

International Association of Dynamic Psychotherapy

18th Annual Congress

Congress Theme

Psychological Treatment for Reviving from Disaster and Trauma

About IADP 18th Annual Congress

Date

Sat 1 – Mon 3, Sep 2012

Venue

Miyagi Gakuin Women's University
(30 minutes by bus from the JR Sendai Station)

Congress Chair

Hidefumi Kotani, Ph.D. (International Christian University)

Congress Co-chair

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

Congress Homepage URL

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

Please see this page for new information updated up to the minute.

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•International Association of Dynamic Psychotherapy

Co-Sponsors

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- International Association for Group Psychotherapy and
Group Processes (IAGP)
- International Organization of Group Analytic Psychotherapy (IOGAP)
- Miyagi Prefecture
- Sendai City Board of Education



Welcome Message from Congress Chair

We had a peaceful and meaningful 14th Congress of the International Association of Dynamic Psychotherapy (IADP) in Matsue, Japan, together with colleagues of the International Association for Group Psychotherapy and Group Processes (IAGP) from the Pacific Rim and other regional countries of the world. We now have quite a hard time in East Japan struggling with the aftereffects of the disaster of the Great East Japan Earthquake and subsequent Tsunami. This huge natural disaster gave rise to a man-made disaster of helplessness known as the Fukushima problem. What can we do in the face of such unprecedented destruction? As psychological, medical or educational experts, as well as global citizens, all of us share profound concern.

I, as the president of the IADP and the chair of the 18th Annual Congress, decided to get together in Sendai, a central city in East Japan, in order to assist people there in rehabilitation and recovery from this great disaster, and to provide psychological and symbolic support by our presence. We welcome you to join with us so we may search together for a new horizon, a common union of humanity discovering new ways to cope and rebuild life after critical situations of such great magnitude. I have no doubt that we will overcome the events of 11th March 2011 in East Japan just as the people did in New York, Hiroshima, and Nagasaki following the tragedies that unfolded in those cities in 2001 and 1945.

Hidefumi Kotani, Ph. D.
18th Annual Congress Chair
International Association of Dynamic Psychotherapy

About Disaster Clinical Program: DCP

Disaster Clinical Program (DCP) is a special program of the International Association of Dynamic Psychotherapy providing psychological support in the Great East Japan Earthquake. In collaboration with the East Japan Center for Free Clinical-Educational Service (Miyagi Gakuin Women's University), DCP has offered direct psychological support to citizens and mental health professionals in the earthquake-stricken areas since the disaster.

With aftershocks and the ongoing issues of the nuclear power plants, the disaster has become a protracted disaster, and therefore have different difficulties than those seen in traumas due to a one-time disaster. In order to undertake the tasks of preventing and treating these kinds of traumas, on March 23 and 24, a Pre-conference titled "Support Group for Great East Japan Earthquake and Tsunami" was held prior to our annual congress, a year after the disasters. In the pre-conference, we conveyed the meaning of trauma and its chronic form, PTSD, and how to understand, handle, and treat their symptoms, to the professionals and citizens in the earthquake-stricken areas. As the specific method for thus, we had the participants to experience the support group, and we shared a concrete picture of strengthening people's power to recover, restore their hearts and the affected areas.

With the Pre-conference as our foundation, we are inviting top clinicians of trauma from in and outside the country to the 18th annual congress. In conjunction with what we have been running up to now in the affected areas, we will increase the size of the congress, and will try to develop the prevention and treatment activities for PTSD that not only professionals but also citizens and those who have experienced the disaster can attend and experience.

We also welcome IADP members to join DCP at the congress. Let us participate in the psychological restoration from this unprecedented disaster, learn together, and hone our identity as professionals of psychotherapy.

We look forward to your participation.

Yoshie Kawamura, Ph. D.
Chair, Disaster Clinical Program Committee
International Association of Dynamic Psychotherapy

※ **=DCP=** stands for Disaster Clinical Program.

