



“ Informal Education ”

Graduate School of Human Development & Environment Kobe University

西オーストラリア大学訪問 (オーストラリア、パース市) 報告書

日程

2008年3月26日(水)～30日(日)

(2泊5日機中2泊)

参加者

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神戸大学大学院人間発達環境学研究科

2008

目次

訪問スケジュール	4
活動全般報告（中谷）	5
スポーツ科学分野報告（近藤）	7
大学院 GP 活動報告書（日潟）	8
大学院 GP 活動報告書（金季実）	9
セミナーでの発表資料及び原稿	11
Masayoshi Morioka, ‘Possibility of transcultural knowledge: Between Perth and Kobe’	12
Kye-Shil Kim, ‘The living experience of siblings with sick children’	16
Atsuko Higata, ‘Time Perspective’	17
Appendix 1 神戸市紹介（院生作成）	22
Introduction of Kobe and Kobe University （近藤作成。心理学セミナーでの挨拶代わりに用いたもの）	29
Appendix 2 人間発達環境学研究科・心理発達論紹介資料（院生作成）	30
Appendix 3 訪問写真集	33
総括	39

訪問スケジュール

3月26日（水）

夕方、関西国際空港発。

3月27日（木）

朝方、パース国際空港着。レンタカーでホテルへ。

シティセンターにて昼食。

午後、西オーストラリア大学スポーツ科学分野の Dr Green を訪問。

夕方、Dr Green の強い勧めでコッテスロー・ビーチの日没を鑑賞。

夕食後、院生は心理学セミナーの発表練習。

3月28日（金）

シティセンターで朝食後、パース市内を調査。

レンタカーで西オーストラリア大学へ。早めの昼食後、院生はセミナー発表の練習。

午後、心理学分野訪問の Dr. David Morrison を訪問

3月29日（土）

午前、西オーストラリア大学国際連携事業担当のイーヴァ・チャイ氏訪問、大学構内見学

午後、空港への途上、レンタカーでパース市郊外を調査。

夕方パース国際空港発。

3月30日（日）

朝方、関西国際空港着。

正課外活動報告（全般）

活動の概要

神戸大学の海外協定校、西オーストラリア大学（オーストラリア、パース市）のスポーツ科学と心理学分野を訪問して、大学院生は研究活動や国際交流に関する正課外活動を行ない、教職員はそれを支援した。

これまでの経緯と訪問の準備

西オーストラリア大学と神戸大学は 2006 年に学術交流協定を結び、2007 年には国際連携事業担当のイーヴァ・チャイ氏が神戸大学を訪問。同大学心理学分野と本学人間発達環境学研究科の心理学分野と **transcultural psychology** の国際的共同研究の可能性について申し出があった。これを踏まえて 2008 年 3 月に大学院 GP 学術活動支援グループの近藤・中谷と心理学分野の森岡・日潟・金が訪問することとなった。またスポーツ科学分野でも交流の可能性を探るべく、**Dr Green** とも面会することになった。出張までの限られた時間の中で、臨床心理の大学院生の日潟・金両名が神戸市や人間発達環境学研究科及び心理学分野の英文紹介冊子を作成した。また、先方より金曜日に開かれる定例の心理学セミナーで発表してはどうかとの提案をいただき、森岡及び院生たちが発表することになった。院生の原稿準備は機中や発表当日までつづき、中谷が作成冊子や原稿のチェック、および英語プレゼンの指導もおこなった。他方、教員は近藤がチャイ氏をはじめ先方との連絡全般を取りおこない、神戸を紹介する英文パワーポイントを作成。森岡は人間発達環境学研究科の心理学分野及び自らの研究紹介のパワーポイントを作成して訪問に備えた。

西オーストラリア大学訪問

初日は西オーストラリア大学スポーツ科学分野を訪問した。ダニエル・グリーン博士とデヴィッド・ロイド博士が施設を案内してくださり、水中カメラ付きプールや人間の運動を即座にコンピュータで解析する装置など、最新のスポーツ科学研究設備を見学した。その後、教員談話室でミーティングがおこなわれ、11 月に予定している学術ウィークの頃に、ちょうど学会のため来日されるグリーン博士を講演に招聘ことで合意を得た（スポーツ科学分野訪問の詳細は近藤の報告を参照のこと）。

