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## ABSTRACT

What needs to be done for Person-Centered Therapy to survive in Japan

NAKATA, Yukishige

*Kansai University, Graduate School of Professional Clinical Psychology*

Person-Centered Therapy (PCT) is marginalized in the field of psychotherapy by the on-going domination of Cognitive Behavioral Therapy in western countries. Although the situation for PCT does not seem as acute in Japan, it is quite likely to be the case some day. Also, Japanese PCT practitioners are unfortunately perceived by other helping professionals as “only listening to clients.” This paper explores what needs to be done for PCT to survive in Japan. Eight tasks are presented; 1) Clearly defining PCT, 2) proposing practical principles for the use of techniques, 3) phenomenological exploration of inner experiences of the core conditions, 4) inquiring into external manifestations of the core conditions, 5) clarifying how changes in PCT clients differ from other clients, 6) formulating PCT training models, 7) exploring methods of collaboration with medical professionals, and 8) finding a way of organizing client information both for medical professionals and PCT practitioners. Japanese PCT practitioners should remember the PCT conception of human beings is important not only as a psychotherapy school but also for contemporary Japan.

**Key Words:** Person-Centered Therapy, Cognitive-Behavioral Therapy, active listening, tasks

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