

# INTERNATIONAL CHRISTIAN UNIVERSITY

## I A S C P NEWSLETTER

INSTITUTE FOR ADVANCED STUDIES OF CLINICAL PSYCHOLOGY



### About ICU IASCP

The International Christian University (ICU) Institute for Advanced Studies of Clinical Psychology (IASCP) was established in April 2001 for the purpose of advanced research in clinical psychology with a special focus on psychotherapy, promoting the growth of the human mind.

In addition, the Institute provides psychological consultation, training and education for psychotherapy trainees and professionals, development of training and educational programs, and psycho-educational workshops in local communities. Post-graduate learning programs for mental health professionals are also resources of the Institute. Individuals with a specific academic objective can engage in research and clinical practice at the Institute as a Research Associate.

### Research Projects

#### Center of Excellence (COE) Project for Safe Space in a Psychodynamic World

The IASCP has conducted themed research for "The Creation of Psychological Safe Space and Its Meaning" as a part of the ICU 21<sup>st</sup> Center of Excellence Project supported by the Japanese Ministry of Education, Culture, Sports, Science and Technology, seeking to realize "Peace, Security and Conviviality." Several conferences and workshops were already held at home and abroad. These conferences and workshops were; 2<sup>nd</sup> ICU International Conference "COE Projects for Safe Space in a Psychodynamic World Psychoanalytic Theory and Practice: Creating a Safe Space for Individuals and Groups" in New York (March, 2004), 3<sup>rd</sup> ICU International Conference "An Experiment and Theoretical Review: Creating a Safe Space in Individuals, Groups and Communities" in Tokyo (July, 2004), "An Experiment: Creating a Safe Space in School" in Hiroshima (February, 2005), 1<sup>st</sup> ICU International Workshop for Psychotherapy Technique -Exploring new techniques of psychoanalytic psychotherapy-in New York (March, 2005). (See page 2-3)

#### Adolescent Creativity Research Project

With a great interest on adolescents, since 2001, the IASCP has conducted clinical research called "Adolescent Creativity Research Project" for contemporary theme of adolescents' personality development. It is aimed at acquiring the real-life image in order to understand dynamics in the process of adolescent's personality maturation and to develop a technical theory based on theoretical concepts. An intensive group psychotherapy for non-clinical adolescents has been utilized as the method.

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### Workshops

#### Study Tour

The IASCP has organized Study Tours for three consecutive years since 2003. The previous programs included participation in the American Group Psychotherapy Association (AGPA) annual meetings, special lectures at the William Alanson White Institute, and workshops and international conferences for "Creating a Safe Space for Individuals and Groups" (see above). In 2005, a joint workshop, "1<sup>st</sup> ICU International Workshop for Psychotherapy Technique-Exploring New Techniques of Psychoanalytic Psychotherapy" took place at Gordon F. Derner Institute of Advanced Psychological Studies, Adelphi University. It was conducted by Dr. Morton Kissen and Professor Hidefumi Kotani, from Derner Institute and ICU, respectively.

#### Special Workshops

The IASCP provides special seminars for faculties, students and related staffs. In 2004 alone, we have invited several professors from overseas. Dr. Ian Parker (Manchester Metropolitan University) gave us a short lecture on "Current Trends in Lacan" and Dr. Erica Burman (Manchester Metropolitan University), on "Gender and Sexuality". Dr. Beverly Harju (University of North Carolina) conducted a workshop on "Psychotherapy and Intake Interview". We also received a live supervision by Dr. Harold Stern this year, known as the founder of the Philadelphia School of Psychoanalysis.

### Psychological Consulting Services

We provide Psychological Consulting Services, such as individual psychotherapy, group psychotherapy, play therapy, activity therapy, and consultation. Each case receives a weekly case conference as well as supervision. We also have a community service program called, "Open House", offering small lectures, workshops as well as identity groups for local residents once a month.

