

THE 4th
INTERNATIONAL CONFERENCE OF
SAT HEALTH COUNSELING

The Innovation of SAT Therapy



CHIBA JAPAN

2012.9.15

ACADEMY FOR HEALTH COUNSELING
INTERNATIONAL SAT ASSOCIATION

From the Chair

THE 4th INTERNATIONAL CONFERENCE OF SAT HEALTH COUNSELING

We hereby sincerely invite you and other representatives from your organization to join the 4th international conference of SAT health counseling, September 15, Saturday, 2012 in Tokyo, Japan.



The 4th international conference of SAT health counseling highlights "The Innovation of SAT Therapy". As for the theory and skill of SAT Counseling & Therapy, for conquering well-being problem with difficult solution, the technical innovation has been performed continuously. Nowadays, the SAT Counseling & Therapy has been spreading not only to Japanese whole country but also to China, Europe, etc.

Based on SAT counseling & therapy, we concentrate on supporting people to change their lifestyles from other-rewarded oriented to self-rewarded oriented ones which would brought great effect on both contributing to Universal Health. Universal Health is to achieve greater flexibility, more ease in the body; more joy, a feeling of handing stress in a positive way; a feeling of wellness and greater personal power, good human relationship, and so forth. We believe this conference will be of great benefit to our future cooperation on developing the effective program to improve human's universal health.

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

Tsunetsugu Munakata, Dr H Sc

Chair, Organizing Committee of the 4th International Conference of SAT Health Counseling

Emeritus Professor, University of Tsukuba

President, the Academy of Health Counseling

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THE 4th INTERNATIONAL CONFERENCE OF SAT HEALTH CONFERENCE

Main Symposium: The Innovation of SAT Therapy

Date : September 15, 2012 (SAT) 18:40 - 20:30

Venue : Bunkyo School Building, Tokyo Campus 1F Room134

Organizer : NPO Corporation Academy for Health Counseling
International SAT Association

Registration Fee: 2000 yen (Japanese yen only)

Schedule

Entry:	By the deadline, July 20 (Fri.)
Abstract Submission:	By the deadline, August 10 (Fri.)
Proceeding English Paper:	By the deadline, October 31, 2012 (Wed)

ORGANIZATION

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Organizer Organizing Committee of the 4rd International Conference of
SAT Health Counseling

Co-Sponsors ACADEMY FOR HEALTH COUNSELING
INTERNATIONAL SAT ASSOCIATION

Conference Theme The Innovation of SAT Therapy

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 **Associate Secretary-Generals**
Hashimoto, Sayuri Higuchi, Noriko
Hu, Wenyan

Secretariat: Organizing Committee of the 4th International Conference of SAT Health
Counseling, Meikai University, 1701, Faculty of Languages and Cultures Department of
English, Noriko Higuchi
Akemi 1, Urayasu, Chiba, JAPAN 279-8550
Phone: 81-47-355-5120 FAX: 81-47-350-5504

会議事務局：第4回国際SATヘルスカウンセリング会議事務局

明海大学外国語学部英米学科 樋口倫子

〒279-8550

千葉県浦安市明海1 管理研究棟 1701 明海大学外国語学部英米学科 樋口倫子

TEL: 047-355-5120 (教員代表) FAX: 047-350-5504 (教員代表)

E-Mail : nhiguchi@meikai.ac.jp

CONFERENCE INFORMATION

VENUE

Bunkyo School Building, Tokyo Campus 1F Room134
Address: 3-29-1 Otsuka, Bunkyo-ku, 112-0012 Tokyo

DATE

INTERNATIONAL CONFERENCE: 18:40 - 20 : 30 , SEPTEMBER 15 (SAT), 2012
JAPAN NATIONAL MEETING OF ACADEMY FOR HEALTH COUNSELING:
SEPTEMBER 15 (SAT.) 9:30-18:00, SEPTEMBER 16 (SUN.) 9:30-17:00

LANGUAGE

English shall be the official language for the conference

REGISTRATION DESK

The registration desk is open as follow:

September 15 (SAT.) 9:30-18:00

September 16 (SUN.) 9:30-17:00

WELCOME PARTY

Date: Saturday, 15 September, 2012

Time: 17:40-18:30

Fee: Free

Venue: Bunkyo School Building, Tokyo Campus, B1 lobby

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.

