

SECOND ANNOUNCEMENT

THE FIRST INTERNATIONAL CONFERENCE OF SAT HEALTH COUNSELING

第 1 回国際 SAT ヘルスカウンセリング会議

HEALTH COUNSELING AND SAT THERAPY

ヘルスカウンセリングと SAT 療法

## PROGRAM

ACADEMY FOR HEALTH COUNSELING  
INTERNATIONAL SAT ASSOCIATION  
DEPARTMENT OF HUMAN CARE SCIENCE  
UNIVERSITY OF TSUKUBA

WELCOME PARTY: 18:00-20:00 SEPTEMBER 20(SUN), 2009  
SEPTEMBER 21(MON): 17:00 - 21:00, 2009 TOKYO CAMPUS Building G 501  
UNIVERSITY OF TSUKUBA, JAPAN

## ORGANIZATION



**Organizer** Organizing Committee of the First International Conference of  
SAT Health Counseling

**Co-sponsors** Academy for Health Counseling  
International SAT Association

### Organizing Committee

**Chair** Munakata, Tsunetsugu President, Academy for Health Counseling  
President, International SAT Association  
Chair, Department of Human Care Science  
University of Tsukuba

**Secretary-General**  
Hashimoto, Sayuri

**Associate Secretary-Generals**  
Higuchi, Noriko;  
Hu Wenyan  
Mayumi, Oka

**SECRETARIAT: ORGANIZING COMMITTEE OF THE First International  
Conference of SAT Health Counseling, UNIVERSITY OF TSUKUBA , D511,  
1-1-1 Tennoudai, Tsukuba, JAPAN 305-8577, Fax: 81-29-853-3971, E-mail :  
[munakata@hcs.tsukuba.ac.jp](mailto:munakata@hcs.tsukuba.ac.jp),**

会議事務局: 第 1 回国際 SAT ヘルスカウンセリング会議事務局、宗像研究室内、D511  
筑波大学、つくば市天王台 1 - 1 - 1、郵便番号 305 - 8577、電話 & FAX  
029-853-3971、メール [munakata@hcs.tsukuba.ac.jp](mailto:munakata@hcs.tsukuba.ac.jp)



## From the Chair

### **The 1<sup>st</sup> INTERNATIONAL CONFERENCE OF SAT HEALTH CONFERENCE**

We hereby sincerely invite you and other representatives from your organization to join the first international conference of SAT health counseling, 21 September, Monday, 2009 in Tokyo Campus University of Tsukuba, Japan.

The first international conference of SAT health counseling highlights developing and spreading a counseling & therapy based on SAT Method. We hope to develop this conference into an international academic society for probing SAT counseling & therapy as a behavioral scientific technique and as a research and global educational method by designing effective training and remedial intervention programs in SAT Method. Especially, we are expecting to discuss about SAT Method leading global strategies in the future for successful performance, stress management, mental health maintenance, innovation in health care technology, chronic disease or lifestyle-related disease management and health behavior change. We believe this conference will be of great benefit to our future cooperation on developing the effective program to improve human's well-being.

We are all looking forward to seeing you soon, and should you have any questions, please feel free to inform me.

Professor Tsunetsugu Munakata, Dr H Sc  
Chair of Organizing Committee of  
the First International Conference of  
SAT Health Counseling  
Chair, Department of Human Care Science  
School of Comprehensive Human Sciences  
UNIVERSITY OF TSUKUBA

Advanced Research Building D511,  
1-1-1 Tennoudai, Tsukuba, JAPAN  
305-8577  
Phone & Fax: 81-29-853-3971  
E-mail: [munakata@hcs.tsukuba.ac.jp](mailto:munakata@hcs.tsukuba.ac.jp)  
<http://www.hcs.tsukuba.ac.jp/~munakata/>

