



"Artificial and Nature"
Yume Yamada, 2019 NIS Graduate

つながりを広げよう2019

日本社会の多様性とエンパワメント

Criando Conexões 2019

Empoderamento pela Diversidade Japão

Creating Connections 2019

Empowerment for Diverse Japan

June 8 & 9

NAGOYA INTERNATIONAL SCHOOL

Organized by the Connections Forum

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Regional Liaison Center
愛知県立大学
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**Creating Connections 2019:
Empowerment for Diverse Japan
June 8 & 9, 2019
Venue: Nagoya International School
Organized by the Connections Forum**

www.multiculturaljapan.com



Saturday

8:15 – 9:00	Doors open (Pick up name cards & conference handbooks; Coffee/Tea & refreshments)
9:00 – 9:20	Welcome Matthew Parr, Luci Willis, Nagoya International School Andrea Carlson, Creating Connections 2019 Chair, Aichi Prefectural University
9:20 – 9:35	Opening Address Dr. Osamu Takahashi, Psychiatrist Chairperson of the Board, Toyota Municipal Social Welfare Association
9:35 – 10:05	Keynote Presentation Let's DiVE into Diversity! Kanakano Makino Director, DiVE-tv Association
10:15 – 12:05	Parallel Sessions 1
12:05 – 12:50	Lunch
12:50 – 13:50	Panel Discussion: Empowerment for the LGBTQIA Community
14:00 – 15:50	Parallel Sessions 2
16:00 – 17:00	Parallel Sessions 3
17:00	Closing, followed by dinner in the Commons

Session 1: 10:15 – 12:05

ROOM-A

*** 10:15-10: 45**

Abuse and Domestic Violence Cases of international Residents in Japan

Sumire Kanda

Multicultural Social Worker

*** 10:50-11:30**

Building Creative Connections: Strength-based approaches in supporting the multicultural youth in Japan

Frank Ocampos

Social worker, Family Center Viola, Kisarazu City, Chiba, Japan

*** 11:35-12:05**

Allies for Emotional Wellbeing

Andrea Carlson

Associate Professor, Aichi Prefectural University

Luci Willis

Principal for Whole School Wellbeing, Nagoya International School

ROOM-B

*** 10:15-10:45**

Autism Spectrum Disorder in Girls - A Parent's Perspective

Rach Thomas

MYP Drama / DP Theatre Teacher, Nagoya International School

*** 10:50-11:10**

Another look at Autism

Takeshi Naruse, NPO Appleseed

*** 11:10-11:30**

Initiatives for Independence and Social Participation of Children with Developmental Disorders

Yasutaka Suba, NPO 法人 5-CHA

*** 11:35-12:05**

Executive Functions: What they Are and How to Support Their Development

Sarah Pearlz Student Services Coordinator, Nagoya International School

ROOM-C

*** 10:15-11:00**

Wake up to Sleep

John Paul McCarthy

Head of Physical Education & Health at Nagoya International School

*** 11:00-11:30**

Perceived Stress and Sleep Quality Connections

Deborah Broadby, Nanzan University

Josh Brunotte, Aichi Prefectural

*** 11:35-12:05**

Everyday Food Choices and Long-Term Emotional Wellbeing

Dr. Maria Vassieva

Associate Professor, Nagoya University, School of Science, Division of Biological Sciences

ROOM-LIBRARY

*** 10:15-11:00**

Creating Safe Spaces

Reid Pierce

Secondary EAL Teacher, Nagoya International School

*** 11:00-11:30**

Coming out in the Classroom: The Power of Self-disclosure

Yoshi Grote

Lecturer, Kyoto Sangyo University

*** 11:35-12:05**

Classrooms in the Closet: How Does 'It Get Better' for LGBTQ Teachers and Students?

