



From the Director

Hidefumi Kotani, Professor, Director of IASCP

Seasons turn, turn and turn. It is quite happy to feel such a spinning world. But there are not few people now who do enjoy such happiness in their life. People and societies are changing so rapidly. The time and place is now not necessarily belonging to each person. People are losing their own time and place. They are often controlled by something beyond a person. People who drop off their own time and place easily and fall into depression or have to withdraw from organization and community. Even though, turn, turn and turn seasons.

The psychoanalytic psychotherapist can be a travel guide beyond time and place, that is, early times of life, present and dreaming future. Along with changing in the world, it became harder to catch and study or analyze living person. We, modern psychotherapists have to improve our own way of studying and conducting research works. Because variables of human growth, development and daily living have been enormously increased and become so much complicatedly meshing. Modern psychotherapists have to explore new methods and technique for effective practice as well as for study and research in a global network.

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Special Issue; The Past, Present, and Future of Studies in Clinical Psychology

Today in Japan, studies of clinical psychology seems to be polarized toward either a case report or a research running after evidence to achieve evidence with the slogan of “evidence based”. Pursuit of the art and science which enables exploration of rich intrapsychic world seems to get in to blind alley.

In view of the situation, in this volume, we would feature “The past, present and future of studies in clinical psychology” and would like to search this from scientific aspect. We gratefully received articles from world-leading researchers of clinical psychology, Dr. Jean Lau Chin, the Dean and Professor of Derner institute for Advanced Psychological Studies in Adelphi University and Dr. Seth Aronson from William Alanson White Institute, from U.S.A., and Dr. Yuki Nakamura from IASCP, Japan. (Editors)

The Past, Present, and Future of Studies in Clinical Psychology in Japan

Yuki Nakamura, Assistant of IASCP

From 1990's and onwards, along with the trend of medical paradigm, the evidence based approach have been emphasized in studies of clinical psychology in Japan, especially in the area of cognitive behavior therapy (Tanno, 2001). However the development of empirical studies is slow worldwide.

The features of current situation and difficulties in studies of clinical psychology in Japan could be indicated as follows; 1) confusion among case studies and case reports (Shimoyama, 2009); 2) too few research papers on psychotherapy techniques; 3) exclusion of therapist variables; 4) inclination towards studies on psychotherapy outcomes based on statistics.

In spite of a strong need for effect studies rather than outcome studies, at the present studies of clinical psychology depends on numerically managed outcomes. If the stance taken is “everything is all right as long as the result is good”, the scientific quality of psychotherapy which has its purpose on treatment will lessen. Is the interest for identifying variables of how a client was treated too little? Isn't there too much shift to the social structure in the suprasystem in identifying variables for therapeutic change? The current state in which the therapist variable, one of the therapy variables, is not being treated scientifically, and it seems such state is bringing forth a stagnation in empirical studies.

There is a movement that sheds light onto the present state. What is being sought in studies of clinical psychology is not to statistically get hold of how humans are, but to develop a tool to capture dynamic process. Kotani and Takeyama (2009) have started an attempt to visualize psychodynamics, and Kawamura (2009) has demonstrated a mathematical formula to dynamically diagnose severe neurosis. A new movement towards the future in studies of clinical psychology is already being made.

The Past, Present, and Future of Studies in Clinical Psychology in America

Seth Aronson, Psy.D., William Alanson White Institute

I was fortunate enough to attend graduate school at Yeshiva University in the 1980's. The faculty of our program included, in addition to at least five other analysts, Beatrice Beebe and Robert Stolorow. We were exposed to the cutting edge of psychoanalytic thinking and indeed, my fellow students and I were very lucky. The emphasis of the program was on creating well trained clinicians. For example, in addition to the strong psychoanalytic orientation, we were also taught family therapy completely with videotaping our sessions to present to our supervisors. When I left New York to do post-doctoral training in California, I was known as the trainee "who really knew the Rorschach", meaning compared to my fellow interns from across America, my psychoanalytic understanding of the Rorschach was more advanced.

When I began teaching in graduate programs, I taught what I knew a psychoanalytic approach. But it was clear that there was a national shift away from psychoanalysis towards 'evidence based therapies' (as if psychodynamic therapy could not be evidence based!). The American Psychological Association began to strongly encourage programs to move away from psychoanalytic approaches towards cognitive-behavioral therapies. This was true in both graduate programs as well as clinical internship programs in hospitals and clinics. American clinical psychology programs began to divide into those on the East and West Coasts that continued a psychodynamic orientation, and those in the middle of the country, who moved toward a CBT, distinctly non-psychodynamic approach, under the assumption that psychoanalytic ideas were without any empirical basis, and therefore could not be proven in research studies.