# CONFERENCE INFORMATION

## VENUE

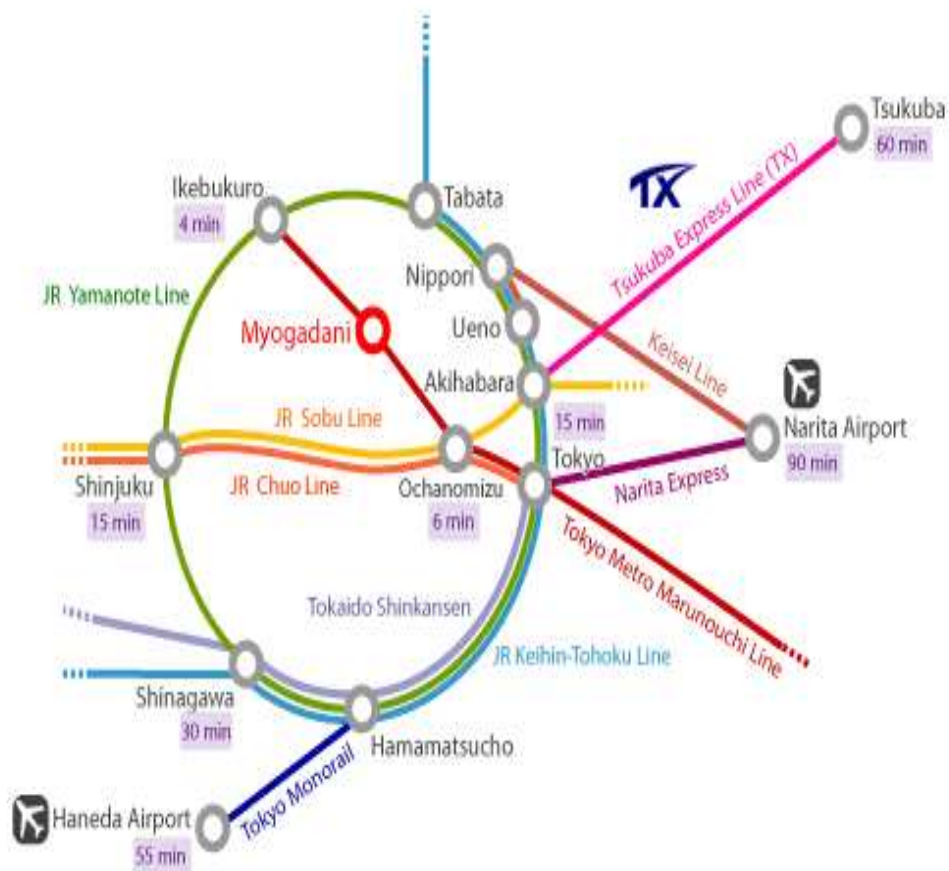
G501, Tokyo Campus University of Tsukuba, 3-29-1 Otsuka Bunkyo-ku, Tokyo, Japan

