

Interpersonal Acceptance

International Society For Interpersonal Acceptance-Rejection



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Call for Papers

8th International Congress on Interpersonal Acceptance
and Rejection

30 June through 3 July, 2020

www.isipar2020.com

CONGRESS VENUE

Instituto Universitário da
Maia, (ISMAI), Maia, Porto,
Portugal

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FOR A CONFERENCE ON
INTERPERSONAL RELATIONS



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Nominations for Office

International Society for Interpersonal
Acceptance and Rejection

2020 Elections



President-Elect Nadia Koltcheva, PhD.

Nadia is an Assistant Professor in the Department of Cognitive Science and Psychology at the New Bulgarian University, Bulgaria. She is interested in investigating developmental consequences of experiencing acceptance and rejection throughout life from early childhood through late adulthood in cross-cultural context. Nadia has worked on projects funded by UNICEF Bulgaria, commissioned by the Ministry of Health and by the Ministry of Education and Science (“National Standards for Early Childhood Development and Learning from Zero to Three”). She has translated and standardized several IPARTheory-related measures for Bulgarian populations and has contributed over 60 studies within IPARTheory’s framework. Nadia has also helped to develop the Organizational Acceptance-Rejection Control/Questionnaire (OAR/CQ). Email: nkoltcheva@nbu.bg



Regional Representative for North Africa and the Middle East Ebru Akun, PhD.

Ebru is a Clinical psychologist in the Department of Psychology at Ankara University, Turkey. Her research focuses primarily on the relationship between perceived parental acceptance-rejection in childhood and the mental health and mental disorders in adulthood. She is also interested in perceived partner acceptance-rejection, attachment, and schema therapy in adulthood. Email: ebruakun@gmail.com



Regional Representative for Sub-Saharan Africa Oladimeji (Deji) H. Ogundipe

Deji is a social and developmental psychologist as well as a counselor in Nigeria who works with slum dwellers and drug addicts who have been discriminated against and rejected by peers, family, and by society at large. He is currently an administrator at the Federal University of Agriculture, Abeokuta, Ogun State, Nigeria. He is also Coordinator of the Global Liberation Movement, and the Public Relations Officer in the Positive Youth & Family Mission (NGO). He is also one of the major Trustees in the Life Rescuer World Organization (LIREWORG), an NGO that was established to render free services mainly to hopeless children/teenagers under the age of fifteen (15) in children/motherless homes, orphanages, and elsewhere. He is interested in issues related to social, developmental, and organizational psychology. Other issues of interest to him include research and practice related to lifespan interpersonal acceptance and rejection. Email: globaldon1@ymail.com



Regional Representative for Southeast Asia Maria Cristina (Kit) B. Diaz

Kit was awarded her undergraduate degree in Biology from the University of Santo Tomas, Manila, Philippines. Following that, she received the Doctor of Medicine degree from the Faculty of Medicine and Surgery in the same University. She then accepted a post-graduate internship, and finished her residency training in the Department of Neurology and Psychiatry at the University of Santo Tomas Hospital. Kit is a Diplomate and Fellow of the Philippine Neurological Association and is presently an Associate member of the Philippine Psychiatric Association. Currently, she is serving a post-residency Fellowship in Child and Adolescent Psychiatry in the Department of Psychiatry and Behavioral Medicine of the University of the Philippines-Philippine General Hospital. She intends to do her Fellowship research on the “Association Between Perceived Parental Acceptance-Rejection and Child Psychological Adjustment Among Filipinos Ages 8–18 With Internalizing and Externalizing Symptoms”. Email: crstnad@gmail.com



Regional Representative for the Insular Pacific and Australia Zahra Izadikhah, PhD

Zahra is a registered Clinical Psychologist and a member of the Australian Psychological Society. She received her PhD in psychology from the University of Queensland in 2009. She also completed a Bachelor and a Masters in Clinical Psychology. Zahra has 10 years experience of teaching tertiary education and taught 25 courses in the area of Clinical Psychology, Psychotherapy and Counseling, Health, and Personality Theories. She has supervised more than 40 research projects, resulting in 30 peer reviewed publications. Zahra's main research interests are trauma/abuse, attachment insecurity, emotion regulation/dysregulation, interpersonal acceptance and rejection, and their relationships with mental and physical health outcomes, including unexplained medical symptoms. She is also interested in research on the “Processes of Change in Psychotherapy”. Zahra has had 5 years supervised specialized training in "Intensive Short Term Dynamic Psychotherapy“, and over 15 years of experience in clinical practice. Email: zahra.izadikhah@usq.edu.au.

Voting Instructions for ISIPAR Elections



Please review the slate of candidates. Voting is done electronically, via the internet, using Ballotbin.com, a secure, third party administrator. Soon, paid-up members of ISIPAR will receive an email message from Ballotbin.com.



