

*From the Director***— Is Psychotherapy More Than A Science? —**

I was invited to introduce a recent approach toward intensive group psychotherapy at the “19th IFP World congress of Psychotherapy” held in Kuala Lumpur August 22-26, 2006. The emphasis in this congress was on evidence based psychotherapy practice. I also spoke at a symposium about my scientifically based approach to this issue. Clinicians who were working hard for tsunami PTSD victims in the Sumatra area came to me after the symposium session to ask about any skills available to help those victims. Their primary interest was not in scientific evidence but on skills for conducting group psychotherapy with a specific goal, especially practical intervention skills in developing a therapeutic group matrix.

I also had a very good experience with worldwide colleagues at a psychotherapy training session for graduate school education at the “1<sup>st</sup> International Conference of Psychotherapy Education and Training” held in November 2006 in Tokyo. Leaders in the field from the U.S.A., Europe, Australia, Taiwan, Russia and Japan shared their experiences and discussed current problems and future possibilities. I had not expected much difficulty with cultural differences because we were to be scientists and the subject was based on scientific methodologies. However, we had to go beyond a basic scientific approach to fully engage the topics of training and education. I had to admit that discrepancies can exist between scientific theories and clinical practice or our daily life. Modern economic systems and scientific technologies are depriving people of their freedom and personal sense of responsibility for coping with problems. Would it be too much to suggest that the myth of omniscient science has been newly born? Many people choose to avoid pain and suffering by relying on scientifically derived treatments just like some religious magic rather than traditional medicines. We are able to escape easily from relying on our own ability to resolve many of our problems. Rather than depending on our personal efforts, we want to be cured of sickness and to be compensated for our losses at the earliest possible moment through the application of scientific knowledge. Science promises people an easy life but may also deprive them of the personal power

of the individual. Ordinary people hardly recognize how far the science have progressed and reached from their understanding and how pervasive science and its offspring, technology, have become in daily life.

Through participating in such exciting international congresses and conferences and in daily clinical practice, I am strongly motivated to propose both an old and a new agenda for conceptualizing the purposes and goals of psychotherapy study. Is psychotherapy a science? Is it an art? Although I am committed to a scientific approach to psychotherapy, I also believe that psychotherapy has other dimensions that are not strictly scientific in nature. It is these aspects that we must also embrace to avoid compromising the autonomy of the individual and society. In other words, I believe that the mission of the psychotherapist is to guard individuality and humanity against any threat. If we succumb entirely to the scientific perspective of psychotherapy, we cannot carry out our mission to the fullest extent. We need to discuss again what constitutes the essence of the study of psychotherapy, recognizing that it at one and the same time a discipline both within and beyond the framework of scientific inquiry and practice. Like those professionals in Sumatra dealing with the victims of the tsunami, we need to take the risk of working in an unknown field. Psychotherapy is both a science and an art. We should be constantly advancing both scientific technology and those personal skills, which are fundamental in the practice of psychotherapy. And we should not forget that the psychotherapist can often continue to be helpful in situations where the rigor of scientific discipline fails us.

Let us think more about both this old and this new agenda for psychotherapy. Please come and join us at our Hawaii programs!!

*Hidefumi Kotani, Professor, Director of IASCP*

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## Conference Report : 1st International Conference of Psychotherapy Education

On November 3<sup>rd</sup> to 5<sup>th</sup> 2006, our institute IASCP held an International Conference titled, “1<sup>st</sup> International Conference of Psychotherapy Education and Training – Towards Validation of Training Standards for Psychotherapy – Issues of Epistemology and Pedagogy” in Tokyo, Japan. This conference was really the first opportunity for graduate school educators of psychotherapy in the world to work together in order to explore ways of validating training standards for psychotherapy in modern life. Round table discussants and table speakers were educators and trainers of professional psychologists from the United States, active developers from Austria, Taiwan, and Japan, trainers and supervisors for psychiatrists and psychoanalysts from Japan and Australia. 74 participants gathered from Japan, U.S.A., Taiwan, and others. The program included Keynote Lectures, Round Table Discussions, Plenary Discussions, and Class Demonstrations to provide with opportunities to discuss training standards for psychotherapy in a graduate school. Through these programs, we could exchange our training experiences and explore effective and appropriate programs on theory learning, supervision, self-experience and so on. In addition, this was a great opportunity to begin a new venture in psychotherapy training with an international collaborative network. In this volume, some participants reviewed the experience of this conference.

