This 2-day seminar will be taught by two internationally prominent and certified Morita therapy instructors, Dr. Kei Nakamura from Japan and Dr. Ishu Ishiyama from Canada. Participants will learn the basics of Morita therapy, its treatment principles and residential, outpatient, and counselling methods, and Morita-based modified clinical applications. Selected intervention methods and applied techniques will be discussed through didactic and experiential activities in a small group format. Additional discussion topics include: original and modified inpatient Morita therapy, Zen Buddhism, diagnosis and client selection, clinical cases, Morita-based treatment of depression, comparisons to modern Western approaches, psychotherapy and psychiatry in Japan, “meta-affect” model, career counselling, and meaning life therapy. Day 1 will cover the fundamentals. (Seminar hours approved for Morita therapist certification credits by the Japanese Society for Morita Therapy.)

WHO WILL BENEFIT? This seminar is for mental health practitioners (e.g., psychologists, counsellors, and clinical trainees), social workers, educators, group facilitators, and graduate students in helping fields.

WHEN AND WHERE? Aug. 3 (Fri.) & 4 (Sat.): 8.30am – 4.30pm (light lunch provided on both days), in Large Classroom, Carey Centre on UBC Campus (address: 5920 Iona Drive, Vancouver, British Columbia V6T 1J6; Centre: Tel 604-224-4308, info@carey-edu.ca). Low cost accommodation also available at Carey Centre.

REGISTRATION. Professionals: $195 CAD/USD ($150 for students); Day 1 only: $115 ($85 for students). Printed materials, lunch, and snacks included. Please contact Registration Coordinator for the Vancouver Seminar 2012 at: contact@moritatherapy.org to register for this seminar in advance. (Limited enrolment.)

WHAT IS MORITA THERAPY? Morita therapy is a Japanese psychotherapy system, developed by a psychiatrist Dr. Shoma Morita (1874-1938) around 1920. It has been described as “Asian existential therapy,” “Zen therapy,” “silent therapy,” and “present-centered doing therapy.” It is for treating “shinkeishitsu” or the nervous trait syndrome (e.g., anxiety-related and obsessive disorders, perfectionism, behavioural avoidance, and psychosomatic problems) in residential and outpatient contexts. Its intervention focus is on stopping a vicious cycle of futile self-preoccupations and symptom aggravation, by releasing clients’ trapped awareness and energy toward constructive action and the realization of the fluid experiential self (“as-is” self). Morita therapy has been adapted as a complementary approach to treating various emotional and psychosomatic problems (e.g., depression, obsessive-compulsion, personality and eating disorders, schizophrenia), as well as for supporting trauma victims and cancer patients coping with the fear of death and existential issues.

( Photo of Dr. Shoma Morita, 1874-1938, Prof. of Psychiatry, Jikei Univ.)

SEMINAR INSTRUCTORS:
- Dr. Kei Nakamura, Professor of Psychiatry, Jikei University School of Medicine, President of the Japanese Society for Morita Therapy
- Dr. Ishu Ishiyama, Associate Professor of Counselling Psychology, Associate Member of Dept. of Psychiatry, at University of British Columbia