However, with advent of such empirical studies such as the literature on attachment (e.g. Main) and reflective function (e.g. Fonagy and Target, Steele), it is becoming apparent that psychoanalytic approaches can indeed be 'evidence-based' and empirically study as well. So, I remain optimistic that there will continue to be a place in graduate training for psychoanalytic ideas and thinking, particularly because I feel a solid grounding in these ideas makes for better clinicians.

*Jean Lau Chin, Ed.D., Dean and Professor of Derner Institute for Advanced Psychological Studies
in Adelphi University*

Is the conduct of psychotherapy an art or a science? Early studies of psychotherapy were often case narratives with few or no measures of outcomes; early empirical studies often found that experience or empathy of therapist was the most important differentiating factor. As clinical research on psychotherapy grew, there has been increasing emphasis on demonstrating the efficacy of psychotherapy treatments through empirical methods or research. Empirically validated treatment (EVT) or empirically based treatment (EBT) became the gold standard for identifying best practices and evaluating psychotherapy effectiveness.

In the last decade, there has been growing push back at two levels. Some have argued that the utility of EVT is narrow in scope, primarily able to evaluate effectiveness of cognitive-behavioral therapy in the treatment of anxiety and depression where the symptoms are clearly identifiable, and the methods are more easily operationalized or manualized. Others have criticized EVT or EBT for failure to be inclusive in their application to diverse populations who differ in their manifestation of symptoms or responsiveness to treatment. The samples of EVT or EBT studies have been limited, and therefore, less useful for generalizing to diverse populations.

This has led to a shift toward the term evidence based practice (EBP) which refers to a decision-making process which integrates the best available research, clinician expertise, and client characteristics, and distinguished from EBT or EVT which typically refers to specific treatments or psychotherapy research based on randomized controlled studies. The quality of the therapeutic alliance or relationship has shown to be a better predictor of outcome in psychotherapy; it contributes to more than 25% of the variance while treatment method contribute to less than 15% of the variance on most studies. In fact, much of what contributes to change in psychotherapy is unknown.

Thus, is it important to demonstrate therapeutic effectiveness through research and evidence based treatment? Yes. Does this account for only a small part of what contributes to change in psychotherapy? Absolutely yes. We do need to reexamine whether we have forgotten the art of clinical practice as we search for the gold standard in measuring therapeutic change and research objectivity. We need to recognize the difficulty in measuring those psychotherapy methods seeking to explore underlying dynamics of behavior, or an understanding of values, beliefs, and interpersonal factors. Therapists and researchers alike now argue for more expanded methods to measure therapeutic change to include case studies and the interaction of multiple factors such as empathy, the therapeutic relationship, etc.

The past of clinical psychology focused on the art of clinical practice. The present focuses on understanding what contributes to behavior change. The future must challenge the practice of clinical psychology in more diverse settings, across borders, to more diverse groups and populations, and in emerging areas where clinical practice is more than one on one, face to face clinical encounters in a 50 minute hour format. New research paradigms are needed to define and measure therapeutic effectiveness and outcomes. Researchers and therapists need to figure out how the tools of science can measure that which is less concrete, more value driven, more relationship oriented, that is, the art of clinical practice.

Research Activities in IASCP

The Problems of Diagnosis and Possibilities of New Assessment

Yoshie Kawamura, 9th year in IASCP

“Neurotic” group was once the main group of subject for psychoanalysis and dynamic psychotherapy, however today the concept of “neurosis” is becoming unpopular in the area of psychiatry. Such stream is spreading in the area of psychotherapy as well. In the background lies decrease of awareness for assessment for treatment, which attempts to put trust and train ego, the ability to regulate and grow oneself.

In such situation, the author have carried out a study of differential diagnostic procedure for identifying severe neurosis group in doctoral dissertation. The group has a tendency of being misdiagnosed with “borderline”, “personality disorder”, or “developmental disorder”, because although it possesses a neurotic personality structure which is expected a good prognosis after psychotherapy, on behavior level they have the problem of impulsion or low level of response.

A problem of traditional classification diagnostic procedure is, firstly, the fact that in development theory that lies in the background does not thoroughly discuss the differences between establishment and maturation of personality structure. Thus through precisely reconstructing psychoanalytic developmental theory, hypothetical mental structure of severe neurotic group was shown, and the fixation point was identified as early latency period. The second problem is, as seen between Kernberg theory and Kris school, that because diagnostic criteria is descriptive categoric, the diagnosis becomes somewhat dependent on descriptive manifestation and hence one’s intrapsychic dynamics become difficult to capture. This makes the identifying of severe neurotic patients who possess complicated psychodynamics difficult. Thus as a new procedure for differential diagnosis, a differential diagnostic axis using psychophysics equation, which refers to dynamic equilibrium relationship between variables, was formulated. Here differentiation equation, a numerical formula, was applied. A possibility of new assessment was shown by that dynamics in differentiation, a small change in a short period of time, could be seen and that small change could be well explained by the equation.