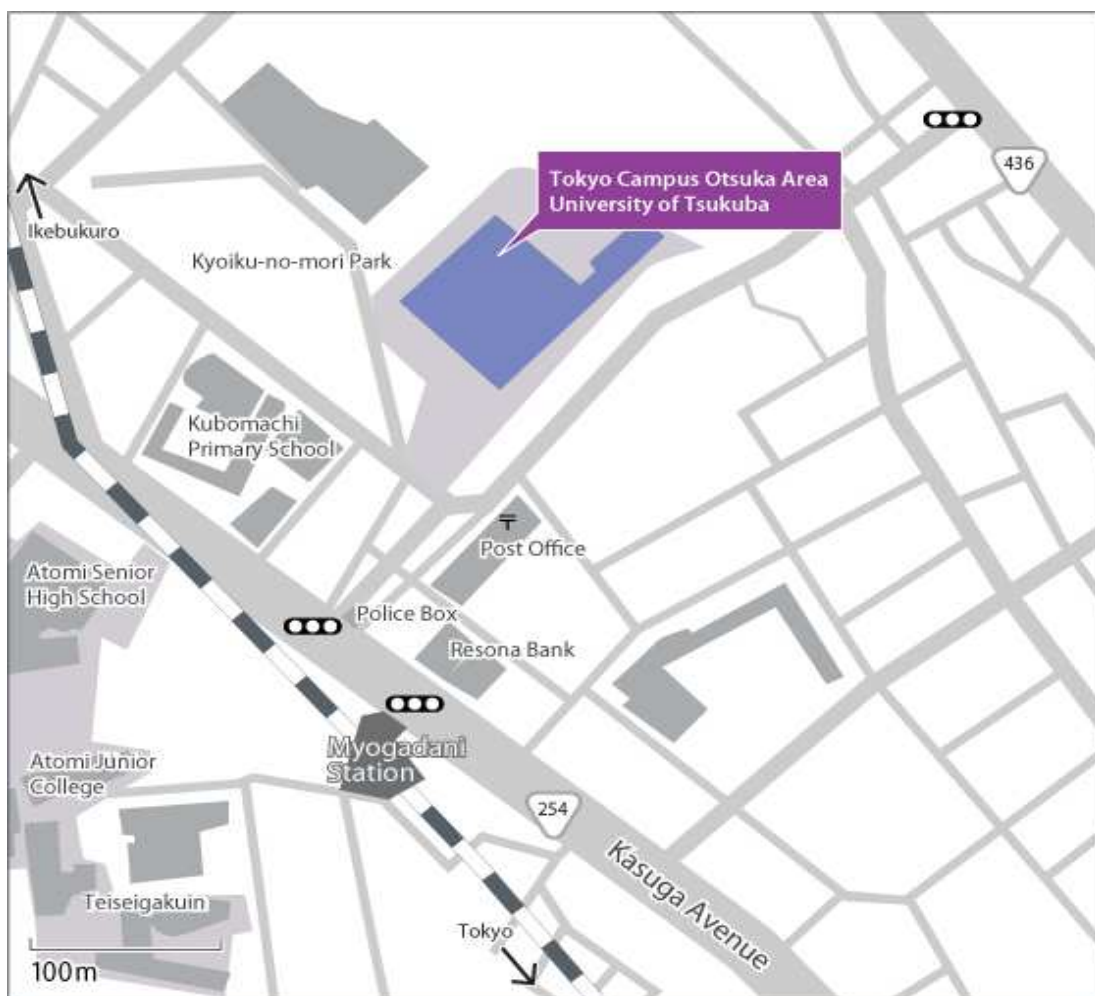
Directions to Tokyo Campus Otsuka Area (Myougadani)

Address 3-29-1 Otsuka, Bunkyo-ku, Tokyo 112-0012

Directions to Tokyo Campus (Myogadani) 東京メトロ・丸の内線茗荷谷駅 徒歩2分

Tokyo Metro Marunouchi Line: Myogadani Station (about 2-minute walk)





## **DATE**

**WELCOME PARTY: 18:00-20:00 SEPTEMBER 20(SUN), 2009**

**INTERNATIONAL CONFERENCE: 17:00 - 21:00, SEPTEMBER 21(MON), 2009**

**JAPAN NATIONAL MEETING OF ACADEMY FOR HEALTH COUNSELING:  
SEPTEMBER 20 (SUN.) 9:50-18:00, SEPTEMBER 21 (MON.) 9:30-17:00**

## **LANGUAGE**

English and Japanese shall be the official language for the conference

## **REGISTRATION DESK**

The registration desk is open as follow:

September 20 (Sun.) 9:50-18:00

September 21 (Mon.) 9:30-17:00

## **WELCOME PARTY**

**Data: Sunday, 20 September, 2009**

**Time: 17:00-20:00 PM**

**Fee: 2,000 yen (Free for Invited Guests)**

**Venue: BUILDING G Tokyo Campus University of Tsukuba**

## **ON SITE REGISTRATION OF THE INTERNATIONAL CONFERENCE**

The registration desk will be provided at the conference site and will be open throughout the conference period. Those who intend to register during the conference period are requested to pay the registration membership **1000 in Japanese Yen for participating in the International Conference** at the registration desk in cash only.