### Journal

The **International Journal of Counseling and Psychotherapy** is a refereed journal developed to the academic and scholarly discussion of the developing fields of counseling and psychotherapy, especially in the Pacific Rim Region. It is a broadly focused, cross-cultural vehicle for contributing to the wider debate about the future of counseling and psychotherapy, reflecting the dialogue within the Pacific Rim region and the wider world. The special focus of the journal is on counseling and psychotherapy with adolescents who represent our hope for a future world. (See also page 4)

### Faculty

Director; Hidefumi Kotani

Faculty; Noriaki Tomabeche, Kaoru Nishimura, Masahiro Nishikawa, Hiroko Sasaki/Assistant; Tomoko James, Yuki Nakamura



# Our Contribution to Psychological Safe Space



## I . Introduction

We witness massacres in Africa and East Europe, terrorism in New York, Madrid, and London. In Israel and Iraq, so many people are being killed nearly everyday. We are living in a world where safety is threatened. In Japan, we face juvenile delinquency, vicious crimes, and self-destructive behaviors such as wrist cutting in adolescents, and suicidal attempts over generations. It can be said that people have lost safe space in their daily lives and their psychic world.

In the past century, psychoanalysts and clinical psychologists have accumulated enough knowledge and insights to explain the ability in individuals to maintain safe space in one's psychic world that protects and ushers in family, community, and world peace. Our efforts and attempts to make and seek safe space in our psychic world surely lead to a starting point to obtain world peace, whatever difficulties may happen.

In this manner, we, the ICU Institute for Advanced Studies of Clinical Psychology, have been progressing adjustment of the concepts, investigation of clinical validity, and development of measure instrument for *psychological safe space*. Here, we would like to introduce the concepts, results of previous research, and upcoming projects concerning *psychological safe space*.

We wish many of you will join our project in creating psychological safe space.

Note the program "The Creation of Psychological Safe Space and Its Meaning" is the sub-program of COE (Center of Excellence) which is approved by the Japanese Ministry of Education, Culture, Sports, Science and Technology.

### Projects Up To the Present

#### ★Conference

**"Creating a Safe Space for Individuals and Groups: Psychoanalytic Theory and Practice"**

*March 2-3, 2004, New York*

*Guest Speakers:* Seth Aronson, Psy.D., Judith Davis, Ph.D., Howard D. Kibel, M.D., Morton Kissen, Ph.D., Saul Scheidlinger, Ph.D., Harold Stern, Ph.D. (All from U.S.A)

#### **"An Experiment and Theoretical Review:**

**Creating a Safe Space in the Individual, Group, and Community"**

*July 26-28, 2004, Tokyo*

*Guest Speakers:* Seth Aronson, Psy.D.(U.S.A), Robi Friedman, Ph.D., (Israel), Felix Mendelssohn (Austria), Sabar Rustomjee, M.D.(Australia), Ta-jen Chang, M.D.(Taiwan)

#### ★Workshop for Psychotherapy Technique

**"Exploring New Techniques of Psychoanalytic Psychotherapy"**

*March 8-9, 2005, New York*

*(Adelphi University)*

*Trainers:* Hidefumi Kotani, Morton Kissen, Ph.D. (U.S.A)

#### ★Workshop in Taipei

**"An Experimental Group Workshop for Safe Space in Human Mind beyond Culture"**

*September 28, 2005, in 7<sup>th</sup> Pacific Rim Regional Congress of Group Psychotherapy & 4<sup>th</sup> Asia Pacific Conference on Psychotherapy, Taipei*

The purpose of this workshop is to consider the cultural difference, if any, in how a person creates his/her safe space and how he/she expresses it. The workshop will consist of a Large Group, followed by two Small Groups, divided in 4 groups based on cultural background, and a Feedback Session.

