



DEUTSCH-CHINESISCHE AKADEMIE FÜR PSYCHOTHERAPIE

Newsletter 2022

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1. Hypnotherapy Activities

The pandemic changed a lot of our plans. We had the idea to make a 2nd National Hypnosis Congress with some international teachers 2020. Based on this in July 2022 the plan was to have a 2nd Asian Congress of Hypnosis in Beijing – the First Congress was with amazing 1000 participants from 25 countries in Mashhad Iran. The dream for the future was to have the 2024 International Congress in Beijing too. The pandemic killed all such plans and also the organizing team Xin Fang had hired is not existing anymore in the planned way.

The training groups went on online. Several times the whole Chinese trainees together with Chinese teachers met at one location and the international teachers taught online. Sometimes in sudden lock-downs even such live-events have been cancelled short-term or fast changed to an online format.

At the moment the training group Nr.14 is running and i am hoping in October 2023 being back in China the first time after January 2020.

Looking back, I am happy having insisted very early that the start of the trainings should be with Chinese teachers in Chinese language. In the meantime, there are many Chinese language trainers who also can do good trainings and building on this in the future we can bring in advanced topics and techniques.

ISH has a youth committee with talented young colleagues from all over the world. In first Youth Committee we had Gallant Jun Gao and now in second new one we included Olivia Huan Hu, the former assistant of Xin Fang. It seems that a larger group of Chinese colleagues plan to come European Congress October 2023 in Antalya Turkey and next year to International Congress in Krakow in June . (www.hypnosis2024.com)

The book of Tianjun Lee/Bernhard Trenkle : *Die chinesische Truhe* is doing well on Chinese and German market.

Bernhard Trenkle

2. Trauma therapy

1. During 2022 I gave supervision on trauma-oriented cases 2 hours per month. The group consisted of 32 psychologists, psychiatrists and counselors from different areas in China. One supervisee sended in a report of one case. During the first part of the time I did case supervision, during the second part a group discussion took place.

2. In January 2022 I gave a five day lecture and training on trauma interventions, which was part two of a training that began in presence in August 2019. Topics: short repetition of part one, acute trauma counselling, negative cognitions following trauma, trauma exposure, trauma screening method, trauma exposition with families, trauma and couples, trauma and grieving, intergenerational aspects of trauma, cultural aspects of trauma. 35 participants.

3. In November/December 2022 I gave a four day lecture and training for professionals who counsel students after pandemic lockdown experiences, most of them connected to Tongji University Shanghai. Topics: trauma dynamics, lockdown and traumatic stress, resource oriented stabilization, international research about lockdown, smart phone addiction and internet gaming disorder, healing interventions and affect regulation, post-traumatic growth, case reflections. 62 participants

4. My book "Traumafolgen in der Erziehungsberatung - Posttraumatic Symptoms in Counselling" (2019) was translated in Chinese and is published in China in September 2022: 心理创伤与儿童 正确的认识 正确的帮助 (Hardcover and online version)

3. Online training for trauma cases

I provide online supervision for trauma cases 2 1/2 hours per month. There is an „in-group“ of ten people, who present cases and discuss during the first two hours. There is another „out-group“ of twenty professionals, who listen and comment on the cases during the last 30 minutes. Participants of this supervision setting come from all over China.

Alexander Korittko

3. The transcultural perspective is a necessary aspect of China competence (Activity Report 2022 Ulrich Sollmann)

Similar to the previous two years, I was not able to be and work on site in China. This is regrettable insofar as there is still a clear interest in practical cooperation in China. On the other

hand, this meant that I was able to deepen and specify the activities in Germany with regard to China and bring them to a more concrete implementation. In the process, it turned out that the necessity of the transcultural perspective often has not yet been worked out clearly enough. Many talks about it without a useful, action-oriented and meaningful consensus emerging. Therefore, on the one hand, together with the respective colleagues, I was concerned with a more precise definition of what can be understood by it. On the other hand, there was an increased focus on how such a perspective can be filled with life in a concrete and project-related way.

Here are the individual focal points of my activities in relation to China 2022.

I understand this commitment also in the sense of the currently much-discussed effort in Germany to develop / improve China competence. In my opinion, this is also characterised by the psychological dimension of China competence as well as by concrete projects (people-to-people diplomacy):

Lectures:

- Keynote in Xi'an at the 10th International Psychology and Health Conference under the title "Facing sexual assault and harassment - A psychological and bodily approach to trauma (prevention) and resilience".
- In the summer of 2022, web talk entitled "Q & A on psychological consequences after lockdown".
- In September, lecture at the 6th World Conference of Chinese Studies on the topic "A transcultural view on ambivalence and ambiguity - "Don't push the river it flows by itself".
- In November, lecture on the occasion of the final event of the BMBF-funded project INWICA "innovative further education in China" with the title "Transcultural communication as a prerequisite for the design of further education".

