

IASCP NEWSLETTER VOL.5 SPRING

INSTITUTE FOR ADVANCED STUDIES OF CLINICAL PSYCHOLOGY

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From the Director

There is a power that brings people together. There is also a power that binds people to their internal objects. Such a power, however, can sometimes be destructive and at other times constructive. As psychologists, we have been investigating an important key, namely, what motive forces and dynamics divide these essential lines of human power. A key to the former is group dynamics and to the latter, psychodynamics. People learn psychodynamics from group dynamics such as family, gang groups, peer groups, and so on, and, at the same time, learn group dynamics from the psychodynamics of becoming a leader, a scapegoat or a catalyst. This is the process of personality development beginning from birth in a family and continuing to independent adulthood. These days we are aware of the critical fact that many children and youngsters are deprived of the opportunity to learn both psychodynamics and group dynamics, both of which facilitate their personality development. Such difficult problems as withdrawal from society, bullying and self-destructive behaviors, including criminal behavior, have a close relationship to personality development.

For current psychologists who work with children and youngsters and even young adults in our society, formulating and conducting therapy are not sufficient in themselves. People need to be provided with a sense of place, field and space where they can nourish themselves for their own personality maturation. Teaching is not enough! Therapy is not enough! These younger members of our society need free and safe space where they can play, try, challenge, and accumulate experiences to learn and develop their rich personality function.

Research Fellows and graduate students gathering together in our Institute are engaging in clinical practice and research studies focusing on new approaches to resolve such complex problems. We are publishing a new book entitled "New Psychotherapy" in which we introduce our recent work in this field. I hope that through the medium of this book the exciting space which we share in the Institute can now be shared and loved much more by talented and challenging young scholars and clinical professionals from all over the world.

Hidefumi Kotani, Professor, Director of IASCP

The Study of Psychologically Safe Space in IASCP: Past Achievements and Future Prospects

International Christian University applied for the COE (Center of Excellence) Program of the Japanese Ministry of Education, Culture, Sports, Science and Technology of the fiscal year 2003, and our application was adapted in the field of "Broad Peace Studies". We IASCP have pursued the research for five years with the theme, "Creating psychologically safe space and its meaning".

We started with study of the theory of the treatment mechanism based on successful experience of "individual-group combined therapy" for borderline patients reported by young researchers in New York International Conference. After we discussed the treatment mechanism and the therapeutic factor, we identified the core variable as "psychologically safe space".

An international experiment workshop was held to study that theory. The leading psychotherapists in Austria, the United States, Australia, Taiwan, and Israel participated and conducted experimental "Individual and group combined therapy" for the research. We held research conference repeatedly in Tokyo on the basis of the result, and almost all researchers made a presentation together about the study result at the Japanese Association of Group Psychotherapy held in Hokkaido. At the Pacific Rim Regional Conference of International Association of Group Psychotherapy in Taiwan, we introduced it with a demonstration. In addition, the study was developed by the workshop for young clinician to refine their technique and the workshop for teachers to apply it to the educational field. By the cooperation of the international researcher, the international experiment workshop was done in Hawaii. Further workshop was done in Okinawa this year, and we will consider the fruit of research repeatedly.

The thing we can say for our achievements so far is that "Boundary" become a key concept to save the psychologically safe space for individuals, the group, the organization and the society. External safety for individuals is protected not by becoming one with others, but by admitting and ensuring mutual differences. As a result, boundary of individuals is respected and having psychologically safe space inside oneself becomes possible.

The world with peace, safety and conviviality exists when interactions among individuals, organizations, and society nourishes without invading flexible but firm boundaries of each other. Such a world starts from individuals, spread worldwide and, in turn, makes individuals peaceful, safe, and convivial in a circular way. This is our conclusion.

Yuki Nakamura, Assistant of IASCP

Special Topic; Psychologically Safe Space in Professional Works

Professional clinical works such as clinical psychologists, nurses, and family court probation officers need to develop psychologically safe space in their patients/clients. In such works, psychologically safe space within workers influence their patient's/client's one. In this volume, we feature psychologically safe space in some professional clinical works. (Editors)

The Role of Special Committee for Critical Intervention

To deal with a crisis situation in the organization quickly, parties concerned should create a special committee made up of a few people, and take the leadership of the entire organization.

