

IADP NewsLetter



Pre-conference of 18th Annual Conference of International Association of Dynamic Psychotherapy

Support Group for the Great East Japan Earthquake and Tsunami -Psychological Reviving for Individuals and Community Renewal-



Inviting you to our meaningful 18th Annual Conference



Hidefumi Kotani, Ph.D.

President, 18th Annual Conference of IADP; President and Founder of IADP; Professor, International Christian University

It takes long time to accept traumatic suffering for people in East Japan. It might be not difficult or so difficult for people in Tohoku and Japanese people in general as well, to endure the catastrophe. The work done by government was not enough, and yet people in Miyagi, Iwate and Fukushima calmed down admirably. There were no riot and uprising against public order. This was an overall reaction brought by media and experts in abroad. The fact is Japanese people in general do not suspect traumatic heavy blow to victims. Encouragement under the catchword of 'Ganbarou Tohhoku' and 'Ganbarou Nippon' (hang on Tohhoku, hang on Japan) covers individual and collective suffering. It is not bad. But is it good enough? An expert of organizational analyst, President-elect of the International Association for Group Psychotherapy and Group Processes, Dr. David Gutmann, gave us a working hypothesis in relation to the Japanese reactions to Fukushima nuclear problems on a year anniversary day of 3.11, at the Annual Congress of the Japanese Association of Group Psychotherapy in Tokyo. What is the meaning of acceptance for the Japanese? It may correspond to fatalism. He contended we should

reconsider our attitude against catastrophe from more basic viewpoint of a concept of 'founding trauma.' Indeed, there seemed some difference in the attitude of acceptance between Japan and other countries. People in Hiroshima and Nagasaki also calmed down so fast and endured cruelties they suffered by man-made catastrophe. There was another argument on acceptance through the understanding of an epitaph of the Memorial Monument for Hiroshima City of Peace saying 'Let all the souls here in peace for we shall not repeat the evil.'

There must be a lot we should learn from the event happened in East Japan especially from people's reaction including ourselves.

The day after our Pre-conference March 24-25, I got a mail. It is from a leading psychologist, Professor Tomoaki Adachi, who has been working so hard on the difficult mission of psychological help especially to children, parents, and teachers living in stricken areas in Tohoku, Japan, from the first aid stage.

Dear colleagues,

Good morning.

We have worked well and hard over the two days of 24th and 25th.

(Continued on page 2)

I feel that this conference was a gathering of everyone of our attendance was meant to be, beginning with Dr. Kotani, Dr. Buchele, all the staffs, and all the participants from all over the country including Tohoku Region.

The seeds you all have cultivated have been certainly planted on the land of Tohoku. I pray for the day that the seeds will come out, slowly give growth and that they will eventually bloom their flowers and bear fruit.

Tomoaki Adachi
Miyagi Gakuin Women's University

We have reached the third step for PTSD prevention

and treatment in East Japan through two days workshop for professionals and citizens done as the IADP 18th Pre-conference. I, as the President of IADP and Director of 18th Annual Conference of IADP, am very happy and honored to share his message with global colleagues who have been supporting our activities in East Japan. We shall keep developing our activities towards fourth step for PTSD prevention and treatment in much more wider range and field. 18th IADP Conference in coming September will be taking an important role of our task with more expert colleagues from home as well as abroad.

We shall also reconsider and study more the basis of our reactions against the catastrophe from the viewpoint of founding trauma as well as present trauma.

After the "Pre-conference of the 18th Annual Conference of IADP"



Tomoaki Adachi, Ph.D.

Professor, Miyagi Gakuin Women's University; Director, Institute of Developmental Science, MGWU; Director, East Japan Center for Free Clinical-Educational Service

(Translated by Maya Nakamura)

I would like to express my sincere respect and gratitude for this pre-conference has given the participants a deep learning and great courage towards the "Psychological Reviving for Individuals and Community Renewal." Also, I feel honored and proud to have been able to work as the local co-host of the pre-conference.

As I look down on the information material I have in my hand, I realize that it was on 23rd August, 2011 that we were able to make a provisional booking of the Sendai International Center, as I had proposed to Kazunori Hashimoto, the secretary general of IADP, as the venue to host the pre-conference. Since then till the day of the conference, for seven months as I had betaken myself to the Center and made an effort to convey my image of the conference to the contact personnel of the venue.

As for public relations, we were able to receive support from Miyagi prefecture and Sendai Board of Educations and also cooperation by 3 local associations of psychologists (Society of Certified Clinical Psychologists Miyagi Prefecture Branch, Organization of Clinical Developmental Psychologists Tohoku Branch and Association of School Psychologists Fukushima/Miyagi Branch) and were able to inform the people who were in need of this conference in a short notice.

By the wonderful lectures of Dr. Hidefumi Kotani and Dr. Bonnie Buchele, and by the unique workshops by the IADP staffs in "Agora", it turned out to be a sensational conference being able to feel an indescribable sense of unity with the participants. Many of the participants, for

their professions, had had many things on their shoulders since the 3.11. I believe that they were able to go back to their work by unloading their burden for once and gaining some space in their minds to review their load.

