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From the Director

Emptiness is emptiness.
 Nothing obstructs the freedom in your mind.
 That's an empty space in your mind.
 Being yourself with your free mind and body on this beautiful planet.
 Nothing else is needed.

I am I and you are you, he is he, and she is she.
 We are living.
 I am living and existing, as a part of humankind.
 You are, he is, she is living and existing, as a part of humankind.
 We all are small parts, feel lonely, enjoy independence.

When we get together,
 we can see a figure formed from the assembled parts,
 like a beautiful mosaic on the wall of a cathedral.
 If we continue to be ourselves, we can see each other
 in a mosaic with the whole of humankind.

This is the way of psychodynamic being.

Hidefumi Kotani, Professor, Director of IASCP

Invitation to the Workshop "From Withdrawal into Progress, Make Anger into Love."

IASCP has held workshops since 2004 in Tokyo, Taiwan and Hawaii in order to research for individual's "Psychologically Safe Space". Its starting point is the understanding that individual's psychologically safe space is the base of safety and peace all around the world.

As a staff, I participated in the workshop "Who and What am I in this World" held at Hawaii in March 2007. For four days of the workshop, we kept asking ourselves "who and what am I?" and searching for our identity through talking with therapists, participants and ourselves. It seemed very long at that time, but now seems too short.

It is hard to verbalize all the experience from the workshop, and I still am asking and elaborating my identity now. But I can say some of what we experienced as follows. I felt that we were all different persons from each other, and at the same time we were accepted by and an essential part of the whole community.

The next workshop is in Okinawa. The title of the workshop is impressive; "From Withdrawal to Progress, Make Anger into Love".

Of course it is very hard to change withdrawal into progress or to make anger into love. But it is true that we all have to make a step by ourselves if we want to change something. And I am convinced, by my own experience, to say that something will be gotten in the workshop as a starting point.

I am looking forward to meeting you in Okinawa in March, 2008.

Ichiro Kawasaki, Doctoral Course Student, 5th year in IASCP

Reports on the 26th Congress of the Association of Japanese Clinical Psychology

Dr. Frances Bonds-White, the president of IAGP, was invited to the 26th Congress of the Association of Japanese Clinical Psychology and gave us a lecture titled “Understanding Aggression Through Group Psychotherapy: Healthy and Unhealthy Uses of Aggression”. Below is a report on the lecture from a participant. (Editors)

Report on the lecture of Dr. Frances Bonds-White

“Understanding Aggression Through Group Psychotherapy: Healthy and Unhealthy Uses of Aggression”

Dr. Frances Bonds-White, the president of International Association for Group Psychotherapy and Group Processes (IAGP), gave us a lecture about human aggression titled “The Vicissitudes of Aggression: It powers for good and harm”, at the 26th Annual Conference of the Association of Japanese Clinical Psychology, September 30, 2007. In the lecture, she quoted articles of Donald Winnicott concerning aggression and stated that “good enough” environments help the development of the ability of child to hold aggression and use it for creation. She also explained that lack of the good enough environment causes antisocial and destructive expression of aggression as a way to keep psychologically safe space, and that the holding environment in a therapeutic group provides an opportunity to develop an ability to manage one’s aggression in the “good enough” environment. To provide holding environment for clients who have difficulty in dealing with their aggression, therapists should not be upset with aggression expressed by the client in the therapeutic space where clients are allowed to say whatever comes to their mind. However, beginning therapists including me often have a trouble with clients’ aggression; therefore, we tend to make clients suppress their aggression or respond to their aggression with our own aggression. Her explanation about the function of unhealthy expressions of aggression made it clear for me why therapists can keep psychologically safe space even with clients’ aggression.

Toshinori Hanai, Doctoral Course Student, 3rd year in IASCP

In the congress, Professor Kotani, the director of IASCP, organized a symposium. The symposium was on crisis intervention in junior high school, and a role-play of one meeting was demonstrated. The situation of the demonstration was as follows; to overcome the crisis, a psychologist who was invited by school principal lead the meeting of task force team. Assistant Professor Nishikawa, the clinical director of our institute, took the role of the psychologist. (Editors)

Report on the Symposium of “Big and Small Clinical Practice: Organization, Group and Individual -From a Case of Class Collapse and Regeneration-”

Remembering the scene of the role play at the symposium, the crisis management consultant’s action was impressive. Especially, what I strongly remember is that he inquired the feelings of the experts playing roles such as a teacher and a principle. Watching him doing so, I thought, “He is acting as if he was a therapist.” I felt in that way probably because what he had done was against the common knowledge that we need to leave personal considerations aside and don’t be emotional at the ‘conference.’, and I had a strange feeling toward it. In addition, I guess that I thought inquiring feelings was therapeutic intervention and was something not to be done at the meeting of experts. Nevertheless, in the role play where opinions about “what to do” flew back and forth, the discussion progressed as members focused on each others’ feelings which was behind his/her claim, and this developed a tendency in the group to try to understand each other. It is often seen in the counseling situation that we can not act freely because we are obsessed with thoughts like “it should be done in this way”. Considering that, it is very understandable that the intervention focused on feelings is functional. However, I believe this demonstration group was also required to show a performance appropriate for the ‘conference.’ It can also be said that well-balanced group management was needed. I felt that group like this could be seen not only in the situation similar to this but anywhere, and the role which the crisis management consultant played in the symposium was necessary for the clinical psychologists to take in various kinds of groups. So, it was very valuable experience for me to watch and feel the importance of such role through the role play.