Ryan Andrew

English Language/Literature and Theory of Knowledge teacher, Nagoya International School

Session 2: 14:00 – 15:50

ROOM-A

*** 14:00-15:00**

Trauma: Impact, Prevention, and Recovery

Kim Humphreys

Whole School Counsellor, Nagoya International School

Jillian Mickleborough-Sugiyama Certified

Canadian counsellor serving the Nagoya/Chubu-Tokai area

*** 15:05-15:35**

Hikikomori in Japanese Society

Minori Utsunomiya

Professor, Department of Education and Social Welfare, Aichi Prefectural University

*** 15:35-15:50**

Wrap-up Group Discussion

Discussion Leader: Andrea Carlson

Associate Professor, Aichi Prefectural University

ROOM-B

*** 14:00-15:00**

ASD: Expanding the Social World

Jennie O'Grady

Independent Speech and Language Therapist

*** 15:05-15:50**

A Discussion about the Nature and Utility of a Clinical Neuropsychological Assessment

Dr. Joe Enright, Ph.D., C.Psych.

Clinical Psychologist /Neuropsychologist, Independent Practice in Aichi and Contracted Clinician with TELL Japan

ROOM-C

*** 14:00-14:30**

Immigration's Children

Marcio Saiki

Teacher of Photography (ATEC), former principal (NPO São Paulo School), Board member (Dive.tv Association)

*** 14:40-15:10**

The Experience of an "Ex-Child" with a Cross-Cultural Background

Chika Kim Medical Interpreter

*** 15:20-15:50**

Ethnic Minority School Children and Language Learning Support: Trends and Challenges

Michi Ann Saki

Assistant Professor, Faculty of Representation and Culture, English Department, Doshisha Women's College of Liberal Arts

ROOM-LIBRARY

*** 14:00-14:30**

Coming Out – from the Perspective of the Parents and Children –

Association of Families and Friends of LGBT NPO

*** 14:40-15:10**

I might be LGBT

Riina

Nagoya Aozora Group

*** 15:20-15:50**

Supporting the LGBTQIA Community at the University

Louise Haynes

Institute for Higher Education and Research, Nagoya City University

Session 3: 16:00 – 17:00

ROOM-A	ROOM-B	ROOM-C	ROOM-LIBRARY
<p>* 16:00-17:00 Helping Young People Manage Use of Their Devices Lil Wils British psychotherapist in private practice in Kobe: part-time school counselor at Osaka YMCA International School www.englishcounselling.com</p>	<p>* 16:00-17:00 ASD, Communication, and Human Relationships Joe Kanfi Workshop facilitator, Lecturer, Columnist</p>	<p>* 16:00-17:00 Stories of Ethnic Diversity, Multi-cultural Awareness and Community Building: An Interactive Discussion Michi Ann Saki Assistant Professor, Faculty of Representation and Culture, English Department, Doshisha Women's College of Liberal Arts</p>	<p>* 16:00-17:00 A Sex-positive Approach to Sexuality Education Nagoya Action Heroes Nagoya International School</p>



Keynote Presentation

Let's DiVE into Diversity (9:35 -10:05) Kanako Makino Director, DiVE-tv Association

For example, you need courage to drop red ink in deep blue water. But if the water is colorful, it should be easier to challenge yourself to do this. A society in which it is easy to for everyone to release themselves will be colorful because no one originally had all the same colors.



Parallel Sessions 1 Room A: 10:15 – 12:05

1-A-1) Abuse and Domestic Violence Cases of international Residents in Japan (10:15 – 10:45) Sumire Kanda Multicultural Social Worker

In this session I will first discuss cases of abuse and domestic violence among international residents living in Japan. I will then describe the types of social issues which create barriers to victims receiving help, and share information about where support is available.

1-A-1) Building Creative Connections: Strength-based approaches in supporting the multicultural youth in Japan (10:50-11:30) Frank Ocampos Social worker, Family Center Viola, Kisarazu City, Chiba, Japan

Though Family Center Viola is one of the 120 family support centers in Japan created under the Child Welfare Law, it has the distinct characteristic of having the specialist skills in helping the multicultural family in the community level. In this presentation, I would like to share our experiences in supporting the just-arrived migrant youth thereby starting the process of positive discussion and action on how we can best help them and their families, starting from our own communities.