18th Congress, International Association of Dynamic Psychotherapy

Sat 1 Sep, 2012

9:00-
Reception

9:30-11:00
Opening Presidential Lecture of the Congress & Large Group
“Disaster, Trauma and Professional Contribution”

President: Hidefumi Kotani, Ph.D. (International Christian University)

11:30-13:00
Keynote Lecture **=DCP=** (open to public)
“Disaster: Its Visible and Hidden Psychological Effects and Recovery”

Lecturer: Bonnie Buchele, Ph.D. (International Association for Group Psychotherapy and Group Processes,
Executive board member)

13:00-14:30
Lunch Break

14:30-16:30
Round Table Discussion **=DCP=** (open to public)
“What can we do for aftermath of earthquake, tsunami and nuclear problem from our expertise?”

Chair:

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

Masahiro Nishikawa, M.A. (International Christian University)

Panelist:

Keitaro Tanoi, Ph.D. (University of Tokyo)

“Influence of Radiocaesium Contamination to Agricultural Products”

Tomoaki Adachi, Ph.D. (Miyagi Gakuin Women’s University)

“Influence of Earthquake Disaster Found in Children”

Discussant:

Haruo Kashima, M.D. (International University of Health and Welfare)

16:30-17:30
Large Group

Chair:

Hidefumi Kotani, Ph.D. (International Christian University)

Judith Davis, Ph.D. (Performance Development Associates)

19:00-21:00
Welcome Party

Venue: Sendai International Hotel (shuttle service available)

Sun 2 Sep, 2012

Open Disaster Clinical Program Workshop
“Agora”

- Citizens and IADP Participants together -

9:00-

Reception • Registration for Workshop

9:30-11:40

Agora: Workshop =DCP= (open to public)

- Refer to page 8 for information of workshops.

11:40-14:30

Lunch Break

- There will be a “lunch time round table” program for the IADP participants.

14:00-14:30

Registration for Workshop in the afternoon

14:30-17:30

Agora: Workshop =DCP= (open to public)

- Refer to page 8 for information of workshops.

17:45-18:30 =DCP= (open to public)

Agora: Large Group - Experiential Summing-up

Leadership:

Hidefumi Kotani, Ph.D. (International Christian University)

Program for the IADP Participants

12:30-14:15

Lunch Time Round Table

“Disaster and Psychoanalysis - How can we make the unseen to be seen?”

Topic Provider

Kazuya Yoshimatsu, M.D. (Shikiba Hospital)

Member:

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

Bonnie Buchele, Ph.D. (International Association for Group Psychotherapy and Group Processes, Executive board member)

Ralph Mora, Ph.D., MSS, CAIA (Family Practice, BHC Iwakuni)

Morton Kissen, Ph.D. (Derner Institute of Advanced Psychological Studies, Adelphi University)

Judith Davis, Ph.D. (Performance Development Associates)

Chair:

Hidefumi Kotani, Ph.D. (International Christian University)

Sep 3, 2012

9:30-
Reception

10:00-12:00
Case Seminar

Supervisor

- Osamu Kitayama, M.D. (International Christian University)
- Seth Aronson, Psy.D. (William Alanson White Institute)
- Bonnie Buchele, Ph.D. (International Association for Group Psychotherapy and Group Processes, Executive board member)
- Ralph Mora, Ph.D., MSS, CAIA (Family Practice, BHC Iwakuni)
- Morton Kissen, Ph.D. (Derner Institute of Advanced Psychological Studies, Adelphi University)
- Judith Davis, Ph.D. (Performance Development Associates)
- Masahiro Nishikawa, M.A. (International Christian University)
- Yukio No (Institute of Psychoanalytic-Systems Psychotherapy)
- Kazunori Hashimoto, M.A. (Institute of Psychoanalytic-Systems Psychotherapy)

12:00-13:30
Lunch Break

13:30-15:30

Plenary Case Seminar

“A case of a tsunami victim child who suffers from feelings of self-condemnation for her older sister's death.”