Takeshi Yamaguchi, Clinical Psychologist, Heart Clinic Machida, Tokyo, Japan

The Function of Group as the Intermediate Area between Organization and Individual

The Symposium was held in a large hall where remained the excitement from Dr. Frances’s lecture of which its theme was Aggression. There, one meeting was demonstrated. This meeting assumed that a principal of junior high school felt a crisis involving a student who repeated severe acting out behaviors. And a team of teachers and other staffs was constructed. A unique point was that the principal entrusted the leadership of the meeting to professional clinician as a consultant of the team. From the beginning to the end, the consultant, who was the group leader, sometimes but consistently kept asking one question with an open-minded atmosphere “Do you trust me?”. “Trust” was the key word of the meeting. This question was not only a Yes/No question, but also was a stimulus which promoted the developing process of trust between consultant and the team, and also among the team members. This question also functioned as showing the role of consultant undertaking the distrust and aggression in the group. The safer the group space becomes, the more freely the members put their own reality and feelings in the group. As a result, multi-dimensional aspects of the student were described in the group session. We frequently see the gap or conflict between organization and individual at dysfunctional organization. This demonstration vividly displayed the development of school organization becoming a sustainable environment for bringing up an individual. This was enabled by the fact that the meeting group functioned as an intermediate area between the organization/school and the individual/student. I was impressed by the power of the group which is well functioning as safe space, containing aggression and fear of members, and also by the group itself becoming more functional by overcoming crisis.

Morioka Aska, Doctoral Course Student, 5th year in IASCP



[http://www.shanti-sahyog.org/
executiveboard.htm](http://www.shanti-sahyog.org/executiveboard.htm)

Letter from Dr. Suman Khanna Aggarwal

BEYOND HIROSHIMA & WAR THROUGH NONVIOLENT DEFENCE

On the 1st and 2nd, October, 2007, Dr. Suman Khanna Aggarwal visited our institution. Dr. Suman is the Associate Professor of Philosophy, Delhi University who is specialist on Gandhian Philosophy, and Founder President of Shanti Sahyog, a Nonviolence NGO. She gave us lecture and workshops with the concept of Non-violence as a Science. The first day was an open lecture and workshop and the second day was a closed workshop. Below is a letter from Dr. Suman, and some reflections from the participants. (Editors)

An absolute and highly desirable renunciation of war or the application of Article 9 of the Japanese Constitution is possible only if all of us initiate a powerful movement for politically legitimizing Nonviolent Conflict Resolution by giving a place to Nonviolent Defense in our national defense structures globally.

The concept of Nonviolent Defense is based upon Gandhi's view of nonviolence as a science. This implies that Nonviolence is a systematic and rationally intelligible discipline which has to be learned and studied. While nation states collectively spend the staggering amount of USD 2 million + per minute on acquiring the skills of waging WAR, not even USD 1 per minute is spent on the study of non-violent tactics. The following question is indeed: 'Can nonviolence succeed in the Israel/Palestine conflict?'

An analysis of human nature reveals that violence or aggression is native to human nature, nonviolence is equally so. Human nature is made up of the opposites of love and hate, compassion and cruelty, and so on. No wonder then that Gandhi asserts we must consciously choose nonviolence in our dealings with others because: "The Law of Nonviolence which is the Law of Love is The Law of Our Species".

Gandhi's legacy to the world can perhaps be summed up in one phrase: Nonviolent Conflict Resolution. Thus, the greatest homage to him is to politically legitimize nonviolent conflict resolution through the introduction of Nonviolent Defense in national Defense Systems worldwide.

To bring about global awareness about NONVIOLENT DEFENSE, our Gandhian NGO Shanti Sahyog has launched the International Initiative: Article 18 of the United Nations Convention on Human Rights and The Preamble of the United Nations Charter.

This Initiative urges all National Governments, the U.N. and all peace-loving organizations: ①NONVIOLENT DEFENSE BE INSTITUTED IN ALL NATIONAL DEFENSE SYSTEMS WORLDWIDE, ②THE OPTION TO BE TRAINED IN NONVIOLENT DEFENSE, ③THE OPTION FOR TAXPAYERS TO DIVERT THEIR DEFENSE TAX FROM MILITARY DEFENSE TO NONVIOLENT DEFENSE.

Nonviolent Defense envisages: The Ministry of Defense will have Military Defense Ministry & Nonviolent Defense Ministry/ Ministry of Peace.

