the Department of Family Social Science and the Institute of Child Development, and director of the Institute for Translational Research in Children's Mental Health at the University of Minnesota. Her research focuses on the development, effectiveness testing, and implementation of targeted prevention programs that promote child resilience among highly stressed families including those affected by military deployment, and war. Over more than a decade, Dr. Gewirtz's research has been funded by the US National Institutes of Health, the Substance Abuse and Mental Health Services Administration, and the Department of Defense. Dr. Gewirtz is Principal Investigator on two randomized controlled trials to develop and test a web-enhanced parenting program for military families with parents returning from wars in Iraq and

Afghanistan. She has published and presented widely on parenting, trauma, and child adjustment, extending parent training models for populations affected by traumatic stress, and the role of community sectors of care as portals for family-based prevention.

### **Sarb Johal**

Dr Sarb Johal is a Clinical Psychologist, Health Psychologist, and Associate Professor in Disaster Mental Health at the Joint Centre for Disaster Research (GNS Science / Massey University), based in Wellington. He has held roles in Government Service in both NZ and the UK including Senior Advisor to the Emergency Management Team at the Ministry of Health (NZ), Principal Advisor to the Ministry of Youth Development (NZ), and Private Secretary to the Minister of State for Health in the Department of Health (UK). He continues to support the recovery work in Canterbury through his research work and advisory relationships with CERA, MSD, MoH, CDHB, EQC as well as internationally through the WHO and UNISDR.

### **Ann Masten**

Dr Ann Masten, Ph.D., is Regents Professor and Irving B. Harris Professor of Child Development at the University of Minnesota. Her research focuses on understanding processes that promote competence and prevent problems in human development, with a focus on adaptive processes and resilience in the context of high cumulative risk, adversity, and trauma. She directs the Project Competence research on risk and resilience, including studies of children and youth exposed to homelessness, war, natural disasters, migration, and other common stressors. She is Past-President of the Society for Research in Child Development and currently serves on the Board of Children, Youth and Families for the U. S. National Academies, where she also co-chairs the international Forum on Investing in Young Children Globally. In 2014, she received the Bronfenbrenner Award for Lifetime Contributions to Developmental Psychology in the Service of Science

and Society from the American Psychological Association. Her book, *Ordinary Magic: Resilience in Development*, was published in 2014 by Guilford Press.

### **Douglas Paton**

Dr Douglas Paton is Professor of Psychology at Charles Darwin University (Australia), a Senior Research Fellow at the Bandung Resilience Institute (Indonesia), and Technical Advisor on risk communication to the World Health Organization. His research focuses on developing and testing all-hazards (seismic, volcanic, tsunami, bushfire, flooding and health/pandemic hazards), cross-cultural (USA, Australia, New Zealand, Japan, Indonesia, Taiwan and Portugal) theories of resilience and adaptive capacity in communities and organizations and applying the LRRD framework to linking disaster recovery and community capacity building. Douglas has published 18 books and some 170 peer-reviewed papers in this area. He is Editor of the International Journal of Mass Emergencies and Disasters and sits on the Editorial Boards of Disasters and the International Journal of Disaster Risk Reduction.

### **Rainer K. Silbereisen**

Dr Rainer K. Silbereisen is currently Research Professor of Developmental Psychology and Director of the Center for Applied Developmental Science (CADS) of the Friedrich Schiller University, Jena, Germany. He has been Principle Investigator in a long-term basic and applied research program on the effect of social change on individual behavior and development in various countries, is Director of an international and interdisciplinary consortium on acculturation and immigration, and has been involved in an interdisciplinary investigation on entrepreneurship and its early antecedents. His main research interest is life span human development, framed within a biopsychosocial paradigm, with special emphasis on adolescence, adulthood, and aging. He is Fellow of various learned societies and of international career development programs



for young scientists. He is Past President of the International Union of Psychological Science, the umbrella organization of more than 80 national scientific organizations of psychology around the globe.