For example, if a child was injured by an accident happened during the experiment in a class, the special committee would be composed of the school executives, the teacher who was in charge of the class, the guardian, the board of education, and the clinical psychologist. Handling the situation to prevent the injured child and the children who were in the place of the accident from PTSD will be a goal of the team. The outcome of this preventive action is psychological and physical reaction of the injured child and the other children in the process to overcome experience of the emotional trauma.

It is requested to clarify and share "What can I do now", and move it into action based on the basic understanding of acute stress reaction (ASD) and post-traumatic stress disorder (PTSD) shared in each role and responsibility. And, at the next team meeting, feedback of the children's response to the action taken by each people until that time and the improvement of the action plan are piled up. For the first time, the team building is occurred in this series of collaborative work. At times like this, the interests among parties concerned are different. The child and the guardian are victims, and the school and the board of education are victimizer. Therefore, the third party should take the leadership of the team. Since it is easy to become a basic assumption group named Ba-F or Ba-D described by Bion at first, it is significant that the team leader spreads wide Ground Matrix clearly as the professional, and lets team member confront with the team goal and maintains group standard such as "each person move into detailed action for accomplishment of the goal".

In the case of PTSD, at first, active members use the professional or the group leader as just dependable object, and obtain psychologically safe space. As a result, they cannot use psychological expertise knowledge but rely on dependable object in their selfish way. Then, the shake of the targeted child and the team itself increase, and the second collapse happens in the group. At this point, new development will happens if the maintenance of the system identity of the team goal and the manner can be reinforced.

Masahiro Nishikawa, Associate Professor, IASCP, ICU

Nurse and Psychologically Safe Space

I am a Certified Nurse Specialist (CNS) and there are 240 CNSs in Japan. CNS is an advanced nurse practitioner who graduates from Graduate school of nursing. CNS provides direct care for considerably difficult patients, consultation for nursing staff, coordination, ethical coordination, research and in-service training for nursing staff. Especially in the area of psychiatric nursing, CNS provides nursing care for the patients of personality disorder. Furthermore, CNS provides nursing care for the patients who stay at the hospital for a long time. In those care, we CNS need to assess the situation around the patients and we need to know how to make the safety-environment for those patients. PD patients can not stay in the hospital or community and patients who stay at the hospital for a long-time can not adapt in the community. Actually one of these reasons is patients' pathology. However their illness is chronic, so every-person needs to control these chronic situations. Nurses stay in the good position to provide or make the safety-environment for those patients. So we sometimes implement group psychotherapy for them. If we can make safety-environment through group psychotherapy, patients can stay in the community or home. On the other hand, nurses, not only psychiatric nurses, but also general nurses in the medical-surgical unit, always work in the unit with high anxiety. The reasons are that the length of stay in the hospital becomes short and the patients' physical conditions get worse in the hospital and the technology becomes complicated. So recently nurses tend to leave the hospital because of the stress. Sometimes we CNSs implement crisis intervention for the nurses who faced with the medical error or severe accident during their job. We call it debriefing session. If we CNSs can implement these interventions successfully, nurses can work with safety feeling in the unit. However in order to do it successfully, we need to have training for that intervention. Even though it is late, our school starts to have graduate school for CNS in mental health and psychiatric nursing from this April. We will start to have training to do group psychotherapy by Professor Kotani through TV conference. Now I am planning this and it is very exciting for us since this is the first trial in Japanese graduate school of nursing. I wish to report the successful process next time.

Shiori Usami, Department of Psychiatric Nursing, School of Health Sciences, Kumamoto University, Kumamoto, Japan

Information

Invitation to ICU Seminar 2008

ICU seminar is an annual workshop offering the training opportunity mainly to the post-graduates of International Christian University (ICU) Master Course Program who work in a clinical field, and this year marks the 12th. The workshops, the case presentations and the case discussions will be held.

