



November 20, 2006

Mike Russell
Secretary, Faculty Senate
Washburn University

Re: Morita Therapy Certificate Proposal

Dear Mike:

Attached is a proposal for a certificate in Morita therapy in the Human Services Department. This, in essence, is tying a ribbon around a group of existing courses to create a certificate. If you have any questions, please contact Brian Ogawa, Chair, Human Services Department.

Sincerely,

A handwritten signature in blue ink, appearing to read "W. Dunlap".

William S. Dunlap, Ph.D.
Dean and Professor, School of Applied Studies

Enc

Memo

To: Dr. Willie Dunlap, Dean of the School of Applied Studies

cc: Dr. Dan Petersen, Associate Dean

From: Dr. Brian Ogawa, Interim Chair of the Human Services Department *BKO*

Date: November 17, 2006

Re: Morita Therapy Certificate

I have attached the revised proposal for the Morita Therapy Certificate to be transmitted to the Academic Affairs Committee of the Faculty Senate. Please inform me as to the next step.

Thank you.

Washburn University
School of Applied Studies
Department of Human Services

Morita Therapy Certificate

Proposal Submitted by Dr. Brian Ogawa
Associate Professor and Interim Chair
November 17, 2006

- Approved by the Department of Human Services Faculty on September 25, 2006
- Approved by the School of Applied Studies Curriculum and Policy Committee on October 9, 2006
- Approved by the School of Applied Studies Faculty Council on October 27, 2006

I. INTRODUCTION

• *Morita Therapy:*

- o Shoma Morita, M.D. (1874-1938) was one of Japan's first psychiatrists and a prominent professor at the prestigious Jikei Medical University in Tokyo. His early training was in German psychiatry, but he developed a unique Eastern therapy that is remarkably transcultural and now practiced internationally. Morita Therapy is taught in Japan, China, Canada, Korea, Spain, Russia, France, Australia, and the United States. The traditional practice of Morita Therapy centered on a constellation of life difficulties termed *shinkeishitsu*. These included relational problems, psychosomatic illnesses, phobias, obsessive-compulsive behaviors, and anxiety disorders. Morita Therapy has since been adapted in the West for the treatment of a variety of life conditions/challenges, including the original *shinkeishitsu*, schizophrenia, alcohol and drug addictions, eating disorders, stress management, parenting, aging, terminal illness, chronic pain, post-trauma, and depression. With its long history in the medical, psychiatric, research, and clinical fields, Morita Therapy is presently used in a variety of inpatient and outpatient settings, including psychiatric hospitals, residential clinics, counseling centers, support groups, and private practices.
- o Morita viewed his clients more as students gaining instruction than patients receiving psychotherapy in the Western sense. Therapy, he argued, is really education and not just a set of techniques applied to those experiencing psychological distress. Morita Therapy is foremost a holistic way of life (*Morita-do*), understood through personal experience (*taiken*) and actualized through daily practice. We all can learn to live better, or as Moritists say, strengthen our character. "Therapy" is thus defined among international Moritists in a broad sense to reflect the practice of its principles across many disciplines.
- o Morita defined optimum health and wellbeing as the mind, body, emotions, and consciousness in their natural flow. The primary principles of Morita Therapy are thus often explained in the metaphor of a "flowing river." The river flows from a mountain source and encounters many obstacles as it travels toward its destination of the far-off sea. Along its way, the river finds the most direct course with least

resistance. The river does not stop at each obstruction and question why it exists. It does not attempt to remove every hindrance from the riverbed before it can proceed. The river is affected by what it meets: the rocks are sharp and the fallen trees are formidable. These, however, do not deter the river from keeping its appointed course. In the same manner, Morita argued that an innate desire/intrinsic energy (*sei no yokubo*) enables us to live well. In life we encounter obstacles to wellbeing. It is not the obstacles themselves that prevent wellbeing; it is how we respond to these that determine a productive or non-productive life. Not everything that happens to us is within our control, but what we do or don't do is always our responsibility. The most meaningful lifeway is therefore (1) to accept reality as-it-is-now (life situation) as a starting point for purposeful change; (2) to accept all emotions as they occur as natural in the ebb and flow of life without labeling some positive and some negative; and (3) to do efficiently and timely whatever task needs to be given full attention in the present moment.

- *Faculty Expertise:*

Dr. Brian Ogawa has been studying and practicing Morita Therapy for more than 40 years, and is considered one of the foremost pioneers of its introduction into the West. His doctoral dissertation in 1979 was on Morita Therapy. He has applied Morita principles in a variety of settings, including addictions programs, youth services, marriage and family counseling, and victim/survivor assistance. Dr. Ogawa has been honored by the President in ceremonies at the White House for his innovative work in post trauma using Morita Therapy. He has written a number of journal articles, book chapters, and books on Morita Therapy.