If your email system filters for “SPAM”, please review your messages carefully so that your messages from Ballotbin.com are not automatically deleted.

The message from Ballotbin.com will contain a link and/or voting code directing you to the on-line ISIPAR ballot.

After you have voted, Ballotbin.com will reply letting you know that your vote has been received. You will have two weeks to cast your vote after the ballot invitation has been sent to you. Results will be published in the January 2020 issue of *Interpersonal Acceptance*.

For questions related to the election or voting procedures, please contact Nancy Rohner, at rohner.isipar@gmail.com. If you have not yet paid your dues for 2019, please do so immediately.

Only paid-up members of ISIPAR will have their votes counted.



IPARTHEORY SYMPOSIUM at the
16th EUROPEAN CONGRESS OF PSYCHOLOGY—Moscow
July 2-5, 2019



Francisco Machado, **President** of the International Society for Interpersonal Acceptance and Rejection, Chaired a symposium entitled *Living Better Together: Interpersonal Acceptance-Rejection Across Contexts*.

Representing Portugal, Francisco Machado, Carla Peixoto, and Carlos Vale created a presentation on “The role of perceived teacher acceptance on student’s resiliency, classroom social climate, and academic success”.

Representing Croatia, Renata Glavak-Tkalic, Anita Vulic-Prtoric, and Andreja Zoroja presented on “Perceived parental acceptance-rejection in childhood, and personality characteristics and anxiety in interpersonal relationships in adulthood”.

Interpersonal acceptance-rejection theory received quite a bit of interest and attention. As a result of the symposium, Francisco and Renata were contacted by a Russian colleague who attended. She will be sharing a number of IPARTheory-related Russian language papers already published in Russian journals. We now have Irina Ivanova from Moscow who is translating IPARTheory measures into Russian. She is also interested in joining international research projects on Loneliness, Rejection Sensitivity, and Forgiveness and Vengeance.

Thanks for organizing the symposium goes to Nadia Koltcheva. She spent many hours of preparation to apply for and receive acceptance of the topic from the Congress. Illness prevented her attending the Congress.



Artemis Giosta presented a lecture on
“Giving and Receiving Affection in Different Human Systems” to the
“*International Conference of Applied Psychology, Practices and Interventions*”
6-8 February, 2019
Institute of Applied Psychology, University of the Punjab, Lahore, Pakistan

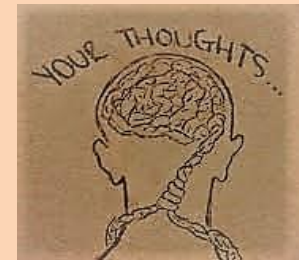


Giving and Receiving Affection in Different Human Systems

In the field of interpersonal relationships, a lot of research has been developed exploring the outcome of giving and receiving affection in different systems. Systems theory suggests that all systems and subsystems are interconnected and influence each other simultaneously. It is important to understand how each subsystem interconnects and influences each larger system, and vice versa. Also, systemic theory explores the interactions and the interdependence between the members in different social contexts. Rohner’s Interpersonal Acceptance-Rejection Theory (IPARTheory) has a strong systemic background.

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IPARTheory is a theory of socialization and human development that attempts to formulate a lifespan developmental perspective on issues surrounding parental and other forms of interpersonal acceptance-rejection and behavioral control. The aim of the lecture was to introduce the application of interpersonal acceptance-rejection theory in the systemic field. More specifically, the paper introduced the basic principles of systems theory that can be applied in clinical practice using the fundamental aspects of IPARTheory, and it defined methods for integrating IPARTheory into different contexts (e.g., family, school, interpersonal relationships).



A Decade of Interpersonal Acceptance-Rejection Theory (IPARTheory) in a Spanish Population: Empirical Results and New Challenges



Prof. Miguel Ángel Carrasco, PhD
UNED University, Madrid, Spain



Prof. Miguel Ángel Carrasco with Prof. Farah Malik at the conference of Applied Psychology, Practices and Interventions (ICAP-2019) *February 6-8, 2019* at the Institute of Applied Psychology, University of the Punjab, Lahore, Pakistan.

Interpersonal acceptance-rejection theory is an evidence-based theory of socialization and lifespan development that provides an important methodological and theoretical framework to approach interpersonal relationships in general, and family relations in particular. After my stay in the Rohner Center at the University of Connecticut with Prof. Rohner ten years ago, I started to investigate family relations and children's internalizing and externalizing problems in the IPARTheory context. From that time until now, new challenges and interests have entered my research goals.

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Carrasco continued...