SECRETARIAT: Organizing Committee of the 4th International Conference of SAT Health Counseling, Meikai University, 1701, Faculty of Languages and Cultures Department of English

Noriko Higuchi

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会議事務局：第4回国際SATヘルスカウンセリング会議事務局

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Time Table

9/15/2012 Sat.

Room13 4(1F)	18:40 - 18:45	Opening Ceremony Remarks Chair: Dr. Higuchi	Prof.Tsunetsugu Munakata
	18:45 - 19:15	Keynote Leture Chair: Dr. Hashimoto	Prof.Tsunetsugu Munakata
	19:15-19:45	Session1 Change the Social Life Chair: Dr. Hu	Ms.Angela Lee Dr.Wenjie Yang
	19:45-19:55	Coffee Break	
	19:55-20:25	Session 2 SAT for Undergraduate & Adolescence Chair: Dr.Wenjie Yang	Dr.Izumi Sezai Dr. Hu Wenya
	20:25-20:30	Closing Ceremony	Launching International SAT Association

*Oral Session: 10min for Presentation 5min for Question and answer

Opening Ceremony

18:40

Keynote Lecture

18:45 The Paradigm and Innovation of SAT Therapy
Emeritus Professor Dr. Tsunetsugu Munakata

Session 1 Change the Social Life & Childbirth experience

19:15 S1-1 Reconsidering the Construct of Mental Illness through SAT Therapy
Angela Lee

19:30 S1-2 A Case Report of Mental Health Improvement of a Marriageable Age Lovelorn Female
by SAT Imagery Therapy
Wenjie Yang

Coffee Break

19:45

Session 2 SAT for undergraduate and adolescence

19:55 S2-1 Associations between Smoking and Quitting Smoking Behavior, Self-Image Scripts and
Stress Temperament in Young Adulthood -A study from intervention interview surveys of
smokers

Izumi Sezai, Tsunetsugu Munakata

20:10 S2-2 SAT-based Self-image Improvement Intervention to Promote Well-being Status for
Chinese College Students

Hu Wenyan

Closing ceremony

20:25 - 20:30

Keynote Lecture

The Paradigm and Innovation of SAT Therapy

Munakata Tsunetsugu, Dr H Sc
Emeritus Professor, University of Tsukuba

Summary

The main difference between the weltanschauung of drug therapy and Psychotherapy used in Western medicine and the worldview underlying SAT Therapy is that while the former considers depression, cancer, autoimmune disorder and the like as pathological conditions to be removed, the latter does not regard them as only negative conditions. In addition, the former treats the symptoms of these illnesses while ignoring their causes. Take depression as an example. In Western medicine, the psychotropic effects of depression are treated without regard for their causes. Even though a patient may be suffering from depression due to mental stress caused by an inability to say no out of fear of being regarded negatively by others, the doctor does not provide treatment that would enable the patient to explicitly say no.

In contrast, SAT Therapy identifies the discrepancy between the joys of living your life as it is and the fears of being rejected by those around you as causes of disease generating stress, and regards disease positively as an agent that provides self-growth energy that minimizes this discrepancy. In SAT Therapy, disease is thought to be caused due to stress which arises when you act by letting yourself be controlled by “voices of those around you” instead of acting by listening to your own “inner voice,” which leads to self-restraint and self-denial. Stress is relieved by, first, helping patients develop awareness and positive acceptance of life as determined by their innate genes, then guiding them to learn to act by capitalizing on their newly acquired awareness. In SAT Therapy, stress is relieved by removing the fear patients have when they hear “voices of those around them.”