Case Presenter: Shigemi Onodera, M.D. (Miyagi General Center for Children)

Supervisor: Hidefumi Kotani, Ph.D. (International Christian University)

Congress Program Overview (Sep 1)

Opening Presidential Lecture of the Congress & Large Group “Disaster, Trauma and Professional Contribution”

President: Hidefumi Kotani, Ph.D. (International Christian University)

9:30–11:00

Language: English and Japanese (Japanese and English translation available)

Huge natural disasters cannot be separated from man-made disasters. People may experience a threat that can lead in a short time to their own collapse, the collapse of their familiar world, and they suffer trauma as a result. Under such circumstances, people often make heroic sacrifices for mutual aid, and rescue operations are mounted from non-stricken areas to aid the victims of the disaster as they seek to cope with their situation. As a matter of fact, people in East Japan, especially in Tohoku (northeastern area of Japan), have been doing very well over the last year and a half in providing mutual aid aimed at reviving ordinary life. No-one would deny the fact. Although everyone did as much as they could, we could not resign ourselves to the fate of our own man-made disaster. Serious problems with nuclear power along with business "conspiracies" brought about great suffering and trauma. It is also true that some well-meaning rescue professionals were an additional source of great suffering and trauma. Many of us, as professional psychologists, psychoanalysts, psychiatrists, nurses, school teachers, and administrators, are now recognizing that we ourselves might have been perceived as disastrous intruders by the victims of the natural disaster. In fact, many human errors coupled with our devoted rescue activities resulted in secondary and tertiary levels of trauma for some of the victims. Moreover, rescue professionals and volunteers have been suffering as a result of their own well-meaning but misguided acts.

There is another difficult problem I face related to people's perception of the stricken area. What is the stricken area? Is the stricken area only the area where survivors saw the tsunami sweeping away human bodies, or is it only the area within 20 km of the Fukushima Nuclear Power Plant? I see 30 or more people every two weeks at a free clinical center in Sendai. They hardly make an effort to try to talk about their own disastrous experiences even though they are hurting very much. Everyone says "I felt guilty and could not talk about my little things because I was not in the stricken area at the time of 3.11." Even after people burst into tears and talk about their experiences for the first time, it is really hard for them to identify themselves as hurting victims. There seem to be so many such people who are denying their suffering, their secondary or tertiary disasters, and who have not been receiving needed psychological care. The black rain that fell in Hiroshima was a mark of the area stricken by the nuclear disaster. The area affected by black rain is still a matter of controversy and has yet to be resolved. This is also a man-made difficulty.

Professional services are desperately needed for these psychological difficulties. We share both great difficulties and great possibilities in our professional contribution to trauma work. Let us now engage in the academic and clinical work of this important congress.

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

Lecturer: Bonnie Buchele, Ph.D.

(International Association for Group Psychotherapy and Group Processes, Executive board member)

=DCP= 11:30–13:00

Language: English (Japanese translation available)

When disaster strikes, immediate effects are visible. People need food, clothing, medical care - and the world responds. The need to survive kicks in and all else is overridden. Some psychological damage is also clearly visible right away. For instance, the loss of a loved one is recognized by everyone as one of

life's most painful events. But disasters have many other psychological effects that are only apparent later. Most human beings are healthy and strong so they cope, but all coping mechanisms come at a cost that can be very high. People change as a result of living through such experiences because catastrophes often involve extreme shame, boundary violations, or loss of identity and meaning which can be experienced as a symbolic death of self, thus constituting trauma. Recent neuroscientific research also reveals that the structure of the brain is changed by traumatic experiences.

Traumatic reactions can be hidden; they may appear later and seem to be unrelated to the disaster so that unnecessary suffering occurs. Increased stress in interpersonal relationships, suicide, abuse, lowered levels of functioning and substance abuse are examples of common effects that are not necessarily easily seen as related to the disaster. Talking about traumatic experiences within the context of a safe environment or container that includes secure attachments at the pace and in the amount of detail dictated by the survivor can be an important step toward healing from the painful consequences. The ultimate result can be that less costly ways of coping can be adopted and integration of the changes into the sense of self can occur. Dr. Buchele will discuss more fully the visible and hidden psychological effects of disasters as well as ways to facilitate recovery by discovering the connections that have remained unclear and have led to psychologically costly coping.