二日目は心理学分野の学科長であるデヴィッド・モリソン博士を訪問した。最初に毎週金曜に開催されるという定例セミナーで発表させていただいた。内容は以下の通りである。

近藤徳彦 Introduction of Kobe and Kobe University

森岡正芳 Possibility of transcultural knowledge: Between Perth and Kobe

金季実 The living experience of siblings with sick children

日潟淳子 Time Perspective

院生たちは英語での発表が初めてとのことで準備段階から緊張していたが、結果としては

思い切ってやってよかったと大きな自信を得たようである。

セミナー後、教員談話室へ移動し、教員・院生とのミーティングが持たれた。神戸大学の教員・院生の発表に興味を持っていただけたらしく、学科長のデヴィッド・モリソン博士、マイク・アンダーソン博士、ロモラ・バックス博士から、あらためて **transcultural psychology** の共同研究の提案を頂く。なお、11月の学術ウィークには、日潟・金両院生を中心にほかの院生もできるだけ多く巻き込みながら、モリソン博士を招聘した講演会や研究会を開催する予定である。その後、モリソン博士に広大な研究科内の施設を隅々まで案内していただいた。実験施設、演習室、機器等々、本校の教員・院生共に、あまりに恵まれた環境に驚いたようであった（心理学分野に関しては院生の報告も参照のこと）。

また、学長室国際連携事業担当主席アドバイザー、イーヴァ・チャイ氏にはお忙しい中、訪問の調整段階からお世話いただいた。西オーストラリア大学はアジア地域との連携を見据えて、学長や学部長以下、神戸大学との学術交流推進に非常に意欲的で、そのことを今回訪れたスポーツ科学・心理学分野双方で実感できたのは大きな収穫であった。共同研究はもちろん、将来的には（交換）留学も含めたさらなる交流が期待できるといえよう。

さらに西オーストラリア大学構内の見学もおこなった。1911年創立のオーストラリアで最も美しい大学と言われるだけあって、広大な敷地内に英国風の古風な建物群と最新の建物と自然が調和する素晴らしいキャンパスであった。

パース市（周辺）調査

将来的に本研究科の学生が留学する場合を考え、空き時間を利用してパース及びその周辺の調査もおこなった。統計によれば、人口 150 万人とほぼ神戸市と同じ規模だが、広大なスワン川に面した市の中心部はこじんまりまとまっており、キングス・パークほか緑も豊かである。ショッピングモールも中心部に集中し、朝は8時台から開いている。またキャットと呼ばれるバス（レッド、ブルー、イエローの3種類ある）が、無料で市内を縦横に巡っていることには驚かされた。食事は海の幸、山の幸ともに恵まれており、日本食レストランも散見された。夜になって幼い子供連れの家族が歩いているのを見ても非常に安全で過ごしやすい街だという印象を受けた。

郊外も自然に恵まれ、西に車で15分も行けば、インド洋を望むいわゆるサンセットビーチが延々とつづき、北に15分も行けば、広大なホワイトマンパーク（中にはカバシャム・ワイルドライフパーク他がある）や、ワインの産地であるスワン・バレーのワイン畑が広がっていた。