## **WELCOME to 16<sup>th</sup> NATIONAL CONGRESS OF ACDEMIC FOR HEALTH COUNSELING**

Date: September 20-21, 2009

Registration desk:

September 20 (Sun.) 9:50-18:00

September 21 (Mon.) 9:30-17:00

## **REGISTRATION APPLICATION OF JAPAN NATIONAL CONGRESS OF ACADEMY FOR HEALTH COUNSELING**

Member: . . . . . ¥5,000

Non-member: . . . . . ¥6,000

Student: . . . . . ¥3,000

Invited Guest . . . . . Free

Venue: Building G, Tokyo Campus University of Tsukuba, 3-29-1 Otsuka Bunnkyo-ku, Tokyo, Japan

**SECRETARIAT: ORGANIZING COMMITTEE OF THE First International Conference of SAT Health Counseling, UNIVERSITY OF TSUKUBA , D511, 1-1-1 Tennoudai, Tsukuba, JAPAN 305-8577, Fax: 81-29-853-3971, E-mail: [munakata@hcs.tsukuba.ac.jp](mailto:munakata@hcs.tsukuba.ac.jp)**

会議事務局: 第1回国際 SAT ヘルスカウンセリング会議事務局、宗像研究室内、D511 筑波大学、つくば市天王台 1 - 1 - 1、郵便番号 305 - 8577、電話 & FAX 029-853-3971、メール [munakata@hcs.tsukuba.ac.jp](mailto:munakata@hcs.tsukuba.ac.jp)

**SUBMISSION FORM 参加申請書**

Submit this form to the Secretariat by JULY 20, 2009

2009年7月20日までに事務局に提出する

Corresponding author(s). This author is responsible for communicating information about the submission to co-author(s), if any. 責任申請者

Name: 氏名 \_\_\_\_\_

Institution: 所属先 \_\_\_\_\_

Address: 連絡先住所 \_\_\_\_\_

Country: 国名 \_\_\_\_\_

Tel: \_\_\_\_\_ Fax: \_\_\_\_\_ E-Mail \_\_\_\_\_

SUBMISSION TITLE: 発表題目 \_\_\_\_\_

**THE 1st INTERNATIONAL CONFERENCE OF SAT HEALTH COUNSELING  
SECRETARIAT: ORGANIZING COMMITTEE OF THE First International  
Conference of SAT Health Counseling, UNIVERSITY OF TSUKUBA ,  
D511, 1-1-1 Tennoudai, Tsukuba, JAPAN 305-8577, Fax: 81-29-853-3971, E-mail:  
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会議事務局: 第1回国際SATヘルスカウンセリング会議事務局、宗像研究室内、D511 筑波大学、つくば市天王台1-1-1、郵便番号305-8577、電話 & FAX 029-853-3971、メール [munakata@hcs.tsukuba.ac.jp](mailto:munakata@hcs.tsukuba.ac.jp)

## **SUBMISSION INSTRUCTIONS**

The author-prepared abstract will be published exactly as presented on original.

Type must be clear, dark and correct. DO not reduce or condense. All abstracts will be reduced for publication. Plain paper may be used in place of 'Abstract Form', provided exact dimensions (12.7cm× 18cm) are maintained.

Papers which cluster around common themes may be selected for group oral presentation, each about 15 minutes. ALL papers should be submitted under the 'paper or poster' option.

