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A Letter from Director of ICU IASCP

Human beings live through exchanging information and energy in the world where we live. Information adds and expands space in which we feel, think and live. Energy makes us to work and love for others and for ourselves. The IASCP, called the *House of Love and Anger*, is a place where people get together to exchange information and energy, that is, their own lives. Therefore it is the place where new ideas and new energy are reproduced and redistributed.

We get together every day at IASCP to reproduce new ideas of information towards rebuilding new world of peacefulness. Everywhere around the world nowadays, we hear restless screams of hunger and fear from children and families of ordinary people resulted by economical and political disasters. The world filled with destructiveness is not for people with good will and should be changed at all cost.

I don't want to give up holding and conveying the dream to next generations that we human beings with good will can live on altogether with peaceful minds. I also believe that hopes of the world rests on children and younger people. They are the ones who surely will lead to change the world. We, preceding matured adults, have a responsibility to bring them down safe space, physically and psychologically, where young fellows can grow and develop their creative ability for the world and their own sake. That is the reason why we, IASCP, focus on Psychotherapy for adolescents and young adults.

Psychotherapy is not only medical treatment any more. Good medication and cognitive behavior approaches work well for curing but not enough for growing and developing human minds. Especially the "Dynamic Psychotherapy" we have uniquely reformed and developed at IASCP is the one aimed for giving people safe space in which they can struggle fully to reach their own creative development of personality structure as well as curing people for well being. I would rather call our approach a new psychotherapy for tempering human minds. Come and join us to explore new hopes.

Hidefumi Kotani, Director, Professor of IASCP



Special Attentions of IASCP

The characteristics of the psychotherapy conducted at IASCP can be described with the following keywords: 1) scientist-practitioner model; 2) adolescence; 3) psychoanalytic psychotherapy; and 4) psychological safe space.

Our institute, the IASCP, educates and trains many students in order to generate and integrate scientific and professional knowledge, attitudes and skills so as to further clinical-psychological science and the professional practice of clinical psychology. We have thus realized practice and research based on scientist-practitioner model.

In the area of clinical practice and research for adolescents, we believe that the IASCP is one the leading institutions in Japan. Adolescence is a period that is often likened to a storm and is very difficult to introduce into psychotherapy. Our approach emphasizes both practice and research in psychotherapy for adolescents, which involves not only treating pathology but also promoting growth and creativity in personality development. In this line, we, the IASCP, have carried out a big research called the Adolescent Creativity Research Project. Further details for the project are available on the website of the IASCP.

Besides emphasizing clinical practice and research for adolescents, another characteristic of the IASCP is its wide range of clinical activities such as involvement in education and the community. These activities are a manifestation of our theoretical orientation based on psychoanalytic systems theory (PAS theory), which constructed using psychoanalytic psychotherapy and general systems theory that is useful in understanding not only intra-psychic dynamics, but also the fluid nature of the dynamics in social and interpersonal relationships, groups, organizations, and social values.

Currently, the IASCP has greatly emphasized on a research for psychological safe space. The research has been conducted as a part of the Center of Excellence (COE) Program, and it has recently been chosen as the Initiatives for Attractive Education in Graduate Schools by the Ministry of Education, Culture, Sports, Science and Technology in Japan. Both are government-sponsored programs, and the educational program in IASCP was granted for its unique approach to the human mind and its contribution to the community.

Yoshie Kawamura, Research Assistant of ICU



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House of L. A.

Reports on Programs of IASCP

1. Workshop in Taiwan

On 28th september 2005, "An experimental group workshop for Safe Space in human mind beyond culture" (Organizer; Hidefumi Kotani, Professor of International Christian University) was held in 7th Pacific Rim Regional Congress of Group Psychotherapy.

The purpose of the workshop was to explore and to share various features and psychodynamics of safe spaces emerged in small group processes, and to understand more about psychodynamic functions of safe spaces in human mind. We account that the culture is an important supra-system of individuals, and it was one of the important focuses in the workshop. We explored in this experimental situation the relationship between the experiences of safe space in individuals and the culture containing the individuals in ordinary life.

