



From the Director

How do you experience a sultry sun in summer? How do you experience hot adolescents? How are you experiencing a sultry sun and a hot adolescent inside of you?

The origin of psychotherapy is in the treatments of adolescents. We know adolescents face various walls with enormous biological energy to get on their way to be a responsible adult and a citizen. We also know that they face a life-affirming divide. Many of them get lost how they can use their own energy on the divide. Some fly high and some regress to naughty days or stay in chaos. Why origin? There are essential issues and exercises in adolescent years to become a good enough person, responsible to oneself and society. Psychotherapy must be a great help to them.

Our society nevertheless has got lost to bring them up enough and to help them precisely when they needed. Are those concepts of super ego, ego ideal, ego resilience, sublimation and confrontation not effective in psychotherapy for modern adolescents and parents?

We have to go back to the origin of psychotherapy itself to scrutinize our practice. I believe that those psychoanalytic concepts and techniques for adolescent therapy are still quite helpful. It seems to me, however, psychotherapy practices are in trouble nowadays. Hot but vulnerable adolescents cry for help, which they fail to obtain too often. They cannot catch a hot enough therapist on the crossroad where they meet each other. Therapists cannot show up in front of these adolescents who are seeking help. Why origin? We have to answer this question.

Again, how do you experience a sultry sun in summer? You have to keep your vital physical power in order to experience it. The sense of body and physical identity might be a key for effective psychotherapy for modern adolescents. Let us prove the fact that we are effective professionals.

Hidefumi Kotani, Professor, Director of IASCP

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The Power of Mind That is Essential for Enterprisers and Its Training Method

Managers and executives of enterprises start to seek a "legitimate" coaching. Nowadays, the turnover problem of new employees, the generalization of depression among people in their thirties, and the unstoppable harassment issues are spreading. Moreover, Japanese trains and airplanes, once known for the world's best safety and precision, have caused inconceivable accidents, and long standing high-class Japanese restaurants, which lost craftsmanship, have also caused inconceivable affairs. As mentioned, will enterprise organizations stagnate, and will an individual destruction process occur? On the contrary, will enterprises increase the productivity, and will an energetic enterprise climate grow? What kinds of variables do exist in such a watershed? The answer is "Human Power" and a collection of Human Power, "Power of Human Organization (HO)". A reform of the conventional surface communication which starts to show the limitation, and the job which responds to high demand to increase a substantial bottom of Human Power are more than just a coaching for encouraging people- that is a Dynamic Coaching (Kotani, 2008). It is a method, which centers on an intra-dialogue ability, a fundamental of Human Power (self exploration ability), to drastically improve personality function of executives themselves in real earnest before changing the organization. The worldwide renowned coaches will come to Matsue. I would love to look for participants of enterprisers, who have spine, are seeking earnest "Change".

Kazunori Hashimoto,

Clinical Director, Institute of Psychoanalytic-Systems Psychotherapy

What is needed in Student Counseling Now.

The total number of prospective students is now less than that of enrollment limit in colleges in Japan. That means there are freshmen full of variety of intelligence, creativity, mental capacity, vitality, and so on.

College days can be either short or long depending not on how long he/she attended the school, but on how much they experienced things, people, obstacles, and their own feelings, etc. Four years at college never be the same for everyone, but four years are just four years for everyone. It is a part of their lives no more and no less.

Every day, I meet my students of the moment wondering how they have been lived and what kind of life they will go through. When I realize that each of them has their own background and is standing at a different developmental stage although they are all college students, I also have to be aware of my time and history.

As students who used to live for the moment come to cherish themselves in past days and drop a word about them in the future, the place we are standing now can be seen in panoramic view. That is the time when they can face their own behalf and touch the possibility of enrichment of their inner world. Since we are living in this savage society that finds many people do not treat each other as mature individuals with respect, I, as a college psychologist, really need to keep showing the space where they can taste the pleasure of encountering other individuals and themselves.

Kayoko Hige, Psychologist, Bunkyo University,
Research Associate of IASCP

Reviewing the Workshop in Okinawa

“from Withdrawal into Progress, Make Anger into Love”

From March 16th to 19th, 2008, ICU IASCP held a workshop titled “from Withdrawal into Progress, Make Anger into Love”, supported by Okinawa Educational Publication Corporation. This workshop was multi-modal integrated therapy, which has been elaborated by Kotani and his colleagues (See Kotani, 1998 etc.), aimed at deepening one's ego identity. The program was composed of (a) small group sessions consisted of one or two fixed therapist(s) and 6 or 7 members, (b) large group sessions consisted of one therapist and all staffs and members, (c) community programs which include parties, activities and so on. Therefore the feature of this approach was that members experience boundary crossing many times. This time, 35 members participated from all parts of Japan.