## **TO SUBMIT A PAPER PROPOSAL**

1. Complete the Submission Form.
2. Prepare an Abstract to fit within the Abstract Form.
3. Provide a concise description of your proposed presentation in narrative form. Include author(s) name(s), affiliation, and the corresponding author(s) name and address.
4. Copy all Form/Information for your reference. Retain Abstract on disc for future use.
5. **Abstract submissions must be received by September 1, 2009.**

**発表要旨の提出は、2009年9月1日が締め切りです。**

## **ABSTRACTS SHOULD:**

- a) State the scientific question or purpose of the study;
- b) Characterize the study sample (sample size, age, gender, race, health status, etc);
- c) Identify the independent and dependent measures, types or specific names of measures used;
- d) Summarize analysis, and describe key results;
- e) Stat conclusions and/or significance of findings

## **THE 1st INTERNATIONAL CONFERENCE OF SAT HEALTH COUNSELING**

**SECRETARIAT: ORGANIZING COMMITTEE OF THE First International Conference of SAT Health Counseling, UNIVERSITY OF TSUKUBA, D511, 1-1-1 Tennoudai, Tsukuba, JAPAN 305-8577, Fax: 81-29-853-3971, E-mail: [munakata@hcs.tsukuba.ac.jp](mailto:munakata@hcs.tsukuba.ac.jp)**

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The 1<sup>st</sup> INTERNATIONAL CONFERENCE OF SAT HEALTH COUNSELING

ABSTRACT FORM 発表要旨

\* Abstracts may be submitted on this form (or on plain paper within 12.7cm x 18cm dimension)

**Abstract submissions must be received by September 1, 2009.**

発表要旨の提出は、2009年9月1日が締め切りです。

(Title) 題目 \_\_\_\_\_

(Name) 発表者氏名, (Affiliations) 所属先 \_\_\_\_\_

(Purpose) 目的 \_\_\_\_\_

(Method) 方法 \_\_\_\_\_

(Result and Discussion) 結果と考察 \_\_\_\_\_

(Conclusion) 結論 \_\_\_\_\_

ALL papers should be submitted under the ' paper or poster' option.

Circle your option,  1. paper  2. poster

OFFICE USE

Reg. ....Date received.....Abs. ....

**FOR OVERSEA GUESTS, ACCOMODATION IN TSUKUBA CAMPUS**

[http://www.tsukuba.ac.jp/access/tsukuba\\_access.html](http://www.tsukuba.ac.jp/access/tsukuba_access.html)

TSUKUBA UNIVERSITY HALL ANNEX 4<sup>th</sup> FLOOR UNIVERSITY GUEST HOUSES(DAIGAKU KAIKAN BETSUKAN 大学会館宿泊施設):

