



# INTERNATIONAL MENTAL HEALTH PROFESSIONALS in JAPAN 23<sup>rd</sup> Annual Conference

March 22<sup>nd</sup> – 24<sup>th</sup>, 2019  
2F Wesley Center, Omotesando, Tokyo  
<https://goo.gl/maps/jzg2owgbnmC2>

**Conference Theme: Resilience in our healing community here and practitioner self-care.**

## CONFERENCE REGISTRATION

This year the conference will be held at the Wesley Center in Tokyo. The facility is conveniently located in Omotesando with many restaurants in the surrounding area. Please note that attendance fee includes participation at the IMHPJ 2019 Conference Welcome Dinner March 22<sup>nd</sup> (Venue/ Time TBC).

For more information about IMHPJ: [www.imhjp.org](http://www.imhjp.org)

For the location: <https://wesley.or.jp/english/facilities/index.html>

**To register please fill out the Google Form:**

<https://goo.gl/forms/3UMaUaBAgUuLml8o2>

**Please direct questions about resignation to:** Matt Thomas, IMHPJ Outreach Coordinator:  
[imhjp.outreach@gmail.com](mailto:imhjp.outreach@gmail.com)

Attendance type	Fee
Members: Full Schedule	20,000 yen
Non-Members: Full Schedule	25,000 yen
Students: Full Schedule	15,000 yen

**There will be a 5,000-yen early bird discount applied to all bookings made before March 10<sup>th</sup>. 15,000 yen for IMHPJ members and 20,000 yen for IMHPJ non-members.**  
Become a member: <https://www.imhjp.org/become-a-member.html>

Payment Information:

A. From Post Office (aka Yucho Bank):

Symbol (記号) : 10260

Number (番号) : [94737711](#)

Name: アイエムエイチピージェー

(IMHPJ in Katakana or Romaji)

B. From Other Banks:

Branch Name (店名) : 〇二八 (028, Zero-Ni-Hachi)

Branch Number (店番) : 028

Account type (預金種目) : Futsuu Yokin (普通預金)

Account # (口座番号) : [9473771](#)

Name: アイエムエイチピージェー

(IMHPJ in Katakana or Romaji)

# IMHPJ 23<sup>rd</sup> Annual Conference 2019 Conference Schedule

<b>Friday 22<sup>nd</sup> March</b>	
<b>13:00 – 13:30</b>	Registration
<b>14:00 – 14:30</b>	IMHPJ Welcome Address
<b>14:30 – 16:30</b>	Keynote Presentation: “The somatic approach to trauma therapy and therapist resilience,” by Andrew Parkinson
<b>16:30 – 17:30</b>	Coffee break
<b>18:00 – 20:00</b>	Welcome Dinner
<b>Saturday 23<sup>rd</sup> March</b>	
<b>9:00 – 10:30</b>	“Revisiting Some Key Concepts and Theories for a Better Understanding of Japanese Psychology and Culture” by Yuko Kawanishi
<b>10:30 – 10:45</b>	Coffee break
<b>10:45 – 12:00</b>	“The Nurtured Heart Approach” by Reiko Yamamoto
<b>12:00 – 13:30</b>	Lunch
<b>14:00 – 17:00</b>	Therapist Resilience and the Somatic Approach” Workshop by Andrew Parkinson
<b>18:30 – 20:30</b>	Optional Social Event
<b>Sunday 24<sup>th</sup> March</b>	
<b>9:00-11:00</b>	Improv Workshop
<b>11:00-11:15</b>	Coffee Break
<b>11:15-12:00</b>	Forum Introduction: Going Past Survival (Facilitator: Ralph B. Mora)
<b>12:00 – 13:30</b>	Lunch
<b>13:30-15:30</b>	Forum
<b>15:30 – 16:30</b>	IMHPJ AGM

## **Workshop and Presentation Overviews:**

### **Friday Keynote:**

#### **Andrew Parkinson: “Therapist Resilience: Integrating Principles from Somatic Approaches to Trauma Therapy”**

In this talk Andrew will share key concepts from NLP and the somatic approach to trauma therapy that are relevant to maintaining resilience as a therapist. The keynote will also serve to set up the experiential workshop which will follow on Saturday.

### **Saturday Morning Presentations:**

#### **Yuko Kawanishi: "Revisiting Some Key Concepts and Theories for a Better Understanding of Japanese Psychology and Culture."**

In this presentation Ms. Kawanishi will introduce some classical concepts and theories that have been considered crucial in understanding Japanese human relationships, as well as how they emerged and were discussed by academic and clinical circles. She will also touch on the changing social psychology of new generations in Japan, including psychological issues of young people today.