Ego Ideal; As One of Ego Functions

Aska Morioka, 7th year in IASCP

Built-in Psychological ability is required for individuals to operate his/her own energy toward the outer world without being overwhelmed by the influence of environment. In order to explain this built-in ability, I have addressed the concept of the “intra psychic system.” I assumed that in order for the individual to have any subjectivity independent from environment, there should be a psychic structure that might be supportive.

On the other hand, I have focused on the meaning of having an “ideal”, which may raise one’s energy level and show a reference for his/her own way of life. In order to reveal this mechanism written above, it is necessary to distinguish intrapsychic factors from interpersonal and environmental factors, and organize as any causal association.

Freud made invisible “whole psyche” as a subject of research of natural science. I see his strong sense of responsibility as a medical doctor here. When we intend to intervene in other person’s psyche and induce therapeutic effect and take responsibility of curing, the reproducible certainty methods are required.

Psychoanalysis has proposed numbers of effective theories and concepts which enabled to connect any psychological phenomenon to its mechanisms. Among them, the concept of Ego, which was suggested by Freud and precisely examined by his successors, enabled to clear the fuzzy parts, distinguishing intrapsychic and external world and describe relation of variables which explain the intrapsychic mechanism. If we figure out the entanglement of variables, using the concept of ego as axiomatic system, one can see the direction for verification of hypothesis about psychic phenomena.

Changing the focus to the outer world, identities of individuals are unclear and it is difficult to find out the point where to start recovering from problems. Society today is messed up beyond all recognition. Thus, the power of individual that can move independently and the ability to produce individual dynamics that function to environment rather than from environment to individual are strongly needed.

In my research, “ego ideal” is defined as a system, specified as one of Ego functions, under the frame of concept of Ego of Freud and its components are “introjects”, which are chambers of narcissism. “Ego ideal system” can be a key variable for individuals to produce the dynamics that may move the environment independently. I present this as a replicable model which may profound therapeutic responsibility.

Manager in New Era

Yasuo Kawabata, Okinawa Educational Publishing, Ltd.

Global economy has fallen into a negative spiral since 2008. Many companies face business difficulties and workers suffer under chaotic economic stagnation. Despite such difficult economic times, there is a brilliant company which practice management principle and treat people with respect. Fortunately, our company grows steadily. "Motivation is precious", at the morning meeting which somewhere along the line was named "the longest and the most enjoyable morning meeting", employees' motivation are in the best possible condition from morning.

We are in the era when the principle or philosophy that "what people work for" is asked. It seems to me that such companies which pronounce "manage a company for a living" have no option but to go bankrupt or close a business. "Business is the activity that aims to contribute to human happiness or social development. Therefore, it is not until completed that the business pleases customers and creates values". Our company's management principle is "to create a society where all the people of the earth can live in safe and health, we create a meaningful and enjoyable work environment, and practice the joy of helping". Learning "what human life is" from my experience of removing left kidney at National Cancer Center in 1986, I aim to have an impressive and creative company which makes each individual life brilliant, and I am on the way to achieve it. Running business is for human happy life. Business management is "composite art" and searching for personal happiness. Beyond the framework of disability and healthy, or part-timers and full-timers, we practice the vital management under post-capitalism, "learn together, grow up together, work together, live together", and make efforts to achieve Japanese style society.

The Possibility of Multi-Dimensional-Integrated-Intensive-Identity-Group

Naoko Ono, 5th year in IASCP

Multi-dimensional-integrated-intensive-identity-group is a psychological method to support whole personality of individual started from 1980's by Kotani et al. Multi-dimensional-integrated-therapy lies in the basis of this, and the definition, structure, object, principle and latest techniques are introduced in detail in "Group Psychotherapy; Its Leading Edge (Gendai-no-Esprit)" (Kotani, 2009). The actual definition of Multi-dimensional-integrated-therapy is written as follows; "The purpose of the Multi-dimensional-integrated-therapy is to promote the whole personality development of the specific individual problems and tasks in the field of intrapsychic, interpersonal relationship, group, organization and society. (text partly omitted) Multi-dimensional-integrated-therapy is one of the style of Multi-integrated-therapy which consists of combination of several different psychotherapy according to the specific purpose, and intensive lodging is selected as a basic style.

When considering this Multi-dimensional-integrated-therapy which could express its nuance and convey its image in another word "camp", what kind of possibilities and contribution could there be in Japanese society today? To progress the development of whole personality of individuals and to meet this aim in the relationship with various people and multiple groups, it means to use the reaction of participants beyond the range of conscious world. This means that in order to fulfill this psychological method effectively, the technique will come to the extent which is extremely complicated.

However, when turning the thought to this rich and complex interpersonal energy, it is able to feel vivid energy which could even overwhelm me. When people change, it is necessary for the person to feel the other person and also himself/herself lively. The largest contribution for contemporary Japanese society of this method is to provide the field which enables to build this situation.

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