



Converging
PROFESSIONAL WISDOM
FOR Family Well-Being

CIFA-NET EDITORIAL GROUP MEMBERS:

Dr. Miranda Chung, Mr. Timothy Li, and Dr. Herman Lo.
Contribution of articles are welcome. Please express your interest to the editorial group through email cifasecretariat@gmail.com.

SECRETARIAT:

6/F, Tsan Yuk Hospital, 30 Hospital Road, Sai Ying Pun, Hong Kong
Tel: (852) 2859 5301 Fax: (852) 2559 1813
Email: cifasecretariat@gmail.com Web: <http://www.cifa-net.org>

Message From Mrs. Patricia CHU, Chairperson CIFA



Following the full participation of Ms. Daniela Bas, Director of Division for Social Policy and Development, Department of Economic and Social Affairs of the United Nations at the 5th CIFA Regional Symposium in Seoul in November 2016, we are most pleased and excited to note that the 5th Regional Symposium has been featured on the United Nations Social Development Network, the UN website at <http://unsdn.org> under the sections of Thematic Areas and Regional Focus respectively. It is indeed a great leap forward, putting CIFA, not only on the regional scene, but at an international level.

To further strengthen the tie with the United Nations, we are, once again, honoured to have Mrs. Renata Kaczmarek, Social Affairs Officer, The Focal Point on the Family from the United Nations, who has kindly accepted our invitation to be the Guest of Honour at the Opening Ceremony of two important activities in June 2017 in Hong Kong (the details being provided in this newsletter).

We are both excited and thankful in building up the close link with UN and we look forward to its continuous support and advice in the future development of CIFA as a regional platform.

In this issue, we have included a paper, namely "The Three Characteristics of Chinese Family Management Philosophy", an abstract of a keynote speech delivered by Professor Peng Lin of the Department of History of the Tsinghua University, China at the 5th Regional Symposium. It highlights the core values in the Chinese culture which have shaped the relationship among family members and how these affect family management. It provided much food for thought.

The Gold, Silver and Bronze Award winning teams of the Wofoo 3A Project 2016 have taken the opportunity to share the gist of their projects and their reflections in joining the competition. In the coming Exchange Program in June, they will, together with other award winning teams, give full presentation of their projects and explore possibilities for replication by other practitioners.

We would also like to share our happy and relaxing Walk For Family Well-Being and announce the upcoming attractions, namely the Exchange Program (as mentioned above) and the Charity Concert For Family Harmony to be held in June 2017. We look forward to active participation by all.

中華治家理念的三個特色

The Three Characteristics of Chinese Family Management Philosophy

(Abstract of paper presented as Keynote Speech at the 5th CIFA Regional Symposium in Seoul 2016.)

Peng Lin

Department of History, Tsinghua University, China

In China, people has long been the center of the Chinese culture, stressing “to cultivate one’s moral character, bring order to the family, govern the country and bring peace to all.” (修身、齊家、治國、平天下) as a common path to take in life, as well stated in “The Great Learning” (大學), “When the family is harmonized, the country is well governed.”

Chinese culture bases its moral system on filial piety, placing an emphasis on familial relations. The construction of family culture has always been an important Chinese topic.

China's family management philosophy has a distinct cultural identity and has comprised of three distinct characteristics:

1. Union of Yin and Yang (“陰陽和合”) as the Goal of Family Management

The way of yin-yang manifests in the forms of man and woman in human society, As yin and yang are not of the same nature, so man and woman have different characteristics. The distinctive quality of yang is rigidity; the function of yin is yielding. A man is honored for his strength; a woman is beauty on account of her gentleness. The two sexes cannot substitute each other biologically; besides, they divide roles between themselves and act as the equal match to each other in social management as well. When applying the yin-yang principle to families, the result is the harmony of the married couple. The union of yin and yang confers equality to both parties, sharing successes and failures together, and each lacks the capacity of leaving the other

2. Family Management according to Confucian Principles

Family is a cell of the society, the constitution of a family is perceived same as the miniature of universe. Family members are assigned into a complex system of familial roles due to their differences in seniority, sex, age, intimacy, blood relation with relative-in-laws. According to Confucius, power relations

are established among family members of different levels of seniority through ethical principles. A healthy family would be sustained when family members take up their own roles and strive to do the best in these roles respectively.

3. Important Role of Family Management in Education

Family management is not only internally driven by clan development, it also meets the external need of social stability. Since the Song Dynasty (宋), learned persons set up their ancestral halls and compiled their genealogy books. Inside genealogy books, family instructions were usually written, serving as the compass of family establishment. These instructions were passed down to later generations and have become the richest soil for transmission of Chinese culture.