### Upcoming Projects:

*Please come and join us in exploring and expanding safe spaces in our minds!*

#### ★ IAGP Workshop in San Paulo

**"Dynamics of Psychological Safe Space in Group and Individual Process"**

*July 17-18, 2006, in IAGP Pre-Congress Training Institute, San Paulo*

*Procedure:* Dynamic group psychotherapy sessions and data collection will be conducted. We will explore a new look at individual and group dynamics by a new research tool of "psychological safe space". Every participant experiences experiential group member and role of observer and researcher. Observation instructors and research instructors will help participants to learn analyzing group process and dynamics and research method.

*Participants:* Maximum 25 (including 4 research assistants)

*Language:* English and Japanese

*Contact:* Hidefumi Kotani

Professor of Clinical Psychology, International Christian University e-mail : kotani@icu.ac.jp

#### ★12th Annual Conference

**International Association of Dynamic Psychotherapy**

**"Safe Space and Psychodynamics in the Individual and the Group"**

*March 17-18, 2007, Hawaii*

Keynote Lecture, symposium, case study presentation, and workshop  
*Calling for Case Study Presentation and Workshop*

*Secretariat:* Tomoko A. James, Ph.D.

IASCP, International Christian University

Osawa 3-10-2, Mitaka-shi, Tokyo 181-8585, JAPAN

*Tel & Fax :* + 81-422-33-3655 e-mail: iascp@icu.ac.jp

#### ★International Workshop of Safe Space and Conviviality

**"Who and What am I in this World"**

*March 19-22 2007, Hawaii*

*Participants:* Maximum 50

Anyone who would like to explore own Identity in our current restless world can participate.

Preferably High school students or above; college students, young adults, and aged people are also very welcome.

*Language:* English and Japanese

*\*Fees and other details will be announced later.*

*Secretariat:* Kayoko Hige, Yoshie Kawamura, Ichiro Kawasaki

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## II. About “psychological safe space” –cited from Kotani(at.el), 2005 [see IV. (7)]

“In psychotherapy, when the patient/client fails to continue speaking in a free-associating manner, or when they begin to avoid free self-exploration, we say that the patient/client has lost safe space in their intra-psychic domain or with their therapist. This phenomenon is also called resistance in psychoanalysis. The concept of resistance and its analysis are indeed very important in enhancing the processes of exploration in psychotherapy. However, it cannot be denied that the concept also has a passive and negative connotation.”

“Kotani (4) has proposed a new concept, *psychological safe space*, to frame the same phenomenon in a more positive manner. It is clear that resistance is a function of the ego attempting to maintain safety. In other words, there exists psychological safe space in resistance itself. By reframing it with the concept of safe space, resistance can be better understood as something that must be proactively accepted and analyzed rather than eliminated. In no way does the concept of psychological safe space usurp the significance of the resistance concept in psychoanalytic theory, but rather would provide a basis for the development of more dynamic technique in dealing with it, as well as a more flexible theoretic base for group psychotherapy in particular to collaborate with other practical disciplines such as psychoeducation and education *per se*.”

“*Psychological safe space* is defined as a space in which an individual can be free from all threats and fears. This would include phenomena in both the so-called intra-psychic world and the world of external reality.”

“Kotani posits that the sense of safe space is the basis of personality functioning and its development (4), and that all humans are innately born with it. In any situation, humans hold some sense of safe space in the internal and external objects and phenomena surrounding them. When such a sense of safe space is hard to hold directly in these objects and phenomena, the ego will conduct an assortment of operations to consign the sense of safe space to alternative objects or phenomena. Such sense of safe space consigned to internal or external objects or phenomena is collectively called *psychological safe space*.”

