



2012 Morita Therapy International Seminar Announcement *International Course on Morita Therapy: 2012 Vancouver Seminar*

Introduction to Morita Therapy and Counselling Applications

August 3 (Fri.) and 4 (Sat.), 2012
At University of British Columbia, Vancouver, Canada

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 Meaningful 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 and trainees (e.g., psychologists, counsellors, clinical staff), 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, and schizophrenia), supporting trauma victims, and helping cancer patients faced with existential issues, as well as facilitating personal development in a unique Eastern way.



*Dr. Shoma Morita,
1874-1938, Professor of Psychiatry,
Jikei University School of Medicine*

SEMINAR INSTRUCTORS:

■ **Dr. Kei Nakamura**, Professor of Psychiatry, Jikei University School of Medicine, Board Chair for Japanese Society for Morita Therapy, Director of Morita Therapy Center at Jikei Univ. Daisan Hospital Psychiatry Dept.

■ **Dr. Ishu Ishiyama**, Associate Professor of Counselling Psychology and Associate Member of Dept. of Psychiatry, at University of British Columbia, Secretary General for the International Committee for Morita Therapy