At that time, the postulates of IPARTheory had not been tested in a Spanish population. Considering the multicultural perspective of psychological research, it was an important gap. So the first challenge for our research team was to probe those main postulates in the Spanish context: the construct validity of the measures, contributions of parental acceptance to the children's psychological adjustment, and differential contribution of maternal versus paternal acceptance to children's adjustment, among others. Although much evidence has been found for IPARTheory's hypotheses around the world, no empirical support had been shown for some of their hypotheses (e.g., complex relations between children's emotional dependence and parental acceptance). Moreover, other new gaps needed to be filled-in: moderating and mediating effects of some new variables (e.g., parental power-prestige, children's age and gender, parents' gender and age, internalizing-externalizing problems) between parental acceptance and children's psychological adjustment, the real contribution of father involvement to family relations, relations between father involvement and parental acceptance or relations between children's and parents' acceptance.

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Carrasco continued...

In addition, parental acceptance was not explored enough in special populations (e.g., children referred to mental health services, children at psychosocial risk, abused and neglected children). More research was needed about the incremental validity of parental acceptance predicting children's psychological adjustment from different sources of information such as children, teachers, fathers, and mothers.

Considering our research from the last decade, the aim of my presentation was to show Spanish empirical data about the main postulates of IPARTheory, its Spanish idiosyncrasies, and similarities or differences from other international findings. I discussed future challenges and new avenues of research about maternal and paternal acceptance-rejection, and children's psychological adjustment.



Professor Miguel Ángel Carrasco with other foreign delegates at the institute of Applied Psychology, University of the Punjab, Lahore, Pakistan



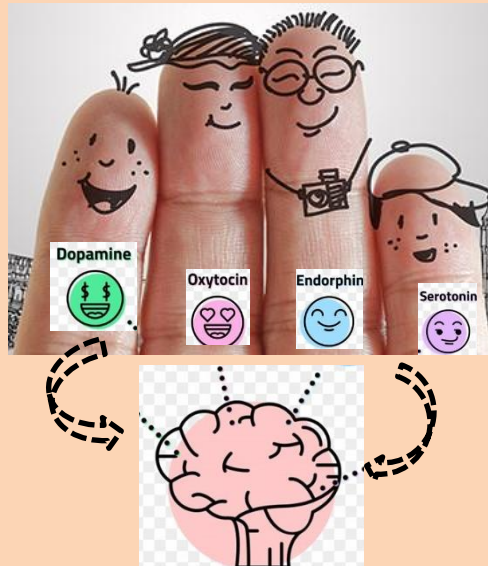
Interpersonal Acceptance and the Neurochemistry of Happiness Hormones

Fauzia Naz, Ph. D



Hormones are chemical messengers that are secreted from glands into the blood and affect cells in different parts of the body. Hormones play a vital role in human emotions as “emotions are mental states associated with the nervous system brought on by chemical changes associated with thoughts, feelings, behavioral responses and a degree of pleasure or displeasure”. Happiness is an emotional state of well-being characterized by positive or pleasant emotions ranging from contentment to intense joy.

Four hormones are considered determinants of human happiness. These are endorphins, dopamine, serotonin and oxytocin. *Endorphins* are secreted while we are engaged in intensive exercise, brisk walking or running, and they help the body to cope with the pain of exercise and other exercise-related activities. As a result, we start enjoying these activities. Endorphins are also secreted when we laugh. Laughter is another way of generating endorphins. Doing thirty minutes of exercise, reading, or watching funny stuff once a day also support the release of endorphins.



Naz continued...

The second hormone is *Dopamine* which assists us to enjoy and be happy. Dopamine is secreted when we accomplish short-term goals. Dopamine is also released when we get appreciation for our work at home or at the office. When we feel accomplished or good at work, we feel happy. Dopamine is the “I got it” feeling. A hug from significant others is loaded with comfort and happiness. So, try to give and take praise, appreciate yourself and others even if a little task is accomplished. Dopamine secretion also explains why we feel delighted after getting a gift, shopping, or doing exciting things. The third happiness hormone is *Serotonin*. Serotonin is released when we transcend and support others. Involving oneself in service to humanity and welfare projects is a big source of Serotonin secretion. Serotonin is also released even in small tasks of helping others e.g., providing useful information to others, and when we become important for others.

Oxytocin, the fourth hormone, is released when we positively interact with our loved ones, it is all about the feeling of trust. It is also released when we hug our children, family members, or friends. The more we are involved in positive interpersonal interaction with others, the more oxytocin is released. Giving and receiving hugs with close ones, shaking hands, arms around, and taking or giving shoulders at the time of stress works magically in relieving stress and relaxing muscles. This elucidates the importance of hugging when we or others are experiencing stress, anxiety, or depression.

In conclusion, we should motivate ourselves and others, especially our children, to play, jump, and exercise to get *endorphins*, appreciate yourself and others especially children for small or big achievements to get *dopamine*, learn and teach sharing to get *serotonin*, and hug your child, family, and friends to get *oxytocin*. These practices may enable us to be happy, and deal with our everyday challenges and problems in a much better way.

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