1-A-3) Allies for Emotional Wellbeing (11:35 – 12:05) Andrea Carlson Associate Professor, Aichi Prefectural University , **Luci Willis** Principal for Whole School Wellbeing, Nagoya International School

In this discussion, we will talk about issues related to mental health support for multicultural communities in Japan, including:

- What types of emotional support do multicultural individuals and families most need?
- For which issues is it most difficult to find help?
- What resources are available in the local communities and beyond?
- How can we be allies to others in our community?



Parallel Session 1 Room B: 10:15 – 12:05

1-B-1) Autism Spectrum Disorder in Girls - A Parent's Perspective (10:15 – 10:45) Rach Thomas MYP Drama / DP Theatre Teacher, Nagoya International School

As a Secondary School teacher for 20 years, having worked in a wide range of schools in my native UK as well as international schools in various continents, I was at a loss to explain my daughter's low self-esteem and severe mental health issues. A social media post led to me exploring Autism Spectrum Disorder (ASD) in girls, and since she was diagnosed recently at the age of 15 we can finally understand her previously hidden struggles and potential.

1-B-2) Another look at Autism (10:50 – 11: 10) Takeshi Naruse NPO Appleseed

]So-called developmental disorders such as ASD and ADHD are still seen from the negative points of view, in spite of revisions of the DSM and ICD, as if ASD and ADHD are deviated from the "normal" or "majority" group. I will present some perspectives on Autism and argue its positive aspects, which might be hard to be accepted by a large majority. Toward mutual understanding and growth of both the neuro-typical majority and neuro-atypical minority, I will aim for a hybrid way of looking, thinking and living.

1-B-3) Initiatives for independence and social participation of children with developmental disorders (11:10 – 11:30) Yasutaka Suba NPO 法人 5-CHA

NPO corporation 5-CHA (getsucha) is doing activities to promote independence and social participation of children with developmental disorders--especially gray zone children who are hard to enjoy public support, in Anjo city. In this presentation, we will report on our efforts and results and future prospects.

1-B-4) Executive Functions: What they are and how to support their development (11:35 – 12:05) Sarah Pearlz Student Services Coordinator, Nagoya International School

This session will cover the skills that make up what we call executive functioning, and the ways we unintentionally have students and children use these skills. We'll then have a dialogue on ways to learn more, accommodate and strengthen executive functioning skills.



Parallel Session 1 Room C: 10:15 – 12:05

1-C-1) Wake up to Sleep (10:15 – 11:00) John Paul McCarthy Head of Physical Education & Health at Nagoya International School

This workshop will start with the Sleep Basics: sleep cycle, circadian rhythm, micro-sleep, blue light, and sleep deprivation. It will then go into why sleep is important in regards to stress, memory, creativity, athletic performance, weight gain, and appearance, followed by ideas for improving sleep hygiene.

1-C-2) Perceived Stress and Sleep Quality Connections (11:00 – 11:30) Deborah Broadby, Nanzan University, **Josh Brunotte**, Aichi Prefectural University

Many instructors in Japan face challenges in the classroom as a result of students' poor sleep-related choices and stress triggers. The internationally recognized Pittsburgh Sleep Quality Index (PSQI) and the Perceived Stress Scale (PSS) were used to examine these issues among Japanese tertiary-level ELLs to investigate behaviors and connections. Results of this study, along with advice on how parents, educators and administrations can promote more positive health choices inside and outside the classroom will be discussed.

1-C-3) Everyday food choices and long-term emotional wellbeing (11:35 – 12:05) Dr. Maria Vassieva Associate Professor, Nagoya University, School of Science, Division of Biological Sciences

We consider our brain separately from the body - emotional issues are addressed solely from the point of view of the head. Yet the rest of the body impacts the brain and the intestines are a major connecting point - through their nervous system, hormones and through the microflora in them. In this talk, we will explore some of the latest discoveries on how the gut impacts the brain and how taking care of our intestinal health can improve our emotional wellbeing.



Parallel Session 1 Library: 10:15 – 12:05

1-L-1) Creating Safe Spaces (10:15 – 10:55) Reid Pierce Secondary EAL Teacher, Nagoya International School

Beginning by examining the struggles & aspirations of people from marginalized communities, we will work to jointly construct a framework for making our communities safe for all members.