Publications:

- The first results of the study on the mental state and life experience of Chinese students in Germany have been published. The evaluation of the students' reports on their experiences after returning to China paints a vivid and differentiated picture.
<https://api.china-bw.net/uploads/cnbw-web/originals/7fb57158-48d2-4c88-b8c5-214e7995de85.pdf>
- Together with colleagues from China, we have published the design of our student study and our first experiences as a project team. The article was published in the "International Journal of Body, Mind and Culture".
<https://ijbmc.org/index.php/ijbmc/article/view/383>
- various blog posts on current aspects of the interplay between psychology, China competence (and/or effects of the lockdown)
- In February, my book "Begierige Verbote – sexueller Missbrauch, Therapie, schamlose Beziehungen" was published in Chinese by Shanghai Academy of Social Sciences Publishing House. I just learned that it has been ranked there as one of the best books of the year 2022 (11th place). This pleased me personally, but also shows that there is a clear interest in the body perspective in the field of social work, psychotherapy and counselling. Furthermore, I am pleased that the case histories, which are written in the form of a novella, are attracting significant interest.

https://mp.weixin.qq.com/s?__biz=MzA3MDI0NDcxOA==&mid=2652353284&idx=1&sn=7111dea878b0b104addc711f295eced8&chksm=84dcd305b3ab5a1392adcd42d3f4402dc7b20b687781ba0c0e7723884671ecb88afd9b8bff48&mpshare=1&scene=1&srcid=0105CxpZgN9nnJTWOK9da

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- In winter 2022/2023 my article "Psychobiography of Chinese Celebrities: Body Language, Adult Observation and "Learning History" will be published in: "Beyond Weird: transcultural and transdisciplinary Psychobiographies" Springer

Cooperations in China (selection):

- Since spring, there has been a regular exchange with Prof. Shi from the psychological department of the Chinese Academy of Science on coaching, transcultural communication and cultural perspectives of psychology.
- Together with Dr. Sun and colleagues, we developed a video course at the beginning of 2022, which has since been available online. The videos including exercise instructions (exercises for body-self experience) and explanation can serve mental rebalancing and physical relaxation/stress management under difficult life conditions.
- For a year now, I have been accompanying a Chinese woman through weekly individual therapy, which among other things also gives me more differentiated insights into her personal experience of the pandemic in China. There we also can refer to aspects of transgenerational traumatisations.

Cooperation in Germany with regard to China (selection)

- Continuous cooperation in the application of the China-Competence-Centre of the University of Witten-Herdecke regarding the BMBF call for proposals on the topic of "China-Competence"
- Situational cooperation with China. Table: <https://table.media/china/>
- Online talk about psychological projects and transcultural communication

<https://www.germancentreshanghai.com/face-2-face-sieren-sommer-13-mai/>

- Online statements on current politics and Chancellor Scholz's visit to China
- The study on the mental state of Chinese students in Germany is starting the second step of the evaluation, namely the questionnaires. Publication of the results are expected in the beginning of 2023. There is a visible, growing interest in the results of the study as well as in the design of the study in general. Various institutions (e.g. DAAD) and organisations have expressed their interest in the results. Furthermore, we are in exchange with some of them. Among others, the Chinese Embassy in Berlin has shown interest in the results. The results have also met with a clear response at China. Table. There was also a link with CNBW (China Netzwerk Baden-Württemberg e.V.).

<https://china-bw.net/de/nachrichten/study-mental-state-and-life-experience-of-chinese-students-in-germany>

Among other things, the need to develop psychotherapeutic support in Chinese in Germany also became clear in this context. The German-Chinese Academy for Psychotherapy (DCAP)

assists potential interested people in finding qualified Chinese-speaking therapists in Germany (www.dcap.de).

- The Confucius Institute in Frankfurt also gave me the opportunity to present the initial results in the form of a lecture in November to visitors as well as to interested parties who were connected online. The lecture is also available as a video on youtube.

50 years of diplomatic relations between Germany and China:

- 2022 marked the fiftieth anniversary of the establishment of diplomatic relations. Having been invited by the DAAD in Beijing, I could present and briefly illustrate the importance of the transcultural perspective based on the student study during the annual summer festival. This of course is a necessary part of "people-to-people-diplomacy".