*Ichiro Kawasaki, Research Assistant of IASCP, 4th year at IASCP*

### Program Co-Directors;

Hidefumi Kotani(Japan), Morton Kissen (U.S.A.), Von Felix Mendelssohn (Austria)

### Round Table Discussants;

Mikihachiro Tatara (Japan), Jean Lau Chin (U.S.A.), Sabar Rustomjee (Australia), Kazuya Yoshimatsu (Japan), Chew Chung Wu (Taiwan), Katsunori Fujiwara (Japan), Harold Stern (U.S.A.), Akiko Ohnogi (Japan), Daishin Hage (Japan), Noriaki Tomabeche (Japan), Kaoru Nishimura (Japan), Masahiro Nishikawa (Japan)

### Around The Psychotherapy World

Western culture has changed from Christianity through modernism (enlightenment), to post-modernism. The circumstances of human services have been gradually changing in the Western world. New epistemology has emerged in this era. Giving its influence on psychotherapy, not from inside the area of psychotherapy but from outside, philosophical, economical and political trends come into the theories and practices of therapy.

It is timely and meaningful that such kind of worldwide conference was held. For me, as one of the Japanese psychologists, this was very impressive meeting. Many people came and sat around one table and talked together. It was a quite cross-cultural experience. I had a chance to know many aspects of struggles for therapy in many countries.

American society had left from a “melting pot (mono-culturalism)”, proceeded to a “salad bowl (cultural-pluralism)”, and now go forward to “multi-culturalism”. The same thing is happening in the psychotherapy world. Especially, Dr. Chin’s talk indicated current American educational tendency very well. Social and cultural contexts, diversity, the voice of minority are accepted and treated in more inclusive way. The universality and common factor in therapy are now challenged, tested and doubted. So we have to reconsider the world surrounding therapy for future.

*Yoshiya Suzuki, Professor of Toyo Gakuen University, Department of Humanities*

### Report of International Conference

The 1<sup>st</sup> International Conference of Psychotherapy Education and Training started with the confirmation that it is important to understand many problems, not only personal mental diseases but also social problems such as terrorism, disaster relief, from the individual centered view point. Keynote lecturers all gave comments about possibilities towards philosophy of psychotherapy to intervene in very difficult and complicated problems. We all shared the great hope of psychotherapy and clinical psychology.

It was very exciting experience for me to discuss the ideal and reality of psychotherapy with participants from beginners to experts working in many countries together. Especially the open-minded episodes of individual experiences told by discussants stimulated me. When I heard and saw them send their own vivid experiences outside for achieving the aim of our conference, I found the conference itself become safe space. At the same time, I felt their-own personal psychological safe space and phallus. Those expressions were based on certain sense of identity and confidence as a psychotherapist. They were good models for me.

I understood that acquisition of knowledge and that of incarnation are absolutely divided. And counter transference is the key in relationship the two components. In the process of training, using of counter transference experiences is essential for cooperative acquisition of knowledge and incarnation technique cooperatively. Therefore, it was important for trainees to discuss about subjective emotional experience with trainers openly.

*Asuka Morioka, Doctoral Course Student, 4th year at IASCP*

### Learning from 1<sup>st</sup> International Conference of Psychotherapy Education and Training

What I have learned through the conference was the importance of trying to make and keep Psychological Safe Space in my mind relentlessly with the self-responsibility, as a clinician. All through the conversations either in the private and public occasions such as the trial lessons in the fish bowl setting with the prominent psychotherapists, I felt some tensions and impatience, even sometimes I lost track of myself. During the sessions, I found that one of the important ways to make me feel safe was to touch my inner feelings. Lost in the anxiety, I stopped thinking for a moment, and just tried to “feel”. When I finally encountered the exact words to express the feeling, I felt safer and my points of view were widened.

While the conference program, I thought that one of the most important key concepts of the psychotherapy education and training was “transference and counter-transference”. To make best use of one's past and present feelings to understand better the intra-psychic worlds of clients, it is necessary that a therapist has the enough Psychological Safe Space to stare and enjoy own feelings. Without that, it will be impossible to distinguish the feeling between the one which has been made by facing to the clients, and the one which has been occurred from my own history.

*Yuko Ito, Counselor, 3rd year at IASCP*

## Letters from Far and Near

### Reflections from Melbourne

It was indeed a very great pleasure and privilege to be invited to the 1<sup>st</sup> International Conference of Psychotherapy and Training at Tokyo.