The workshop consisted of one large group, two small groups, and one feedback sessions. There were following small groups: (1) English speaking group; (2) Chinese speaking group; (3) Japanese speaking group; and (4) Mixed (English as a second language) group (As for therapists, please see table below). Small group sessions were observed by trained observer(s) and research observers. Besides, group participants were asked to answer the "Safe Space Experience Questionnaire" after each session.

About 30 subjects participated in the workshop. I believe that we could accumulate new experiences and knowledge from the workshop. In the next volume of the newsletter, we hope to feedback the results of the workshop. We are looking forward to hearing many comments and feedbacks for the workshop.

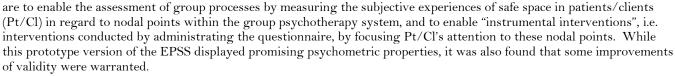
Meanwhile, please note that this workshop was a project of the program "The Creation of Psychological Safe Space and Its Meaning", which is the sub-program of COE (Center of Excellence). This program is approved by the Ministry of Education, Culture, Sports, Science and Technology in Japan.

Ichiro Kawasaki, Research Assistant of ICU

English speaking group	Sabar Rustomjee (Australia), Seth Aronson (U.S.A.)
Chinese speaking group	Ta-jen Chang (Taiwan, R.O.C.) and Mei-gum Huang (Taiwan, R.O.C.)
Japanese speaking group	Nishikawa Masahiro (Japan), Kaoru Nishimura (Japan)
Mixed group	Hidefumi Kotani (Japan), Agnes Wu (Taiwan, R.O.C.)

2. One of Our Researches; Developing a Measure for Safe Space

In our efforts on establishing a theory for *psychological safe space* as a fundamental factor in psychotherapy, we (Kotani et al, 2005) developed a measure of safe space, the Experience of Psychological Safe Space (EPSS) questionnaire for empirical investigation of the phenomenon. The aims of the EPSS



Since we have demonstrated the questionnaire in several circumstances i.e. in group psychotherapy for female adolescents with strong tendencies to act out in outpatient clinic setting, intensive short-term group for healthy adolescents ("Identity-Group"), an intensive-multifaceted group psychotherapy setting conducted with outpatients of a mental clinic, and the workshop in Taipei (please see article above).

Based on these aggregated results, the items were revised. Especially we found it necessary to include in the questionnaire not only the items that would reflect experienced safe space in the supra-system, interpersonal system, and intrapersonal system (i.e. "locations" in regard to the target Pt/Cl system) but the items reflecting the "function" of safe space would also be necessary. As a result, a tentative "standard" version of the EPSS was created. These items are organized according to 1) location (i.e. Suprasystem, interpersonal system, and intra-personal system) and 2) function. The nodal points covered by the individual items are, relevant to location, 1) the room of the group psychotherapy, 2) the group-as-a-whole, 3) ground rules, 4) group objectives, 5) the therapists, 6) other group members, 7) physical senses of the body, 8) ego boundary, 9) anger, 10) love, and 11) internal objects, and relevant to function, 12) exploration, and relevant to both location and function, 13) thoughts irrelevant to the group and fantasies.

The development of the standard version of the EPSS is in progress, but one significant outcome of the previous studies is that the aspect of "function" in psychological safe space has been spotlighted. It also has been shown that the manner in which a Pt/Cl retains safe space (i.e. the systemic location and its quality) can be measured. The results shown above will be

further analyzed and presented at the congress of International Association of Group Psychotherapy in summer 2006, and will be followed by an expanded report in a relevant journal. We welcome any questions or comments about this article. Please send E-mail to address below, if any.

Yoshie Kawamura, Research Assistant of ICU. g069001@yamata.icu.ac.jp





3. Reports of Presentations in PRRC-APPC in Taipei

Here, we introduce four researches of IASCP members, which were presented in 7th Pacific Rim Regional Congress of Group Psychotherapy and 4th Asia Pacific Conference on Psychotherapy in Taipei. All presenters welcome any comments or questions from you in order to progress their researches. Please send E-mail to the address noted below.