- In September, I had the chance to present the topic in a more differentiated and in-depth way at the German-Chinese Business Conference in Frankfurt. Since the former ambassadors in Berlin and Beijing were present and showed interest in the transcultural perspective, an interesting exchange of experiences in this regard has since taken place between Dr. Schäfer, Mr. Shi Mingde and myself. It will be continued in a loose form in 2023.

<https://bri-rsbk.de/de/programm.html>

Impact of the lockdown:

The specific development of pandemic-related restrictions and lockdown in China has, in my view, taken very different forms, especially in 2022. There were no continuous, transparent, rationally comprehensible actions. Instead, the development was very heuristically characterised by spontaneous actions, many of which were neither predictable nor explainable. There was a very intense discussion and interaction in the social media, especially in relation to the lockdown in Shanghai and/or after the U-turn from Zero-Covid-strategy to full-opening-strategy. As a result of this, looking back to the beginning of 2020, I have started to document different restrictive and disruptive steps/forms/modalities/actions of lockdown. This is done with the intention of taking a differentiated, more specific look, which should counteract a polarising view that is often present. I am also interested in deriving psychological effects, implications and psychosocial challenges from this serial disruption. A publication on this is planned for the 2nd Qu in 2023.

I discuss this with Chinese colleagues at irregular intervals, partly with the aim of better understanding on the one hand. On the other hand, it is a question of considering how these effects can be countered concretely, currently, or what would have to be taken into account for a similar development in the future.

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4. Developments in Cognitive Behavioral Therapy

Representing the field of Cognitive Behavioral Therapy, I am pleased to report on developments in the past year.

This was still strongly influenced by the restrictions of the Corona pandemic, which made a regular exchange impossible. Nevertheless, it was possible to maintain and in some cases expand contacts on a personal level.

On the activities in detail:

In 2019, a so-called CBT Advanced Training for advanced behavior therapy users started with two attendance blocks in Nanjing and Chengdu, which had to pause after the pandemic started. In the fall of 2020 and spring of 2021, two additional online trainings were held to maintain contact with the participants. In order to successfully conclude the program, a final face-to-face workshop was planned for 2022, which unfortunately could not yet take place. This training program was registered and evaluated as part of the SPRISTAD survey.

Fortunately, Martin Bohus as an internationally recognized expert and authoritative developer of Dialectical Behavioral Therapy could be won to offer a comprehensive training in DBT within the framework of a Zhong-De-Ban training. DBT is a further development of behavior therapy from the so-called third wave, which focuses on skills of emotion regulation and mindfulness as well as other skills. In conjunction with the founding of the World Association of Dialectical Behavior Therapy, this Zhong De Ban training is an important step in bringing together the previous developments of DBT that had emerged from previous Zhong De Ban trainings in behavior therapy and placing them on a new level of professionalization. The training differs from previous trainings in that on the German side it relies entirely on Martin Bohus, who is supported by me. On the Chinese trainers' side, the program is accompanied by WangChun, ChengWenHong, FangXin and YangHua, all long-standing and well-known colleagues. The program includes 20 training days, divided into four biannual weeks in 2023 and 2024.

In 2022, I was fortunately appointed to a visiting professorship in Clinical Psychology at South China Normal University in Guangzhou, a highly respected and highly ranked faculty. In this context, I had the privilege of developing a modular behavioral therapy training program designed for eight 2-day blocks held semi-annually. This program is integrated into a comprehensive training in behavior therapy by the Guangdong Psychological Association, involving several Chinese trainers who have also been involved in Zhong-De-Ban. Even though it is not an official Zhong-De-Ban program, its content and personnel are strongly based on the excellent experience gained from it. After the well-attended launch in 2022, this program will continue until 2024.

A cooperation already started in 2019 to translate a textbook on behavior therapy with Chinese colleagues, especially WangChun from Nanjing, was successfully continued in 2022. The translation of the first part of "Verhaltenstherapie in der Praxis", edited by Eva-Lotta Brakemeier and Frank Jakobi, with numerous contributions from well-known German Zhong De Ban trainers such as Babette Renneberg, Franz Caspar, Eva Kischkel, Tobias Teismann, could be completed and will be published soon.

In 2022 the translation of my book "Emotions as Resources" could also be published, which deals with emotion regulation difficulties and especially over-regulated or avoided emotions and their behavioural therapy treatment, an exciting topic for the Chinese colleagues.