As per your request, due to limited space, I will describe only one of my resonating reflections.

Prof. Mikihiro Tataru's keynote address set the standard for expressing 'the truth' as it exists in today's society and I certainly admire him for that. There were no frills and no glossy exterior. His description of Erich Fromm's book 'Escape from Freedom' led me to think deeper into our own *Fear of Freedom*.

'If we are all so afraid of freedom, how is it that we can, and we do, reach within ourselves, at certain times at least, the highly sought after 'Safe Space' for both thought and action? We surely realize that it is only when we *feel secure within our own Safe Space*, that we are able to expose ourselves to change and diversity in unfamiliar areas, which can then lead to discovering newer horizons and into achieving our desired goal. In the alternative we would live a fearful, inhibited and restricted life - fearful of becoming cruel, crazy or destructive if one is set 'free' from inhibitions, restraints and constraints, and feel wounded by every minor criticism. To my way of thinking, it is far better to *trust oneself to live a life with freedom of thought and speech, without resorting to destructive action*. To achieve such a result one does need to have wise and healthy leadership, with a capacity for holding and containment, tolerance and flexibility, abstaining from demands and encouraging motivation, all of which then permeates from above downwards, whether it be a family, an organization, an institution or any group. Respecting all boundaries is a key factor. In conclusion, I end with my grateful thanks to Prof. Kotani for his own excellent style of leadership resulting in such a great advance in psychotherapy, not only in Japan, but globally.

*Dr Sabar Rustomjee, MBBS, FRANZCP, DPM (Melbourne) Course Co-ordinator  
Master of Group Analytic Studies, Monash University, Melbourne.  
Past President International Association of Group Psychotherapists and Group Processes.*

### Facing with Professional Workers As a Professional Clinician

A) Overcoming our own limits, B) Doing our best, C) Keep on going without being content with the present. These three matters are very important in working with professionals as a professional clinician. The difference between professional and amateur lies in the fact that the work of a professional is not a single battle. Professionals must keep a certain level of performance constantly. If he or she gets some good result only once by accident, it does not guarantee his/her professionalism. Further, in encountering a thorough new situation, professionals cannot be excused in anyway. When confronted with a new situation that he/she has never seen or heard, as a professional, one must overcome that situation somehow, using any tool available. True professionals are those who not only keep the high level performance, but also who can go beyond that level in crisis.

When we work with such professionals as a professional clinician, the result depends on how much we have been cornering ourselves. Have I challenged my own limits? Have I kept doing my best? Do I have an attitude to keep on learning without being content with present position? When working with professionals, we must keep inquiring these questions of ourselves. Without training ourselves strictly, professionals must be disappointed with us and will soon leave us.

"1<sup>st</sup> International Conference of Psychotherapy Education and Training" was held on November 3<sup>rd</sup>-5<sup>th</sup>, and it was full of stimulations for us as clinicians. Yet it depends on ourselves whether we can learn and accumulate something from that conference. We, as professional clinicians, must make the most of its fruitfulness and keep on training ourselves. The difference between professionals and amateur lies not in present capacity, but in such basic attitudes toward our task. Let's try to keep doing our best so that many professional workers grow and to stimulate each other.

*Kengo Takeno, Yokohama BayStars Baseball Club Psychologist*



### International Exchange and Creations of Psychological Safe Space

When we meet culture with different language, customs, and interpersonal communications, we face an issue of which culture to live and what kind of identity to choose. This does not apply only to what a word "international" makes us imagine such as multilateral, multicultural, and multi-religions. When we meet people, we inevitably confront "difference" and distinct "culture" of oneself and of others. While one is puzzled with differences between oneself and others, one is sometimes so eager to become one with the other that one tries to change oneself or its counterpart. Sometimes one puts too much meaning on differences that one cannot see a difference as it is. Repeating such a considerable trials and errors, we gradually become able to appreciate and enjoy personal or cultural differences. Through this process, we eventually acquire something which we could never experience by ourselves or in a homogeneous culture.

Through a research project of "the psychological safe space", which we ICU IASCP have been promoting, we know that encountering a different culture, we can experience our "safe space" differently in broadness and taste from experiencing it alone. Until now, we, ICU IASCP have engaged in the work of creating the psychological safe space that is free from fears in an individual mind or in groups and promoting growth of a mind in that space. We take pride in being a group of slightly strange people, and look forward to meeting people from many different cultures through this newsletter or various places.

