



IMHPJ 16th Annual Conference 2012

Sat March 10th - Sun 11th 2012

Hakone Palace Hotel

All mental health professionals in Japan, both members and non-members, are invited to attend the 16th Annual Conference to be held in the tranquil setting of the Hakone Palace Hotel.

Saturday	12.30pm – 4.30pm	Presentations and Networking
	4.30pm – 7pm	IMHPJ Annual General Meeting
	7.30pm	Dinner
Sunday	9.30 – 6pm	Presentations and Networking

The IMHPJ Conference contributes to our goal to create and maintain a high level of professionalism and accountability, and to provide networking and continuing education for mental health professionals in Japan from a variety of disciplines to increase the quality and access to mental health services in Japan.

**This year an excellent range of presentations in English are on offer by both members and invited speakers. Please see below for the full programme and booking form.
We look forward to seeing you in March.**



IMHPJ 15th Annual Conference 2012

Conference Schedule

Saturday, March 10th

Registration begins from 12:00 noon

12:45 – 1:00 pm

Welcome and Introductions from Scott Smith, President of the Board of IMHPJ.

Presentations

1:00 – 2:00 pm

TELL's Response to the March 2011 Disaster- PFA training of NGOs and Welfare Organizations presented by Linda Semlitz and Maiko Sato.

TELL responded in five ways to the disaster including insuring the Life Line operated without interruption, enhancing web material and making coping after a disaster information available in 17 languages, interfacing and training local community organizations, schools, and corporations, and by training 20 NGO in the affected area using a technique called Psychological First Aid. Our initial data will be presented as well as planned next steps in providing humanitarian mental health disaster support.

2:10 – 3:10 pm

The Japanese National Licensure System for Clinical Psychologists presented by Teri Nakamoto

This presentation will discuss the current certificate system for Clinical Psychologists and the planned national licensure system.

3.20- 4.20

Introduction to Rational Emotive Behavior Therapy presented by Toshiko Watanabe

1. Brief history of REBT
2. Main concept (target of irrational belief, 4 types of iB, and standard approach to the problem)
3. Self-help sheet
4. Q and A

4:30 – 6:00 pm Annual General Meeting

6:15 – 6:45 pm

Ethics presentation by Reggie Pawle

7:30 pm Dinner and Social Event / Free Time / Onsen / Drinking etc.

Sunday, March 11th

7:30 – 9:30 am

Breakfast

8.30- 9.15

Bird Bingo led by Jim McRae

Sharpen your observation skills, expand your awareness of and connection to the world around you, exercise your visual acuity (and legs), let your natural OCD attention to detail have a play-date, and enjoy the songs of the wild (avian partition) by joining us for a birding walk. Prizes will be given to anyone achieving a "bingo" on the bird id pages provided. Bring binoculars (and Bird Field Guides) if you have them. A special prize (to be determined) for anyone seeing the national bird of Japan...

Presentations

9.30 – 10.30

The use of Meditation in Clinical Practice and Supervision presented by Kim Oswald.

10.40 – 11.40

Current issues around people returning to work after sick leave in the Japanese workplace by Akiko Yagi

Due to massive change in social climate, mental health has become one of the most spoken about topics in Japanese society. On the other hand, people still struggle to find effective ways to deal with it, especially at work. This workshop will focus on current issues around people returning to work after sick leave, including how to assist the employees as well as the managers.

11.50 – 12.50

Introduction to the Client-Centered Systemic Approach by Shin-Ichi Nakamura

This workshop will introduce the Japan Family Therapy Association and the Client-Centered Systemic Approach, with a focus on case studies.

12.45 – 1.00

IMHPJ Elections

1.00 – 2.00

Lunch

2:10 - 3.10

Daoism in Psychotherapy presented by Reggie Pawle

3.20- 4.20

Opening a Clinical Psychology Consultation in a Developing Country presented by Nicolas Bosc.

4.30- 5.30

Conflict resolution in international couples: Encounter of collectivism and individualism presented by Kayoko Hayashi.

