Lessons from Japanese Psychology

October 23, 2008
The Psychology of Action and Attention: Exploring the Principles and Strategies of Morita Therapy

October 24, 2008
Naikan Therapy from Japan: The Role of Gratitude, Attention and Self-Reflection in Mental Health

Who Should Participate
These workshops will benefit psychologists, social workers and other interested mental health professionals.

Directions
Catawba Valley Behavioral Healthcare
3050 11th Ave. Dr. SE, Hickory, NC 28602
Take I-40 Exit 128, Fairgrove Church Road. If coming from the east (Statesville), turn right at the exit light. If coming from the west (Asheville/Morganton) turn left at the exit light, onto Fairgrove Church Road. At the second light (about 1 1/4 miles) turn left onto 11th Ave. Dr. SE. Proceed past the Catawba Valley Medical Center Emergency Department on your right. The next facility on the right is Catawba County Public Health. Catawba Valley Behavioral Healthcare is the next facility on the right. Turn right – the workshop location is in the building on the left, and parking is on the right.

Faculty
Gregg Krech is one of the leading authorities on Japanese Psychology in North America and is the founding Director of the ToDo Institute, a non-profit Educational Center for Purposeful Living in Vermont.

He is the author of the award-winning book: Naikan: Gratitude, Grace & the Japanese Art of Self-Reflection (Stone Bridge Press, 2002) and the editor of Thirty Thousand Days: A Journal for Purposeful Living. He has pioneered the application of Naikan and Morita therapy in the areas of hospice, living fully with illness, and parenting.

Through his books, distance learning courses and residential retreats Gregg has introduced thousands of people to an approach to life that emphasizes character development over symptom reduction, and continues to point people towards doing something meaningful with their life in spite of their limitations and problems.

Credits
Each workshop provides the following credits:
• 6.0 Contact Hours from Northwest AHEC
• 0.6 CEUs from Wake Forest University School of Medicine
This program will provide 6.0 contact hours (Category A) continuing education for psychologists.
• 6.0 NBCC Contact Hours (Provider #5465) Northwest AHEC is recognized by the National Board of Certified Counselors and abides by the NBCC Continuing Education Guidelines.
• Application has been submitted for 6.0 contact hours of Substance Abuse General Skill Building credit from the North Carolina Substance Abuse Professional Practice Board.
The Psychology of Action and Attention: Exploring the Principles and Strategies of Morita Therapy

October 23, 9:00am - 4:30pm
Catawba Valley Behavioral Healthcare, Hickory, NC

Program Overview and Objectives
One of life's great challenges is narrowing the gap between words and action. For those in the helping professions, it is common to encounter clients who have difficulty changing habits and taking essential steps towards the accomplishment of meaningful goals. Morita therapy is a method of Japanese psychotherapy that emphasizes purposeful action and self-discipline. Similar to the underlying philosophy of martial arts and other non-Western traditions of mindful practice, Morita therapy offers a system for working with confusion and coping with unpleasant feeling states, rather than struggling to change them. Self-focused attention is often associated with psychological suffering and Morita-based strategies are starting to help the client learn to shift attention toward constructive and controllable action rather than rumination, blame and self-preoccupation. Rooted in the psychological principles of Zen, Morita therapy helps clients develop greater self-discipline while avoiding the trap of talking about problems without doing anything about them. As a psychoanalytical model, it emphasizes self-development rather than symptom removal. This provocative full day workshop will examine and challenge many of the basic Western assumptions about "mental health." The seminar will utilize a variety of techniques such as stories, maxims, sample assignments and case studies to stimulate participants' ideas about how to help others.

Upon completion of the course, you will be able to:

- Teach clients the building blocks of greater self-discipline
- Discuss strategies for working effectively with the client's attention
- Explain the basic methods of Naikan therapy, an approach to self-reflection
- Gain clarity about the role of the therapist in facilitating inquiry and understanding of our past and our relationships to others. Empathy and sensitivity are developed as we become more conscious of the impact we have on the world around us. In particular, re-engagement is promoted as we are able to take on the perspective of others and go beyond our own self-focused perspective. Naikan has a unique quality that bridges the gap between the psychological and the spiritual. This material will combine lecture/discussion with direct experience of Naikan self-reflection. The presentation will be augmented with related stories, case studies, and applications of this method to various mental health problems.