\*\*\* This coming March, we are going to hold an International Workshop in Hawaii where various differences come across. Anyone who is interested in "International Exchange and Creations of Psychological Safe Space", please join us.

[http://subsite.icu.ac.jp/iascp/news/0703hawaii\\_e.html](http://subsite.icu.ac.jp/iascp/news/0703hawaii_e.html)

*Tomoko James, Ph.D. Assistant of IASCP*





## Information



### Workshops in March 2007 at Hawaii Calendar



A Project Sponsored by the "Initiatives for Attractive Education in Graduate Schools" 2nd International Training Workshop for Psychotherapy (ITWP)

#### **Case Seminar Featuring Response-Constructing-Training**

**Date:** Mar.19,2007

**Place:** Palolo Hongwanji(1461 Palolo Ave. Honolulu, Hawaii)

**Organizer:** Hidefumi Kotani

**Language:** English and Japanese (With translation)

**Fee:** Free(US\$10.00 for Tea & Wine)

#### <Workshop Program> 【 Mar.19 】

##### 【Morning session】

Case Presentation  
Small Group  
Discussion  
Whole Group  
Discussion

##### 【Afternoon session】

"Response-Construction Training  
( We will pick out one episode  
and participants will "construct"  
their own response to the Client  
through work in small Groups")  
Feedback session  
Tea & Wine

### March 2007

Honolulu (Oahu Isl.)	19 (ITWP)	20 (IADP)	21	22
		→		
Hilo (Hawaii Isl.)	23	24 (COE)	25	26
				→

International Association of Dynamic Psychotherapy (IADP) 13th Annual Conference

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

**Date:** Mar.20-21,2007

**Place:** Palolo Hongwanji (1461 Palolo Ave. Honolulu, Hawaii)

**Congress President:** Hidefumi Kotani

**Guest Faculties:** Sabar Rustomjee, Harold Stern, Von Felix Mendelssohn, Robi Friedman, Agnes Wu, Ta-jen Chang, Seth Aronson

**Language:** English and Japanese

**Registration Fee:** Non-IADP member:US\$125,

New Professions (3years or less after finishing M.A.):US\$85

IADP member:US\$85, Students Under M.A program):US:40

Reception(Mar.20):US\$40

#### <Program >

##### 【 Mar.20 】

Opening large Group  
Key Note Lecture  
Case Presentations  
A. Adolescent individual / Group  
Therapy  
B. Social withdrawal / Eating  
disorder  
C. Depression / Anxiety  
Dr. E. Pinney Memorial Lecture  
Reception

##### 【 Mar.21 】

Congress President's  
Speech  
Case seminar①  
A. Dream  
B. Trauma  
C. Family / Couple  
D. Schizophrenia  
Case seminar②  
(Whole group)  
Closing Large Group



### Contact

Tomoko James, Ph.D.

International Christian University  
Institute for Advanced Studies of  
Clinical Psychology

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

**Tel&Fax:** +81-422-33-3655

**Email:** iascp@icu.ac.jp

**URL:** <http://subsite.icu.ac.jp/iascp/>  
<http://subsite.icu.ac.jp/initiative/>

\*Additional information will be announced at this website

21 Century Center of Excellence Project for Safe Space in Human Minds (COE)

International Workshop of Safe Space in Living with Others

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

**Date and Place:** Mar 23-26,2007 in United Hawaii College, Hilo, Hawaii

**Organizer:** Hidefumi Kotani, Professor, Graduate School Division of Education,  
Director of ICU IASCP

**Fee:** Free (Payment for air fare, lodging and meals are needed)

**Language:** English or Japanese (with Interpreter)

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

**Program:** Large group 4 session, Small group 8 session, Activity, Party

\*\*All participants will be asked to fill out a questionnaire before, after (in mail), and in the workshop as a part of this project.

### Institute for Advanced Studies of Clinical Psychology (IASCP)

International Christian University

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

TEL/FAX: +81-422-33-3655

<http://subsite.icu.ac.jp/iascp/>

**Publisher:** Hidefumi Kotani

**Editors:** Ichiro Kawasaki, Yuki Nakamura, Kaori Murata, Tetsutaro Yokoyama

**Translation:** Emi Ibi, Maya Nakamura



IASCP Counseling Service  
"House of Love and Anger"