Theoretical background and empirical efficacy of multi-modal integrated therapy have been accumulating now (Kotani et al., 2008). Especially, theory of Oscillating Equilibrium is one of significant backgrounds. Briefly speaking, this theory explains that “when free energy flow is accepted and system-identity is kept in supra-system, new constellation in subsystem will be born”. This theory was elaborated by the finding that difficult patients such as schizophrenics and personality disorders do function well under group psychotherapy setting (Kotani, 1994). In summary, personality change will occur when an individual is contained in a small group, and the small group is contained in a large group, and that means he/she can oscillate safely.

I would like to report the achievements of this workshop by describing a member's brief process.

A 21-year-old female college student could not talk in the large group setting first. She feared rejection by others. At the same time, she feared and alienated her affect. In the small group sessions, she kept smiling without expressing any feelings. After meeting with other member's anger for her smile in the small group, she began asking herself why I am smiling. In the next large group session, she was effected strongly by other member's talk about their family. She could not understand her own movement at first. After that, when a therapist asked her how she felt, she expressed her emotion with tears. In the last large group session, she talked that she changed her thinking. She said that she thought there was a center in the world, and she feared whether she could be accepted by the center until then. However, she understood there was no center and people got together with their own conflicts.

In PRRC-IADP 2008 which will be held in October in Matsue, workshops on multi-modal integrated therapy will be provided. I am looking forward to seeing you there!

Ichiro Kawasaki, Doctoral Course Student, 6th year at IASCP
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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 Fuku-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-psyche 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: Fuku-sha (Tokyo)
Language: Japanese
Price: 2,625yen

My Experience of 1st Pre Workshop for PRRC-IADP 2008

To stimulate our motivation for the PRRC on autumn 2008, pre-workshops were planned to be held in series. The first pre-workshop was held on April 13, and was consisted of two case discussions of Japanese children which contain cultural movement between Japan and the U.S. Dr. Kent Sullivan-Wiley, a school psychologist from Connecticut and I were the presenters.

Through the discussion, what I understood the most about the case was that the cultural movement for children was always deeply related to their family. When the cultural adjustment of the child seems not going smoothly, it must be thought as a whole family problem of going through the cultural boundary. We tend to see the problem only from one side, but by focusing as a family issue, it will help us to stay with a broad view. This shows us the deep relationship of young children to their family, and cultural movement clearly shows us this dynamic.

Also, what I discovered from this case seminar was the sense of broadening. Although I was presenting my own case, with the comment and stimulus from the floor and discussion, I got a feeling of meeting a completely new case. There is still a task for me to discuss and broaden my understanding actually at the place of case seminar, but this new sense will be a help and encouragement for me to do case presentation.

The series of pre-workshop will continue until the International Congress in October. Each pre-workshop gives variety to the content, and I hope to learn more and meet more people. I am looking forward to utilizing these workshops as my preparation for PRRC-IADP 2008.

Naoko Ono, Clinical Psychologist of IASCP, 4th year at IASCP

By attending the 1st pre-workshop of PRRC-IADP2008

Two case studies about the process of cultural adjustment to the US and readjustment to Japan for Japanese children were presented by Kent Sullivan-Wiley and Naoko Ono.

Sullivan-Wiley presented the case of a first grade girl in an elementary school in the US. He reported the way he became committed to her and her environment throughout the course of her recovery with understanding his misconception about culture. The second case was presented by Ono, about a girl with readjustment problems on her return from the US. She offered play therapy for the girl to provide her safe space where she was able to express herself in both English and Japanese or beyond language.

Both presentations and the following discussions suggested that in the US and Japan, there were processes which mirrored each other and therefore transcended the cultural difference. Both cases suggested that the process of cultural adjustment was not only concerned with the individual's own issues but also the issues of the groups including the family and the school. Also these presentations seemed to imply that the process of cultural transfer was always accompanied by loss: the loss of their friends, language, and/or familiar landscape. Therefore the cultural (re)adjustment process could consist of mourning work. Furthermore for these children, the process of adjustment overlapped with the point of transition from one developmental stage to another. That is to say, the loss of their time of infancy or childhood. The safe space, which Sullivan-Wiley and Ono provided, could encourage the children to work through these difficult processes and to experience a new dimension to their lives.