*Suman Khanna Aggarwal, Associate Professor of Philosophy, Delhi University,
Founder President : Shanti Sahyog - Gandhian NGO
website: www.shanti-sahyog.org and our Gandhian NGO E-mail: shantisahyog@yahoo.com*

The Review of the Workshop of Dr. Suman

The Open House for this month had the focus on the topic of *ahimsa*, or nonviolence. We had Dr. Suman Aggarwal from the University of Delhi to give us a lecture about nonviolence as a science, based on Gandhi's ideas, words, and practice. Coincidentally the 2nd of October was Gandhi's birthday, now declared as the International Day for Nonviolence by the United Nations.

I understood what Dr. Suman was trying to convey was that, although conflict is inevitable as it is a result of different opinions (and no two people are the same), conflict itself is neutral and it is the resolution that makes it positive or negative; thus to make it positive, nonviolent method must be chosen. What I found interesting was that there were connections between nonviolence and Professor Kotani's concept of psychologically safe space. That is, in facing conflict, how one could experience and hold one's psychologically safe space becomes the key to broadening and freeing one's self, hence being able to approach conflict in a nonviolent way.

Living in a world which is today filled with conflicts at many levels, namely international, interpersonal, and intrapsychic levels, to listen to Dr. Suman's words gave me an opportunity to look at and think about the world in a different point of view.

*Kaori Saito, Master Course Student,
1st year in IASCP*



By Attending Dr. Suman Khanna Aggarwal's Workshop

I have known the word "non-violence", and I believed that I have supported that idea. However, it was just because I felt it was good. At the beginning of the workshop, Dr. Suman said, "Non-violence is not a feeling but a science, so it has its original system and has to be learned." She also mentioned that if we learn non-violence correctly, we can apply it and never fail to solve problems: It was a very clear and fascinating message.

During the workshop, she asked us to think about what conflict is and why we should use non-violence to solve conflicts. These questions made me understand that conflict is natural because each one of them is different and that we have to consciously choose non-violence to solve conflicts.

She said violence is not only physical but structural and psychological. It will be violence if you force your opinions to other people and it will be violence if you don't admit other people. Even though I know violence is not good and want to live non-violently, I realized I have sometimes used violence. It might be because it was faster and easier way to solve conflicts. Also I often give up with telling my opinion to avoid conflicts, but it is also not a good idea: I should listen to others, express my feelings and opinions and try to find the direction. However, even though I know I should do so, it is actually hard to do it.

The most interesting idea in her political advice was to make a training academy. She recommends the government to start compulsory Non-Violence education for 4 months to young people over 18. I agree that it is very important to learn how to solve conflicts. I want to know in detail how to educate people to learn non-violence.

This workshop was a great opportunity to learn a part of Gandhi's philosophy, and I found the common message in what I have learned at "the house of love and anger". I want to learn more about the practice of non-violence, and I want to try to consciously choose non-violence.

Yuriko Hisamune, Participant of Workshop by Dr. Suman

8th Pacific Rim Regional Congress of International Association for Group Psychotherapy and Group Processes & 14th Conference of International Association of Dynamic Psychotherapy

General Information

PRRC-IADP2008:

8th Pacific Rim Regional Congress of International Association for Group Psychotherapy and Group Processes & 14th Conference for International Association of Dynamic Psychotherapy

Concept: Creating New Space beyond Internal and External Wars

Date: 7-11 October 2008

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

<http://www.kunibikimesse.jp/en/>

Language: English

Simultaneous and consecutive interpretation will only be provided for Congress Host Programs.

Pre-Congress Program

7-8, October, 2008

Pre-congress Workshops

Workshops on Group psychotherapy and individual psychotherapy will be offered by leading experts from Japan and abroad with the central theme of "training and education." There will be 30 workshops including other workshops scheduled previously.

Examples of the workshops are follows.

- Dreamtelling as a Request for Containment: Three Uses of Dreams in Psychotherapy
- The Power of the Organizational Consultant
- Dynamic and Clinical Approach for Delinquents
- Harmony between Nature and People in Morita Therapy: From a Multicultural Perspective

For details of pre-congress workshops, please visit the congress website.

Congress Program

9-11, October, 2008

Congress Host Program

Opening Lecture: "An Exploration for psychodynamics of Internal and External Safe Spaces"

Keynote Lecture: "Using Group Psychotherapy to Create an Internal Safe Space for Managing Anxiety"

Special Culture Lecture: "The Spirit of Japanese KOISZUMI Yakumo (Lafcadio Hearn) Met"

Congress Open Symposium: "Beyond Internal and External Wars"

Special Academic Lecture, Edward L. Pinney Memorial Lecture

Subjects offering for subscription

Poster Presentations

Oral Presentations

Case Study Presentations and Discussions

Symposia

Workshops

Special Case Seminars

**Deadline for Submission of Proposals:
31, March 2008!!**

Headquarters Office

Secretary General: Tomoko JAMES

Office:

International Christian University

Institute for Advanced Studies of Clinical Psychology

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

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

(This HP contains a link to congress website)

E-mail: iascp@icu.ac.jp

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

Please visit our congress website!
<http://www.prrc-iadp2008.org>

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/>

Email: iascp@icu.ac.jp

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Asuka Hirakata



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