### Ya Zhou

Dr. Ya Zhou is currently a postdoc fellow at School of Psychology, South China Normal University. She received a Ph.D. in educational psychology from The Chinese University of Hong Kong in December 2014, and a master's and bachelor's degree from Beijing Normal University. Her research interest focuses on epidemiology and psychopathology of post-trauma mental health problems, as well as on resilience and posttraumatic growth.



# SYNOPSIS OF FACULTY PRESENTATIONS

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## ***Disasters: Core Topics and Concepts of Psychological Research and Application by Rainer K. Silbereisen***

I will provide some background of the history and aim of this series of international workshops on Psychological Intervention after Disaster (PIAD), and provide information on the prevalence of natural hazards and disasters in a world-wide view. Following some core concepts in dealing with such events like exposure and vulnerability will be clarified, and information provided on the role of social and behavioral science in this field characterized by complex interactions between ecological and social challenges. Recent theoretical concepts and empirical studies carried out by psychologists and allied fields shed new light on the pathways through which natural hazards and disasters have short-term and long-term effects on behavior and development of affected populations. This will be illuminated by a few hotspots of relevant research. A characterization of exemplary lessons for adequate training and science communication will follow, which then reflects the outline of the workshops activities.

## ***Psychosocial Adjustment Following Natural Disaster in Children and Adolescents in Taiwan by Sue-Huei Chen***

Survivors of natural disaster vary in their pre-trauma dispositions and conditions as well as post-trauma appraisals of traumatic experiences and may then result in various extents of post-traumatic adjustment. It may be more salient for children and adolescents because they are at the developmental

stage of searching meanings for life and the World. A brief introduction to empirical studies addressing risk and buffer factors of psychosocial adjustment of youths following natural disasters, especially the prevalence of PTS symptoms/disorders, will be presented. It will be followed by a study focused on the attributional patterns of damage and loss caused by the Taiwan Chi-Chi Earthquake and meaning making 10 months after the trauma in youths from the epicenter. The findings from Taiwan will be discussed in terms of risk and protective factors for youth survivors of natural disasters, with especial highlights of the effects of trauma attribution, meaning making, and perceived future controllability on consequent psychological adjustment, especially on post-traumatic stress symptoms in youths. Interventions and further investigations will be then suggested.

## ***From Disaster Recovery to Disaster Risk Reduction: Some Cross-Cultural Perspectives by Douglas Paton***

This presentation will compare social, community, psychological and societal perspectives on earthquake recovery comparing New Zealand and Taiwan. It will draw on research conducted during the recovery phases of the 2011 Christchurch (New Zealand) earthquake and the 1999, 921 earthquake in Taiwan. By conducting research during periods when people were actively confronting recovery and reconstruction issues, it becomes possible to more clearly identify what people (individually and collectively) had to contend with and what helped or hindered their ability to do so. The paper will outline how this work identified a need for readiness

(preparedness/prevention) to be subdivided into functional categories (structural, survival, planning, community, psychological, livelihood, community-agency) and will discuss how different roles that personal, family, community, cultural and societal resources played in facilitating people's ability to adapt to recovery and reconstruction issues. The opportunities this affords to assess the validity of DRR readiness theories and how DRR warning and readiness strategies can be developed will be discussed. The paper will also draw on recent work on applying the "Build Back Better" (BBB) and "Linking Relief, Rehabilitation and Development" (LRRD) concepts to discuss ways of integrating disaster recovery and the development of community capacity.

***Prevention and Intervention Research with Children and Families after Disasters by Abigail Gewirtz***

Natural and manmade disasters disrupt the social fabric of society, jeopardizing children's adjustment and healthy development. Parents are key to children's resilience, particularly in stressful contexts, yet research shows that it is precisely under risky circumstances that parenting is impaired. Fortunately, extensive research has demonstrated that buffering parenting is effective for strengthening children's resilience.