## III. Results of Our Previous Research

In the International Conference held in July 2004, we invited Felix Mendelssohn from Austria, Robi Friedman from Israel, Seth Aronson from USA, Sabar Rustomjee from Australia, and Ta-jen Chang from Taiwan to join our colleagues, and together we conducted an experimental program of group psychotherapy and a conference. In the program, we used a multi systems group psychotherapy method using both small and large groups, where group members experienced passing double boundaries; large group to small group, small group to individual, and vice versa. We are finding out the meaning of which the large group provides, and developing multiple combined approaches which innovate the large group (1)(4)(8). In this project, a participant with schizophrenia spoke about his existence and feeling of trust towards his identity. Owing to their severe sensitivity, for a person with schizophrenia to discover and maintain his/her psychological safe space in the presence of people with no acquaintance, is meaningful. Especially, with the hypothesis towards world peace, it gives a great meaning to our proposition. It means that the individual born with the most vulnerable physical structures to conflicts, has the possibility to be able to ensure his/her psychological safe space and live without any particular handicap by sharing the same time and field with men and women of all ages. Hereby, we think that with or without emotional problems, adults or children, the world where the most sensitive people can live with safe space psychologically, is the most comprehensible image of a peaceful world (3).

## IV. Products of Research and Related Articles

(1) Kotani, H. 1999. Aspects of Intrapsychic, Interpersonal and Cross-Cultural Dynamics in Japanese Group Psychotherapy. *International Journal of Group Psychotherapy*, 49, 93-104.

(2) Kotani, H. 2003. Counseling and Psychotherapy-To make them more effective for difficult adolescents. *International Journal of Counseling and Psychotherapy*. 1, 5-16.

(3) Kotani, H. 2003. 力動的世界の争乱と心的安全空間の力学 [Worldwide Struggle in Psychodynamic World and Dynamics of Psychological Safe Space] In International Christian University Social Science Research Institute and Sophia University Institute for the Study of Social Justice (eds.) 平和・安全・共生 [Peace, security, and conviviality] Pp.243-268 Tokyo: Yushindo.

(4) Kotani, H. 2005. Safe Space in a Psychodynamic World. *International Journal of Counseling and Psychotherapy*. 2 (in press)

(5) Kotani, H. 2005. Loss and Creation of Safe Space-Clinical Psychology *ICU Advanced for Advanced Studies of Clinical Psychology Monograph 1* (in press)

(6) Kotani, H. (ed.) 2005. 心の安全空間—家庭・地域・学校・社会— [Psychological Safe Space-Family, Community, Schools, and Society] Gendai no Esprit Special Edition Tokyo: Shibundo.

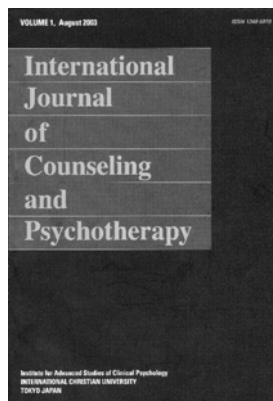
(7) Kotani, H., Sayanagi, N., Kawamura, Y., Ishikawa, Y., Takeno, K., Hige, K., Kurita, N., and Amemiya, M. 2005. Psychodynamic Theory of Safe Space and Its Measurement. *Sogo Hoken Kagaku; The Journal of the Hiroshima University Health Service Center*, 21, Additional Volume.

(8) Nishikawa, M. and Nishimura, K., 2003. The Basic Axis of the Group Psychotherapy Technique on the Adolescence Identity Crisis in Japan; A Case Study of the Multidimensional Concurrent-conjoint Identity Group Psychotherapy. *International Journal of Counseling and Psychotherapy*. 1, 49-68.



(International Conference , July 2004, Tokyo)





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# International Journal of Counseling and Psychotherapy

## Publication In Press: Volume 2

### Opening Article

The Issue of Psychoanalysis in Japan Today

Masahisa Nishizono

### Report

Theory: No-self Counseling: An Application of Zen to Counseling Theory  
Training: The Therapeutic Value of "REVERIE" in the Context of a Safe Space

Jerry Cusmano  
Morton Kissen

### Invited Article

Report from the Kobe Earthquake Experience:  
Burnout among Volunteers Working in Shelters for Victims of the Kobe Earthquake