It was really inspiring and exciting for me to attend this pre-workshop, and I look forward to further discussion in the PRRC-IADP2008.

Yuri Seki, Group Analytic Psychotherapist, Kubota Institute of Psychology and Welfare

Reflections on My Experiences at IASCP

It has been a wonderful opportunity and privilege for me to have been assigned Prof. Kotani as my mentor during my leadership fellowship assignment at the ICU for the months of April to July 2008. Prof. Kotani has shown many sides of leadership and I have learned a lot from his example. I consider myself very fortunate to have found at IASCP an environment of serious determination in the learning process and, even more, a commitment to the practice of clinical psychology that is quite caring, understanding, and supportive. In my own university in the Philippines some years ago I had proposed a psychology institute similar in its vision and mission to IASCP, but our university president needed a stronger rationale for setting up something in a university where we already have a separate center for research and for extension work and where the psychology department was already training future psychologists. After having learned some things about how IASCP works, I believe that I can revive my proposal with more confidence. Further, having been invited to sit and observe classes at IASCP is an added bonus. I have witnessed here a sense of purpose comparable to my own graduate students back home, and the experience has renewed my belief in the importance of effective teaching and training well. I am especially grateful to all at IASCP, not just the professors and my interpreters, but everyone at IASCP who have made my brief visit memorable and meaningful. I hope that you can visit my university some time in the future. It will be a pleasure to host all of you. Thank you for the friendship.

Margaret Alvarez, Associate Dean, College of Arts & Sciences, Associate Professor, Department of Psychology, Philippines

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

Dear Colleague and Friends:

Welcome to our Pacific Rim congress. We all know that the many conflicts that pervade our modern world make it difficult for ordinary people to live in peace. Everywhere we hear of bullying, violence, discrimination, and scapegoating, whether it be in families, peers, organizations, communities, nations, or the international sphere. Here we introduce you to an old country where all the gods and goddesses in Japan gather to have a meeting once a year in October. This is a letter of invitation to group psychotherapy and group process professionals, as well as individual psychotherapists, to join in our professional meetings for peace of the human mind and of the modern world to be held in an old town where clouds emerge and the land of Japan first emerged.

Hidefumi Kotani, Congress Chair of PRRC-IADP2008

Congress Theme: Creating New Space beyond Internal and External Wars

Oct.	
7th	Pre-Congress Programs In the pre-congress program, 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." We hope that you will utilize this valuable opportunity and will be willing to offer what you already have at your level, discuss and learn from each other, reflect on your daily clinical practice through experiential learning, and improve your clinical work. Let us improve the quality of our clinical work together!
8th	
9th	Congress Programs More than 70 programs such as Lectures, Symposia, Poster Presentations, Oral Presentations, Case Study Presentations and Discussions, Workshops and Special case Seminars will be held. Let us utilize this congress as the basis of a new mission for group psychotherapy, as a fresh stimulus for individual psychotherapy, as a source of insights for applying group psychotherapy to individual psychotherapy situations, as a forum for international contributions on group and individual psychotherapy from Asian countries, and as an opportunity for exchanging views on international issues related to group psychotherapy and individual psychotherapy. It will be exciting to participate together in the process of creating a 21st century world view for our discipline and practice.
10th	
11th	

Examples of Congress Programs

Open Symposium 3 11th 14:00 - 17:00 "Creating New Space beyond Internal and External Wars"

Organizer; *Hidefumi, Kotani*

Co-Chairs; *Felix de Mendelssohn, Hidefumi Kotani*

Keynote Address; *Terrence Barber* "Spirit of Ancient Japan and Global Human Renaissance"

Panel Talk

Hidefumi Kotani; "A-Bomb Experiences in Hiroshima: Meanings for a HIBAKUSYA junior, as a Therapist"

Seth Aronson; "A War that had had Come Right to Them: Reflections on Working as a Therapist"

Robi Friedman; "Containing Difficult Emotions during War: a Therapist's Coping with Existentially Stressful Situations"

Sabar Rustomjee; "Uncontainable Despair Leading to Soul Murder, and Resulting in Internal and External Wars"

Educational Lecture 2: 10th 17:00—18:30 Special Open Lecture for Those who work in the Business Field

"From Envy to Desire: Essential Elements for the Regeneration of Creative Business in Institution"

Lecturer; *David Gutmann*

For more information, please visit our congress website!

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

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"House of Love & Anger"
Psychological Consulting Services of IASCP