This presentation aims to provide an introduction to family-focused prevention and intervention research after disasters. The goal is to highlight the importance of theory-based interventions, rigorous methodology, and the stages of prevention research. The presentation will review research on a theory-based, empirically-supported parenting program (Parent Management Training, Oregon model) and its modifications for families affected by traumatic stress. Evidence for the effectiveness of the model with families affected by war and other disasters will be presented, along with key elements of the program, and efforts at widespread implementation around the world, in both developed and developing countries.

***Planning Psychological Intervention for Implementation Before, During and After Disasters by Sarb Johal***

Planning psychological intervention for implementation before, during and after disasters at a population level takes knowledge, skill, and planning with many partners to make the biggest difference to the greatest number of people, while ensuring appropriate distribution of scarce resources. Behavioural science and established good mental health practices have much to offer disaster risk management at all stages from understanding how risk is understood, how responsibility to mitigate risk is distributed and shared within societies to rapid interventions immediately post-disaster and throughout complicated recovery processes affected many parts of societies over a number of years. How do we make sure that the valuable knowledge and skills that we offer are both useful and usable? I propose that unless we are conscious about how decisions are made in the societies in which we live, we will not know the effective levers to pull in order to help to produce research and effective clinical interventions that will be taken up in times of disaster. In my presentation, I will talk about my experience of working a clinical psychologist in many different roles assisting in the design of disaster risk reduction and mitigation-related policy and effective ways to implement it.

***Evidence-based Best Practices for Evaluating Programs to Alleviate the Personal and Social Consequences of Disasters, Given that an Experiment is Not Possible by Thomas Cook***

Randomized experiments are used a lot to evaluate the consequences of individual and group therapies for reducing post-traumatic stress disorders, thus forming the backbone of what are evidence-based practices. But such experiments are not universally possible, and they are not useful for studying the psychological responses of efforts to ameliorate the consequences of disasters that just happened. This talk is about other designs than the experiment that can be used to evaluate the consequences of disasters and for improving the



effectiveness of therapies. Many alternative designs are not useful, and this talk is about those classes of non-experiments that consistently produce results close to those of a randomized experiment on the same topic. Thus, the goal is to isolate those non-experiments that demonstrably function like experiments in that they produce similar results about effectiveness. These are the alternatives to randomized experiments worth promoting. Other alternatives are not.

### ***Prosocial Behavior Enhancement Among Chinese Adolescent Earthquake Survivors by Ya Zhou***

A longitudinal study was conducted to examine the developmental trajectories of prosocial behavior and related predictors among adolescents exposed to the 2008 Wenchuan earthquake. The main question was whether there exists post-trauma prosocial behavior enhancement and, if so, what are the potential contributing factors. A total of 1,573 adolescents were followed-up at 6-, 18-, and 30-month post-earthquake. Self-report measures were used to assess earthquake exposure, post-earthquake negative life events, prosocial behavior, PTSD/depressive/anxious symptoms, social support, and coping style. Data were analyzed using growth mixture modeling and multinomial logistic regressions. Four trajectories of post-earthquake prosocial behavior were identified: high/enhancing (35.0% of the sample), high/stable (29.4%), low/declining (33.6%), and low/steeply declining (2.0%). Female gender, more social support and greater positive coping were significant factors related to higher likelihood of developing the high/enhancing trajectory. These results indicate the importance of providing trauma-exposed adolescents with social support and training of coping skills to facilitate prosocial behavior enhancement.

### ***Resilience of Children in Disaster: Research and Readiness by Ann S. Masten***

In this presentation, the science of resilience will be discussed in regard to disaster, its effects on young people, and applications for intervention. Professor Masten will discuss pathway models of response to disaster and evidence on the predictors of resilience from disaster studies around the world. Lessons learned from international research and also from the consensus of disaster experts will be highlighted. Implications for interventions to foster resilience in young people following disaster will be delineated, including disaster preparedness. Cautions and controversies to consider in disaster intervention also will be discussed.



# LIST OF PARTICIPANTS

**4<sup>th</sup> International Workshop on Psychological Intervention after Disasters**  
9-12 November 2015, Taipei, Taiwan

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## GERMANY

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## NEW ZEALAND

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## TAIWAN

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## U.S.A

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31

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32

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