文責 中谷

スポーツ科学分野訪問

3月27日の13:30より西オーストラリア大学スポーツ科学分野に訪問し、施設や研究内容の紹介を受け、国際交流の進め方を大学院生とともに検討した。当日は、グリーン博士（運動生理学）、ロイズ博士（バイオメカニクス）、チャイ国際交流担当と会い、施設の案内や研究内容の紹介を受けた。まず、ロイズ先生にバイオメカニクスの研究に関わる施設の案内をしていただいた。これに関連する施設では、走ったりした場合の動作を分析する高速カメラや地面半力を測定する装置などがあり、実際、球技スポーツに見られるフェイント動作の分析が行われており、測定後、動作は線画として瞬時に表示されていた。これら測定機器とともに筋力を測定する機器も多くあり、障害者や故障した選手のリハビリなどにも用いられているようである。また、筋力や有酸素トレーニングのトレーニングを行う場所も設置され、ここには専属のスタッフがトレーニング等のプログラムと機器の管理を行っていた。次にグリーン先生から運動生理学に関連する施設の案内を受けた。運動時の代謝や循環を測定する施設や温度などの環境条件を変化できる部屋などがあり、施設がかなり整っていた。また、血液の生化学的データを解析する部屋もあり、運動生理学に関わる環境はすべて揃っている印象を受けた。グリーン先生の専門分野である運動時の血流変化を超音波で測定する機器のデモを行ってもらい、最新のプログラムの見せてもらった。実験室ではテクニシャンが常駐し、このようなプログラムや機器を独自でつくる環境を備え、常に新しい研究が行える状況になっている点は日本との大きな違いとして感じられた。最後に、国際交流をどのように発展させていくか、両先生と訪問したスタッフで話し合った。ここでは国際交流を行う場合にどのような手順で、また、どのような方法で行うのか、実際に大学院生が経験できるように話し合いを行った。この話し合いで、継続して交流を続けていくことが両大学で確認された。施設の案内を受けた最後は、子どもや父兄がこの施設が保有しているプールを利用して活動を行うところに遭遇した。社会貢献として、大学の施設が一般の人に公開させている現状を見て、神戸大学でもこのような取り組みの促進が必要であると感じた。

文責 近藤

大学院 GP 活動報告

日潟 淳子（人間発達環境学研究科心身発達専攻博士課程後期課程 1 年）

初日は、スポーツ科学分野の施設を訪問した。訪問して、まず実感したことが、広大な大学の敷地とともに、大学の設備が充実していたことであった。スポーツ科学分野の施設では、ビデオなどが完備されたプールやさまざまなデータを測定できる実験室が複数あり、施設の見学をさせていただいたときも、学生たちが実験室を使って研究を行っていた。また、地域の住民たちにプールは開放されており、大学生、大学院生が指導するなど、学生の専門性をいかしながら、住民との交流がなされていることがうかがえた。その中で、学生が自主的に動いている様子と、それに対応する大学側の柔軟さを感じた。

2 日目は心理学分野の交流を行った。モリソン教授のゼミの時間をいただき、私の研究テーマである中年期の時間的展望について発表した。当日発表した論文は中年期の日本人の時間感覚をとらえたものであり、さらに、時間的展望はヨーロッパや日本では注目されている研究分野ではあるが、オーストラリアではあまり研究されていないこともあって、どのような反応が得られるのか多少不安を感じていた。しかし、モリソン教授から、おもしろい新たな視点の研究である関心を示していただき、とてもうれしかった。日本人とオーストラリアとでは、中年期を迎える人々の生活環境も異なることが予測され、かなりの中年期の人々の時間感覚も異なることが考えられる。しかし、それぞれの生活環境面からとらえることも重要な視点であり、そのような情報をいただいて、自分の研究を進めていけるのではないかと感じた。心理学は文化差に影響を受ける研究の一つであるが、その分、国際交流によって得られるものも大きいのではないかと感じた。例えば、同じ質問紙を使って、縦断的な研究を日本とオーストラリアで行い、それらのデータを比較検討するなどの交流ができれば、一般的な傾向や、文化差による違いなど多角的にとらえることが可能になる。そのようなことを考えると、今後、さらに交流を進めて、共同的な研究を進めていければという思いを強く抱いた。今回の訪問では時間的な制約もあり、学生同士の交流時間が少なかったのが残念であったが、自分自身も英語のスキルをさらに高めて、直接的な意見交換などの交流をしていきたいという思いが強まった。

セミナーの後、モリソン先生に心理学分野が使用している設備を案内していただいた。すべての施設を巡るのに、1 時間ほど要した。心理学分野の施設も実験室が数え切れないほどあり、各分野の研究がそれぞれに専門性を高められる設備が整っていた。また、学生が自由に使用できる部屋も充実しており、大学での研究を進める居場所が確保されていた。その中で、学生が自由に、自主的に研究を行っている姿を見ることができた。