The author will present her dissertation, which explored how international couples resolve relationship conflicts when they hold different values and conflict resolution strategies. The results of the study revealed some of the complex and challenging nature of international relationships. Furthermore, the study identified couples' conflict resolution styles that either promote or impair intimacy. Implications for marital counseling as well as recommendations for future research will also be presented.

5.40 – 5.50

End of Conference Wrap- up by facilitated by Adam Bates

5.50

Closing – Scott Smith

Presenters:

Nicolas Bosc is a French Clinical Psychologist specializing in Individual Psychology, Couples Therapy and Family Therapy. He has previously worked clinically in both Vietnam and Cambodia.

Kayoko Hayashi is a clinical psychologist who is trained and licensed in the U.S. She has a private practice in Tokyo, and she works with adults and adolescents in individual therapy, group therapy, couple therapy, and psychological assessment. She is also a clinician at Advantage Risk Management where she works with working professionals to advocate their psychological well-being. She is a clinical member of IMHPJ.

Jim McRae has over 45 years of occasional birding on 6 continents to his "credit." Usually seen with binoculars raised to his face, while also holding a bird field guide and frantically thumbing through the pages looking for possible matches as the bird flies away... Unless ready to hear story after story about birds-you've-never-heard-of (and probably don't care about), avoid asking him what he's seen recently... Like all birders, gets unduly excited about new birds to add to his list...

Teri Nakamoto is a Clinical Psychologist who trained in the US and returned to Japan in 2009. She works at CSPP / Alliant International University as an Instructor. She does counseling at Shonan Kinen Byoin in Kamakura City primarily for cancer patients and their families. She also has a private practice in Yokohama City.

Shin-Ichi Nakamura is a Japanese psychiatrist who specializes in Family Therapy. He is the Director of the Nakamura Psychotherapy Institute, a member of the American Family Therapy Academy (Leader of International Family Therapy Group), the Japanese Association of Clinical Psychology (Board Member 2003-2007), and the President of the Japan Association of Family Therapy. He has worked as a Visiting Lecturer at Tokyo University and has published books on Family Therapy.

M. Kim Oswalt is a licensed psychotherapist in private practice in Tokyo and Karuizawa, specializing in contemplative psychology. She is also a clinical supervisor with Danya International and offers supervision services to mental health professionals in Japan, Australia and the U.S. Kim is an IMHPJ member and is currently undertaking doctoral research on humor and creativity at the California Institute of Integral Studies (CIIS).

Reggie Pawle is a licensed USA marriage and family therapist with a doctorate in East-West Psychology. He has been IMHPJ President and is currently a board member. He is in private practice in Kyoto and Osaka and teaches cross-cultural psychology at Kansai Gaidai University, Hirakata. He is the author of several articles and two book chapters on various cross-cultural psychology issues. His particular interest is psychological studies and psychotherapy applications of yoga, Daoism, and Buddhism.

Maiko Sato is the TELL Disaster team coordinator. Maiko was born as a Japanese-Palestinian and grew up in Japan and Jerusalem. She had always been interested in the cultural influence on individual's psychology and identity issues. She graduated from Columbia university with a BA in psychology. Before coming to TELL, she was working in Pakistan as a flood relief coordinator to provide educational support for children who lost their schools by flood. She speaks English, Japanese and Arabic.

Linda Semlitz is the Clinical Director of TELL and a member of IMHPJ. She is an American trained Psychiatrist with board certification in both Child and Adolescent Psychiatry as well as General Psychiatry. She completed her undergraduate education at Brown University in 1975 and received her medical degree from Brown University in 1978. Dr. Semlitz completed her Psychiatry training at the Cornell University, New York Hospital Westchester division and her Child and Adolescent Psychiatry training at New York State Psychiatric Institute of Columbia University. Dr. Semlitz has previously practiced psychiatry for over 25 years in the United States, Hong Kong and Singapore and has had academic appointments at Columbia University, Oregon Health Sciences University, Chinese University of Hong Kong, and National University of Hong Kong. More recently she was the Medical Director of Merck, Sharpe and Dohme in Hong Kong and Director of Medical and Scientific Affairs at Banyu, a division of Merck in Japan. She has particular interest in multidisciplinary diagnosis and treatment of ADHD, anxiety and depression, as well as cross cultural mental health, and community mental health.