1-L-2) Coming out in the Classroom: The Power of Self-disclosure (11:00 – 11:30) Yoshi Grote Lecturer, Kyoto Sangyo University

In this presentation, I will describe how my philosophy on the personal /professional divide shifted due to one student's bravery. I will discuss my decision to come out to my students and outline the positive knock-on effects (heightened trust and curiosity, increased LGBTQIA+ visibility in my classes and on campus; creation of community).

1-L-3) Classrooms in the Closet: How Does 'It Get Better' for LGBTQ Teachers and Students? (11:35 – 12:05) Ryan Andrew English Language and Literature and Theory of Knowledge teacher at Nagoya International School

As social acceptance of LGBTQ communities broadens, many schools remain relatively restrictive places to live as "out" individuals. This presentation offers the chance to hear perspectives from LGBTQ teachers and students on the challenges they face in school, summarizes research on how we can progress, and provides an opportunity for discussing implications in our own cultural contexts in Japan.



Parallel Session 2 Room A: 14:00 – 15:50

2-A-1) Trauma: Impact, Prevention, and Recovery (14:00 – 15:00) Kim Humphreys, Whole School Counsellor, Nagoya International School **Jillian Mickleborough-Sugiyama**, Certified Canadian counsellor serving the Nagoya/Chubu-Tokai area

Our understanding of trauma and how it impacts a person(s) has burgeoned in the past 20 years. What has changed with all this research? What falls under the umbrella of trauma? Is it limited to combat veterans and survivors of catastrophic events? How does trauma impact a person(s)? Is there any truth to the statement, "It's all in your head!"? Why can't people, "just get over it"? And if it is ubiquitous and impossible to avoid, how can we, as parents and educators, improve our children's resilience, and support the recovery of ourselves and others.

2-A-2) Hikikomori in Japanese Society (15:05 – 15:35) Minor Utsunomiya Professor, Department of Education and Social Welfare, Aichi Prefectural University

Hikikomori, which means acute social withdrawal, refers to the situation where social participation is confined by various factors, and participating in life outside the home, such as working or attending school, has been lost for a long time. Hikikomori is a way to avoid strong stress and it is not a special problem. However, if hikikomori is prolonged, it will be difficult to change the situation, and it will cause serious life difficulties. Thus, hikikomori is a diverse mental health problem. This study will clarify the current situation of hikikomori and we will discuss how to support individuals who have withdrawn socially.

2-A-3) Wrap-up Group Discussion (15:35 – 15:50) Discussion Leader: Andrea Carlson Associate Professor, Aichi Prefectural University



Parallel Session 2 Room B: 14:00 – 15:50

2-B-1) ASD: Expanding the Social World (14:00 – 15:00) Jennie O'Grady Independent Speech and Language Therapist

We know that children with ASD find it difficult to connect with others. Too often though, therapy focuses on compliance and task completion over real communication. This session will demonstrate that meaningful and motivating activities, with the people that matter most to the child, is the starting point of therapy and not the goal. It will introduce practical strategies so that parents and teachers can build attention and interaction skills while knowing they are working within the child's developmental level and interests. It is aimed for those raising or working with kids aged 3-8 years old.

2-B-2) A Discussion about the Nature and Utility of a Clinical Neuropsychological Assessment (15:05 – 15:50) Dr. Joe Enright, Ph.D., C.Psych. Clinical Psychologist/Neuropsychologist, Independent Practice in Aichi and Contracted Clinician with TELL Japan

Neuropsychological testing involves the administration of objective standardized measures of cognition, abilities, and behaviours in order to assess the integrity of various domains of brain function. This presentation introduces attendees to the role of the clinical neuropsychologist and the nature and utility of the comprehensive neuropsychological assessment in assisting with identifying cognitive strengths, weaknesses, and deficits and assisting with differential diagnosis of psychiatric, developmental, learning, and medical conditions/disorders.



Parallel Session 2 / Room C: 14:00 – 15:50

2-C-1) Immigration's Children (14:00 – 14:30) Marcio Saiki Teacher of Photography (ATEC), former principal (NPO São Paulo School), Board member (Dive.tv Association)

In Brazil, Brazilians people used to say that I am Japanese, and here in Japan, Japanese people say I am Brazilian, so who am I? For five years I was the Director of a Brazilian School in Aichi. Brazilian children from different ages go to this kind of school instead of regular schools in Japan. Why does this happen? First, it is very important to understand about how the Brazilian immigration to Japan since 1990 happened. Another thing to consider is that this immigration is singular, very rare in the history of human relations, an immigration to the home country of one's parents and grandparents.