大学会館別館 4階) 1-1-1 TENNNOUDAI, TSUKUBA, JAPAN 305-8577

029-853-2382/2386

one night 2500 yen

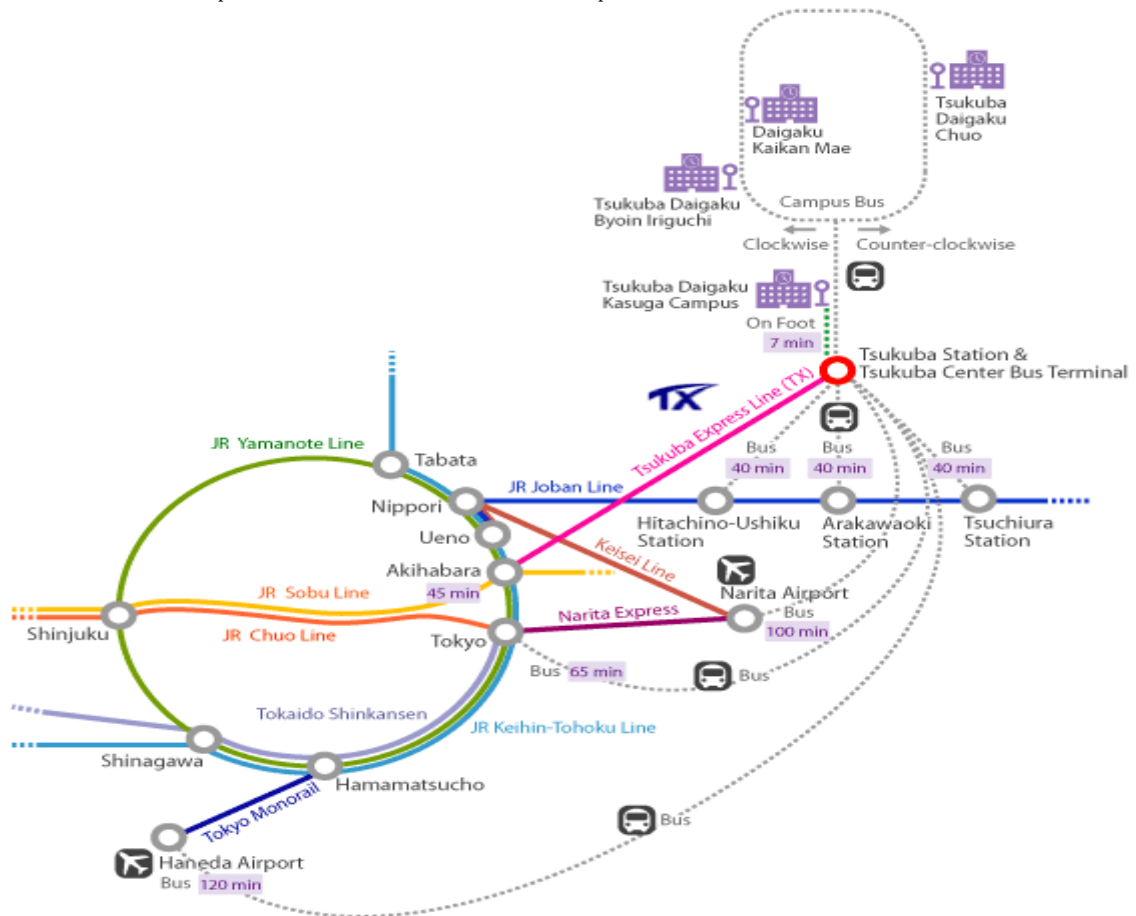
**Final reservation deadline to the conference secretariat: JULY 20, 2009**

**SECRETARIAT: ORGANIZING COMMITTEE OF THE First International Conference of SAT Health Counseling, UNIVERSITY OF TSUKUBA, D511, 1-1-1 Tennoudai, Tsukuba, JAPAN 305-8577, Fax: 81-29-853-3971, E-mail: [munakata@hcs.tsukuba.ac.jp](mailto:munakata@hcs.tsukuba.ac.jp)**

Access to Tsukuba Campus

1-1-1 Tennodai, Tsukuba, Ibaraki, 305-8577 Japan

Route Map - Tsukuba Campus



### Access to the University of Tsukuba from Tsukuba Station

Tsukuba main campus is serviced by the University of Tsukuba Loop-line On-campus Bus [Tsukuba Daigaku Junkan Bus]. Bus route starts from Tsukuba Center Bus Terminal Bus Stop No.1 and buses run alternatively in a clockwise route (Daigaku Junkan, Migi-Mawari) and counter-clockwise route (Daigaku Junkan, Hidari-Mawari).

### Access to Tsukuba and University for Tsukuba

Transportation	Directions
<b><u>Tsukuba Express Line (TX)</u></b>	From <b>TX Tsukuba Station A4 Exit</b> By Loop-line On-campus Bus
<b><u>JR Joban Line</u></b>	From <b>JR Hitachino-Ushiku Station East Exit</b> * By bus bound for "Tsukuba Center" At Tsukuba center, transfer to the Loop-line On-campus Bus (journey time: 40-50 minutes) * By bus bound for "Tsukuba Daigaku Chuo" (infrequent service, journey time: 40-50 minutes) * By taxi (journey time: 20-25 minutes)
	From <b>JR Arakawaoki Station West Exit</b> * By bus bound for "Tsukuba Daigaku Chuo" (infrequent service, journey time: 30-40 minutes) * By taxi (journey time: 20-25 minutes)
	From <b>JR Tsuchiura Station West Exit</b> * By bus bound for "Tsukuba Daigaku Chuo" (infrequent service, journey time: 35-40 minutes) * By taxi (journey time: 15-20 minutes)
Highway bus from Tokyo Station	From <b>Tokyo Station Yaesu South Ticket Gate</b> * By highway bus bound for the University of Tsukuba (runs every 20 minutes, journey time: 75 minutes) * By highway bus bound for the Tsukuba Center (runs every 20 minutes, journey time: 65 minutes) At Tsukuba Center, transfer to the Loop-line On-campus Bus
Car (to the Administration Center building)	From <b>Joban Expressway (Joban Jidoshado)</b> - Turn left at Sakura-Tsuchiura Interchange towards Tsukuba