In Western medicine, cognitive behavioral therapy is used for treating mental illness. In this therapy, symptoms of depression and anxiety are mitigated by working upon the cognizance that prevents patients from engaging in adaptive behaviors by changing “the way patients think or look at things” (i.e., their cognizance). For example, the excitation of the amygdala in the brain, which plays a primary role in the processing and memory of emotional reactions, is quieted by changing an individual’s pessimism, “the cup is half empty,” to optimism, “the cup is half full.” However, the effectiveness of such a treatment will be limited for unstable individuals prone to emotional expressions. This is because, as the leading amygdala researcher in the world Joseph LeDoux demonstrated, a stimulus does not always pass from the thalamus to the frontal cortex. Instead, it moves along a route that goes straight from the thalamus to the amygdala. In the case of unstable individuals prone to emotional expressions, the frontal cortex has been hijacked by the amygdala, so that they are unable to control not only the way they think but also their emotions.

Depression and other mental disorders are observed among individuals who show behavioral characteristics that cause them to be anxious and restless because of their inability to express themselves. When these individuals force themselves to express their feelings in their efforts to explain what’s convenient for them, they develop uncontrollable body sensations like “difficulty of breathing” and “tightening of the chest.” These sensations are related to the subconscious memory that has been stored in the amygdala. An environmental stimulus does not always pass through the frontal cortex; instead there is a route that transmits it directly to the amygdala, which makes it impossible for cognition alone to control emotions Environmental

stimuli that directly affect the amygdala include such things as “another person’s facial expression, tone of voice, body and hand language signals, and smell.”

The use of fMRI to visualize the inner structures of the brain shows that the amygdala is activated when an individual sees a frightening face. The amygdala contains cells that respond to facial expressions, which in turn causes the amygdala to respond differently to different facial expressions, especially those around the mouth and the eyes. If the memories of the facial expressions of the person who reared you from your infancy express the fear, anger and sadness you feel, your own inner child will, upon reaching adulthood, also respond to a coworker with facial expressions similar to the facial expressions of your rearer, and as a result, the amygdala will create fear, anger and sadness in your inner child. Your inner child will then become conditioned by the sense of fear you feel upon seeing the coworker’s frightening face, voice and body language signals

There are two types of memories: (1) explicit memories or episode memories that start to form in the hippocampus at age of three and are capable of being consciously recreated; and (2) implicit memories or amygdala memories that start to form in the hippocampus at the prenatal stage and continue to form until infancy, and while an individual is unaware of their existence, he/she is conditioned by them via body sensations. Explicit memories are clear memories one has when one’s eyes are open and when the β brain waves are at the active level. Implicit memories are dreamy memories one has when one’s eyes are closed and when the θ brain waves are at the active stage. Studies on image representations of rearers with expressions of disgust (image representations related to expressions of face, voice, and bodily movement) found that individuals who score high on image representations of disgust toward those who reared them have a keener sense of self-denial.

In SAT Therapy procedure, in order to approach the implicit memories stored in the amygdala that affects memories, the said implicit memories have to be brought to the active level of the θ brain waves that have been used from the fetal period to early childhood. For this it is necessary to improve the womb sensation the patient has by having the patient close his/her eyes, practice the Structured Degradation Meditation during the womb period, and stimulate the secretion of dopamine & serotonin by applying Light Imagery Therapy and Physical Contact Therapy. The patient is then guided to visualize a “smiling, calm face” of his/her rearer, after which photos, paintings, animations and the like that symbolize the rearer’s facial representation are used to fix the resultant memories firmly in the patient’s mind. As a result, the patient is able to avoid responding to stimuli like the dreadful facial representation of the coworker that looks like his/her rearer, so that the patient is able to express himself/herself without fear: “It’s inconvenient for me, so can you advise me.” The patient is no longer a victim of recurring depression.