短期間の訪問ではあったが、異国の大学の様子や、日本以外の心理学分野の取り組みを肌で感じることもできた。また、それによって自分の研究意欲や語学への学習意欲も高まり、とても貴重な体験であった。この体験を、今後の研究活動および大学院生としての活動につなげていきたい。

大学院 GP 活動報告

金 季実（臨床心理学コース博士課程前期課程 1 年）

今回は海外での活動であり、さらに自分の研究を英語で発表するというのもあって、参加を決めるまでに語学力の面などで幾らかの不安要素を抱え躊躇していた。しかし実際に活動を終えた今、一番強く感じているのは、例えば英語に自信がないから参加することを躊躇するというように、自分自身の個人的な不安や不具合を理由に参加を躊躇するのではなく、とにかく積極的に、思い切って参加し活動してみると、不安に思い躊躇していたことなど、かき消されてしまうほどに多くの刺激を受け、学び得ることが多いということである。そしてどんなことにもアグレッシブに、まずは参加することに意義があるのだということを、身をもって知った。

まず、今回の活動は、両大学院における教員の先生方のレベルでの話し合いに留まらず、私たち院生も積極的に関わらせていただけたことが、非常に貴重な体験となった。コラボレイティブな研究を目指す話合いの場では、同じ心理学の分野でも様々な異なった領域の、異なる専門の立場から、たくさんのアイデアに満ちた話がなされ、種々の意見が交換されるという生きたディスカッションが行われたが、そのような生きた空間に参加できたことは、私にとって非常に刺激的であると共に、異なる分野からのアイデアや意見は、私に新たな視座を与えてくれるものであり、私自身の研究に関しても視野が広がる感覚を得た。このように異なる文化背景やそれぞれの国による独自の感覚や確固とした専門性をもってコラボレイティブな活動を行うことの素晴らしさと、そこから生み出される新たな可能性に大きな意義と喜びを感じた。

また、今回自分の研究を紹介するという貴重な機会を提供してもらい、初めて英語で発表するという体験をした。今回は、今後の研究計画の紹介というレベルに留まる簡単なものであったが、それに向け原稿を作成し、指導を受けながら発表に向けての準備をするそのプロセスは、私にとって、自分の研究計画をあらためて見直し、さらには第3者に伝わる形で表現するということを学ぶ意味でとても有意義なものであった。また、今後海外の人々とも研究を通してコラボレイティブな関係築くためには、英語能力が必要不可欠であることを痛感させられ、研究することだけでなく、それを表現し、共有する手段としての語学力を磨く必要があることを強く感じた。今回は研究計画の紹介だけとなったが、今後研究を進め、その結果をまたこのような機会があれば積極的に紹介していきたいと思う。

さらに、スポーツ科学と心理学分野の施設見学を行った際、実際にそこで実験を行っていた院生に出会い、どのような研究を行っているのか話を聞くことが出来た。彼らの研究分野は普段自分が専門にしている分野とは異なる分野であったので、私にとって非常に新鮮であり、かつ興味深いものであった。そして彼らは、興味深く話を聞く私たちに実に堂々と、また理解しやすい形で自分たちの研究について話してくれた。彼らはと

でも真摯に研究に取り組んでおり、驚くほど質の高い研究を目指しているようだった。そんな彼らの姿に大きな刺激を受け、私自身、自分の研究の原点へ立ち戻り、改めて今後の研究生活に向けて大きな目標を得られたと思う。

最後に、私は、西オーストラリア大学心理学部の部長である Morrison 先生の「最近では、E-mail によって簡単に関係を作ることが多いけど、やはり face to face で話し合うことが大切だと思う」という言葉がとても印象的で心に残っている。今回実際に西オーストラリア大学に出向き、交流を行ったことを通して、やはり現場に実際に足を運び、直接顔を合わせてコミュニケーションを取ることによって関係を作り、そして築いた関係をしっかりとつないでいくことが、国際交流においても非常に重要であることに心から気づかされた。