Round Table Discussion: "What can we do for aftermath of earthquake, tsunami and nuclear problem from our expertise?"

=DCP= 14:30–16:30

Language: English and Japanese (Japanese and English translation available)

In congress forum, Dr. Tanoi, studying the effect of radiation on the agricultural products in Fukushima, and Dr. Adachi, preventing children in Tohoku from psychological trauma, supporting their development and helping their parents, will provide their achievement and experience of their continuous action after the Great East Japan Earthquake. Then, as we invite discussion of Dr. Kashima from his long experience on psychiatric treatment and from brain neuroscience viewpoints, we hope that every participant will speak up, think, feel, and verify the present and future conditions and task due to the earthquake. This is an all-hands forum.

Congress Program Overview (Sep 2)

Lunch Time Round Table: "Disaster and Psychoanalysis - How can we make the unseen to be seen?"

12:30–14:15

Language: English and Japanese (Japanese and English translation available)

Our professional contribution as psychoanalysts and psychodynamic psychotherapists lies here. The huge disaster caused enormous unseen problems in people.

Analysis of Amae psychodynamics can open the way to the unseen world of the mind. Dr. Kazuya Yoshimatsu opens the discussion on "Disaster and Psychoanalysis and Psychoanalytic Work" chaired by Dr. Hidefumi Kotani.

DCP Workshops Overview (Sep 2)

Agora =DCP=

Agora, originally means a space which the citizens of ancient Greek 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 congress, 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 ones you care about. Feel free to bring your children along! We are looking forward to seeing many of you.

The following are time schedule, the leaders and workshops being held.

Time Schedule

9:00-	Reception • Registration for Workshop	
9:30-11:40 Agora	A: 1 day Workshop	B: Workshop in the morning
14:30-17:30 Agora		C: Workshop in the afternoon
17:45-18:30	Large Group: Experiential Summing-up	

■ **A: 1 day Workshop**

- A-1. Psychodynamic Treatment Techniques in Childhood Trauma Related to Natural Disaster
Ralph Mora, Ph.D., MSS, CAIA
- A-2. Therapeutic Work with Traumatized Adolescents
Seth Aronson, Psy.D.
- A-3. Supportive Group Pre-therapy and Group Therapy for Traumatic Events
Hidefumi Kotani, Ph.D.

- A-4. Women and Trauma in Response to Abuse
Bonnie Buchele, Ph.D.

■ **B: Workshop in the morning**

- B-1. Creating a Psychological Toolbox
Judith Davis, Ph.D.
- B-2. Post-Disaster Healing through Psychodynamic Therapy and Yoga
Morton Kissen, Ph.D.
- B-3. Socio-Energetic Training (SET) -a training that will strengthen mental axis-
Yuki Nakamura, Ph.D.
- B-4. Story Making Group (SMG) -To gather the thread's of your own story after experiencing the earthquake and to encounter others' story-
Maya Nakamura, M.A.
Toshinori Hanai, M.A.
Tomoaki Adachi, Ph.D.
Kazuki Nishiura, Ph.D.
- B-5. Support Group for the people of Fukushima
Kazunori Hashimoto, M.A.
- B-6. 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
Masahiro Nishikawa, M.A.

■ **C: Workshop in the afternoon**

- C-1. Socio-Energetic Training (SET) -a training that will strengthen mental axis-
Yuki Nakamura, Ph.D.
Yuko Ito, M.A.
- C-2. Story Making Group (SMG) -To gather the thread's of your own story after experiencing the earthquake and to encounter others' story-
Toshinori Hanai, M.A.
Tomoaki Adachi, Ph.D.
Kazuki Nishiura, Ph.D.
- C-3. Story Making Group (SMG) -To gather the thread's of your own story after experiencing the earthquake and to encounter others' story- (English Group)
Maya Nakamura, M.A.
Judith Davis, Ph.D.
- C-4. Support Group for the people of Fukushima
Kazunori Hashimoto, M.A.
- C-5. 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
Masahiro Nishikawa, M.A.