The contents of and comments for my presentation in the conference in Taiwan

The aim for my presentation was to discuss and explore possibilities of group psychotherapy for late male adolescents repeating Hikikomori and acting-out easily that have been controversial in recent Japanese society. In the presentation, I could investigate therapeutic changing processes in a successful case to clarify its quality and mechanism of changing process of psychological safe space. As my conclusion, I stated three points. Firstly, as for the facilitative mechanism for changing psychological safe space, facilitative mechanism for qualitative and quantitative expansions by bringing multiple hierarchies into existence was indicated. Secondly, as for psychological safe space provided in group psychotherapy, it can be said that group provides supra-system for psychological safe space that makes possible for functional changes of defense structure in ego. Third, and finally, as for the therapeutic hypothesis for Hikikomori adolescents, I shall stress that the rarity of psychological safe space in ego structure in latency has been indicated. After the presentation, I received a question from the floor on the point of transference of the male-adolescent members towards the female therapists. This gave me a consideration of the importance for transference. That is, having female therapists among male members led to the members to be able to treat their own aggression without bending their neck of inferiority complex and much fear for confusion with their own libido.

> Tomoko James, Ph.D. Assistant of IASCP jTomoko@nt.icu.ac.jp

Knock, and it shall be opened unto you

On the plane from Tokyo to Taipei on Sep 25th, I was paniced. Since my computer had a fatal trouble, I could not prepare any materials for my presentation in the IAGP. With my colleagues' devoted help, however, my computer came back just before 3:00AM, just the day of the presentation as well as my specialday, birthday. The theme of my presentation was "Psychotherapy for Creativity". I presented my work in a professional baseball club, Yokohama BayStars, and introduced a vignette of a case recovering from "yips" (throwing trouble). The player have been really good player and expected very much from the team and his many funs. He was a distinct "good boy". This brought him a difficulty to express aggression and thus he had to be gentle man in the team, and also in his private life. As psychotherapy sessions proceeded, however, he realized his inner aggression and gradually enabled to express it in sessions. From the viewpoint of psychoanalysis, it can be said that he had escaped to confront his father figure in the Oedipus triangle. He and I worked with his Oedipal issue for expanding his creativity for his baseball play, by using "psychotherapy". I believed that the audiences showed great interests in my work, especially the chairman. He surprised that I have been using "psychotherapy" for the professional athletes. The atmosphere in the room was very much excited as I felt the same. Consequently, I got some significant suggestions from the floor and I think that it was superb expressing my work in front of the people from the world! Finally, I grabed one thing through this great opportunity that if I get something, I must be active, not to be passive. "Knock, and it shall be opened unto you!

Kengo Takeno, Teaching Assistant of ICU Please send an E-mail to IASCP, if you have any comments (see page 4).

Developmental issue of neurotic Bingeeating Disorder

The purpose of the case study was to explore specific psychodynamic patterns in neurotic binge-eating disorder in adolescents differentiating from anorexia and bulimia nervosa. Bing-eating disorder is classified in "Eating Disorder Not Otherwise Specified" in DSM-IV-TR, and is defied as variant bulimia nervosa, characterized by recurrent episodes of binge-eating without self induced vomiting and laxative abuse. Many patients with binge-eating disorder have been recently reported in Japan. I hypothesized that the binge-eating disorder had a problem of compulsive thinness differed from bulimia nervosa.

It was the first time to present my study in a foreign country. First, I was a little tensed before the presentation but it became a significant time for me. Many questions came up in the discussion. One of the participants showed interests in the effects of Japanese culture on the client, and questioned on the point of the interpersonal relationship between the client and therapist. Some also asked the reason for the emphasis of "neurosis" in the title and clarified my assessment. These questions and comments were very useful for me to rethink about the client's psychodynamic process of binge-eating. I realized through the discussion that I was feeling warm affects of the client towards the therapist. I understood that "here and now" issues including therapist's feelings were significant for understanding neurotic dynamics of the client.

Yuki Nakamura, Assistant of IASCP

On Jokes: A Technique of Creating Psychological Safe Space for Schizophrenics

The purpose of my presentation was to explore the function of jokes in creating psychological safe space for group psychotherapy of schizophrenics by using case materials of in-patient psychotherapy group for chronic schizophrenic women. It is an important task for schizophrenics, who have fragile ego boundary, to have psychological safe space in the group situation.

