What is IMHPJ?

IMHPJ is a Japan-wide, multidisciplinary professional association for those who provide mental health services to the international communities in Japan. IMHPJ is a professional organization and is not a licensing body. Founded in 1997, IMHPJ's goals are to improve the quality, quantity, and accessibility of mental health services available to the international communities in Japan by:

- Maintaining an up-to-date database of professional therapists.
- providing a forum for discussing and making coordinated joint efforts related to important issues or events.
- encouraging a high standard of ethical and professional performance for mental health professionals.
- providing opportunities for continuing education for members.
- facilitating peer support and networking among members and with related Japanese mental health organizations.

Why is IMHPJ a Useful Resource?

Finding a Mental Health Professional in Japan can be a challenge and may need to be done at a time of crisis. Firstly you will need to know, “Are there any mental health professionals in my area who speak my language and understand my culture?". Many "counseling" services aimed at the international communities offer practical information about daily life and legal matters, but few offer assistance for emotional distress, marital conflicts, depression, addictions or psychiatric problems. Questions like “Which person can best help me?” and “How do I know who is qualified?” are important and ones which this organization and its website aims to assist with. In addition, for those living in the Kanto and Kansai areas, a choice of counselors can be made, based on a variety of information such as, area of specialty, services offered, language and location. For those outside of Kansai and Kanto it should be noted that many therapist offer phone counseling.

Who are IMHPJ Members?

- IMHPJ members are in one of two categories. All IMHPJ **Clinical Members** are trained mental health professionals who have achieved a high standard of professional competence in their chosen fields demonstrated by, (a) holding a Master's degree or higher, or equivalent professional training in a field of clinical mental health and (b) having completed at least 250 hours of direct clinical supervision. **Associate Members** are Master's Degree graduates not yet eligible for Clinical Membership or paraprofessionals, graduate and undergraduate students, social service volunteers and others who have interest and involvement in mental health and related fields of clinical practice.

-IMHPJ is a **multidisciplinary** professional association. Currently our members include Psychiatrists, Clinical Psychologists, Clinical/Social Workers, Educational Psychologists, Clinical Professional Counselors, Child Psychologists, Family Therapists and Psychotherapists.

-Our members **workplaces** are varied –they are located in Private Practice, Universities, Counseling Agencies (TELL/TCCS in Tokyo and ICC in Kobe), Psychotherapy Centers, International Schools, Psychiatric Hospitals and EAP Agencies.

-Our members come from a wide range of **countries** including America, UK, Australia, Germany, Poland, The Netherlands and Japan and speak a range of **languages** including English, Japanese, Polish, Dutch, German, French and Spanish.

-Our organization is **Japan-wide** –Members currently are based in 8 prefectures-Tokyo, Osaka, Hyogo, Kagawa, Saitama, Shiga, Kyoto and Nagano with contacts in other areas of Japan.

IMHPJ Code of Ethics

All Clinical and Associate Members must sign and abide by the **IMHPJ Code of Ethics**. As well as outlining the rules of ethical behavior, the IMHPJ Code of Ethics also provides a method for clients to lodge complaints of unethical treatment. It is not enough to provide therapy to clients. We must also assure, to the best of our ability that all therapy is provided in a safe and ethical manner.

IMHPJ Professional Activities and Conferences

IMHPJ has hosted 7 highly successful annual professional conferences to date and will host another in Kyoto in February 2004 . These conferences are held in English or are translated from Japanese if necessary.

"Connections", Kobe, April 13th, 1997.

"West Meets East", Saitama, Tokyo, May 23rd-24th, 1998.

"A Different Lens: Perspectives on Therapy in Asia", Kyoto April 2nd, 3rd and 4th, 1999. Mental Health professionals from 9 countries attended this 3 day event. A joint conference held with the 6th Counseling the International Community in Asia (CICA) Conference.

"Many Cultures Many Minds", Saitama, Tokyo. May 20th-21st, 2000.

"Celebrating Community-Sharing Wisdom", Tokyo, April 20-22nd, 2001.

"The Magic of Healing of Psychotherapy", Arashiyama, Kyoto, May 25th-26th, 2002.

"What's Going on in our Community?", Tokyo April 5th-6th 2003

"Psychotherapy East and West", Kyoto Feb 14th-15th 2004

"Cross Cultural Connection 2005", Hakone April 2nd -3rd 2005

IMHPJ Kanto and Kansai branches also host a range of professional development activities. See website for more information.

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