A: 1 day Workshop

■ A-1: Psychodynamic Treatment Techniques in Childhood Trauma Related to Natural Disaster

Ralph Mora, Ph.D., MSS, CAIA (Family Practice, BHC Iwakuni)

9:30-11:30, 14:30-17:30

Language: English (Japanese translation available)

Participant: Citizen and Professional

Many children have suffered from the impact on their lives and in their communities from the 2011 Tsunami disaster in northern Japan. Research has shown that therapeutic intervention can significantly improve such children's lives. This workshop focuses on the psychodynamic approach with particular influence from the views of Heinz Kohut's self psychology and is geared towards the treatment of children suffering from severe Post Traumatic Stress Disorder.

This five hour workshop will highlight the reality of traumatic stress in the daily lives of children exposed to a natural disaster and explore the complexities of treating these children. The perspective used is that of the therapists' human responses to promote healing in the child. Thus, a good part of the discussion will center on the need for therapists to monitor and control negative countertransference in dealing with children whose own responses are meant to assist them deal with their own trauma-altered sense of self within the context of their unique culture and heritage.

The initial hour session will provide an overview of the literature on childhood PTSD to include epidemiological studies and various intervention strategies such as community approaches, play therapy and group approaches. The second session will focus on theoretical aspects of children suffering from PTSD with an emphasis on the damaged self syndrome. The final three hours will focus on treatment proceeding from stabilization to relieving the trauma to working through and on specific transference and countertransference aspects with this population.

■ A-2: Therapeutic Work with Traumatized Adolescents

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

9:30-11:30, 14:30-17:30

Language: English

Participant: Citizen and Professional

In this workshop, we will focus on work with traumatized adolescents. Adolescence is a complex developmental period, which involves the negotiation of various issues. Those who work with adolescents are faced with the daunting task of helping the youth to deal with a traumatizing experience, while negotiating and beginning to resolve these developmental issues.

Participants will learn to identify symptoms of trauma in adolescents, such as re-experiencing the trauma through flashbacks, avoidance through dissociation, and hyperarousal, as in sleep and concentration difficulties. Transference and countertransference issues will be discussed. We will also discuss therapeutic interventions aimed at this population as well as the benefits of group work.

■ A-3: Supportive Group Pre-therapy and Group Therapy for Traumatic Events

Conductor (Presider): Hidefumi Kotani, Ph.D. (International Christian University)

Didactic and Experiential: 20 professionals and citizens

9:30-11:30, 14:30-17:30

Language: Japanese

The basic theory and technique of psychodynamic psychotherapy for people suffering from traumatic events will be shown didactically and experientially based on the conductor's (presider's) current practice at Sendai EJ Center. Participants can learn how to prepare for and to conduct treatment for trauma victims as well as ordinary citizens. They will also learn how to gain relief from their own stress caused by traumatic experience and ultimately how to cure themselves.

■ A-4: Women and Trauma in Response to Abuse

Bonnie Buchele, Ph.D. (International Association for Group Psychotherapy and Group Processes,
Executive board member)

9:30-11:30, 14:30-17:30

Language: English (Japanese translation available)