Jan Glasenapp



5. Report on the IPA Congress of Asia-Pacific Groups in Delhi 4-6 January 2023

Under the title "Containing Diversity, bridging Differences", the 3rd IPA Congress of Asia-Pacific analytical groups from Australia, China, India, Japan, South Korea and Taiwan was held in Delhi 4-6 January 2023. About 150 participants from these groups or their countries attended, unfortunately without our Chinese colleagues who were prevented from traveling to Delhi due to the pandemic. But since a certain part of the events were hybrid facilitated (about 40 participants), Chinese colleagues were also able to get an impression at least from a distance or also actively participate with presentations: WANG Qian with a keynote lecture ("Identity, Diversity, Convergence in Psychoanalytic Training") and ZHONG Jie with a contribution in a panel ("Psychoanalytical reflections on national stereotypes and prejudices - Sharing from a psychoanalyst in mainland China").

After the years of the pandemic, which did not allow for face-to-face events of this kind, it was very moving for everyone in Delhi to meet and share again beyond the screen. Thus, there were very lively discussions and conversations during all presentations, but also during the breaks in between, which illustrated the growing together of the Asia-Pacific analytical groups - a we-feeling that will also carry future joint events and promote the development of the planned 4th IPA region in the Asia-Pacific region.

The program (see <https://events.ipa.world/event/8ed1bd44-ab18-41f0-a381-adb06afe3ff/websitePage:d3d594fc-60e3-4a6c-85b6-fc688b9e2586>) was divided into 6 keynote lectures, each discussed by a Western and an Eastern colleague, individual lectures, and panels on specific topics. Particularly moving was the panel moderated by IPA President

Harriet Wolf, "Psychoanalytical reflections on national stereotypes and prejudices. The view of others from one's own perspective." The contribution from Japan (Takashi Okudera) in particular highlighted the emotional burdens that come with the historical legacy of war, destruction, prejudice, and nationalism. Beside these events there were – like in der past congresses – 4 Being-Together-In-Delhi (BTD) groups that allowed an open and lively discussion of any topic of interest.

Thus, the meeting was experienced as extremely enriching and an important step in strengthening psychoanalysis in the Asia-Pacific region. The next congress is expected to be held in Sydney in 2024.

Tomas Plaenkers, Member of the Asian-Pacific Congress Program Committee

6. Psychoanalytic oriented psychotherapy

After three years of forced break of our training activities in China, the course in psychoanalytically oriented psychotherapy started again in September 2022. We limited ourselves to the 6 basic-groups and 2 supervision groups, as we could not justify offering the self-experience in groups online, which was planned for the advanced-groups.

Because of the time difference in the online classes, the German lecturers worked from 8am to 2pm, the Chinese participants from 2pm Beijing time to 10pm. The evening lectures, which are always part of the programme, were offered this time before the start and after the end of the online courses.

Currently, it is still open whether the continuation of the courses can start again in person at the Shanghai Mental Health Centre in May 2023.

Alf Gerlach

7. Obituary for Prof. Dr. Xu Taoyuan

Dear Family Xu

On behalf of the colleagues from the German Chinese Academy for psychotherapy and myself I send you our deep felt condolences.

We are mourning the passing of our highly esteemed teacher and colleague Prof. Xu Taoyuan.

When I met him first in 1982 during my 2 weeks visit in the outpatient department of the Shanghai Mental Health Center I was impressed by his friendliness, warmth, humor. His humility, although he had been a very well-known psychiatrist in China was characteristic for him. With profound knowledge, brave and openness in still difficult times in China, he was engaged in improving and reshaping the psychotherapeutic treatment of mentally ill patients in China. He was a father of the introduction of modern behavior therapy in China. He trained generations of Chinese colleagues and supported them to acquire not only psychiatric knowledge but to learn the basic science theory and practice of modern behavior treatment.

He was member of the delegation 1996 of Chinese Psychiatrists and Psychologist visiting psychotherapeutic institutions and hospitals in Germany. He was one of the Chinese colleagues who attended the first founding meeting of the German Chinese Academy for Psychotherapy e.V. 1996 in Hamburg. At

this meeting Chinese and German colleagues decided on the further cooperation
The Chinese and German colleagues established jointly laid down the structure
of the training programs (Zhong De Ban) for all therapeutic schools, the main
features are still valid today. Since then, he was intensively involved in the
Chinese German cooperation in the field of Psychotherapy for many years.
He will remain in our hearts.
We wish comfort and strength to the family, who cared for him so long during
his serious illness.

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