



2008 Morita Therapy International Seminar Announcement (v2.0)
International Course on Morita Therapy (ICMT) Seminar #1

Introduction to
Morita Therapy and Counselling
Applications

August 23 (Sat.) & 24 (Sun.), 2008

University of British Columbia, Vancouver, Canada

TRAINING SEMINAR. This seminar will be lead by two internationally prominent Morita therapy instructors, Drs. Ishu Ishiyama and Brian Ogawa. Participants will learn the basics of Morita therapy, its treatment principles and residential and outpatient/counselling methods, and Morita-based personal growth models. They will learn selected intervention methods and applied techniques through didactic and experiential activities. *(This ICMT program is co-sponsored and approved of by the Japanese Society for Morita Therapy for future certification credits.)*

WHO WILL BENEFIT? This seminar is for mental health practitioners, psychologists, counsellors, social workers, educators, group facilitators, & graduate students in helping fields.

WHEN AND WHERE? Aug. 23 (Sat.) & 24 (Sun.): 8.30am – 4.30pm (coffee/tea, snacks, and free lunch on both days), in Room 309 Vancouver School of Theology Bldg. on UBC Campus (address: 6000 Iona Drive, Vancouver, British Columbia V6T 1L4)

REGISTRATION. Professionals: \$250 CAD/USD; Students: \$150 CAD/USD. Limited enrolment. Please see below for registration details and form, directions, and accommodation information. Contact Registration Coordinator (Ms. Megumi Okubo) at megumiokubo@shaw.ca

WHAT IS MORITA THERAPY? Morita therapy is a Japanese psychotherapy system, developed by a psychiatrist Dr. Shoma Morita (1874-1938) around 1920. 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 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. It has been described as “Asian existential therapy,” “Zen therapy,” “silent therapy,” and “present-centered doing therapy.”



SEMINAR INSTRUCTORS *(left: photo of Dr. Shoma Morita):*

- Dr. Ishu Ishiyama, Associate Professor of Counselling Psychology and Director of Training, Associate Member of Dept. of Psychiatry, at University of British Columbia
- Dr. Brian Ogawa, Associate Professor and Chair of Human Services Department at Washburn University in Topeka, Kansas, and Director of the Health Center Pacific

For registration details and the application form, please see below.

<p style="text-align: center;">International Course on Morita Therapy (ICMT) in Vancouver Instructors for 2008 Morita Seminar</p>

Ishu Ishiyama, Ph.D.

Dr. Ishu Ishiyama is currently an associate professor of counselling psychology and the Director of Training in the Dept. of Educational and Counselling Psychology and Special Education, Faculty of Education, University of British Columbia (U.B.C.). He has also been an Associate Member of the Department of Psychiatry, Faculty of Medicine at U.B.C. He teaches and coordinates graduate-level counselling courses and clinical training, supervises masters theses and doctoral dissertations, and conducts research, Dr. Ishiyama is an internationally recognized Morita therapist and trainer, certified by the Japanese Society for Morita Therapy, and is a member of the Society's Board of Directors and its International Committee. He received the Shoma Morita Award in 2007, the highest recognition award in Morita therapy. He was born and educated in Japan, and has lived in Canada since 1973. He has a Master's degree from McGill University and a Ph.D. degree from University of Victoria, both in counselling psychology.

In addition to Morita therapy and its counselling adaptation, Dr. Ishiyama's interest areas are: multicultural and cross-cultural counselling, anti-discrimination and prejudice reduction methods, personal transition and adjustment issues, spirituality and self-validation, socio-cultural competency training, and social anxiety treatment. He consults nationally and internationally, and regularly conducts workshops and seminars on multicultural counselling, prejudice reduction methods, and Morita therapy. He is the developer of the Anti-discrimination Response Training (A.R.T.) Program and offers training-for-trainers workshops across Canada and abroad. He is currently involved in two funded research projects on (a) comparative effects of different methods of prejudice reduction (Hampton Research Grant), and (b) injury reporting and health issues in Native communities (Canadian Institute of Health Research Grant).

Brian Ogawa, D.Min.

Dr. Brian Ogawa is the Chair and an associate professor in the Department of Human Services at Washburn University in Topeka, Kansas. He is also the Director of the Health Center Pacific, internationally known for professional training and certification in Eastern psychotherapies, particularly Morita and Naikan. Dr. Ogawa was most recently Director of the Crime Victims' Institute, the state research, evaluation, and policy program for crime victim rights and services in the Office of the Texas Attorney General. He was previously Director of the National Academy for Victim Studies, Department of Criminal Justice, University of North Texas; director of a prosecutor-based victim/witness assistance division; university-based mental health researcher; and counsellor in private practice. His education includes the D.Min., Counseling from San Francisco Theological Seminary (doctoral dissertation title: "Morita Therapy and its Adaptation to the West"); M.Div., Theology from Fuller Theological Seminary; and B.A., Social Sciences from University of California at Los Angeles.