In SAT Therapy, even those who have been diagnosed with depression by psychiatrists are able to cure themselves of the illness after undergoing SAT Therapy about three times, which is all but impossible with conventional therapy. Indeed, an industrial physician reported in an academic journal of the Japan Society for Occupational Health that from 2004-2007 there were no recurrences of depression among employees of a famous food company in Tokyo he worked for. The physician was able to achieve this because he was able to guide his patients to change their behavioral characteristics so that they could come out and say: “It’s inconvenient for me, so can you advise me.”

S1-1 Changing the Social Life of Mental Illness -Reconsidering the Construct of Mental Illness through SAT Therapy

Angela Lee

Dept. of Social Anthropology, Harvard University

ABSTRACT: The immediate efficacy of Structured Association Technique therapy (SAT) suggests a new paradigm for understanding mental illness. While SAT therapy is used to cure illnesses as symptomatically defined by the Diagnostic and Statistical Manual (DSM-IV), its protocol is based on a radically different understanding of what the causes of such illnesses may be. In doing so, it overturns a number of commonly held assumptions regarding mental illness popular in Western therapies, assumptions that if widely believed would change the way mental illness is viewed by both individuals suffering and their families. These considerations are important as SAT becomes a globally utilized therapy, as SAT would not only treat patients but also alter the social life of mental illnesses at large.

Firstly, SAT gives a relatively clear explanation behind mental illness, the way Western therapy and science currently does not. While people suffering in the West from mental illness are often able to diagnose their illness, and as such in a way legitimize their pain, they are not able to clearly discern why they are suffering from their illness. As such their illness can be a source of personal shame, which can exacerbate the symptoms of the mental illness. It can also ostracize patients from their families, as they all struggle with blame. However, by pinpointing a distinct number of potential causes, SAT clears up such confusion and as such relieves patients of such uncertainty and even disappointment. This would not only change the way patients see themselves but the way society would see patients also; perhaps others would be more empathetic and understanding with a clearer understanding of the illness. All of these consequences in sum would help facilitate the treatment process as patients would be more accepting of their illness and then perhaps more eager to start treatment.

SAT therapy also enables those struggling with mental illness to cure their mental illness on their own accord. By using the facial recognition technique, patients are able to recreate the memories of their parents' faces without having to depend on their parents' involvement. As such treatment becomes more manageable for patients and readily accessible regardless of their circumstances. Also if patients are aware of their ability to regrow brain cells and synapses— their abilities to make a distinct physical change relieving them of their illness – that certainty provides patients hope that they do not have otherwise. As of now, with typical Western therapy such as CBT, patients do not have the assurance of recovery.

Finally by being able to provide treatment in a concrete number of steps – typically three steps – patients can have the hope of being able to one day overcome their illness, inspiring not only them but their families. As such SAT therapy can be not only a therapeutic asset but also a means of providing hope to those struggling with mental illness and reducing stigma globally.

S1-2 A Case Report of Mental Health Improvement of a Marriageable Age Lovelorn Female by SAT Imagery Therapy

Wenjie Yang

Lecturer of psychological counseling center , Yunnan University

According to the law of marriage of China, female can get married after 20. But in the real life, more than 90% female consider the best marriageable age to be between 23 ~ 26. A lot of female think that the chance to get married after 25 decrease gradually. On the other hand, about 65% male regard female between 25-28 as their ideal marriage partner. They insist that the chance to get married for female older than 28 drops sharply. As a result of many factors, females' marriageable ages are shorter than that of male. Therefore, females usually feel heavier marriage stress. In fact, comparing with parents who have older sons, those parents who have older daughters are overanxious.

Worriments about future marriage exist among all single women clients who came to consultants, aged from 25 to 28 years old. Comparing with 20-year-old ladies, 25-year-old lovelorn ladies feel much more stress as a result of more social responsibility and family expectation. As a matter of fact, the sad experience when they were young will affect their cognition about reality. Therefore, lovelorn ladies at this age tend to be more sentimental and have mental fluctuations. Furthermore, they usually have more negative self-image and are suspicious of the world around.