Formats of Family Instructions in China

1. Clause

“The Genealogy Book of the Wus from Xiangcheng” (蕪城胡氏宗譜), which was composed in clauses during Song Dynasty, contained “ten family instructions”, including propriety and courtesy, scholarly learning, government adages, agriculture, taxation, observing customs, emphasis on education, no theft, saving for famine, and being a good model. The ten family instructions listed in this book are for disciplining one’s mind and eradicating customs. It has encouraged that the clansmen should observe them closely in order not to bring shame to their identity as the offspring of the loyal and the filial pious.

2. Precept

“Family Instructions” (家訓) for the Yen Clan composed by Yan Zhitui (顏之推) from the Northern Qi (北齊) is the first family education book that specialized in “regulating my own family and getting the ear of my sons and grandsons” in the Chinese history.

This book is divided into twenty chapters, namely “Preface”, “Teaching Children”, “Brothers”, “Family Management”, “Customs and Manners”, “Admiration of Men of Ability”, “To encourage Study” and etc. They were written in the tone of a senior family member talking to his children and grandchildren, with rich historical allusions, appealing narratives and moral commentaries. The book has been praised as “the ancestor of family instructions of all time”; and “every piece is medicine and every statement is wisdom for the future generation”.

3. Induction

Quite a great number of Family Instructions distilled life and social principles into several precise and concise keywords, so that the main points were emphasized and children and grandchildren could recite them easily. For example, Fujian Pucheng Zhangzijun’s Family Instructions (福建浦城章仔鈞家訓) summarized the essence of family management in 12 Chinese characters, with 6 of them about positive instructions and the other 6 about negative warning.

4. Motto

The Confucian classic “Liji” (禮記) is full of mottos and maxims. These statements were often adopted into different Family Instructions. The famous Zhu Xi’s Family Instructions (朱子家訓), begins with the five relations of sovereign-minister, father-son, husband-wife, elder-brother-and-younger, and between friends, as well as a discussion of their values. The second part discusses interpersonal principles and the last part talks about the way to behave in the world, which is also characterized by the use of mottos and adages.

5. Correspondence

The masters of some families were away from home most of the years because of business and rarely met their families. Therefore they could only communicate their family instructions through correspondences. The family correspondences of Zeng Guofan (曾國藩) are considered to be the representative of this format. Zeng was one of the four great ministers and general in Late Qing Dynasty (晚清). In his family correspondences, he often made commentaries on and shared with his offspring his life experiences, giving gentle advice, and preaching the virtues of hard work, thrift, righteousness and justice.



Cultural Significance of Family Instructions

To summarize, China’s family instructions are characterized with moral content and varied style. They are rare among different cultures in the world and stand as the product of the highly developed Chinese civilization. They are culturally significant in four senses:

1. Family instructions are excellent means in establishing Chinese family culture. They had promoted the stability, success and sustainable development of a clan and proved itself a wise system.
2. Although the family instructions developed from different places and in various styles, all shared core values preached by Confucius and Mencius. They have helped thousands of families develop a common cultural identity, life attitude and values of families, which have consolidated the foundation of Chinese society.
3. Family instructions have two functions: 1) to establish the moral contour for the clan so that offspring can tell right from wrong and maintain social stability; and 2) to show offspring the path to improve themselves and establish a virtuous model of a junzi (superior man/ 君子) for the family.
4. Most family instructions had promoted education of moral conduct, living principles and life attitude into common households. They were the best complements to the inadequate government resources on education. Its impact has far exceeded the boundary of a family clan and become the shared wealth of the Chinese society.

Wofoo 3A Project 2016:

Gold Award Winner

“Happy Parenting Program” – The First Local Evidence-Based Parenting Program for Parents of Preschoolers with Developmental Disabilities

Organization:
Heep Hong Society
Hong Kong

Parents of children with developmental disorders experience higher stress than other parents. Children’s externalizing behaviour is a major stressor for them. In Hong Kong, there is no localized evidence-based parent training programmes for parents of children with developmental disorders. The Happy Parenting Program, an early intervention programme, was designed to meet these service/research gaps in 2014. To enhance programme sustainability, a professional training course is available to train the trainers.



This Happy Parenting Program aimed to promote positive development of preschool children with developmental disabilities through parent training, with the following objectives:

- Reduce child problem behaviours
- Reduce parenting stress
- Reduce inappropriate parenting practices

The Program was evaluated using randomized controlled trial design, the most rigorous evaluation. The results indicated decreases in child behaviour problems, parenting stress, and inappropriate parenting practices. Participants could maintain their gains three months after the end of the program.