Toshiko Watanbe is Clinical Psychologist in California and licensed Pharmacist in Japan. She is working as a clinical supervisor and Associate Professor at Alliant International University. She is a member of IMHPJ and has been a Board member in previous years.

Akiko Yagi is a licensed clinical social worker in California, US. She is an Associate Professor at Tokyo Gakugei University and an Adjunct Instructor at CSPP/Alliant International University. She also works as a vocational adviser at JHC Itabashi, Tokyo, for people with disability. Her specialty is Employee Assistance Programs and ethics among helping professionals.

INTERNATIONAL MENTAL HEALTH PROFESSIONALS in JAPAN



16th Annual Conference
10th and 11th March 2012

The Palace Hotel, Hakone

CONFERENCE REGISTRATION

CONFERENCE FEES:	Before February 20th	February	After February 20th or at the Conference
Members: Both Days	8000 Yen		10000 Yen
Members: Single Day	5000 Yen		6000 Yen
Non-Members: Both days	9000 Yen		11000 Yen
Non-Members: Single day	6000 Yen		7000 Yen

This year the conference will be held at The Palace Hotel in Hakone. The hotel is well placed for enjoying the countryside and ease of access from Tokyo.

<http://hakone.palacehotel.co.jp/english/>

Accommodation

Accommodation is either in a single room or twin-bedded room. Spouses / partners etc. are very welcome! The accommodation fee includes room, dinner on the 10th March and breakfast on 11th March. (Unfortunately lunch on the 11th is not included.)

Please indicate:

Single room and meals 22,000 Yen	Twin-bed, sharing with another person and meals 20,000
Lunch on 11 th (not included in accommodation)	2,400
Coffee (Very sorry about this one. We have 3 coffee breaks, but only 1 is included in the normal package. They've given us 1 for free, but we still have to pay for the 3 rd ...)	462

If you are staying for one day, the meal costs are:

Dinner on 10 th	5,000
Breakfast on 11 th	2,000
Lunch on 11 th	2,400

Transportation

There are buses every half hour between The Palace Hotel and Shinjuku Station. Buses to Hakone, from Shinjuku Bus Station are on the hour and half hour, starting from 6.30 am. The travel time is about 2 hours.

Returning to Shinjuku the buses are 2 minutes past the hour and 32 minutes past the hour.

There is a bus stop outside The Palace Hotel called Palace Hotel Hakone Mae.

For the bus timetables, please see the following. (I've only been able to find them in Japanese so far.)

http://www.odakyu-hakonehighway.co.jp/route/pdf/time_down.pdf

http://www.odakyu-hakonehighway.co.jp/route/pdf/time_up.pdf

The cost is 1,950 Yen one way and 3,510 Yen return, and tickets can be reserved at 03-3427-3160 in Japanese or 03-5321-7887 in English from one month prior to travel.

There's also an English PDF for the buses at:

<http://www.odakyu-hakonehighway.co.jp/common/pdf/english.pdf>

For hotel access, please see:

<http://hakone.palacehotel.co.jp/english/access/index.html>

If you're interested in attending, please contact me by February 15th if possible, because I need to let the hotel have the numbers.

Please fill out the information below (next page) and send to:

Adam Bates, IMHPJ Conference Coordinator,

suzush111@yahoo.co.uk

Registration form for 15th IMHPJ Conference- Hakone

1. Name:
2. Address:
3. E-mail Address:
4. Telephone Number:
5. IMHPJ member? Please indicate: YES NO
6. Will you attend on both days or one day? ONE TWO
7. If only one day, please indicate: SATURDAY SUNDAY
8. Accommodation Please choose: Single Twin
9. If only one day, please indicate any meals required
Dinner on 10th Breakfast on 11th Lunch on 11th
10. Amount due for your conference registration:
Conference Fee _____
Accommodation _____
Meals _____

Total Amount _____ **yen**

Please make payment to the IMHPJ Post Office account:
Account Number: 14460 2305041
アイエムエイチピージェー(IMHPJ written in katakana).

We are looking forward to seeing you in March.

Adam Bates,
IMHPJ 16th Annual Conference Coordinator
suzush111@yahoo.co.uk