心理学セミナーでの発表資料及び原稿

Possibility of transcultural knowledge: Between Perth and Kobe

Masayoshi Morioka
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Course of Psychology , Faculty of developmental science, kobe University

Developmental psychology
Clinical psychology
Educational psychology
Personality psychology
Social and cultural psychology
Psychology of mental retardation and handicapped person

Academic teaching staff; 11 +a+ part-time teachers
Sophomore(30), Junior(30), Senior(30)
Students of graduate school , Master course(30) and Doctor course(12)

Human community creation center
Psychological clinic
Another section of Kobe University, Faculty of Letters
Experimental psychology/Cognitive psychology/ Experimental Social psychology

Psychological problems in Japan

- Depression
 - Eating disorder, self-injury
 - School problem ; refusal, bullying
 - Social phobia, anxiety in human relationship
 - Personality disorder
 - Developmental problem and disorder
 - Child abuse, domestic violence, PTSD
- But these classifications and terms are imported from Western culture.

Psychotherapy in Japan

- Person-centered approach
 - Psychoanalytic Psychotherapy
 - Analytical psychology/Art therapy
 - Sand play technique
 - Family therapy
 - Narrative approach
 - Cognitive behavioral therapy
- But these treatments are also imported from the Western culture.
On the possibility of Japanese original psychotherapy

Culture specific or universal, contemporary theme

- On the cultural specific background
 - Sense of self, concept of self
 - One's self esteem is dependent on his human relationships.
 - We have various names!
- We have to suppose how to call the person sensitively in the situation and relationship, which we say 'ma' .
We are constrained to perform along with the situation, so Japanese youth says K(kuki)Y(yomu) which means to read the mood and climate of the group.
Japanese expression of feeling may be delicate and refine.

*Immutability of psychology across cultures

Talking to oneself silently

- There 're Young I and Old I / two voices struggle yet/ how can I sooth them (Takuboku)

(若き我と老いたる我 争ふ声す いかになだめむ) (啄木)

Micro-genetic change of the self

- The talking self divides himself repetitively. Sometimes it may make of severe problem inside the self. It is necessary to organize and to connect themselves. So the self need to make a polyphonic structure. But how can we do? What kind of condition do we need?
- The self remains oneself through making a difference continuously, that is his not-self .
- Therapist remains space and time of receptivity where the selves begin to talk and to make dialogue one another. He has to receive the genesis of client's sense of self at any moment.

<clinical vignette >

- Ms. A ,30 years old, office worker, sick leave
- Ms. A felt anxiety about work group and felt difficulty with the relationships when she got job rotation two years ago. She became depressed down. We talked about the position of her self concerned with her work and her life. She raised awareness that her self was usually affected by her parents and another family. Her dominant position of the self restricted herself and watched severely. But she generated counter position of the self gradually and she got new perspective to herself .

c.v.1(continued)

- A1: I always worry about my work even holiday. I tried to show myself a better image than the actual figure. I have pretended I'm frank everyday and can clear up the work easy. I'm anxious everybody watch me around as if I take an examination everyday. The other is dominant in my office.
- Th1: You always think how to adapt the other. Your self-esteem is fluctuating with how they think me. (an omission)
- A2 :My mother also has such an eye severely checking toward me. I think I have to be independent from my parents. I go to my office from my parent's house, for we are at ease each other. But I think I have living through the line of my parents expectation.
- Th2 :It seems to me you are lost yourself by the others expectation.
- A3 :My office work is largely changing because of restructuring. I'm ill at ease.

c.v.1(continued)

- (Then after she imaged freely about her office work. She tried to accept her self and to connect opposite I-positions. One is natural easy self and the another is the self that adapts to the others expectation.) In this phase, she talked.
- A4: It was only one of occasions, I would fall into such states sometime at any other office. I feel I can move forward a little. But I have such another voice that I want to take a rest for a while.
- Th3: You feel you have each two voices.
- A5: But I don't have a clear image of how to do or what to do. Still I have such image as the expert surpass from others but the other side I don't care about it.
- Th4: You don't care about it. You are changing. You are not formerly.
- A6 I: can't do overwork. It seems strange that I could do such way of working ordinarily. I feel just I am comfortable.