For More Information and Assistance
If you have questions about registering for this program, need recommendations for overnight accommodations, or need auxiliary aids or special services to attend this program, please contact Rob Gouge at least five working days prior to the program date by calling 336-713-7761 or 1-800-277-7654, or email roguge@wfubmc.edu. When using the toll-free number, state that you are inquiring about a Northwest AHEC program and ask to speak with Rob Gouge.

Cost and Registration
Registration fee for a single program:
- $75.00 – payment postmarked by October 9
- $90.00 – after October 9
To register for both programs:
- $125.00 – payment postmarked by October 9
- $150.00 – after October 9
Please note: This discounted price for both programs is not available through online registrations. Please use mail or fax registration if registering for both programs.

Registration fee includes administrative costs, certificate of completion, program materials, and refreshments. Register and pay online at northwestahec.org or complete and return the attached registration form by mail. Payment by credit card (Visa, MasterCard, American Express), cash, money order, personal check or corporate check is accepted.

Payment and Refund Policies
- A refund of 70% of the paid registration fee will be available if written cancellation request is received within 48 hours prior to the program date. You may send a substitute participant in your place.
- If you have not received confirmation of your registration 24 hours before the program date, please contact Rob Gouge at 336-713-7761 or email roguge@wfubmc.edu to verify the status of your registration.
- Note: NW AHEC does not provide overnight accommodations. For additional information on hotels and local travel, please contact the Regional Education Center or call 336-713-7761 or 1-800-277-7654.

Payment Method:
- Check Enclosed
- Visa
- MasterCard
- American Express
- Credit Card (Visa, MasterCard, American Express)
- Check Enclosed
- Payment by credit card (Visa, MasterCard, American Express)
- Check Enclosed

Pace University

Program Overview and Objectives
For many years, the Japanese have used Naikan therapy as a treatment for a wide range of mental health problems. Yet more is known about Japanese cars and television shows than their distinctive approach to psychotherapy. Influenced by the psychological principles of Shin Buddhism, Naikan therapy offers a systematic method to cultivate gratitude and help us shift attention away from the self and to a broader awareness of the world around us. In particular, re-engagement is promoted as we are able to take on the perspective of others and go beyond our own self-focused perspective. Naikan has a unique quality that bridges the gap between the psychological and the spiritual. This material will combine lecture/discussion with direct experience of Naikan self-reflection. The presentation will be augmented with related stories, case studies, and applications of this method to various mental health problems.

Upon completion of the course, you will be able to:

- Understand the basic methods of Naikan therapy, an approach to self-reflection
- Identify tools for helping clients develop empathy, understanding, and reconciliation of interpersonal conflict
- Develop knowledge of the applications of Naikan therapy to assist particular problems such as alcoholism, marriage and family conflict, violence and crime, and children with behavioral problems
- Gain clarity about the role of the therapist in facilitating inquiry and alternative methods for guiding clients in the process of self-reflection
- Discuss strategies for helping clients work effectively with attention to influence their attitude and social relationships

For More Information and Assistance
If you have questions about registering for this program, need recommendations for overnight accommodations, or need auxiliary aids or special services to attend this program, please contact Rob Gouge at least five working days prior to the program by calling 336-713-7761 or 1-800-277-7654, or email roguge@wfubmc.edu. When using the toll-free number, state that you are inquiring about a Northwest AHEC program and ask to speak with Rob Gouge.

Cost and Registration
Registration fee for a single program:
- $75.00 – payment postmarked by October 9
- $90.00 – after October 9
To register for both programs:
- $125.00 – payment postmarked by October 9
- $150.00 – after October 9
Please note: This discounted price for both programs is not available through online registrations. Please use mail or fax registration if registering for both programs.

Registration fee includes administrative costs, certificate of completion, program materials, and refreshments. Register and pay online at northwestahec.org or complete and return the attached registration form by mail. Payment by credit card (Visa, MasterCard, American Express), cash, money order, personal check or corporate check is accepted.

Payment and Refund Policies
- A refund of 70% of the paid registration fee will be available if written cancellation request is received within 48 hours prior to the program date. You may send a substitute participant in your place.
- If you have not received confirmation of your registration 24 hours before the program date, please contact Rob Gouge at 336-713-7761 or email roguge@wfubmc.edu to verify the status of your registration.
- Note: NW AHEC does not provide overnight accommodations. For additional information on hotels and local travel, please contact the Regional Education Center or call 336-713-7761 or 1-800-277-7654.

Payment Method:
- Check Enclosed
- Visa
- MasterCard
- American Express
- Credit Card (Visa, MasterCard, American Express)
- Check Enclosed

Pace University