PSYC 106: INTRO TO PSYC II

PSYC 212: COUNSELING PSYC

GLOBAL ASSIGNMENT

This assignment will explore the ways in which your conception of psychotherapy may be culture bound and will help you to better understand one *indigenous* form of psychotherapy.

To The Student:

Briefly answer the questions below:

1. You studied about psychotherapy and may have seen therapists in the media, may know someone who has seen a therapist or may have seen one yourself. Based on your image of therapy, define the term “therapy”.
2. List some of the major features of therapy.

In the 1920’s, a Japanese psychiatrist named Shoma Morita developed a therapy to treat neurosis that is based in part on Buddhist principles. Morita therapy is part of the foundation for a form of treatment popular in Europe and North America called “Constructive Living” (Tanaka-Matsumi, 2004). Morita focuses on rest and isolation (in fact, Reynolds, 1976, observed a sign in one Morita clinic that read “People who converse will not get well”). The therapy generally lasts from 4 to 8 weeks and consists of the following stages (as outlined by Prince, 1980, p.299)

1. Total bed rest and isolation for 4 to 10 days ; the patient is totally in active and not permitted to converse, read, write or listen to the radio.
2. For the next 7 to 14 days the patient is out of bed and allowed to do light work in the garden; the patient begins to write a diary for the doctor but other human contact is forbidden.
3. For a further week or two the patient is instructed to do heavier work, continue the diary, and attend lectures from the doctor on self-control, the evils of egocentricity, and so forth.
4. Finally, the patient gradually returns to a full social life and his former occupation; the patient continues contact with the doctor and attends group sessions with other patients on an out-patient basis.
5. How do you think you would feel as a patient of Morita therapy?
6. Contrast Western psychotherapy with Morita therapy. How are they different AND how are they the same?

References:

Prince, R. (1980) . Variations in psychotherapeutic procedures. Handbook of cross-cultural psychology: Vol 6, Psychopathology(pp.291-349) Boston: Allyn & Bacon.

Reynolds, D.K. (1976). Morita therapy, Berkeley, CA: University of California Press