Not only the graduates of ICU but also people who want to reconsider and improve their own skills are welcomed. Let's gather and shake ourselves and each other. (Please refer to our URL (on page 4). Details will be coming soon.



Organizer: ICU Association for Post-Graduate Studies of Clinical Psychology

Date: 06.28.2008 (Sat.) – 06.29.2008 (Sun.)

Place: International Christian University

Trainers: Hidefumi Kotani, Noriaki Tomabechi and others.

Fee: 12,000yen (Members of the Association, case presenters and master course students will be discounted. Please refer to our URL, as for detail.)

Family Court Probation Officer and Psychologically Safe Space

When I meet delinquent youth and have sessions with them as a probation officer at a family court, I often feel my psychologically safe space becomes smaller toward those who openly show their defiant attitude or who are obedient in the sessions but repeat criminal acts outside without hesitation. Looking back on what my psychological state is like when this happens, I can see how I get anxious because I am threatened by their aggressions. I then tend to react in strict ways by showing my aggression in order to protect myself from becoming anxious.

However, their psychologically safe space is also threatened by some reasons or others. It can be abuse, neglect, or over protection at home, and it can also be bullying among friends or sometimes academic failures at school. They direct their aggressions against others around them, which threaten them. They end up getting aggressions from others, and their psychologically safe space become even smaller.

Psychologically safe space of these youth will develop when probation officers at family courts accept their aggressions as their way of affirming their existence. I believe this is expertise of family court probation officers.

Takayuki Muroki, Family Court Probation Officer, Saitama Family Court Kumagaya Branch, Saitama, Japan

Psychologically Safe Space with Professional Athletes

Athletes often say “I am able to do when I am confident enough”. These words mean that they can exercise impregnable power after they have done severe practice, developed their experience and established confidence inside them. However, the actual competition can not wait for the athletes to get confident. The world of professional sports gives young athletes some time to grow up, but not forever. Thus, the young athletes need to be certain of himself “I can do it”, and to make up their mind “I am surviving in this world” in the psychological area, before they build confidence in the technical and physical area, and this is the most essential “psychologically safe space” for professional athletes. Using this as strength, they will continue to make their effort to deepen the confidence in the technical and physical area, and expand their psychologically safe space even more. To achieve this will build a mentality to show the power of him fully even on the big stage of first string. Since they are called professional, they are professional from the day they joined the team. Although they do not have any experience as a professional at that time, the attitude that they can not do anything because of their lack of experience will cost them a long time to flourish as a professional. Psychologically safe space enables them to tolerate severe training and to keep making effort toward their ideal figure. As a conclusion, for the young athletes, to secure psychologically safe space is necessary before the development of physical growth, and by using the space as a basis, they will accomplish technique and physical growth.

Kengo Takeno, Yokohama BayStars Baseball Club Psychologist, Japan

External and Internal Wars That I Experienced in the US

Living in New York in my sabbatical, it is inevitable for me to face a lot of “wars” in both a broad and a narrow sense. Even young therapists in training are engaged in treatment with returnees from Iraq. Their stories are so filled with series of tragedies that I, as listening to them, found myself becoming terrified and wounded. A Japanese free paper carried an essay by a 10 years old boy, describing his painful experience at the death of his friend’s brother in Iraq. There are much more examples like these than I can count. War injures not only people in battlefield but other people related to them, even if indirectly.

My experiences like this arouse my own “war experiences.” Even though I’ve never served in a war, everything I learned about war made me feel that these understandings were my own memories. These emotional reactions show that no matter how tiny it is, I am strongly conscious of being a piece of the Japanese history. Among these agonies that strongly awake me to be a part of the Japanese history, many feelings such as hatred, hostility, fear, contempt, and aversion are mixed. What an international tension I have been living in! How tense I tried to be not to overflow those emotions out of me! I found that, still now in Japan, it’s hard to find someone to talk about these issues, and we have huge swirls of unresolved memories of wars.