Tension in the dialogue

- We explored another voice inside the self in the process of psychotherapy. There was a tension in the dialogue between the self and inside the other, alter ego. This tension means one time there is a struggle between old I and young I, and another time there is anxiety caused by self deception. But from another point of view, it gives us an occasion that we can discover various self positions.
- Therapists explore the possibilities of another position inside the client's self. They make effort to be inside the client's living world.
- There occurs an shift in the I position of Ms A. Each positions are en-voiced as if some characters live inside the self. Each voices are independent. They are unique each other.

Constructing double dialogical space: reversal of dominance

- There constructs double dialogical space, the heterodialogue (with others, including imaginary others) the autodialogue (within oneself) (Valsiner,2002)
- DS is held by the space of dialogue "ma" (Japanese) between therapist and client. Therapist has to make clear about therapeutic limit setting where the dominance is client's side. Therapist tries to move into the client's world ("utushi").

“ma”(間 ま)

- The feature of Japanese consciousness of time is not linear such as past- present-future but the circularity of time connected and held by nature. And the feature of Japanese consciousness of space is not an empty space but a space that hold everything. We can express by this word "ma" about space between thing and thing and also between one moment and another moment. "ma" is a concept including both time and space. We can use "ma" into the human relationships. "ma" indicates the creative lively tension between I and you. If this tension diminishes, "ma" is lost. We say "ma-nobi" (overextension of ma) or "ma-nuke" (missing ma), which means boresome or bad timing.
- The concept of "ma" may be concerned with the boundary zone A<>non-A field where meaning is constructed and re-constructed (Valsiner,2004)

“utushi”(うつし)

- Japanese word utushi has ambiguous many meanings. Ordinary it is characterized three different Chinese character(移 写 映).
- 1)移transition of time, shift or change of space
- 2)写representation, image or copy of a real thing trace and describe exactly what it is.
- 3)映mirroring, reflection, projection.
- We can use this word in human relationships and can explain the intersubjective phenomenon as identification, participant observation, responsive action, empathic exchange, emotional infection. It means perspective change, and dominance reversal, if possible (Hermans and Kempen,1993).

The basic structure of "utushi" is that
 <when the parts of X makes itself "utushi" toward Y,
 X is not appear as X inside Y. X appears as apart of Y inside Y.>
 (Morioka,2005)

c.v1(continued)

- A7 :The image of my office work is empty yet. I worry I cannot return to my office. I lost confidence.
 Th5 :You can't image your figure of return.
 A8 :I think ...It is more exact to say rather I don't have capacity to continue the work than to say I lost confidence.
 Th6 :I regard you have a sense to say you don't have a capacity, for you could achieve good results every things by yourself before.
 A9 :I want to be successful and nice appearance indeed. But I couldn't have kept the work with such image.

Action of “utushi”

- There is a micro movement of "utushi" in the dialogue. The time and space is superimposed including some differences by way of others "utushi". The client in self-talking can get another viewpoint to her problem through the continuity of dialogue.
- In the action of "utushi", therapist takes care of how to ask in order to expand the client's self narrative and to construct client's world. Client can get a deep sense of "I am" through the responsive action "utushi" by therapist.

Dialogue constructs Reality

- There is a reality constructed only through dialogue. The turn taking of conversation makes therapeutic effects. Ms A said "I lost confidence." But she could change the meaning through therapist's response(Th5). She inquired into her own word and discovered another voice.
- Therapist makes empathic understanding on the feeling and on the client's situation. Therapists never go ahead to the client's talk. Client experienced her own word repetitively through the mimetic word and action "utushi" by the therapist. And she experienced a sense of continuity of self from such response. She could shift the space of self imaginatively from narrated space to the narrating space in the therapy.

Recovery of one's voice

- In the space of DS, a self of one moment talks to the self of next moment. There is continuous conversation from self to self.
- "The DS is composed of voiced positions."
 (Hermans,1996)
- If he talks with his actual voice to the other, there generates a new meaning sometimes.