Participant: Citizen and Professional

Throughout the ages and in many cultures of the world women have experienced abuse. Often with lesser status and because of their child-rearing capabilities and responsibilities, they occupy roles that leave them vulnerable to being mistreated. Rape, incest, physical abuse, emotional threat and being forced to witness harm to their children are some forms of this maltreatment. While certain types of abuse of women can appear to be sexual in nature, they are actually less sexual with violence as the primary component and sex sometimes utilized as a weapon. Very frequently women stay silent about these fears and experiences because they are filled with shame and guilt. In fact, it is not unusual for the woman to feel that she has acted in some way that caused her to be abused. Keeping the abuse secret can lead to consequences that can include low self-esteem, high anxiety, nightmares, startle reactions, depression and can even contribute to panic attacks and eating disorders. Vulnerability to heightened reactions to subsequent traumatic events such as earthquakes can also be an aftereffect. Efficacious treatment of the various abuses of women does exist and when women can obtain that treatment, prognosis is good for them and ultimately for their families. In this workshop we will discuss the special experiences of trauma to which women can be subjected, the effects of the trauma and successful treatment. Special attention will be given to the role of the culture in the existence of the abuses themselves as well as what can constitute effective treatment and recovery.

B: Workshop in the morning / C: Workshop in the afternoon

■ **B-1: Creating a Psychological Toolbox**

Judith Davis, Ph.D. (Performance Development Associates)

9:30-11:30

Language: English (Japanese translation available)

✂This workshop is specifically designed for the staff of Miyagi Gakuin Women's University.

Research on resilience is very consistent. It demonstrates that people can learn various psychological "tools" to increase their own resiliency. In this interactive workshop, participants will learn about common responses to disaster and how the mind attempts to deal with trauma. We will use poetry, guided imagery and story making to experience how art can help us heal.

■ **B-2: Post-Disaster Healing through Psychodynamic Therapy and Yoga**

Morton Kissen, Ph.D. (Derner Institute of Advanced Psychological Studies, Adelphi University)

9:30-11:30

Language: English (Japanese translation available)

Participant: Citizen and Professional

As a psychoanalyst, I have always believed that traumatic experiences need to be mourned for effective healing to occur. Having experienced the healing powers of yoga following the death of my daughter, I have become convinced that two different aspects of healing occur through the combined effects of psychoanalysis and yoga. One involves the memory process which for me has occurred through a repeated exposure to photographs and their associated remembrances of past experiences with my daughter. The other has involved a postural focus upon my body and breath in a highly mindful, self-compassionate and here-and-now fashion with very little memory.

This workshop will have both a didactic and experiential focus. The emphasis will be on a melding of psychoanalytic and yoga conceptions and techniques to heighten the effectiveness of healing from traumatic losses. After an initial presentation of a psychoanalytic approach that heightens sensory-motor and bodily awareness, two experiential exercises will be utilized to compare similarities and differences between the psychoanalytic and yoga models. It will be demonstrated and argued that combining the two models is an excellent way of enhancing the healing process.

■ B-3, C-1: Socio-Energetic Training (SET) - A training that will strengthen mental axis-

Yuki Nakamura, Ph.D. (Institute of Psychoanalytic-Systems Psychotherapy)

Yuko Ito, M.A. (Institute of Psychoanalytic-Systems Psychotherapy)

9:30-11:30, 14:30-17:30

Language: Japanese

Participant: Citizen and Professional

Imagine a person who is important for you. In your imagination, are you getting angry or expressing your love to your important person such as father, mother, friends, lover and colleagues? Did you realize that you are having difficulty to offer words especially to your important person since the disaster? It is hard to put our inner feeling into words freely because people think that “I was not damaged compared to others so I cannot talk to someone who was more damaged.” In stressful situation, we tend to focus on other people and surroundings and lose affection and aggression that comes up from our inner world. In this workshop, you can experience a sense of your active psychic function which is to bring out energy of love and anger at your own initiative before receiving response from others. It is a training to strengthen and thicken “mental axis” in order to stay down-to-earth in any circumstances.

■ B-4, C-2, C-3: Story Making Group

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

Maya Nakamura, M.A. (Institute of Psychoanalytic-Systems Psychotherapy)

Toshinori Hanai, M.A. (Institute of Psychoanalytic-Systems Psychotherapy)

Tomoaki Adachi, Ph.D. (Miyagi Gakuin Women's University)

Kazuki Nishiura, Ph.D. (Miyagi Gakuin Women's University)

Judith Davis, Ph.D. (Performance Development Associates)

9:30-11:30, 14:30-17:30

Language: B-4, C-2: Japanese; C-3: English

Participant: Citizen and Professional

Every person has their own story in their hearts. We have our own stories of our lives.