Project achievements included:

1. Development of an evidence-based training programme for parents of preschool children with developmental disorders;
2. Production of a programme manual;
3. Efficacy of the programme established using randomized controlled trial design, with results accepted for publication in refereed international journal; and
4. To enhance sustainability, development of a professional training programme to train professionals to deliver the Program to benefit more families.

Since 2014, the program has been delivered to over 300 parent-child dyads in Hong Kong. Training programmes for professionals were organized and 89 human service professionals were trained to deliver the programme to benefit more families.

Reflections

Ms. Daniela Bas, the Division Director of Social Policy and Development of the United Nations, has shared that the third sustainable development goal is “Good Health and Well Being” at the CIFA 5th Regional Symposium 2016. The Team members are delighted that the ultimate goal of the Happy Parenting Program is also to enhance the well-being of families with special needs children. In future, we will continue to walk hand-in-hand with these families with empathy and professionalism, and give our best support.

Website: <http://www.heephong.org>

Wofoo 3A Project 2016:

Silver Award and My Favourite Project Winner

TOUCH Cyber Wellness Family Support Programme

Organization:

**TOUCH Community Services
Singapore**

The Program is a cyber wellness initiative designed by TOUCH Cyber Wellness, a youth service of TOUCH Community Services, to build a holistic family-centered support system to empower families in overcoming entangling cyber wellness issues in this digital era. These emerging concerns may surround a variety of subject matters, including behavioral addiction (e.g. internet, gaming and device addiction, online pornography addiction), online aggression and harassment (e.g. cyber bullying), as well as online safety.

The Program has adopted family systems approach, strength-based perspective, as well as cognitive behavioral group therapy. It is also a research-validated model designed to intentionally include the involvement and commitment of both parents and youths at various intervention levels to build effective family functions, strengthen family relationships and communication, and to empower them to meet parenting challenges by bridging the digital divide. Framework of the Program comprises four progressive levels: from awareness to intervention, then sustainability to advocacy. Youth activities include cyber wellness psycho-education programs, enrichment camps and mentoring groups, whereas cyber wellness awareness workshops, meet-the-parents sessions, hands-on equipping workshop, follow-up consultation sessions and support groups are arranged for the parents. Family counselling is available for both the youths and their parents, and they are also trained to be volunteers and advocates to support others having similar concerns.

Through partnerships and collaborations, the Program has successfully served 1000 individuals and 700 families referred from various professional sectors, local and international schools, family service organizations, health institutions and statutory boards. Additionally, exchange and sharing sessions were conducted to equip counsellors, social workers, teachers, and professionals to be proficient and efficient in managing families and youths with cyber-related issues. Services were extended to the low income families, with financial subsidies on programs and counselling fee provided. Other community agencies were partnered to co-fund these needy clients, to allow them with opportunity receiving help, overcoming the challenges brought about by the excessive use of technology in families.



Reflections

The CIFA 5th Regional Symposium has deepened the Project Team's understanding on the scope of family work and services in the Asian Region. It is essential for us to redesign and strengthen parental participation in the youth programs to improve their relationships and to form stronger partnership with the counsellors and youth workers in order to reap greater success in helping their children in future.

Websites: <http://www.touch.org.sg/> (TOUCH Community Services)

<http://touchcyberwellness.org/> (TCW)

Wofoo 3A Project 2016:

Bronze Award and The Best Collaborative Award Winner

Pregnant Psychotropic Substance Abusers Family Supporting Scheme

Organization:

Hong Kong Lutheran Social Service, LC-HKS – Rainbow Lutheran Centre
Hong Kong



The Pregnant Psychotropic Substance Abusers Family Supporting Scheme was a family-oriented project conducted from May 2013 to July 2015 to assist pregnant psychotropic substance abusers and their family members. This program benefited 104 pregnant women and mothers with drug problems, the drug-dependent fathers as well as their family members in the Kowloon East district, through multidisciplinary collaboration among drug counselling workers, medical professionals and the participants' families. Drug-abuser mothers and their partners participating in the Scheme were helped to face up to their addiction, to reduce or even stop their drug usage through comprehensive one-stop multidisciplinary medical support and drug treatment service. With the family supporting services, family members were also empowered to become another source of strength to back up the participants while they were on drug treatment.