Activating a “ma”

- I think the sign of the recovery of health is that the self can exchange the dominance freely ("utushi") with the other.
- "You can realize yourself at the space of me and I can realize at the space of you"(Kimura,2005) This is exactly the essence of "utushi".
- We can expand the dialogical space toward the future by activating a "ma" which means both a chronotope and a actual dynamism of relationships.

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セミナー発表原稿

The living experience of siblings with sick children

Kye-Shil Kim

I am especially interested in the field of pediatrics. So I have been doing volunteer work in the hospital attached to Tokyo Women's Medical University for 3 years. I had lots of opportunities to talk with mothers of sick children such as childhood cancer, and found that they tend to make little attention to their healthy children because they are too busy in taking care of the sick children. Today I will therefore focus on the siblings of sick children.

The diagnosis of serious illness in any family member becomes stressful experience for the whole family. When the family member is a child, his/her experience seems to become even more traumatic. In Japan, psychological difficulties of the sick children and their parents have already been studied and understood by scholars. However, a very little focus has been placed on their healthy siblings.

In the health care profession today, there is a growing awareness that the psychosocial needs of the siblings of sick children are less adequately met than those of other family members. The previous research suggests that the siblings are particularly vulnerable to adjustment difficulties, such as depression, anger, feelings of guilt, anxiety, and social isolation. And they experience similar stress to that of sick children. In fact the siblings have been identified as the most emotionally neglected and unhappiest of all family members.

Despite the growing number of studies on the healthy sibling's psychological difficulties, most of them are based on questionnaire survey and observation of nurses, and lack an understanding of living experience from the siblings' perspective. I think this lack of understanding may cause inadequate care of the siblings with sick children in Japan.

The aim of my study is to gain a better understanding of the living experience of siblings with sick children through qualitative research such as a semi-structural interview.

セミナー発表原稿 Time Perspective

My name is Atsuko Higata. I am a clinical psychologist and doctoral student at Kobe University. My research topic is time perspective.

In 1942, K. Lewin defined Time perspective as all the views about the psychological past and future of individuals in a certain point of time.

That is to say, our behavior does not only depend on the present, but also the past and the future. So we must understand a person at the present, together with his past and future.

I am interested in how human beings use their past or future to motivate themselves, so I have been researching time perspective.

Generally, time perspective researchers attach importance to the future perspective, so they study adolescence as an object. I have already researched adolescence in my 1st article. (Please look at the 1st abstract in your handout.) , and argued that those who have positive time perspective often recall their past experiences and future events.

But I propose that it is more important for middle age to have positive time perspective because mid-life crisis is derived from the fact that they cannot imagine their good future or regard their past as valuable.

So, I have now been focusing on time perspective of middle-age.

Today I am giving an outline of my article titled “The Relationship between Time Perspective and Mental Health in Middle Age.” (2nd abstract, in your handout)

It has been said that some of the main problems of middle age in clinical cases have arisen from the difficulty in having their future perspective, because they face the negative factors, such as, a decline in physical strength, changes of their role in society or family, self awareness to their limited life and so on. The purpose of this study is to examine the relationship between time perspective and mental health in middle age by questionnaire survey (Study 1) and semi-structured interview (Study 2).

The questionnaire used in Study 1 was composed of an Experiential Time Perspective Scale (subscales: acceptance of the past, satisfaction with the present, goal directedness and hope) (Shirai,1994), four questions about awareness of time as resource, The Circles Test (Cottle,1967) and GHQ28(The General Health Questionnaire). The surveyed comprised 57 people aged 40's, 83 people aged 50's and 85 people aged 60's. The results in Study 1 are as follows. In an Experiential Time Perspective Scale, in 40's, the correlation between satisfaction with the present and hope was higher than that

between acceptance of the past and satisfaction with the present, while in their 60's, the correlation between acceptance of the past and satisfaction with the present was higher than that between satisfaction with the present and hope. In questions about awareness of time as resource, the score of the question "Do you hope to have your aim in the future?" was higher in 40's and 50's than in 60s significantly, and the score of the question "Do you think that you must strive now for the future?" was much higher in 40's than in 60's. (Please look at Figure1 in your handout) In the Circles Test, the percentage of those who draw the future in the biggest circle was highest in 40's, and then 50's. But the percentage of those who draw the present in the biggest circle was highest in 60's and then 50's. Therefore it is suggested that the time orientation of the middle age group in 40's heads toward the future and the time orientation of the middle age in 50's turns their eyes to the present, and the middle age group in 60's strongly feels the limit of the future.

