

第30回日本森田療法学会  
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## *Conference Chair's Message*

### *About Hosting the 30<sup>th</sup> Annual Conference of the Japanese Society for Morita Therapy*

It is with great pleasure that I announce the 30<sup>th</sup> Annual Conference of the Japanese Society for Morita Therapy to be held at the University of Tokyo (Hongō Campus), a three-day program from November 16<sup>th</sup> to 18<sup>th</sup>, 2012.

Morita therapy was developed by the late Dr. Shōma Morita around 1919 and is considered Japan's original psychotherapy. Its application has gone beyond the traditional medical domain of psychiatry to clinical practices in community mental health and educational settings. Today, the development of cognitive-behavioural therapies is being marked by further recognition of the relationship between that and Morita therapy. Therefore, we have decided to call this year's conference theme the *Interaction between and Advancements in Morita Therapy and Cognitive-Behavioural Therapies: From a Comparative Cultural Viewpoint*.

The organizing committee has been working hard to develop a rich and exciting conference program to mark the 30<sup>th</sup> anniversary of this annual conference, and is expecting to attract over 800 participants. The University of Tokyo, of which Dr. Morita (1874-1938) was an alumnus, has been chosen as the venue for this landmark conference. The main conference events site is the Yasuda Auditorium; it is physically and symbolically the University's central structure to represent the latest research and intellectual advancements. It has served historically as the centre of scholarly activities in Japan. As such, we sincerely hope that this conference will inspire the participants, generate new knowledge, and orient us to the horizon of Japanese psychotherapies through integrating Morita therapy, which has a 100-year old history and tradition, and cognitive-behavioural therapies developed more recently in the West.

We firmly believe that through the guest lectures, special lectures, and symposia, we can multi-dimensionally explore the interaction and development between Morita therapy and cognitive-behavioural therapies. It is hoped that this conference will be able to offer a full-view of where we are now and where our future tasks lie. This will be achieved by placing "the latest in the traditional" and "the traditional in the latest" as the vertical axis, and by exploring interaction between Japanese and Western cultures as the horizontal axis. Further as the third

dimension, depth will be added to the conference through delegates' and presenters' active participation and interactive dialogues.

We have observed increased public interest in psychotherapies, such as Morita therapy and cognitive behavioural therapies, and their treatment effectiveness in this era of the prominence of mental illnesses as one of the five major human ailments. With this trend in mind, the 30<sup>th</sup> annual Morita therapy conference may become not only a memorial event to recognize what has been accomplished ("so-far" of Morita therapy), but also an important year to envision what will be emerging ("from-now" of Morita therapy). The new horizon of Morita therapy will reveal itself in 2012 from here at the Yasuda Auditorium.

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