The Story Making Group (abbr: SMG) is a program where you carry out the activity of “story making” by taking the role of a storyteller. Through this activity you will be able to express your own story, your own world and 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 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. Nakamura, Hanai, Adachi and Nishiura will challenge with you as the SMG team. In the afternoon, Dr. Judith Davis will join us for the English version of SMG.

■ B-5, C-4: Support Group for the People of Fukushima

Kazunori Hashimoto, M.A. (Institute of Psychoanalytic-Systems Psychotherapy)

Capacity: 20 people

9:30-11:30, 14:30-17:30

(participation may be for both times as well as once)

Language: Japanese

Participant: people in and from Fukushima

The "Fukushima problem" is ongoing. With the nuclear power problem, although we speak of 'restoration' we are facing the fact that Fukushima's situation cannot return to exactly as it was before the disaster. In the face of this reality, what needs to be faced, regained, and created? For the people who have been directly damaged from the earthquake and tsunami, for the people who were living in the nuclear evacuation zone, for the people who have been evacuated from these areas to somewhere within or outside of Fukushima, for the people living through withstanding many losses and fear of radioactivity, for the people living away but care for and wishing to get involved with their hometown. In the ongoing threats we all suffer from crushing stress causing psychological trauma to pile up. We learned again in the pre-conference, past March, that the basis of prevention and treatment for psychological trauma is to "continue speaking about our experience little by little." A support group with experts of psychological treatment using group, will be implemented for the people living in and who are from Fukushima to gather and to set each of our own "Fukushima" in right in front of us. It is an attempt by using the virtue of sharing our hometown, to let down each of our psychological burden and to picture each of our paths of restoration from before and after the disaster, now and from here on. We look forward to your participation.

■ B-6, C-5: 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.

Masahiro Nishikawa, M.A. (International Christian University)

9:30-11:30, 14:30-17:30

Language: Japanese

Participant: Citizen and Professional

Almost one year and a half has passed since the Great East Japan Earthquake hit last March, and since then we have been facing to devastating aftermath of earthquake, tsunami and nuclear power plant accident and continuing our effort for reconstruction. In this workshop, let us learn the way to express the voice of here and now to whom you would like to deliver your experience and to return to ourselves.

Psychology today teaches us that conversation with close person would be a great help to face ourselves for further self understanding, and each of us could encounter moment of hope as much as we face the reality of here and now. Over 10 years we have been elaborating "Educational dialogue (Kotani, 2000)", a way of a dialogue that people could mature. And now, let us practice 6 basic skills of Educational dialogue based on the movement of Japanese people's mind (Nishikawa, 2012).

Reference

Kotani, H. (2000). *Psycho-educational Program; Educational Dialogue – Challenge by response construction*. Tokyo: Ballpark Corporation.

Nishikawa, M. (2012). *Psychologically Safe Space and Japanese Personality Structure*. In H. Kotani (Ed.) *Psychologically Safe Space; Base of Human Security* (Monograph, Vol. 1) (pp.21-31). Tokyo: Institute of Advanced Studies of Clinical Psychology.

Registration Fee

Congress

Member/Students: JPY 18,000

Non-Member: JPY 21,000

Welcome Party: JPY 5,000

※If you are a Member of IADP, please pay JPY 1,000 for the annual fee.

Early Bird Discount

※If you register before Saturday, July 21th, you will receive 3,000 yen discount.

Disaster Clinical Program (DCP)

Citizens & Professionals in affected area: No Participation Fee

※If professionals in affected area wishes to participate the academic programs other than Disaster Clinical Program, please pay JPY 10,000 for registration fee.

Registration

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

Deadline of the registration is the August 24. After that, please contact the headquarters office.