Dr. Ogawa is the author of the books, *Walking on Eggshells* (Bent Tree Press), which describes Morita therapy for abused women; *To Tell the Truth* (Volcano Press), written to assist children through the criminal justice system; *Color of Justice, 2nd Edition* (Allyn & Bacon), the landmark study on minority victimization; and *A River to Live By: The 12 Life Principles of Morita Therapy* (Xlibris/Random House).

Morita Seminar Registration Information

- There is no 1-day only registration. You are required to register for the full 2-day weekend seminar.
- Payment can be made by (a) cheque, (b) credit card, or (c) cash payment at the door (based on space availability). Write a cheque to: "ICMT in Vancouver."
- To secure your registration, your payment must be received on or before August 1, 2008.
- Participants from the United States may pay the same amount in U.S. dollars at par. (Professionals: \$250 USD; Full-time Registered Students: \$150 USD)
- For students who are currently registered in a graduate program to enjoy a low registration fee of \$150 CAD/USD, they must get their professor's or academic advisor's signature on the Registration Form, confirming their full-time registration status.
- Accommodation information: Please go to the bottom of this web site.

Morita Seminar Registration Form

Please complete this 2-page form, and mail or fax to "Morita Seminar (Attention: Dr. Ishu Ishiyama)" or e-mail it to the Morita Seminar Registration Coordinator, as follows:

- Please pay the full amount in advance (payable to: "ICMT in Vancouver")
- See "Cancellation & Refund Policy" below.
- *Mailing address:* "Morita Seminar (Attention: Dr. Ishu Ishiyama)," Faculty of Education, University of British Columbia, 2125 Main Mall, Vancouver, B.C., Canada V6T 1Z4 (Please do not forget to enclose your payment.)
- *Fax:* (604) 822-3302 (long distance: 1-604-822-3302) "Morita Seminar (Attention: Dr. Ishu Ishiyama)," Faculty of Education, University of British Columbia (Please indicate how you plan to pay for your registration.)
- *E-mail to Morita Seminar Registration Coordinator: Ms. Megumi Okubo by e-mailing to her at: megumiokubo@shaw.ca* (Please indicate how you plan to pay for your registration.)

Part 1: Participant Information

Title: () Prof., () Dr., () Mr., () Ms., () Other: _____ ; Academic Degree: _____

First Name: _____ Family Name: _____

Occupation: _____ Position: _____

Institutional/Organizational Affiliation: _____

Mailing Address: _____

FAX: _____ ; TEL: _____

E-mail Address: _____

Part 2: Registration and Fee Payment (Payable to: "ICMT in Vancouver")

1. Your Name: _____ Today's Date: _____, 2008

2. Please choose your registration status (check one):

1. Regular Registration (\$250)

2. Student Registration (\$150; limited seats available for discounted student registration)

■ Institution, Faculty, Department:

■ Currently Enrolled Degree Program: _____

■ "I hereby certify that the above individual is an officially registered full-time student in our program at our institution."

Faculty's name: _____ TEL: _____

Signature: _____

3. Payment Method (Please choose one.)

1. I am NOT paying now. I plan to register in person, and pay at the door on August 23 (Sat.) between 8am and 8.30am at the venue. I understand that there is NO guarantee that there will be space available for my seminar registration.

2. I am enclosing: personal cheque; or international money order, or certified cheque (payable to "ICMT in Vancouver")

Please note: For each NSF (non-sufficient fund) personal cheque, a fee of \$25 will be charged.

3. Credit card (*Visa* only): Please fill out the form below with your signature.

Visa Card Payment

I authorize the "ICMT in Vancouver" to charge my Morita seminar registration fee to my credit card (*Visa only; no Master Card or other credit cards*) as listed below.

Cardholder: _____ Visa # _____ - _____ - _____ - _____

Amount to be Charged: _____ (\$ _____)

Expiration Date: _____ Above amount in Canadian Dollars

Your Authorizing Signature: _____

Cancellation and Refund Policy

Please contact the Morita Seminar registration coordinator by e-mail or send a fax to Morita Seminar (Attention: Dr. Ishu Ishiyama) to notify us if you wish to cancel your registration and payment. Twenty Canadian Dollars (\$20CAD) will be charged for processing each cancellation/refund request. Our cancellation and refund policy is as follows:

- | | |
|--------------------------------|---------------------------------|
| | <u>Refund request received:</u> |
| 1. 100% refund minus \$20 fee | on or before August 7, 2008 |
| 2. 50% refund (incl. \$20 fee) | on or after August 8, 2008 |
| 3. 25% refund (incl. \$20 fee) | on or after August 15, 2008 |

Please fill out and sign the following form, and fax or mail this entire page to Morita Seminar (Attention: Dr. Ishu Ishiyama). We will acknowledge the receipt of your cancellation and refund request by e-mail or by fax within 10 working days. If you do not hear from us after 10 working days, please contact us by e-mail or by fax.

