



INTERNATIONAL MENTAL HEALTH PROFESSIONALS JAPAN

**International Mental Health Professionals Japan  
14th Annual Conference  
6<sup>th</sup> and 7th March 2010  
ASIJ Early Learning Center Roppongi Hills, Tokyo**

**Saturday 6th March**

**Registration:** 9.30- 10.00

10.00: Welcome and opening. **Uta Sonnenberg-Watanabe, IMHPJ Board President**

10.15-11.15: **Morita Therapy presented by Matt Nakakuki.**

Matt's presentation will be in two parts: the first will be about Morita Therapy - the culture bound psychotherapy, created by Morita in the 1930's. In part two Matt will propose a psychoanalytic view of this approach, and then compare Morita Therapy and Psychodynamic Psychotherapy. The concept of mature acceptance and of "normal" or "healthy" masochism in Japanese culture will be discussed.

11.30-12.30: **Grief Recovery presented by Glen Steward**

Glen's session will focus on one of the least acknowledged and least addressed concerns in our society – grief. It is the normal and natural reaction to a variety of losses. Glen will talk about how grief can continue to affect our lives and the lives of those around us adversely. He will discuss strategies to support people through grief.

12.30-1.15: **Lunch**

1.15-2.15: **Gender identity presented by Kim Oswalt.**

The focus of this session will include fundamentals of gender theory, cultural and linguistic obstacles in understanding gender variance, how best to alleviate distress in differently gendered populations, and issues for ethical consideration. The presentation will end with two film clips on Global Transgenderism.

**2.20-3.20: Attention Apps: 10 Mental Downloads for Concentrating when Painfully Bored, Working Hard when Totally Uninterested, and Similar School Necessities No One Ever Taught You presented by Ron Shumsky and Susan Islascox**

**3.30-4.30: Talking about attention led by Scott Smith.** Scott will lead a discussion around attention.

**Evening dinner at Diya 6pm-9pm**

### **Sunday 7<sup>th</sup> March**

**7.30:** Azabu Juban Station. A few stops on the Oedo Line to the Flea Market at Monzen Nakacho. Contact Elizabeth Gillies to join.

**9.00-9.30: Coffee at ASIJ Early Learning Center, Roppongi Hills**

**9.30 -10.15: Website matters presented by Kiyoshi Son.**

**10.20 -11.20: Distance counseling/peer supervision.** Nan Yamada will lead a discussion group on this topic that affects many members.

**11.30 -12 .00: IMHPJ AGM and Elections**

**12.00-1.15:** Lunch and Board Meeting for the new IMHPJ Board.

**1.15-2.15: Jim McRae and invited guests. What works in our practice.** Jim will be the panel host prompting reflection in our work.

**2.20 - 3.20: 21st Century Ethical Issues presented by Gayle Olsen.**

This year our annual ethics session will include topics such as boundaries especially in regard to dual relationships (easy mobility, overlapping social or work environments) and record keeping in regard to portable communication (lap tops, phone with email, etc.).

**3.30 - 4.15: The Child Protection System in Japan presented by Aska Aoshima.**

**4.20 - 5.00: Members matters- open session facilitated by Gayle Olsen and Elizabeth Gillies**

**5.00:** Closing comments **Uta Sonnenberg-Watanabe IMHPJ Board President**

### **Presenters**

**Matt Nakakuki** is the director of Tokyo Psychotherapy Center, which is a private psychiatry practice in Tokyo. He holds the position of Visiting Professor of Psychiatry at University of St Marianna Medical School in Kawasaki. Matt is certified by both Japanese and American Boards of Psychiatry and is a Distinguished Life Fellow of American Psychiatric Association. Matt is a member of IMHPJ.

**Glen Steward** is a Grief Recovery Specialist and has trained and worked with at the Grief Recovery Institute since August 2007. He is also a Domestic Violence Victim Advocate being trained and accredited through the American National Advocate Credentialing Program (NACP)

Glen runs an outreach programme to guide those who wish to resolve their loss issues and move beyond their grief to a richer quality of life. New actions, which lead to completion of the pain attached to a recent or previous loss, are explored.

**M. Kim Oswalt**, MA/LPC, a psychotherapist in private practice in Tokyo and Karuizawa, specializes in gender identity/sexual orientation, grief/loss, life transition and anxiety in performance. She is also a clinical supervisor with Danya International and offers supervision services to mental health professionals in Japan, Australia and the U.S.

Oswalt studied Contemplative Psychology at the Naropa Institute in Boulder, Colorado and interned at the University of Colorado, Multicultural Psychological Services. She has organized gender support groups in the US and Japan since 1998. In addition to leading workshops on multicultural psychology, she has been featured in WE magazine, the Kyoto Journal and Outdoor Japan. Kim is a member of IMHPJ.

**Ron Shumsky** is a clinical psychologist and child neuropsychologist, with specialization in child development and learning with special specialization in attention. Ron is a member of IMHPJ.

**Susan Islascox** is a learning support teacher at American School in Japan. Much of her work involves getting adolescents focused, motivated and organized for school work, not an easy job.

**Scott Smith** LCSW is a U.S.-licensed psychotherapist in private practice in Tokyo. He has worked as a counselor at one of Tokyo's

international schools, as a staff therapist at a school for emotionally disturbed children in California, and as a family therapist doing intensive, in-home work with families in crisis. He has an abiding interest in problems of "attention" and "volition" as well as in all the behavioral, social and emotional issues that so often accompany these problems.