Headquarters Office

Headquarters Office

Institute of Psychoanalytic-Systems Psychotherapy

IADP Secretary General: Kazunori Hashimoto, M.A.

Address

2-8-9, Komaba, Meguro-ku, Tokyo, Japan

Zip: 153-0041

TEL & FAX: +81-3-6407-8201

Congress Homepage

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

Please see this page for new information updated up to the minute.

Call for Entries of Case Presentation

The headquarters office is pleased to invite presenters for the case presentation scheduled at 10am-12am on the 3rd day of the Congress (maximum of 10 cases). Specifically, cases that go along with the theme of Congress, earthquake, traumatic, PTSD, dissociative disorder cases would be welcomed. We also have invited specialists from abroad, so we encourage and accept English presentation as well. If you are interested, please 1) check the “case presenter application” on the application form from congress HP, or 2) send the application form to the headquarters office with the e-mail address and case presentation section filled out. We will send you the executive summaries for presentation by e-mail.

Preparation of abstract for presentation

Please include the following substances.

- Title of the abstract
- Author(s) and the affiliation(s)
- Case outline (qualitative data, assessment, aims, etc.)
- Case process (Please make it brief with a focus on the point to review.)
- Review point

Please send the abstract to the following address by attaching the abstract stated in the template. We will send the template file to the applicant of presentation. Also we will send the word file password for security lock, please use this password to lock the file before attaching the file and please send to the headquarters office. If there are any unclear points please feel free to contact us.

headquarters office e-mail address: iadp@iadp.info

Deadline of the submission is Saturday the 21th of July 2012.

Notation

The presentation author is required to ensure that all co-authors or co-trainers are aware of the content of the abstract before submission to the IADP. All the presentation and the submissions are accepted on the understanding that the work has been performed with the permission of any relevant ethical or legislative body. Applications will only be accepted under these conditions.

Acceptance of abstract and presentation

Case presentation review board would examine the abstract of presentation and notify the result by Saturday the 28th of July to the presenter. Accepted proposal abstract would be in the executive summaries.

Preparation for the presentation handout

Also the acceptant presenter is required to prepare 1) a verbal script of the first 10 minutes of the latest session and 2) the outline of the whole process of that session by the current day (size of A4). Verbal script reconstructed by memory is also permissible as well as recorded ones.

Access Map

Venue:

Miyagi Gakuin Women's University
9-1-1, Sakuragaoka, Aoba-ku, Sendai City,
Miyagi Prefecture, Japan
(30 minutes by bus from the JR Sendai Station)

※On the first evening, we will have a welcome party for all the participants at nearby hotel. There will be a free bus that will take you from the congress venue to the hotel. On the second and third day of the congress, there will be a free bus service from the congress venue to the Sendai station on each evening.



From the Japan Railway (JR)

Come to Sendai Station by the JR Tohoku Shinkansen Line or other lines. Go to the west exit of Sendai Station and take the Miyagi Kotsu Bus at the bus stop in front of the station. It will take about 30 minutes and fare is 340 yen.

- The west exit Bus station #3: take a bus for “Miyagi-Gakuin Mae” and get off at “Miyagi Gakuin Mae” (the last stop).
- The west exit bus station #2: take a bus for “Miyagi Daigaku/Sendai Hoken Fukushi Senmon Gakko Mae” and get off at “Miyagi Gakuin Mae”(the last stop).

From the Sendai Airport

Come to the JR Sendai station by the “Sendai Airport Line” from the Sendai Airport. It will take about 25minutes, 630 yen.) Go to the Sendai Station west exit, take the Miyagi Kotsu Bus at the bus stop in front of the station. It will take about 30 minutes and fare is 340 yen.

- The west exit Bus station #3: take a bus for “Miyagi-Gakuin Mae” and get off at “Miyagi Gakuin Mae” (the last stop).
- The west exit bus station #2: take a bus for “Miyagi Daigaku/Sendai Hoken Fukushi Senmon Gakko Mae” and get off at “Miyagi Gakuin Mae”(the last stop).