- E-mail: Morita Seminar Registration Coordinator at megumiokubo@shaw.ca.
- *Mailing address:* Morita Seminar (Attention: Dr. Ishu Ishiyama), Faculty of Education, University of British Columbia, 2125 Main Mall, Vancouver, B.C., Canada V6T 1Z4
- *Fax:* 604-822-3302 (long distance: 1-604-822-3302) to Morita Seminar (Attention: Dr. Ishu Ishiyama), Faculty of Education, University of British Columbia

Cancellation of My Registration and Request for Refund

Name: _____

Affiliation: _____ Country: _____

FAX: _____ E-mail Address: _____

I have read and understood the above ICMT Seminar registration cancellation and refund policy. I hereby notify you of the cancellation of my Seminar registration, and wish to make a refund request. I originally paid \$ _____ (enter the paid amount), by the following method:

- Credit card (*Visa* only)
- Personal cheque
- International money order
- Certified cheque

Signature: _____ Today's Date: _____, 2008

Any comments? _____

Accommodation

The Gage Towers, West Coast Suites, Iona Hotel, Carey Centre, and Ross House on U.B.C. campus are recommended for their relatively inexpensive costs and convenient locations, all within a 5-min. walk to our Morita therapy training seminar venue: Room 309, 3rd floor, Vancouver School of Theology (VST) at 6000 Iona Drive, Vancouver (VST conference and housing office TELM: 604-822-6398; web site: www.vst.edu). The VST is located at the north-east end of the university campus with spectacular views of the ocean, islands, and mountains.

For Gage Towers and West Coast Suites, please make your reservation on-line or call toll-free at 1-888-822-1030; <http://www.ubconferences.com/accommodation/>

The Gage Towers at UBC is hotel accommodation for the budget minded Vancouver visitor. This unique lodging offers a wide range of cheap accommodation options. Situated on the beautiful UBC campus, The Gage Towers is close to beaches, hiking trails, recreational facilities, and food outlets. Comfortable hotel suites are located in a 4 storey low-rise building. All units come with kitchenette, private washroom, telephone, television, and daily housekeeping service. High speed internet is available for an additional fee. Premium single rooms come in “quad” units. Each unit has four private single rooms, with a common sitting area and a shared bathroom.

http://www.ubconferences.com/accommodation/gage_towers/

West Coast Suites has a full cooking facility, two double beds in the bedroom, and an extra couch bed in the living room, for up to six persons to share each suite. **West Coast Suites at UBC** is the perfect alternative to hotels for your next stay in the Greater Vancouver area. This apartment hotel is an ideal lodging choice for visiting lecturers, professors, families, friends or meeting attendees who want to stay on Vancouver's west side. Please visit the following website for more information and inquiries:

http://www.ubconferences.com/accommodation/west_coast_suites/

The West Coast Suites is available year-round for hotel accommodation; call toll-free 1-888-822-1030. Amenities for these furnished suites in Vancouver Canada include:

- 47 spacious, fully-equipped one-bedroom suites.
- Two twin beds in bedroom, queen Murphy bed in living room.
- Kitchenette, private washroom, telephone and television.
- High-speed, wireless internet.
- Close to [UBC's attractions](#), recreation, [sports and fitness facilities](#).
- Close to beaches, bike and walking trails and [Pacific Spirit Regional Park](#).

Iona Hotel is part of the Vancouver School of Theology (VST) and offers overnight facilities with shared kitchen utilities. Please contact: VST Housing and Conferences at TEL: 604-822-6398, FAX: 604-822-9212, or by e-mail: vstconf@vst.edu.

Carey Centre at 5920 Iona Drive offers comfortable and inexpensive accommodation in a new concrete building, very close to the VST building. Please visit: www.careycentre.com or e-mail to info@careycentre.com. Their TEL # is: 604-224-4308.

Transportation

The venue is about a 25-35 min. drive from Vancouver International Airport to the U.B.C. campus, the Seminar venue (at Vancouver School of Theology 6000 Iona Drive, Vancouver), and to the Gage Towers and West Coast Suites (around \$35 by taxi). It is about a 15-25 min. drive (around \$25 by taxi) from downtown hotels.