

Story Making Group (SMG) in Agora

-To gather the thread's of your own story
after experiencing the earthquake and to encounter others' story-

Every one of us have our own stories in our hearts, it is our stories of our lives.

The Story Making Group (abbr:SMG), taking the role of a storyteller, you will be able to express your own story, your own world, to touch and encounter it, and even regain a new sense of energy inside yourself.

It has been over a year since the earthquake. To get on with our everyday life, there might have been times that seemed easier not to touch our memories or what we feel, and experience. However, isn't there a feeling of uneasiness or maybe a feeling of something being left behind? Do you find yourself avoiding certain places or tearing over certain things just by being mentioned?

The earthquake is an event that occurred in the midst of each of our life stories. The size and meaning of the earthquake inside the stories of each of us should be different and it is something that cannot be compared. Even so, by being considerate of others, have you not held back to talk about it, not to care about it and have ceased your story in midstream?

Let's get back the significant stories of each and one of us. To touch something you have left untouched for a while can be scary at first. The SMG comes with a twist that can ease up your fear and makes it safe to touch the untouched.

Let's start the restoration of your hearts and stories.

Workshop Leaders: The English group will be led by

Maya Nakamura (Institute of Psychoanalytic-Systems Psychotherapy)

Dr. Judith Davis (Performance Development Associates)

(There will be a Japanese group led by **T. Hanai** (PAS), **Prof. T. Adachi** (MGWU), and **Prof. K. Nishiura** (MGWU), at the same time)

Date: September 2, 2012

Time: 14:30-18:30 (the last hour, 17:30-18:30, will be a plenary large group with other workshop participants)

Place: Gymnasium of Miyagi Gakuin Women's University

Registration:

Please contact the headquarters office by mail (iadp@iadp.info), then we will send the application form by mail.

Community Workshop

“Agora”

Agora, originally means a space which the citizens of ancient Greece had placed to discuss important arguments or for markets to commerce and exchanging things. We have been engaging in creating the Agora of our times where citizens living the modern society gather and discuss important issues of our hearts and exchanging energy and information, individual to individual.

In the pre-conference of IADP, hosted in Sendai this March, we held the Agora for disaster victims in East Japan including Miyagi, Fukushima, and Iwate and for supporters from all over the country to let down their psychological burdens and to regain their energies. In the Agora, various workshops took place like shops in a market and the participants were able to choose what they were interested in. We were able to share in the Agora the pain, anxiety, anger, guilty feelings, sense of isolation, grief, love to our loved ones, trust, and the joy of being able to speak of these things. Voices, such as “I was able to cry for the first time after the earthquake”, “It was the first time to speak of the disaster” ...were heard. Some were able to touch a part of their self that is different from the usual self and experience the fundamental strength overflowing from the bottom of their hearts. We, by all members of the community, were able to create the time, space and the place for each individual to face the experiences of our own and others’ concerning the disaster.

In this coming conference, as a Disaster Clinical Program, by taking up a whole day we will recreate the Agora with all the participants in a grander size inviting many specialist from inside and outside of our country, including Dr. Bonnie Buchele, who we were able to meet in March. Let us all, who have experienced the Great East Japan Earthquake including citizens and professionals, gather and share our valuable experiences of the earthquake again and fill ourselves up with energy.

Please feel free to join us, inviting the one’s you care about. Feel free to bring your children along! We are looking forward to seeing many of you.

Date: September 2, 2012

Time: 9:30-11:30, 14:30-18:30 (*For further details of the schedule, please refer to the congress website (<http://www.iadp.info/>))

Place: Gymnasium of Miyagi Gakuin Women’s University

Registration:

Please contact the headquarters office by mail (iadp@iadp.info), then we will send the application form by mail.

Workshops in Agora

**Post-Disaster Healing through
Psychodynamic Therapy and Yoga**

Socio-Energetic Training (SET)
-A training that will strengthen mental axis-

Let us learn the way to express your voice
to a close person, to stop to listen to the
surroundings and to return to yourself.

**Supportive Group Pre-therapy and
Group Therapy for Traumatic Events**

Story Making Group

-To gather the threads of your own story after
experiencing the earthquake and to encounter
others’ story-

**Support Group
for the People of Fukushima**

Women and Trauma in Response to Abuse

Creating a Psychological Toolbox

For further details of Workshops, please
refer to the congress website

<http://www.iadp.info/>