There are at least two hopes, I believe. One is, deep connection among individuals may go beyond past tragedy. The other is, we live in ever fluid realities and also have capability to construct the new present without grasping anything like past and nation in a fixed way. Hope to see you and continue this talk at PRRC in Matsue.

Kaoru Nishimura, Associate Professor, IASCP, ICU

Information

Book Release; “New Psychotherapy”



*-The modern society which is in the process of dramatic historical change does require psychotherapy.
-We hypothesize the isomorph between the internal destabilization of individuals, elements which constructs the world, and the destabilization of the world. We dynamically perceive individuals and the world, the society, the organization, the group, and the family as a holistic environment. Further we are pursuing to restructure individuals' internal world of peace; it is called "New psychotherapy."*

(Quotation from the text)

The IASCP which holds the belief that individual's psychologically safe space is the base of the world peace and safety has conducted the series of researches. As one of the compilations, under the editor, the professor Hidefumi Kotani who is the director of the IASCP, the book as the third series of the ICU 21st century COE was published from the Fuko-sha, Tokyo.

The book is titled ‘New psychotherapy; the creation of the safe space within the global society. Taking into account both the deep inside of the individual’s intra-psychic world and the constellation of the modern society, we wish this book which is focused on the internal world safe space for people live in the modern society will become the origin of the hot discussion for researchers all over the world.

Editor: Hidefumi Kotani
(Director of IASCP)
Publisher: Fuko-sha (Tokyo)
Language: Japanese
Price: 2,625yen

Information

PRRC-IADP 2008

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

Theme: Creating New Space beyond Internal and External Wars

General Information

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 be provided for Congress Host Programs.

Headquarters Office

Secretary General: Tomoko JAMES

Office: International Christian University, Institute for Advanced Studies of Clinical Psychology
(Please see the bottom of this page)

Opening Lecture: "An Exploration for Psychodynamics of Internal and External Safe Spaces"
Hidefumi Kotani (Congress Chair, President of IADP)

Keynote Lecture: "Using Group Psychotherapy to Create an Internal Safe Space for Managing Anxiety"
Frances Bonds-White (Ed.D. President of IAGP)

Symposium 1: "Group Psychotherapy for Depression" (In Preparation)
Co-Chairs: Ta-jen Chang (M.D. Taiwan, IAGP-BOD), Kenji Kitanishi, (M.D. Japan, Past President of The Japan Association of Group Psychotherapy)

Special Culture Lecture: "The Spirit of Japanese KOIZUMI Yakumo (Lafcadio Hearn) Met"
Bon Koizumi (Associate Professor, Shimane Prefectural Univ. Junior College, Grandson of Koizumi Yakumo)

Symposium 3: "Creating New Space beyond Internal and External Wars"
Chair: Hidefumi Kotani (Congress Chair)
In Preparation

Young Forum: "Research Award Presentation for Young Participants"

Oct.

7th

(Tue.)

8th

(Wed.)

9th

(Thu.)

10th

(Fri.)

11th

(Sat.)

Pre Workshop Series

A series of workshops is held once a month until PRRC-IADP 2008 (October) in Matsue (Shimane Prefecture). It aims to excite the professional clinicians who attend the congress. Both the people who participate and not in the congress are welcomed. Let's make community that we can discuss freely and stimulate yourself and colleagues!

For more detail, please check our URL.

Pre-congress Workshops; 7th and 8th

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 35 workshops.

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

Please visit our congress website!

<http://www.prrc-iadp2008.org>

Dr. Edward L. Pinney Memorial Lecture:
Sabar Rustomjee (Past President of IAGP)

Educational Lecture 1: "Individual and Group Psychotherapy for Chronic Patients"
Walter Stone (M.D., CGP, DFAGPA)

Educational Lecture 2: "From Envy to Desire: Essential Elements for the Regeneration of Creative Business in Institution"
David Gutmann (Ph.D.)

Symposium 2: "Cultural Variables in Psychotherapy"
Presentation: "Amorphous Ego Structure and Psychotherapy in Japan"
Mikihachiro Tatara (Ph.D.).

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"House of Love & Anger"

Psychological Consulting Services of IASCP