- *Enhancement of the Human Services Department Curriculum and Washburn University:*

It is proposed that Washburn University establish a Morita Therapy Certificate in the Department of Human Services. The Certificate would bring supplementary focus and skills for students across departmental areas of concentration. These areas at present include Addiction Counseling, Adult Care Home Administration, Developmental Disabilities, Gerontology/Aging, Mental Health, Youth Services, and Victim/Survivor Services. The Certificate would be the first such American university-based endeavor. Washburn University would be immediately recognized world-wide as the higher education center of Morita Therapy in the United States. The Certificate would enhance the reputation of the university, offer faculty and students a transcultural learning experience, and be a catalyst for a number of international educational opportunities. Collaboration with other Washburn departments (e.g., Allied Health, Nursing, and Social Work) would be pursued as well as close associations with other universities that offer Morita education, including Iwate University, Japan; Jikei Medical University, Japan; Monash University, Australia; and the University of British Columbia, Canada.

II. MORITA THERAPY CERTIFICATE PROGRAM COURSE REQUIREMENTS (AUDIT SHEET ATTACHED)

The Certificate would consist of a total of 30 credit hours:

- 15 credit hours of course work specifically related to Morita Therapy

- 12 hours of course work in appropriate Human Services courses, including HS325 Group Work in Human Services, HS330 Theories of Intervention in Human Services, HS450 Multicultural Issues in Human Services, and an approved 300-400 level departmental elective. Substitutions may be approved by the chair of the Human Services Department.
- 3 hours of an approved 300-400 level elective in another discipline

Awarded on completion of a Bachelors degree, students are able to enroll in the Certificate courses while pursuing the Bachelors degree. The Certificate is also available to any graduate who is seeking advancement in human services skills.

The specific Morita Therapy-related courses are the following:

◆ **HS374 Eastern Therapies in Intervention and Treatment** (3 upper division credit hours)

This course has been taught at Washburn for five semesters. The course now has a permanent course designation. The course will be offered each fall semester.

Course Description: *This course highlights Eastern therapies in intervention and treatment across the range of human service populations, including mental health, alcohol and drug abuse, crisis and post-trauma, and crime victimization. The focus is on understanding transcultural and holistic approaches to suffering and healing. Special emphasis is on the Western adaptations of Morita and Naikan therapies. The course is highly interactive and experiential.*

◆ **HS390/585 Morita Therapy Intensive** (3 upper division/graduate level credit hours)

This course has been offered in both summer 2005 and summer 2006. It will be offered on a bi-summer schedule. Prerequisites are successful completion of HS374 Eastern Therapies in Intervention and Treatment and instructor consent. The course is offered at both the graduate and undergraduate levels in order to make it available to a wide range of Washburn students and community professionals. A permanent course designation will be sought.

Course Description: *This course is an intensive residential experience to integrate Morita Therapy into professional and personal lives. Participants will learn the in-depth history, theory, and principles of Morita Therapy and its various applications through experiential exercises, observation, individual sessions with the instructor, lectures, and group meetings.*

◆ **HS390/585 Morita Methods in Counseling** (3 upper division/graduate level credit hours)

This course was first offered in fall 2005. It will be offered on a bi-summer schedule, alternating with the Morita Therapy Intensive. A permanent course designation will be sought.

Course Description: *This course applies the methods, principles, and theories of Morita Therapy to individual and group counseling in a variety of human service settings, including addictions treatment, victim/survivor assistance, mental health, and grief and dying.*

◆ **HS 390/585 Morita Therapy Research Seminar** (3 upper division/graduate level credit hours)

This course was first offered in spring 2006. It will be offered every two years. A permanent course designation will be sought.

Course Description: *This course requires the student to design an original research project using qualitative or quantitative approaches to assess the efficacy and impact of clinical applications of Morita Therapy. An option to the research project is the "Morita Therapy Study Abroad." The purpose of the study abroad is to learn first-hand the practice and study of Morita Therapy in a primary overseas setting; e.g., Japan, Canada, Australia, China, etc. Group assignments and discussions amply the students' experiences in both options.*

♦ **HS481 Internship** or **HS360 Directed Studies** (3 upper division/graduate level credit hours)

The student should have completed at least 6 units of the Morita Therapy Certificate before the internship or directed studies. Both options are available each semester.

