

Contents

From the Director	1
Perspective from Student Counseling on the Work of IASCP	
Reflections on the International Workshop of Safe Space in Living with others	2
Reflections on the 2nd International Workshop for Psychotherapy	
Report on the 13th Annual Congress of International Association of Dynamic Psychotherapy	3
Joining the 13th Annual Congress of IADP	
IADP - the Entrance to the Intra-Psychic World	
Jung Today	4
Information	

From the Director

The power of individuals is often small. Individual people are often exposed to rude waves of civilization. Civilization, and especially rapidly changing civilization, is leaving individuals vulnerable in the name of development and supposed improvement for people in the future. As a result, many human beings of the present time have the feeling of being left behind. As clinical psychologists, we frequently meet individuals who have become victims of this process of societal change. The power of individual clinical psychologists is not exceptionally strong and they can also suffer when encountering dilemmas for which they can never reach good solutions for their patients and clients given the harsh reality associated with such situations as family strife, school or class catastrophe, and international wars. Despite this, we still work hard for vulnerable individuals in a given situation without any promised solution. I know it must be hard for young professionals to learn how to keep on working when prospects for the future solution of problems seem limited at best.

I would like to share something with you, my young colleagues. Since I never give up trying to do something to help my patients and clients, they never feel that they are alone. But very often, they get angry at me saying, "Why don't you leave me alone?" They keep saying this to me and accusing me and yet they keep coming to see me. It is surely hard for them to keep coming to see me when they are feeling so angry and it is also very hard for me to keep seeing them when I am not able to give them a special "magic" solution. But as you know, through sharing our unresolved irritation and angry feelings, we are able to live together. I never can give them magic and an optimal solution for their difficult life but I can share with them and empathize with them as a fellow human being in our common experience that "Life can sometimes be hard." But you know my friends, my young clinical psychologist colleagues who keep working desperately in this extremely evil world, it is really magical or even miraculous that we can struggle together in the same time and in the same world with faith, trust and love in a psychologically safe space that we can make with our patients and clients. Let us travel together, therefore on our professional journey, knowing that while the road may be rough, we are embarked on a highly worthwhile endeavor that contributes meaning and value to the lives of our patients and clients and, indeed, to ourselves as clinical practitioners.

Hidefumi Kotani, Professor, Director of IASCP

Perspective from Student Counseling on the Work of IASCP

Student counseling at university has the longest history in the area of counseling for students, and is most widely allocated in Japan. Counseling for university students started after World War II. In 1951, American Council on Education established the Advisory Committee to introduce SPS (Students Personnel Services) and counseling for university students to Japanese universities. It also sent 6 experts to Japan. They held congresses over the year in several places of Japan. As a result of these congresses, many Japanese universities started counseling services for students. Today, about 90% of universities offer counseling service to students. However, most counselors for counseling services are part-time employees, and the importance of counseling for university students is not fully recognized. In order to improve such conditions, Japanese Student Services Organization published the reports in which I participated. This report, "Toward fulfillment of student counseling in universities; Collaboration between general student service and professional student counseling", was published in this March. According to it, "student counseling service should be placed every university students as an essential facility and which has full-time staff and 'counselors should be faculty members'.

Viewing IASCP from the point of student counseling, a few similarities could be seen between the two. (1) IASCP particularly focuses on puberty and adolescence (yet, student counseling only deals with over adolescence). (2) IASCP encourages educational and medical organizations to strengthen the network between them (Counseling for students is recognized as a part of educational service. Service, however it often needs to cooperate with medical organizations). (3) IASCP tries to carry out a social-educational function dealing with community psychological clinical practice and mental health (Student counseling at a university deals with campus community). Especially, the practical research on Identity Group for Adolescents carried out by IASCP is expected to be taken into student counseling in the future.

It is hoped that many future counselors for student counseling will be trained professionally by IASCP.

Noriaki Tomabechi, Professor, Graduate School, Division of Education of ICU

Reflections on the International Workshop of Safe Space in Living with Others

In last March in Hawaii, we ICU IASCP held a workshop of “International Exchange and Psychological Safe Space Creation” and more than 60 people with various differences from all over the world came to meet together. This workshop was supported by Japanese Ministry of Education, Culture, Sports, Science and Technology and the participants are strongly motivated for creating new safe spaces in both internal and external world.

All participants searched for and created their own psychological safe space through exploring their own identity by using both small groups and the whole community. The word Identity stands for “the sense of who I am”, or “self knowledge; knowledge of what kind of person I am”. We could refine our own “identity” through belonging to several hierarchic groups simultaneously and interacting with other people, and confronting and integrating several sides of the identity, like a part of “self” that gets scared, that fights, that is loved and that loves ourselves, and so on.

