



# THE 11TH INTERNATIONAL CONGRESS OF MORITA THERAPY

SEPTEMBER 1 & 2, 2023

SFU MORRIS J. WOSK CENTRE FOR DIALOGUE & WEB HYBRID  
WWW.MORITATHERAPY.CA

*Photo: Shūon-an Ikkyū-ji Temple, Kyotanabe-City, Kyoto, Japan*

## The 11<sup>th</sup> International Congress of Morita Therapy

**Congress Website:** [www.moritatherapy.ca](http://www.moritatherapy.ca) **Contact:** The11th.icmt@gmail.com (Congress Secretariat Main)

**Date:** September 1<sup>st</sup> (Fri) & 2<sup>nd</sup> (Sat), 2023

**Venue:** Simon Fraser University Morris J. Wosk Centre for Dialogue Asia Pacific Hall

**Venue Address:** 580 W Hastings St, Vancouver, BC V6B 1L6 Canada

**Congress chair:** Masahiro Minami, PhD. (Associate Professor, Simon Fraser University, Canada)

**Congress theme:** Embarking on the New Century: the Future of Morita Therapy is Here

**Congress sub-themes:**

- Day 1: **Authenticity** of Morita therapy (theory) & **Evolution** of Morita therapy (clinical/applied practice)
- Day 2: **Evidence** in Morita therapy (empirical/research) & **Access** to Morita therapy (implementation)

**Congress program types:**

- Each sub-theme will have (1) a keynote lecture, (2) a keynote symposium (with 4 symposiasts presentations) and, (3) an international roundtable discussion of 90-minutes in length.
- General paper presentations – Pre-recorded and released on-demand only.

**Congress Schedule at a glance** (subject to minor changes):

August 31<sup>st</sup> (Thu) Complimentary Professional Seminar (available to all registrants)

10:00 AM – 3:00 PM: Fundamentals of Japanese Morita Therapy

September 1<sup>st</sup> (Fri) Congress Day 1

8:00 AM - 8:30 AM: Reception open

8:30 AM - 9:00 AM: Opening ceremony

9:00 AM - 6:00 PM: Congress Day 1 Program

6:00 PM - 8:00 PM: Evening banquet/Centennial Celebration (Included in the registration fee)

September 2<sup>nd</sup> (Sat) Congress Day 2

8:00 AM - 8:30 AM: Reception open

8:30 AM - 9:00 AM: Opening remark

9:00 AM - 6:00 PM: Congress Day 2 Program

6:00 PM - 6:30 PM: Closing ceremony

**Registration/website link** (via EventBrite):

<https://www.eventbrite.ca/e/the-11th-international-congress-of-morita-therapy-tickets-671711175207>

## Event Description:

Morita therapy is an indigenous Japanese psychotherapy developed by the late Dr. Shoma Morita (1874-1938) around 1919. With its rich history, Morita therapy invites people to approach so-called "negative" emotions as "natural" and "inevitable" human responses to circumstances. It encourages us not to "judge" these emotions as "good or bad", just as we would not judge the angle of a mountaintop, the curvature of a bonsai tree, or the speed of a river flow in the same manner. This international congress is convened every three years, bringing together professionals, practitioners, scholars, researchers, educators, and students for scholarly exchanges and dialogues on Morita therapy. The congress for this year is scheduled on September 1st (Friday) and 2nd (Saturday) here in beautiful Vancouver, British Columbia, Canada. It will feature 4 keynote lectures, 4 keynote symposia (with 4 symposiasts each), and 4 rounds of 90-minute international roundtable discussions on contemporary issues in Morita therapy. Complimentary access to a 1-day professional seminar on the 'Fundamentals of Japanese Morita Therapy' will be included in the registration fees. The seminar will take place on August 31st (Thursday), 2023, at the same venue. We look forward to welcoming you all to Morita therapy.

## List of Keynote Speakers & Keynote Symposiasts (Titles omitted)

Opening remarks: Masafumi Mizuno (Chair, Japanese Society for Morita Therapy, Japan)

### Authenticity of Morita Therapy

Keynote Lecture 1: Kenji Kitanishi (Professor Emeritus, Japan Women's University, JPN) with Shoma Morita (Professor Emeritus, Jikei University School of Medicine, JPN)  
Keynote Symposium 1-1: Kei Nakamura (Professor Emeritus, Jikei University School of Medicine, JPN)  
Keynote Symposium 1-2: Kumiko Iwaki (Director, Ken Mental Clinic, JPN)  
Keynote Symposium 1-3: John Mercer (Clinical Psychologist, Launceston General Hospital, JPN)  
Keynote Symposium 1-4: Mari Iwata (Director, Ochanomizu Therapy Room, JPN)

### Evolution of Morita Therapy

Keynote Lecture 2: Ishu F. Ishiyama (Associate Professor, University of British Columbia, Canada) with Akihisa Kondo (Director, Kondo Clinic, JPN)  
Keynote symposium 2-1: Natalia Semenova (Clinical Psychologist, Moscow Research Institute of Psychiatry, Russia)  
Keynote symposium 2-2: Toshihide Kuroki (Professor, Kyushu University, JPN)  
Keynote Symposium 2-3: Ayumu Tateno (Associate Professor, Jikei University School of Medicine, JPN)  
Keynote symposium 2-4: Hidehito Niimura (Professor, Taisho University, JPN) & Mitsuhiro Nakamura (Yokohama Camellia Hospital, JPN)

### Evidence in Morita Therapy

Keynote Lecture 3: Holly Sugg (Lecturer, University of Exeter Medical School, UK) with David Richards (Professor Emeritus, University of Exeter, UK)  
Keynote Symposium 3-1: Mikiko Kubota (Professor, Hosei University, JPN)  
Keynote Symposium 3-2: Jiangbo Li (People's Hospital of Jianyang City, China)  
Keynote Symposium 3-3: Takanobu Matsuura (Professor, Nihon University, JPN)  
Keynote Symposium 3-4: Lynn Alden (Professor, University of British Columbia, CAN)

### Access to Morita Therapy

Chair's Address: Masahiro Minami (Associate Professor, Simon Fraser University, CAN) with Eugene Mullan (Professor Emeritus, University of Exeter, UK)  
Keynote Symposium 4-1: Nobuo Okamoto (Chair, Mental Health Okamoto Memorial Foundation, JPN) with Tsuneo Okamoto (Founder, Mental Health Okamoto Memorial Foundation, JPN)  
Keynote Symposium 4-2: Masato Miyoshi (Associate Professor, Tokoha University, JPN)  
Keynote Symposium 4-3: Mikiko Kubota (Professor, Hosei University, JPN)  
Keynote Symposium 4-4: Yoshiyuki Takano (Assistant Professor., University of Prince Edward Island, CAN)