Course Description: *The internship option integrates learning into a practice setting with creativity in the application of Morita principles and methods as the goal of the internship. The directed studies option will be planned in conjunction with faculty with the goal of making a specific contribution to the study of Morita Therapy.*

♦ **300-400 Level Approved Elective** (3 upper division/graduate level credit hours)

This requirement may be drawn from any related field or area of concentration; e.g., social work, psychology, allied health, criminal justice, and nursing, etc. where specific course objectives would allow the inclusion of additional Morita study in research papers, clinical experience, or special projects.

III. PROGRAM BUDGET

No additional budget is necessary at this time for this certificate program since all of the courses have been developed and previously offered, and are taught by existing faculty.

IV. ASSESSMENT

1. Impact on Curriculum:

This is not a new addition to our curriculum since all the required courses are in place. The Certificate primarily recognizes and formalizes what has proven to be an important area of study for students. The Certificate is added recognition of the overall quality education that Human Services students are receiving. The department faculty unanimously supports the Certificate being offered. The current department faculty are:

- Iris Wilkinson, EdD
- Diane McMillen, PhD
- Deborah Altus, PhD
- Dave Skinner, MLS
- Malcolm Smith, PhD
- Jacque Ford, MSW
- Dan Petersen, PhD
- Rick Ellis, PhD
- Joanne Ramburg, PhD, Emeritus
- Brian Ogawa, DMin, Chair

2. *Library Resources:* A search of the electronic databases/psych articles/find relevant databases: "Morita therapy"/ English through Mabee Library contains 137 citations. Of these, a preliminary search revealed 25 are listed as within library holdings. Acquisition recommendations have also been periodically made to the Library committee regarding Morita-related materials. It is anticipated that ongoing acquisition requests will be made. All courses have been taught in the proposed certificate with adequate materials available to the student.

- Books: There are a growing number of English language books on Morita Therapy. The following is a partial list and are currently in the Washburn library system stacks or as a Mabee electronic book:
 - o Morita, M. (1998). *Morita therapy and the true nature of anxiety based disorders (shinkeishitsu)*. Albany, NY: State University of New York Press.
 - o Ogawa, B. (1996). *Walking on Eggshells: practical counsel for women in or leaving a violent relationship*. Volcano, CA: Volcano Press.
 - o Ogawa, B. (1999). *Color of justice: Culturally sensitive treatment of minority crime victims*. Needham Heights, MA: Allyn & Bacon.
 - o Reynolds, D.K. (1980). *The quiet therapies. Japanese pathways to personal growth*. Honolulu: University of Hawaii Press.
 - o Reynolds, D.K. (1976). *Morita psychotherapy*. Berkeley: University of California Press.
 - o Reynolds, D.K. *Flowing bridges, quiet waters: Japanese psychotherapies, Morita and Naikan*. Albany: State University of New York Press.
 - o A wide variety of books on transcultural psychiatry, transcultural psychology, and transcultural counseling
- Journals: Many full-text journals with Morita-related articles are accessible electronically through Mabee library. These include but are not limited to:
 - o *Transcultural Psychiatry*
 - o *Psychotherapy*
 - o *The Counseling Psychologist*
 - o *Journal of Cross-Cultural Psychology*
 - o *Journal of Personality Assessment*
 - o *Journal of Counseling and Development*
 - o *International Journal of Social Psychiatry*

3. *Administrative Support:*

Preliminary favorable discussions about the Morita Therapy Certificate have taken place in 2004-2006 with Dr. Ron Wasserstein, VPAA; Dr. Willie Dunlap, Dean of the School of Applied Studies; and Dr. Dan Petersen, Associate Dean of the School of Applied Studies. Previous discussions included the possibility of establishing a Morita Therapy Institute (consisting of an academic journal, research projects, international faculty exchange, etc.). Further discussions on the Institute are being suspended at this time in order to better assess faculty resources.

4. *International support:*

- Dr. Noriaki Azuma, Professor of Education at Iwate University in Japan, made a formal visit to the United States in spring 2004 to research how Morita Therapy is

used in the West by Dr. Ogawa. His visit to Washburn University included a lecture to students at the International House, and meetings with Dr. Wasserstein and Dean Dunlap.