We believe that our project has been proved to be successful because we had so many participants who supported the purpose of the project although we are still in the process of organizing a theory for creating psychological safe space and publishing it. Each participant spent a meaningful time in finding out new aspects of themselves. This makes us think that our significant goal of developing a new structural method to create psychological safe space was a big success.

*Tomoko A. James, Assistant of IASCP
Secretary General of International Workshop of Safe Space in Living with Others*

I sincerely appreciate that I could have the opportunity to join the workshop which has aimed at making psychologically safe spaces, based on the idea that peace of the world depends on each individual’s psychologically safe space.

The task of seeking and identifying the sense to be myself, my uniqueness, and who I am in this world, that is, my own identity, through community programs and small group sessions made me confused in first two days.

My own eyes can only see the front. I tried hard to seek my own and others’ psychologically safe space objectively, but it was very difficult task, and I kept confused and conflicted until the end of the workshop. As time passes, I’m enjoying my life now, challenging difficult task of making space where everyone can feel free and safe.

Yasuo Kawabata, Guest Faculty of International Workshop of Safe Space in Living with Others

Reflections on the 2nd International Training Workshop for Psychotherapy



General Outline

The 2nd International Training Workshop for Psychotherapy (ITWP) was held on 19, March 2007 at Palolo Hongwanji in Honolulu, Hawaii. The aim of ITWP is to train the international standard psychotherapists. This year, the program was consisted of Case presentation and OHTHOKOSEI (Responding Processing Training). 15 faculties of various nationalities and 38 participants of various level as therapists got together and made a large group and small group discussion to deepen the understanding of the case.

ITWP was mainly composed of two parts; Case presentation & Discussion, and OHTHOKOSEI (responding Processing Training). These were aimed at “learning and improving our attitude and skills of understanding and analyzing psychotherapy cases” (from leaflet). As an experience of mine, ITWP reconfirmed and reminded me that basic, precise, and robust skills about assessment and how to utilize assessment to intervene using my own resources were indispensable in psychotherapy.

Small group discussion of the case presentation helped me analyze the case more deeply than I usually analyzed. I have a tendency to analyze only with one premature hypothesis and be satisfied with the hypothesis. Therefore, I had difficulty deepening the further understanding of case. Small group prevented me from being satisfied one premature hypothesis and members’ understanding stimulate my hypothesis and I could deepen my understanding of the case.

OHTHOKOSEI clarified my features of responding; tendency to focus on aggression, difficulty to say simply because of unnecessary explanations. I also became aware of my inclination to focus on content and difficulty to focus on dynamics, consistent responding including clear and explainable intention, tendency to focus on relationship and blindness of other points and so on. OHTHOKOSEI made my resources and weakness as a therapist clear. Therefore, I want to make much of my own resources and overcome my own weakness.

ITWP made me feel power of “group”. This power of the group helped me clarify and deepen myself as a therapist.

Tsuyoshi Takada, Doctoral Course Student, 3rd Year in IASCP

It was the first time for me to attend ITWP. At the beginning I felt like I was out of place to participate in the workshop which aimed to train psychotherapists because I wanted to be a teacher in junior high school. However, when it came to an end, I felt so glad to have been there and it was very meaningful to me.

I thought it was necessary also for schoolteachers to try to improve their attitude to, and skill in understanding and analyzing cases amid growing needs of appropriate assessments of students and approaches in the educational field. It was also very exciting for me to have a chance to work with the therapists because I usually couldn't have such chances. In addition, the professionals, including those from other countries around the world, inspired my way of thinking and I acquired new knowledge from them.

After I worked on OHTOHKOHSEI for the first time, I realized that this training method was not only for psychotherapy but we also could apply it in school. In the current environment in which teachers have less time to interact with students, this training would be effective to find SOS signals from students, respond to them and build secure and trustworthy feelings. Through the workshop, I realized that psychotherapy, which had not been familiar to me, could be utilized in many ways in schools and that we should keep trying to develop professionally.