In addition, I personally was interested in Dr. Buchele's lecture emphasizing on the relations of trauma and attachment for I am conducting a longitudinal research on the attachment formation of the mother who gave birth to a child with congenital disorder and the infant. As a fact, young children who had shown symptoms likely to PTSD were mostly with no exception has some kind of conflict in their families and I was able to acknowledge once again that for their support attachment would become an important theme.

Lastly, how did you enjoy the lunch box that was prepared? In inviting our lecturer from abroad and having many participants from outside the prefecture, to provide something specialty of Sendai, I had looked over thoroughly with the caterer. I had noticed the staffs being so busy, they were bolting down their lunch. In the main conference this September, I hope to welcome them to Sendai and to have plenty of time to enjoy their lunch.



Toshinori Hanai, M.A.

Public Relations Chair, 18th annual Conference of IADP;
Institute of Psychoanalytic Systems Psychotherapy

Since the Great East Japan Earthquake and Tsunami on March 11, 2011, International Association of Dynamic Psychotherapy (IADP) has worked to support from both first-aid and continual activities for earthquake disaster reconstruction from the standpoint of dynamic psychotherapy. As part of a continuing effort, IADP chose Sendai City, Miyagi prefecture, as the location of 18th annual congress of IADP in 2012. Prior to the 18th annual Congress, IADP held Pre-Conference titled "Support Group for the Great East Japan Earthquake and Tsunami -Psychological Reviving for Individuals and Community Renewal-" at Sendai International Center, on March 24 & 25, 2012.

Pre-Conference was called by Dr. Hidefumi Kotani, the founder and the president of IADP and congress chair of 18th annual congress of IADP, Dr. Bonnie Buchele, the board member of International Association for Group Psychotherapy and Group Processes (IAGP) and who is internationally known as an expert on treatment for PTSD, and Dr. Tomoaki Adachi, the Director of East Japan Center for Free Clinical-Educational Service (EJ Center) in Sendai, Miyagi. The aim of this pre-conference was to gather disaster victims of earthquake and tsunami and supporters at one place, to take the emotional load off their shoulders and to enhance vitality through two days of lectures and workshops.

130 professionals and citizens participated in 4 programs provided in two days. Participants came from various areas of Japan; disaster areas such as Miyagi, Iwate, Fukushima prefectures, the Greater Tokyo Area, Shizuoka prefecture, Yamanashi prefecture, and Fukuoka prefecture. They were in various types of profession; clinical psychologist, school psychologist, clinical developmental psychologist, psychiatrist, nurse, health nurse, social worker, psychiatric social worker, teacher, nursery teacher, college professor, businessperson, and housekeeper.

The first program held in the morning of March 24th was a workshop for professionals titled "Treating Traumatic Reactions in Group." First, Dr. Buchele gave a lecture that provided participants accurate knowledge about trauma, PTSD, and treatment for PTSD. After the lecture, Dr. Buchele recruited group members from the audience and had one

session of supportive group. In the group session, her leadership and presence stood out, and I felt that this helped each member to talk about their experience in safety.

In the afternoon the second program was held, a workshop for the public and professionals titled "Community Renewal and Reorganization Following the Disaster". Dr. Buchele spoke of necessary supports, leadership, and role of mental health professionals for community recovery, rebuilding and renewal. In the question-and-answer session, it was confirmed that talking about their experience and emotions concerning the disaster and letting down their emotional load, and putting it back inside themselves helps people to recover their inner calmness, and that it opens a rich path for people to meet their new selves by activating their own psychological process and in facing their painful experience.

The morning program of March 25th was a workshop for professionals titled "How to Start Support Group." First, Dr. Kotani gave a short lecture about Support Groups, then he recruited group members from participants and had two sessions of support group. A space which enabled members to carefully talk about their experiences, to let down their emotional load and to put back their experience back inside themselves was created by everyone's cooperation including Dr. Kotani's leadership, group members and all of the participants who were following the sessions,

The program in the afternoon was a workshop for the public and professionals titled "Agora -Support Group for the Great East Japan Earthquake and Tsunami-." Based on the learning and experience of two days, all of the members participated in creating a community where they can activate and touch their own psychological process and bring their emotional stress out. In the beginning of the program, Interest Groups were held. Some of the members proposed activity groups such as small workshops [Socio-Energetic Training, Educational Dialogue Training, story making group, reading picture book group and discussion group, etc.], and the others participated in those groups which they were interested in. After the interest group, one hour of large group session was held to talk about their experience.

As each programs had been something rich, the two days was a time that had created step by step, the ground, time and space which enabled people to face their own and also others' experience of earthquake, tsunami, and nuclear problem.

The East Japan Center for Free Clinical-Educational Service

-Unloading the stress from the earthquake disaster and reconstructing our minds-

It can be used as a place for psychological interviews for sufferers and supporters. Programs to touch and move people's hearts and to regain their energies are also provided each time.

The services can be used free of charge due to support from within the country and from overseas.