Daishin Hage

### Symposium

How Can We Weave a Dialogue in Group Work with Adolescents?  
Kaoru Nishimura, Masahiko Kikuchi, Tomonori Motoyama, Takeyasu Kawabata, Osamu Kuramitsu

### Condolence

### Special Issue of COE

#### From New York Conference:

Safe-Space-Creating Function of an Adolescent "Cross-Cultural Identity Group" Kaoru Nishimura, Seth Aronson  
The Key Psychodynamics of Female Personality Development: A Phallic Activeness and Safe Space Tomoko James

#### From Tokyo Conference: Forum

Safe Space in a Psychodynamic World Hidefumi Kotani  
A Safe-Enough Space for Creative Thinking Leading to Peaceful Resolutions Sabar Rustomjee  
Jokes, Wit and Humor: Their Use in Creating or Maintaining Positive Functions of Psychological and Political "Safe Space" Felix de Mendelssohn  
"Imagine All the People, Living Life in Peace": Creating a Safe Space for Our Patients Seth Aronson  
Safe Space and Relational Pathology Robi Friedman

## ICU 21st Century "Center of Excellence" Program: Peace, Security, and Conviviality Research Project: "Safe Space in Psychodynamic World"

### ICU Institute for Advanced Studies of Clinical Psychology Monograph 1, 2005

## Loss and Creation of Safe Space –Clinical Practice for Adolescent of Tomorrow

### Opening

Loss and Creation of Safe Space

Hidefumi Kotani

### I. Challenges in Contemporary Clinical Practice for Adolescent

Adolescent Developmental Task in Undergraduate Students Noriaki Tomabechi  
Adolescent Developmental Task in High-School Students Tomoko James, Yuki Nakamura, Kazunori Hashimoto  
Adolescent Developmental Task in Childhood and Early Adolescence Kaoru Nishimura

### II. Modern Psychoanalytic Psychotherapy Technique

Dynamic Psychotherapy: Psychodynamic Theory of Safe Space Hidefumi Kotani  
Dream, Dream-Telling, and Psychological Space Robi Friedman  
Multidimensional Group Psychotherapy Masahiro Nishikawa

### III. Clinical Practice for Adolescent and Safe Space

Imagine All the People, Living Life in Peace: Creating a Safe Space for Our Patients Seth Aronson  
Dynamics of Safe Space in Clinical Practice for Developing Femininity Tomoko James  
Safe Space in Adolescent Psychotherapy Kaoru Nishimura

### IV. Significance of Training Analysis and Supervision

Safe Space in Training Analysis Yuki Nakamura  
Adolescent Individual Psychotherapy and Supervision Tomoko James  
Adolescent Group Psychotherapy and Supervision Kazunori Hashimoto

### V. Diversity in Clinical Practice for Adolescent and Safe Space

Crisis Intervention and Safe Space Masahiro Nishikawa  
Young Professional Athletes and Safe Space Kengo Takeno  
Organizational Development and Response Construction Training Method Masahiro Nishikawa  
Adolescent Cross-Cultural Group Psychotherapy and Safe Space Kaoru Nishimura  
Supervision for Adolescent Psychotherapy and Safe Space Hidefumi Kotani

### For Tomorrow

Clinical Practice for Adolescent of Tomorrow Hidefumi Kotani

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From a Member of Advisory Board

Saul Scheidlinger

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Seth Aronson

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Counseling and Psychotherapy -To make them more effective for difficult adolescents-

Hidefumi Kotani

#### Special Issue

Applying Psychodynamic Concepts to the Group Treatment of Challenging Patients  
A Long Shadow is Cast: Work with Traumatized Adolescents Following September 11

Saul Tuttmann  
Seth Aronson

#### Original Article

The Basic Axis of the Group Psychotherapy Technique on the Adolescence Identity Crisis in Japan; A Case  
Study of the Multidimensional Concurrent-conjoined Identity Group Psychotherapy Masahiro Nishikawa, Kaoru Nishimura

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