The objective of this case study is a 25-year-old lady who failed in love recently. After treatment with SAT image-therapy, her mental condition improved greatly in such a short period: both her work and life went really well. As a result, we can conclude that SAT image therapy has impressive effect even in Chinese mental counseling.

S2-1 Associations between Smoking and Quitting Smoking Behavior, Self-Image Scripts and Stress Temperament in Young Adulthood -A study from intervention interview surveys of smokers

Izumi Sezai (Musashi University, Tokyo)

Tsunetsugu Munakata (Institute of Health Behavioral Science, Chiba)

Purpose: The purpose of this study was to examine the effect of intervention using the notion of self-image script for interview giving confidence for quitting smoking.

Method: Individual interview intervention (SAT SKP imagery method) was conducted with 7 current smokers in their twenties and thirties for the purpose of improving their self-image scripts and its effects were analyzed statistically and on a case basis.

Results: In individual interview intervention, it is suggested that their subjective stress level decreased and their confidence for quitting smoking increased when compared to pre-post intervention. However, no significant decrease in the sense of self-denial of the smokers was observed before and after intervention.

Conclusion: It might be suggested that the effects of the self-image scripts and stress temperament of smokers in young adulthood on their smoking and quitting smoking behaviors need to be considered as well. There should be further evaluation about effect of intervention for quitting smoking of youth.

S2-2 SAT-based Self-image Improvement Intervention to Promote Well-being Status for Chinese College Students

Hu Wenyan

Zhejiang Gongshang University

Objective: In this preliminary study, we examined the effectiveness of a 6 hours self-image promotion intervention program on improving perceived emotional support level, self-image as well as well-being status.

Participants and Methods: Participants were recruited from college campus. We recruited 24 students as intervention group and the number of control group was 9. Among them, 36% were male, and 64% were female and ranging in age from 18 to 22 years (Mean=20±.98). The period of administration started in 15 April 2010, and followed by a program effectiveness evaluation at post-, 1-month and 5-month after the intervention through self-rating questionnaire. Measures of perceived emotional support, self-image and well-being variables were administered at pre-, post-, 1-month and 5-month follow-up of the intervention to intervention group, at pre- and 5-month follow-up to the control group, respectively. The self-image promotion intervention included 2 three-hour parts: Temperament coaching and SAT imagery therapy. Dunnett test and the two way repeated measures analysis of variance was conducted to examine whether there were significant differences or changes within- and between- the intervention group and non-intervention group.

Results: Analysis indicated that relative to the control group, intervention group had greater improvement on the perceived emotional support and self-image and well-being status at 5-month follow-up than pre-intervention. For non-intervention group students, several dimensions deteriorated at the 5 month follow-up. The score of perceived emotional support from family and peers, as well as the score of self-affirmation decreased significantly. No significant changes were found on well-being variables. In addition, when compared with the non-intervention group, *marginally significant* or significant time×group interaction effects were found on perceived emotional support (from family and peers), self-image (self-affirmation) as well as well-being (state anxiety and SF-36).

Discussion and Conclusions: The current study provides evident that positive parental image, the understanding and self-care behavior about activated stress temperament could contribute significantly in improving perceived emotional support and self-image which in turn benefit for promoting well-being. The evident effectiveness of SAT self-image program on making self-growth and recreating self-image, as well as improving well-being, may be of value as a universal school-based health promotion program in colleges in China.

STATUTES OF THE INTERNATIONAL SAT ASSOCIATION

INTRODUCTION

The Statutes were originally adopted at the Constituent Congress held in Tokyo, September 18th-19th 2010, where the International SAT Association (hereinafter referred to as ISAT) was formally established.