Venue : at Institute of Developmental Science,
Miyagi Gakuin Women's University

Staffs: Hidefumi Kotani, Tomoaki Adachi,
Masahiro Nishikawa, Kazuki Nishiura,
Yoshiya Ishikawa, Kayoko Hige, Yuki
Nakamura, Maya Nakamura, Toshinori
Hanai, Kai Ogimoto, etc

Opening Days: 12th, 26th May, 2nd, 9th June,
7th, 21st July, 11th, 25th August

What can we do?

For adults: breakdown in mind and body,
sinking feeling, feeling of loss, anxiety,
aggravation, insomnia, poor feeding,
isolation, etc.

For children: lacking of energy, going back to
childlike manners, afraid of open space,
exploding of emotions, play of earthquake
and tsunami, unable to play, poor feeding,
school refusal, etc.

For supporters: consulting how to deal with
sufferers, care for stress of the supporter
him/herself, etc.

For more information in E-J Center Website: <http://eicenter.wordpress.com/>

18th Annual Conference of IADP

Congress Theme

Psychological Treatment for Reviving from Disaster and Trauma

Congress Chair

Hidefumi Kotani, Ph. D. (Past IAGP Board; Founder and Director, Institute for Advanced Studies of Clinical Psychology, International Christian University; Japan)

Congress Co-chair

Seth Aronson, PsyD, CGP, FAGPA (Faculty, William Alanson White Institute; President, William Alanson White Psychoanalytic Society; U.S.A.)

Date: 1st-3rd September, 2012

Venue: Miyagi Gakuin Women's University (Sendai City, Miyagi Prefecture, Japan)

Guest Faculties:

Seth Aronson, Bonnie Buchele, Judith Davis, Osamu Kitayama, Morton Kissen, Felix de Mendelssohn, Susan Neiman, Keitaro Tanoi, Mora Ralph, etc.

Programs

<1st September, 2012>

Mini Lecture of Congress Chair & Large Group Session (for Professionals)

“Disaster, Trauma and Expertise”

Lecturer & Conductor: Hidefumi Kotani

Keynote Lecture

“Disaster: Its Visible and Hidden Psychological Effects and Recovery”

Lecturer: Bonnie Buchele, PhD, ABPP, CGP, FAGPA

Round Table Discussion (for the Public & Professionals)

Moderator: Seth Aronson, Masahiro Nishikawa

Panelist: Keitaro Tanoi, Tomoaki Adachi

<2nd September 2012: Workshops>

Workshops for Professionals

Ralph Mora, Seth Aronson, Judith Davis, etc.

Workshops for Public and Professionals

Morton Kissen, Bonnie Buchele, Hidefumi Kotani, etc.

<3rd September, 2012: Case Seminar for Professionals>

Supervision Session

Supervisor: Osamu Kitayama, Seth Aronson, Bonnie Buchele, Ralph Mora, etc.

Case Seminar

Supervisor: Hidefumi Kotani

Conference Website:

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

Report on the Donations for Disaster Supporting Program

Since we started this program, we have been receiving generous offer from a lot of people. We want to thank to everyone who supported our Disaster Supporting Program. Please let us report the way of using the donation we have received from 1st November, 2011 to 25th March, 2012.

Total amount of donation (45 donations) : 798000 JPY

300,000 JPY rental fee of the conference place

498,000 JPY fee to invite foreign specialist

In order to hold the Disaster Supporting Program Congress in September, 2012, and to broaden and to reach the fruit of this support activity to those who need, Disaster Supporting Program extended the closing date for donation to 3rd September, 2012. We would like to ask for your continued assistance, and would like to express our sincere appreciation for your warm consideration and cooperation.

Donation List (as of 24th April, 2012)

Corporate

ITO internal medicine and pediatric clinic

Okinawa Educational Publishing, Ltd.

Shonan Hospital

Yamanashi Eiwa College

Individual

Izumi Ishino/Yoshiya Ishikawa/Riyo Imamura/Inoue

Naoyo/Akiko Uematsu/Shiori Usami/Mikiko

Ode/Naoko Ono/Kai Ogimoto/Kyouko Ozawa/Nao

Kawauchi/Yoshie Kawamura/Hidefumi

Kotani/Yoshiko Sasaki/Mari Shiota/Tomotaka

Shitara/Kazuki Shimada/Naoko Sekido/Kumiko

Takashima/Tsuyoshi Takada/Kengo Takeno/Reiko

Tanaka/Reiko Tanaka/Zyunko Tsuda/Hiroko

Degawa/Noriaki Tomabechi/Yuki Nakamura/Maya

Nakamura/Masahiro Nishikawa/Kaoru

Nishimura/Yukio No/Kazunori Hashimoto/Yukiko

Hashimoto/Toshinori Hanai/Kayoko Hige/Harumi

Fukushima/Kaori Murata/Yuko Mochiduki/Asuka

Morika/Masahiro Moriwaki/Satomi Yako/Yukiko

Yamashita/Hiroshi Yamada/Tetsutaro Yokoyama