	<ul style="list-style-type: none"> <li>- Turn right at Sasagi intersection</li> <li>- Drive along Ibaraki Prefectural Route 55 (Higashi Odori) heading north</li> <li>- Turn left at the main gate of the University of Tsukuba (in front of the Administration Center building) (8 km from the exit of Joban Expressway)</li> </ul> <p><b>From National Highway Route 6</b></p> <ul style="list-style-type: none"> <li>- Turn into Ibaraki Prefectural Route 55 (Higashi Odori) at Gakuen Higashi Odori Iriguchi intersection (Arakawaoki) and head north</li> <li>- Go straight through Sasagi intersection</li> <li>- Turn left at the main gate of the University of Tsukuba (in front of the Administration Center building)</li> </ul>
<b>Air</b>	<p><b>From Narita International Airport</b></p> <p><b>* By highway bus bound for Tsukuba Center (journey time: 100 minutes)</b></p> <p><b>At Tsukuba Center, transfer to the Loop-line On-campus Bus</b></p> <p> </p> <p><b>* By JR Train to JR Hitachino-Ushiku Station (journey time: 80 minutes)</b></p> <p>From JR Hitachino-Ushiku Station East Exit, transfer to bus bound for "Tsukuba Center"</p> <p>At Tsukuba center, transfer to the Loop-line On-campus Bus (journey time: 40-50 minutes)</p> <p>Alternatively, from JR Hitachino-Ushiku Station East Exit, transfer to bus bound for "Tsukuba Daigaku Chuo" (infrequent service, journey time: 40-50 minutes)</p> <p> </p> <p><b>* By Keisei Skyliner Airport Express train to JR Ueno Station</b></p> <p><b>From JR Ueno Station, transfer to JR Yamanote Line bound for JR Akihabara Station (5 minutes)</b></p> <p><b>At Akihabara Station, transfer to Tsukuba Express (TX) Line bound for Tsukuba Station (50 minutes)</b></p> <p><b>From TX Tsukuba Station A4 Exit, transfer to the Loop-line On-campus Bus</b></p> <p> </p> <p><b>From Tokyo International Airport</b></p> <p><b>* By Tokyo Monorail to JR Hamatsu-cho Station (journey time: 23 minutes), followed by JR train to JR Hitachino-Ushiku Station</b></p> <p>From JR Hitachino-Ushiku Station East Exit, transfer to bus bound for "Tsukuba Center"</p> <p>At Tsukuba Center, transfer to the Loop-line On-campus Bus (bus journey: time</p>

40-50 minutes)

Alternatively, from JR Hitachino-Ushiku Station East Exit, transfer to bus bound for "Tsukuba Daigaku Chuo" (infrequent service, journey time: 40-50 minutes)

\* By Keikyu Blue Sky Train [Keihin Kyuko] to JR Shinagawa Station (journey time: 20 minutes), followed by JR train to JR Hitachino-Ushiku Station.

From JR Hitachino-Ushiku Station East Exit, transfer to bus bound for "Tsukuba Center"

At Tsukuba Center, transfer to the Loop-line On-campus Bus (bus journey time: 40-50 minutes)

Alternatively, from JR Hitachino-Ushiku Station East Exit, transfer to bus bound for "Tsukuba Daigaku Chuo" (infrequent service, bus journey time: 40-50 minutes)

\* By bus bound for Tsukuba Center (journey time: 120 minutes)

At Tsukuba Center, transfer to the Loop-line On-campus Bus