ARTICLE ONE: PURPOSES

The ISAT is a non-profit association for scientific and educational purposes. Its function is to represent Structural Association Technique (hereinafter referred to as SAT) counselors and therapists everywhere.

ARTICLE TWO: OBJECTIVES

- 2.1 The goal of the ISAT is to advance the knowledge and skills of SAT throughout the world.
- 2.2 To achieve these ends, the ISAT shall support activities to:
 - (a) Secure and develop institutional and personal contacts of SAT counselors and SAT therapists throughout the world;
 - (b) Encourage the international dissemination and exchange of information on developments in SAT knowledge and skills;
 - (c) Facilitate and promote international research and training;
 - (d) Convene meetings and regularly scheduled International Conferences of SAT;
 - (e) Promote publications which support its other activities.

ARTICLE THREE: MEMBERSHIP

- 3.1 There shall be both individual and collective members of the ISAT.
- 3.2 Individual membership is open to SAT counselors and SAT therapists active in practice, in research, and/or in teaching.

- 3.3 Collective members shall be countrywide SAT associations duly established for scientific and educational purposes and open to all active SAT counselors and SAT therapists.
- 3.4 Collective members shall be admitted to membership by a decision of the Executive Committee (EC) of the ISAT.
- 3.5a Both individual and collective members shall have the choice to become either general or managing members of the ISAT.
- 3.5b Managing members shall have general responsibility in managing the ISAT, in participating in the Assembly, in the election of Executive members, and in the implementation of the ISAT's policy.
- 3.6a To remain members in good standing, individual members must have consecutively paid their membership dues of 5,000 yen (3000yen for student) for the last four years; also collective members must have paid their yearly membership dues of 50,000 yen.
- 3.6b All individual and collective members shall respect the principles upon which the ISAT is founded and contribute to its purpose.

ARTICLE FOUR: THE ASSEMBLY

- 4.1 The Assembly elects the President, the two Vice-Presidents, and other executive members. The Assembly makes final decisions on the general policies of the ISAT, and fixes the ISAT's membership fees. It may also hear appeals against decisions taken by the Executive Committee.
- 4.2 The Assembly shall be composed of managing members and will be chaired by the President of the ISAT (or in his/her absence by a Vice-President nominated by the President).
- 4.3 The Assembly shall meet at each International Conference, at a time and place set by the President.
- 4.4 A quorum of at least half of the managing members in good standing is necessary for decisions to be reached.

ARTICLE FIVE: THE EXECUTIVE COMMITTEE

- 5.1 The Executive Committee's tasks shall include proposing policies to the Assembly and carrying out the policies established by it.
- 5.2 The Executive Committee shall consist of the President of the ISAT, its two Vice-Presidents, and other members elected by the Assembly
- 5.3 The Executive Committee shall be elected at each four year.

ARTICLE SIX: THE PRESIDENT AND THE VICE-PRESIDENTS

- 6.1 The ISAT President shall legally represent the ISAT both domestically and internationally, and shall have general responsibility for the implementation of the ISAT's policy and for supervision of the activity of the Secretariat. The President shall chair the meetings of the Executive Committee; in his/her absence, the meeting will be chaired by a Vice-President nominated by the President.
- 6.2 The Executive Committee shall be responsible for the Program of the next International Conference, Research and Development, Publications, and Finance and Membership.
 - 6.2a Research & Development - to maintain liaison with regular collective members, and to propose policies and activities to respond to their Research and Development needs.
 - 6.2b Program - to develop the program for the next International Conference, in liaison with the Local Organizing Committee.
 - 6.2c Publications - to oversee the running of the Association's publications, and to propose policies in the area of publications.
 - 6.2d Finance and Membership - to oversee the Association's financial affairs in liaison with the Secretariat and to propose policies in the area of finance and membership.
- 6.3 For the time being, the ISAT headquarter shall hold office at D511, 1-1-1, Tennoudai, Tsukuba, Japan 305-8577 C/O Prof Munakata Laboratory. International SAT Association 501, 2-5-18 Yawata, Ichikawa, Japan 272-0021

ARTICLE SEVEN: NOMINATIONS AND ELECTIONS

- 7.1 There shall be the Nominations Committee of three members elected by the Executive Committee to organize the ISAT elections

- 7.2 The Assembly shall elect the President, two Vice-Presidents and executive members by ballot.
- 7.3 The Executive Secretary of the ISAT, which shall be by appointment, shall not be a member of the Executive Committee.