2-C-2) The Experience of an "Ex-Child" with a Cross-Cultural Background (14:40 – 15:10) Chika Kim Medical Interpreter

Due to being born and raised as a Korean in Japan, I have been discriminated against and since I was a child I have felt that this is unreasonable and unfair. However, there was a time, when I became a university student, that I found myself saying "I have never been discriminated against." Why did I say this? While sharing personal experiences from my childhood and thereafter, what is needed for children and young people who are suffering from various types of discrimination now will be discussed, as well as "ex-children" who have not confronted with their own painful experiences and have perhaps even given up finding a way of saying, "I am already a good adult." Do you have a place to express your true feelings?

2-C-3) Ethnic minority school children and language learning support: trends and challenges (15:20 – 15:50) Michi Ann Saki Assistant Professor, Faculty of Representation and Culture, English Department, Doshisha Women's College of Liberal Arts

This presentation will provide the audience with a general overview about the current situation of ethnic minority children and Japanese language and learning support in a particular city in the Kansai region. Through analyzing the experiences and stories of public school teachers, language and learning support volunteers, and governmental and non-governmental support organizations, this study discovered some the trends and challenges of providing Japanese language and learning support.



Parallel Session 2 Library: 14:00 – 15:50

2-L-1) Coming Out – from the perspective of the parents and children – (14:00 – 14:30) NPO Association of Families and Friends of LGBT

Mothers of gay and lesbian children, transgender (FTM) children and the children concerned will talk about their feelings, and their mind changes before and after the coming out, respectively from the perspective of the side who comes out and the side who has been come out to.

2-L-2) I might be LGBT (14:40 – 15:10) Riina Nagoya Aozora Group

Creating a place for young people who might be LGBT in Nagoya. What kind of support can people around them provide for young people (especially teenagers) who are worried that they might be LGBT? I will talk from my experience of creating a place for young people in Nagoya for more than two years.

2-L-3) Supporting the LGBTQIA Community at the University Level (15:20 – 15:50) Louise Haynes Institute for Higher Education and Research, Nagoya City University
Spectrum is a group of LGBTQIA students and allies at Nagoya City University. The group initially began in 2017 as an informal group that met over lunch to discuss gender/sexuality issues. The members have also done educational activities on campus. Changes are happening at our university. We are currently developing a university-wide policy with regard to being inclusive of all our students, faculty, and staff. Professors at other universities in Japan are working to raise awareness of issues related to the needs of LGBTQIA students. This short talk will discuss these topics and encourage participants to engage in discussion of how universities should approach making the university population more aware of the variety in its students/teachers/staff.



Parallel Session 3 Room A: 16:00 – 17:00

3-A-1) Helping young people manage their use of devices (16:00 – 17:00) Lil Wils British psychotherapist in private practice in Kobe: part-time school counselor at Osaka YMCA International School
www.englishcounselling.com

What makes devices so hard to put down? How can we understand the pull of social media, streaming sites, gaming, etc.? What could be the connections between this technology and mental health issues, lack of motivation, and academic failure? What can we do to give young people (and ourselves) the skills to better resist overuse? This discussion doesn't have any definitive answers, but it might help you to look differently at the questions posed by technology in our lives.



Parallel Session 3 Room B: 16:00 – 17:00

3-B-1) ASD, Communication, and Human Relationships (16:00 – 17:00) Joe Kanti Workshop facilitator, Lecturer, Columnist

With all the participants. This will be a workshop in which all participants participate in a large number of keywords, and exchange presents with each other. A workshop for ASD parties to become familiar with positive emotional expressions.