Takanori Iwaki, Master Course Student, Graduate School, Hiroshima University

Report on the 13th Annual Congress of International Association of Dynamic Psychotherapy

Joining the 13th Annual Congress of IADP

The experience was special to me, at the same time, familiar and comfortable. When I think about those days, I can feel the warm glow in my heart. Sometimes I remember nice people whom I met in Hawaii, smell of the winds, strong sunshine and the big trees in the Palolo Hongwanji. All programs which I took were interesting but I was especially fascinated with the workshop on Safe Space in Human Minds. During the workshop, various feelings came up to me, like anxiety, fear and helplessness. At last I felt so insecure and almost cried, so during the break, I went to talk to a trainer in spite of my poor English skill. When I talked to her, I felt that I was totally safe and felt the sense of connection with her, although I was not able to understand all what she said in English. I found my place there and then. To get the safe space for me, it was absolutely important that not only all members of the Congress were unique and fantastic like the Disney characters, but also I took the choice to join it. If I were forced to spend with them, I would be bored, and frightened even by the smiling Mickey Mouse! The place and those whom I met in Hawaii do exist in this world. Thinking of this makes me very comfortable; not all the time but sometimes this is important for me. It gives me peace of mind.

*Saho Kakiguchi, School Counselor,
Hazetani Junior High School, Kobe City*



Palolo Hongwanji,
Honolulu, Hawaii

IADP—the Entrance to the Intra-Psychic World

After hard rain the rainbow between the beach and the mountain, do I remember. Three months have passed since IADP. When I think about being a psychotherapist, I imagine how our seniors travel the world physically and psychologically. The faculties of IADP are also travelers. They participate international congresses and workshops all over the world, also they traveled abroad and train their followers apart their mother countries. Freud also traveled new world seeking his safe-space during the WW II.

My trainer told me, “Without entering intra-psychic-world, you never do psychotherapy”. It seemed that there was a huge wall between inter-personal and intra-psychic matters. When I glanced inside of the wall through a slit, it seemed that so many complex and feeling of shame would brew out. However, one day I met my parents inside of the wall. Then I saw my father, mother, sister and brother. Gradually, the glob of energy, emotion and affect had opened up and it became identical, anger, love, solitude...

Through IADP and traveling Hawaii, I noticed body sense of traveling. I walked, went up in the air, saw many strangers, talked, eat, slept and walked again. Because the entrances of the intra-psychic world do not appear automatically, we have to try to find and reach it. Entering intra-psychic world, the physical feeling may be necessary. It can be called “physical sense of traveling” that is the body sense to approach objects, emotions and “not me” things. That can be an entrance of intra-psychic world.

*Kai Ogimoto, Master Course Student,
2nd year in IASCP*

In Switzerland the fee for psychotherapy has got to be covered by health insurance. It is also the case in Germany as well as in some other European countries, while in Japan it is an unrealistic story to be heard. It is nice that Swiss patients in various kinds of financial condition could access psychologists more easily than before because of this covering, though there occurred problems in many ways in an essential sense against therapeutic processes.

Insurance companies expect psychologists to evaluate the process of psychotherapy. Evaluation itself is inevitable. But the way of evaluation is another question. The paradigm of what insurance companies want psychologists to describe is based on "scientific" schema. Symptoms must be made clear. Quantitative and visible change would be of high value in the process of the therapy for them. The technique applied should be made clear...etc.

One of the most important functions of psychology of C. G. Jung is, in my opinion, giving a compensatory view for civilization and suggesting the new way to go for the modern people. His psychology finds symptom to have a therapeutic meaning rather than negative aspects, for example. For him psychotherapy is not a technique to apply. The attitude of insurance companies is wide spreading and even becomes more and more common for many people in modern society. Such pressure is so overwhelming even in Switzerland that members of Jungian society suffered from lots of conflict around such tendency. But I think that Jungian psychology becomes more and more important for us modern people in the compensatory sense I wrote above when such tendency becomes stronger today.

Masamichi Adachi, Instructor, Division of Education, ICU



Information

Creating New Space beyond Internal and External Wars

*8th pacific Rim Regional Congress of International Association
for Group Psychotherapy and Group Processes*

& 14th Conference of International Association of Dynamic Psychotherapy

Date: 7-11 October 2008

Venue: Kunibiki Messe, Matsue city, Shimane Prefecture, Japan

Language: English

Program: Lectures, Symposiums, Workshops, Paper and Poster Presentations

Special Issue: Training and ethics, Creating Psychologically Safe Space, Preventing Bullying and Treating Victims, Support for Disaster Victims and Treating PTSD, Depressive problems in the business field and in the family

Section: Training and Education, Psychoanalytic and Dynamic Approach, Psychodrama, Family, Person-centered Approach, Cognitive-Behavioral Approach, Transactional Analysis, Adolescence, Schizophrenic, Eating Disorder, Organizational and Group Process.

Congress website: <http://www.prrc-iadp2008.org> (Additional information will be announced at this website)

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"House of Love & Anger"
Counseling Service of IASCP