On the basis of Mosaic Matrix Assay (Kotani, 1993), which is a basic technique for creating psychological safe space for schizophrenics, the therapist actively used jokes as an intervention. Saying jokes gradually became part of the group culture; the members voluntarily said jokes, and the members became freer in the group.

In conclusion, I summarized the function of joke technique as follows: the joke technique creates a transitional space for creative play, where reality and fantasy co-exist, and jokes act as the bridge between both realms. In the transitional space, the ego boundary of the schizophrenics becomes stable, and the safety principle, which mediates between the reality principle and the pleasure principle, works. This is what a psychological safe space created by joke technique. In this transitional space, the area of experiencing, otherwise limited by primitive defense mechanisms, would be expanded.

This was my first presentation in an international conference and it was a very exciting experience. Several professionals were interested in my presentation and comments from and discussions with them deepened my understanding of the topic and help me go further in my research.

Yoshiya Ishikawa , Teaching Assistant of ICU g079003@yamata.icu.jp

A Report on visiting Fu-Jen Catholic University

On 29th September 2005, several researchers from ICU IASCP visited Fu-Jen Catholic University, the college of medicine, department of clinical psychology. The visit was organized by Prof. Lin and Prof. Ta-jen, and it was constructed from luncheon and presentation about the curriculum of psychotherapy. Fu-Jen University offers various courses of theories and techniques of psychotherapy for bachelor and master course. Master curriculum consists of 3 years, which is rare case for having 3rd year in Taiwan for master course. As it was said that final year of the course is just for practical training in hospital, and the clinic of the university was now under construction, it shows how Fu-Jen University emphasis field practice in their education program. It could be said that Fu-Jen University is an educational institute to provide trainings to be expert.

Naoko Oono, 1st year in Master Course of IASCP





A Report on visiting Taipei City Hospital

Taipei City Hospital is a full-service, a total care medical institution. We had a tour of a neurosis ward and a chance to see an examination room, quiet room, interview room, meeting room, and staff room where we could observe inside the interview rooms through video. They had a strong system for cooperation among clinical psychologists, nursing staff, and a director who is a psychiatrist. They meet twice a week for conference, and the director decides a policy for each patient based on reports from clinical psychologists. All staffs had their own role and can cooperate with each other under the system.

We also had a chance to meet two psychiatrists, Dr. Chia-Chang Liu and Dr. Jung-Yu Tsai (president of Taiwan Center for the Development of Psychoanalysis), who were trained in The Tavistock Institute. They are the training organizers in Taipei City Hospital, and have been trying to develop a basic training program of psychoanalytic psychotherapy for the psychiatric resident doctors since two years ago. Dr. Tsai stressed on studies by Freud, claiming the importance of learning a very basic for psychoanalytic psychotherapy. Also, their training required resident doctors

> to be analyzed outside the hospital. So they also have establishing a expert-training system.

I thank everyone I met in the hospital for their kindness and hospitality.

2nd year in Master Course of IASCP

Announcement

IAGP Workshop in São Paulo "Dynamics of Psychological Safe Space in **Group and Individual Process**"

July, 17-18, 2006, in IAGP Pre-Congress Training Institute, São 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 analysis of group process and dynamics and research method.

Participants: Maximum 25 (including 4 research assistants)

Language: English and Japanese

Contact: Hidefumi Kotani, Professor of Clinical Psychol-

ogy, International Christian University

e-mail: kotani@icu.ac.jp



International Workshop of Safe Space and Conviviality

"Who and What am I in this World" March, 19-22, 2007, Hawaii, U.S.A.

Participants: Maximum 50

Anyone above 17 years old who would like to explore own Identity in our current restless world can participate.

Therapists: Felix de Mendelssohn (Austria), Robi Friedman(Israel), Seth Aronson(U.S.A.), Sabar Rustomjee(Australia), Ta-jen Chang(Taiwan)...

Language: English and Japanese

Fee: Free

Contact: Tomoko James, Ph.D.

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