#### **Reiko Yamamoto: “The Nurtured Heart Approach.”**

This workshop will allow participants to understand the basic principles of the Nurthred Heart Approach (NHA), and learn techniques which can be used in daily life. Participants will engage in activities and exercises and watch real life videos of NHA applications.

### **Saturday Afternoon Workshop:**

#### **Andrew Parkinson: “The Resilient Therapist”**

In this experiential workshop we will be discovering and exploring participants’ individual 'Resilient Therapist State' through activities including live demonstrations and dyad practice.

### **Sunday Morning Workshop:**

#### **Facing the Present Moment: Improvisation Games for Resilience**

Improvisation is often thought of as requiring quick thinking, an exercise in mental agility. However, the truth is that such spontaneous reactions, whether used to delight an audience or solve life challenges, are founded on self-knowledge and a deep acceptance of who one is at that particular moment in time. This means managing personal strengths and also weaknesses, allowing space for the parts of oneself both comfortable and uncomfortable. Learning to improvise is a process of becoming more resilient internally, and of better understanding and addressing one’s individual needs while remaining present with others. This workshop will explore simple and enjoyable exercises that demonstrate the effectiveness of improvisation in self-development and -care.

## **Sunday Forum: “Going Past Survival”**

Overview: Members of IMHPJ know firsthand that working in Japan brings unique challenges. In addressing the membership’s need for practical ways of dealing with common issues, we will conduct a forum during this year’s conference that will include three initial groups based on the types of jobs we’re primarily engaged in (contractors, employees, private practice). Each group will address the issues and concerns of its participants, and group discussions will be reported to a general panel forum made up of representatives chosen by each group. Here, the entire conference will work together to identify the central issues and concerns impacting us mental health professionals in Japan.

### **Anticipated Schedule:**

*Overview (30 minutes)*

*Group Discussion (60 minutes)*

*Break*

*Forum (60 minutes)*

## **Presenter Information:**

### **Main Presenter: Andrew Parkinson**

Mr. Parkinson is a Counsellor, Coach, Therapist and NLP Trainer. He is the Co-author & trainer of a 3-Day Coaching Fundamentals course. Andrew ran a private counselling practice in Hong Kong for 10 years and additionally led the Counselling and Wellbeing team at an International school in Hong Kong for several years before moving to Japan recently.

Andrew's training and qualifications include Master of Counselling, Somatic Experiencing Practitioner (Trauma Therapy), Neuro Linguistic Programming (NLP) Trainer, Acceptance and Commitment Therapy (ACT), Cognitive Behaviour Therapy (CBT), and Ericksonian Hypnotherapy.

### **Saturday Morning Presenters:**

#### **Ms. Reiko Yamamoto, LCSW**

Ms. Yamamoto is a graduate of Columbia University’s School of Social Work and then went on to get training in psychoanalysis at the Postgraduate Center for Mental Health in New York City. Since 2003, she has been in private practice in Shizuoka. Her clinical work focuses on NHA, the Nurtured Heart Approach, developed by Howard Glasser. Ms. Yamamoto has provided many public lectures, seminars and workshops, and recently authored a book entitled: *Communicating using upside down energy: Creating greatness by NHA*

**Ms. Yuko Kawanishi, PhD, LMSW**

Yuko Kawanishi is both a Sociologist and a Licensed Social Worker. She has worked with young adults, middle-aged, and older individuals with cross-cultural adjustment problems, stress, depression, anxiety, family and relationship issues and has also contributed to mental health as college faculty for international programs, Dr. Kawanishi has provided many public lectures and has authored a number of books including: *Families Coping with Mental Illness: Stories from the U.S. and Japan* and *Mental Health Challenges Facing Contemporary Japanese Society: The Lonely People*.

**Forum Facilitator: Mr. Ralph B. Mora, PHD, MS, CAIA**

Dr. Mora is a clinical psychologist and also serves as Vice President of IMHPJ. He is semi-retired and has almost 40 years of clinical experience twenty years of which has been in working for the Department of Defense at bases across three continents. He previously served as a Forensic Psychologist, a Child Clinical specialist and a Trauma specialist. He has taught at a number of undergraduate and graduate colleges and universities and has written and published articles in psychology, international affairs and national security strategy. Dr. Mora is currently working on a book on resilience titled "Live, Laugh and Love".