- Dr. Ogawa's exploratory visit to Shanghai (October 2004), under the sponsorship of Washburn University, was very well received by the leading Morita educators, researchers, and practitioners attending the Fifth International Meeting for Morita Therapy (conducted every four years). The possibility of starting a Morita Therapy program at Washburn was favorably discussed with Moritists at universities in Canada, Australia, Russia, Japan, and China.
- In March 2006, Dr. Ogawa and Washburn students visited Japanese universities, hospitals, and clinics that teach and practice Morita Therapy. The March 2006 visit included a lecture by Dr. Ogawa to the psychiatric staff of the Morita Therapy Center at Jikei Medical University (the institution at which Dr. Morita was a professor). The positive response received in Japan has confirmed the viability of having this certificate program at Washburn University.
- Furthermore, the Sixth International Meeting for Morita Therapy will be held at the University of British Columbia (UBC) in Vancouver, Canada. Dr. Ishu Ishiyama, a professor at UBC, has asked Dr. Ogawa to serve on the program planning committee. Plans are underway for a group of Washburn students to attend the conference.

5. Student Interest:

Total enrollment for the four primary Morita Therapy classes thus far offered is approximately 150 students. These students have been from a number of academic disciplines. There are currently two students who have completed all the course requirements (including a current Human Services adjunct instructor), four who are lacking only 3 credits, and four who are lacking only 6 credits. There are a number of other students who have expressed interest once the Certificate is actually offered.

6. Continuing Education:

The Joint Center on Violence and Victim Studies (JCVVS) in The Division of Continuing Education has sponsored two Morita Therapy workshops, attended by about 25 professionals. Over the years, Dr. Ogawa has presented Morita Therapy to literally thousands of professionals across the United States. Evaluations have always been very high. These sources provide potential pools of students.

7. Standard SAS Evaluation:

Of the more than 100 Morita students who have submitted the standard SAS course evaluations, the "rating of the course" received an average of 4.8, and the "course recommended to others" received an average of 4.8.

Written comments on the SAS course evaluations include the following:

- "Very beneficial and even life-changing!"
- "This course is priceless."
- "I feel very assured that my role as a helping professional has been greatly enhanced."
- "Offer a certificate to get more people involved."
- "This class is amazing."
- "Learning new theories is wonderful."

- "Keep offering Morita therapy."
- "Morita therapy is very important and needs to continue at Washburn."
- "It can be applied in many situations and is capable of improving the lives of many."
- "It was experiential—this provides greater learning."
- "The course flow was wonderful."
- "Learned very useful life skills."
- "Keep it going (Morita classes)."
- "Consider all the people at Washburn and in the community who will benefit from Morita in the future."
- "I appreciated the experiential nature of the class, which makes it easier to apply to life and professional practice."
- "This course is a valuable lifeway not only for those pursuing counseling careers, but all those who share the planet."
- "We need more courses in Morita therapy."
- "The Morita therapy class should be taken by all students at Washburn."
- "A new way to live a better life."
- "I really enjoyed this course."
- "Highly recommend for others to take."
- "The techniques learned will be invaluable in treating clients."
- "Allowed me to have a better perspective on my own cultural isolationism."
- "Best class in H.S.!!!"
- "Morita/Naikan therapies are going to be useful for myself as well as people I help."
- "Subject matter was exciting and meaningful."
- "I feel so strongly about its importance to life and service work."

**CERTIFICATE AUDIT SHEET 2006-2007
SCHOOL OF APPLIED STUDIES**

Student _____

Social Security Number _____ WIN _____

Address _____

Advisor _____

CERTIFICATE OF COMPLETION IN MORITA THERAPY

Date Earned _____

	Grade Earned
HS325 – 3 Group Work in Human Services	
HS330 – 3 Theories of Intervention in Human Services	
HS450 – 3 Multicultural Issues in Human Services	
HS – 3 300-400 Level Approved Elective	
HS374 – 3 Eastern Therapies in Intervention and Treatment	
HS390/585 – 3 Morita Therapy Intensive	
HS390/585 – 3 Morita Methods in Counseling	
HS390/585 – 3 Morita Therapy Research Seminar	
HS481 – 3 Internship IV (180 clock hours)	
or HS360 – 3 Directed Study in Human Services	
– 3 300-400 Level Approved Elective (a discipline other than HS)	
12 Credits in School of Applied Studies <input type="checkbox"/> GPA:	
COURSES TO BE COMPLETED _____ SEMESTER	Enrolled Min Grade
Total credit hours: 30	

Advisor:

- The student will have completed all requirements as required by the School of Applied Studies upon successful completion of the courses listed above for the _____, 20__ semester.
- Student has successfully met all requirements for completion of a Bachelor's degree.
- Student has successfully completed courses as required by the School of Applied Studies.

Chair Signature _____ Date _____

Date submitted to Registrar's Office for posting on transcript: _____

Date Certificate mailed to student: _____

Dean of Applied Studies Signature: _____ Date _____