Parallel Session 3 Room C: 16:00 – 17:00

3-C-1) Stories of ethnic diversity, multi-cultural awareness and community building: An interactive discussion

Discussion Leader: Michi Saki Assistant Professor, Faculty of Representation and Culture, English Department, Doshisha Women's College of Liberal Arts

This group discussion will involve active participation by participants in sharing their stories, encouraging discussion and offering their perspectives and ideas about multicultural awareness and community-building in their local communities.



Parallel Session 3 Library: 16:00 – 17:00

3-L-1) A Sex-positive Approach to Sexuality Education (16:00 – 17:00) Nagoya Action Heroes Nagoya International School

The Nagoya Action Heroes will share their experience of facilitating workshops with secondary students of Nagoya International School on consent in friendships and romantic relationships. By leading these conversations, they are laying the foundation for a comprehensive sexuality education programme, with mutual respect, love, and compassion as its cornerstones.

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Sunday

8:15 – 8:50

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9:00 – 10:00

Mindfulness for Mental Health

Tetsuji Ietsugu, Ph.D. Professor, Nagoya University of Economics, Meikei Mindfulness Center

10:10 – 11:10

Self-Empowerment in Japan

Avril Haye Matsui, Instructor, Nagoya City University

11:20 – 12:20

How Stories Empower Us

Cheryl Okubo, Art Therapist, MA, ATR-BC; Hearth Studio, Tsuchiura; Part-time Instructor, University of Tsukuba

11:20 – 12:20

Empathy: The Forgotten Cornerstone Skill in Communications

Jon Dujmovich, Keio University

12:30 – 13:30

Cross Cultural Conversations: A Discussion about Shame and How to Support Each Other

Sarah Pearlz, Student Services Coordinator, Nagoya International School



Room: Commons 9:00 – 10:00

Mindfulness for Mental Health

Tetsuji Ietsugu, Ph.D. Professor, Nagoya University of Economics, Meikei Mindfulness Center

In this training course, we will explain Mindfulness Cognitive Therapy, which is said to be highly effective in preventing recurrence of depression, in an easy-to-understand manner for first-time users. You will also experience the "meditation" that is actually being implemented in the medical field.



Room: Commons 10:15 – 11:15

Self-empowerment in Japan

Avril Haye Matsui Instructor, Nagoya City University

How can we move forward in our lives? How can we achieve our goals? What do we aspire to be when we graduate, when the kids leave home or even when we retire? These are questions that we may think about sometimes, but we often do not give ourselves the time to truly contemplate each one. Either we are too busy, or our inability to provide answers to these questions overwhelms us and makes us feel powerless! In this workshop we will take the time to consider these big questions together and as a community draw strength from one another. We will look at significant life areas, consider how we want to change or improve them and create manageable steps to do so. By the time you leave this workshop you will realize that empowerment is a series of small consistent steps that begin simply with a desire for change.



Room A 11:30 – 12:30

Making Connections -- How Stories Empower Us –

Cheryl Okubo Art Therapist, MA, ATR-BC; Hearth Studio, Tsuchiura; Part-time Instructor, University of Tsukuba

In this workshop members will briefly hear how stories bring us strength and wisdom for our lives, which can give us confidence to be in the world, no matter when or where on earth we live. Then members will participate actively in this workshop, using all their senses and plus their wildest imaginations. After a brief warm up in pairs we will share a creative experience in groups of four. Each member will learn what it's like to really connect with a stranger and also take home a unique and whimsical story of their own. The results will surprise you!



Room: Commons 11:30 – 12:30

Empathy: The Forgotten Cornerstone Skill in Communications

Jon Dujmovich Keio University

This workshop will discuss the importance of empathy in all communications, particularly cultural empathy in intercultural situations. Empathy is now seen by many as a crucial skill for global leaders, yet we seldom recognize opportunities to "train" this skill in our daily lives. When empathy is viewed as a skill that needs to be continuously developed and nurtured, techniques that foster growth and skill development can lead to improved communications and human relations in all areas of life. Participants in this workshop will learn how to foster cultural empathy through various methods and simple exercises that can be immediately incorporated into daily interactions.



Room: Commons 12:30 – 13:30

Cross Cultural Conversations: A Discussion about Shame and How to Support Each Other (Lunchtime Discussion)

Discussion Leader: Sarah Pearlz Student Services Coordinator, Nagoya International School