ARTICLE EIGHT: DISSOLUTION

- 8.1 The dissolution of the ISAT shall be decided by the Assembly
- 8.2 If practical, the proposal for dissolution shall be submitted to a meeting of the Assembly. If the President does not judge a meeting practical, the proposal shall be put and votes given in writing without a meeting. Any such proposal must be circulated at least 6 months before the date of the meeting or postal vote. The dissolution shall be declared provided that a quorum of at least two thirds of the members participated in the meeting or postal vote, and that at least two-thirds of those participating have approved it.
- 8.3 In the event of dissolution, the net assets of the ISAT shall be transferred to an international organization or institution whose objectives are similar to those of the ISAT, or shall be assigned to other uses considered consistent with the ISAT's aims and objectives. The use of the assets shall be decided by the Assembly, by meeting or postal vote, which shall mandate the President and/or the Executive Secretary to execute its decision.

BY-LAWS OF THE INTERNATIONAL SAT ASSOCIATION

1. WORKING LANGUAGES

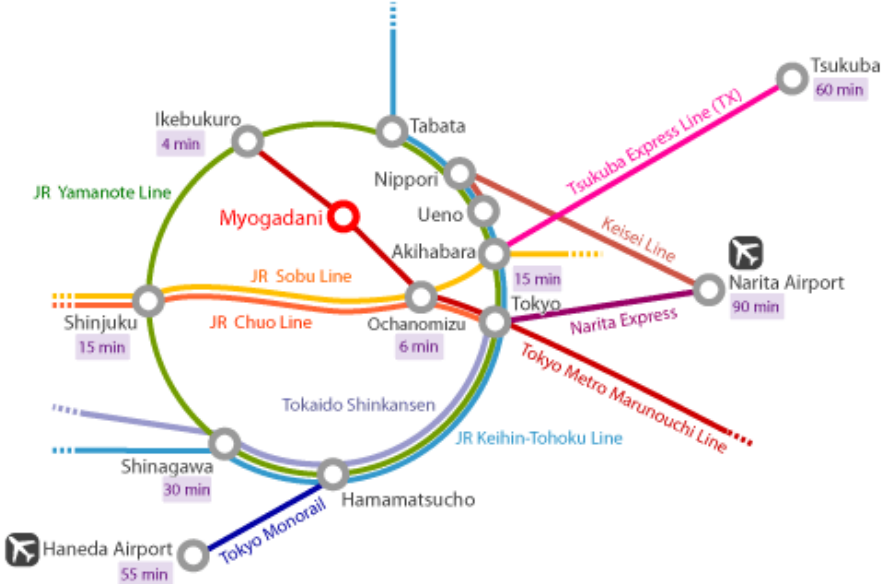
English is the recognized language of the ISAT. The administrative language of the ISAT shall be English.

2. VOTING

- 2.1 In the Statutes the expression "votes cast" shall mean all votes, whether affirmative, negative, or abstaining ballots.
- 2.2 Voting in meetings on issues shall be by show of hands; voting for elections shall always be by secret ballot.

Access to Bunkyo School Building, Tokyo Campus

- ◆ Access to Tokyo Campus / Route Map By Train
Tokyo Metro Marunouchi Line: Myogadani Station (about two-minute walk)



- ◆ Access Map
Address: 3-29-1 Otsuka, Bunkyo-ku, 112-0012 Tokyo