The Scheme evidenced that pregnancy would raise the women's motivation for drug abstinence. Their love for their children would foster them to seek help for rehabilitation. Eventually, 82% of the female were assisted to quit drugs. Despite motherhood being a strong motivator, the anxiety and pressure accompanied could as well trigger relapse of drug abuse. Therefore, child care guidance, counselling service and mutual support group were simultaneously provided. Over 70% of the mothers managed to reduce their anxiety, depression and stress level. Apart from the mothers, studies revealed that drug usage of their partners could likewise affect their anxiety and stress level. The more frequent their partners' drug usage was, the more anxious the women would become. Hence, the Scheme actively involved the partners and succeeded to help 94% of them reducing or stopping drug usage. Family based intervention is therefore considered indispensable to mothers with drug problem, and continuous implementation of multi-disciplinary collaboration is worthwhile.

Reflections

This is the first time that the project team has joined the 3A Project competition. We are honored to have won the Bronze Award and the Best Collaborative Award. Through participation in this Symposium, the Team members are delighted to have the opportunity to showcase our achievements to other professionals in the Asian region and to raise the community awareness and concern towards the needs of the families with drug abusers.

Websites: HKLSS, LC-HKS

Website: <http://www.hklss.hk>

Rainbow Lutheran Centre

Website: <http://rainbow-ccpsa.hklss.hk/>

Walk For Family Well-Being 2017

CIFA has successfully organized the "Walk for Family Well-Being 2017" on 26 February, 2017, attracting over 400 participants and volunteers of different ages to enjoy a relaxing morning in the good weather. CIFA was honoured to have Ms. Carol Yip, JP, Director of Social Welfare to be the officiating guest at the kick-off ceremony. During the occasion, volunteers had organized various interesting activities, including face-painting, balloon twisting, lion dance, rope-skipping and guitar performances as well as conducting an interesting eco-tour of the route, adding much fun and interests to the event. All participants showed their appreciation to CIFA for providing a golden opportunity for enjoying the beauty of nature and sharing happiness with their families and friends. Indeed, we are deeply appreciative of the enthusiastic support from volunteers, sponsors and member organizations in making the event a success.



Coming Attractions:

Exchange Program on Wofoo 3A Project 2016

To further enhance the sharing and transfer of knowledge and good practice of the Wofoo 3A Project 2016, an Exchange Program co-organized with the Family Council of HKSAR and the Chinese University of Hong Kong will be held on 16 and 17 June, 2017 in Hong Kong. We anticipate it will provide an excellent opportunity for representatives from various sectors to learn more about these innovative projects, exchange experience and explore possibilities to replicate projects. We are honoured to have Mrs. Renata Kaczmarek, Social Affairs Officer of the Focal Point on the Family, Division for Social Policy and Development, Department of Economic and Social Affairs of the United Nations, to be our Guest of Honour at the Opening Ceremony. Gratitude also goes to the Family Council, the Cathay Pacific Airways and the Regal Hotel International to be our sponsors of this activity.

Sharing Session:

Date : 16 June, 2017 (Friday)

Time : 8:45 am – 5:30 pm

Venue : LT1, Yasumoto International Academic Park, The Chinese University of Hong Kong

Agency Visit:

Date : 17 June, 2017 (Saturday)

Time : 8:30 am – 5:30 pm

Route 1 (am) : The Hong Kong Anti-Cancer Society
Aberdeen Kai-Fong Association

Route 2 (pm) : Heep Hong Society
Tung Wah Group of Hospitals

Charity Concert For Family Harmony 2017

On 18 June (Sunday), CIFA will co-organize the “Charity Concert For Family Harmony 2017” with the Hong Kong SAR Philharmonic Orchestra for the 4th time. CIFA is very pleased to have renowned performers, including Dr. David Fang, Dr. Michelle Tsui, Ms. Colleen Lee and other musicians to perform at the concert. We are also honoured to have Mrs. Renata Kaczmarek to be our Guest of Honour at the Opening Ceremony.

CIFA wishes to appeal to all member organizations and strategic partners for their support by attending the concert and / or making a donation/pledging a sponsorship. We look forward to celebrating Father’s Day with you all and enjoy the wonderful musical performance while doing a good cause!

Date : 18 June, 2017 (Sunday)

Time : 7:15 pm – 10:00 pm

Venue : Concert Hall, Hong Kong Cultural Centre, Tsim Sha Tsui

Please mark your diary and join these exciting activities in June!

Invitation letters with more detailed information on the Exchange Program and Charity Concert will be issued and uploaded to the CIFA website at www.cifa-net.org in due course. You may also contact the CIFA Secretariat for further information.