(Please look at Table 1) Regarding the relationship between time perspective and mental health, the results of multiple regression analysis suggested that in 40's, satisfaction with the present relates to mental health, in 50's, acceptance of past and satisfaction with the present relate to mental health and in 60's, satisfaction with the present, goal directedness and hope relate to mental health. It is suggested that it is necessary to maintain a broad time orientation with age.

In Study 2, the purpose of the interview survey is to understand the difference in the quality of time perspective among 40's, 50's and 60's. 11 people in 40's, 6 people in 50's and 10 people in 60's were surveyed among the participants in Study 1. The interviewer asked them about their feeling regarding the past, present and future, and their awareness of physical or psychological changes in middle age. The interviewees in this study of the middle age group in 40's talked that they recognized a decline in physical strength and finite nature of life. From this awareness, they reconsider the merit of goal achievement in the future, and find the new value instead of goal achievement, for example, contentment in pursuing the goal without regard to a success or failure, and so on. They think that the past is fundamental, and they talked that they sought to understand themselves and sought the sense of direction in the present. Therefore the middle age group in 40's has no strong sense of the past as an object to look back, and they are just reconsidering the goal directedness in the future. For this reason, it is supposed that only satisfaction with the present relates to the mental health in 40's.

The interviewees in 50's accepted their aging. They feel that the past events occurred fatally and the past experiences made themselves. They connect the past events to the

present more closely than the group in 40's. And they think that they have a good future if they work harder. It is suggested that from these kinds of feeling their time orientation turns to the present from the future. And for this reason, it is supposed that acceptance of the past and satisfaction with the present relate to mental health in 50's.

The middle age group in 60's feels a decline in physical strength and finite nature of life again. Because of this awareness and the change in their life style, such as, forced retirement, independence of their children and so on, they try to look back to their past experiences and appreciate their own life so far. And they talked that it is about time they use time for themselves. So they have a hope for the future. For this reason, it is supposed that satisfaction with the present and hope relate to mental health in 60's.

In Study 2, it is suggested that the feelings of the past, present and future differ by generation, and this difference makes the difference of time orientation and that of relationship between time perspective and mental health in middle age. And it also suggested that there is a difference in the quality of acceptance of the past, satisfaction with the present and goal directedness and hope in each generation.

Thank you. It is probably difficult for you to understand this study due to cultural difference, because it treats the sense of time in Japanese middle-age. But I greatly appreciate if you give me advice.

セミナー配布資料 1

The abstracts of my Articles

Atsuko Higata

- Higata Atsuko & Saito Seiichi (2007). Time Perspective, Recollection of Life Event, and Mental Health in Adolescence. *The Japanese Journal of Developmental Psychology*, 18, 109-119.

The time perspective of adolescents, regarding the future, involves both anxiety and hope. This study examined the relationship between time perspective and mental health, and factors that promote the reconstruction of time perspective by high school and university students. Adolescents with a positive time perspective of the past through the future were generally found to be in good mental health. However, Among those with a future perspective only, high school students were in not better mental health while university students were in better mental health. The results suggested that future time perspective have a different effect on mental health, depending on one's level of development. Adolescents with a positive time perspective reported a strong and well-balanced concern for life events of the past, present, and future. They were also realistic in reconstructing past life events and recognizing future events .

【Key Words】 time perspective, mental health, life event, adolescent, late adolescence

- Higata Atsuko & Okamoto Yuko (2008) The Relationship between Time Perspective and Mental Health in Middle Age. *The Japanese Journal of Developmental Psychology*, 19(2),

The results of a questionnaire survey indicated that the time perspective of people in their 40s was oriented toward the future, whereas people in their 50s were oriented to the present. The relationship between time perspective and mental health indicated the need to maintain a broad time orientation, in order to maintain positive mental health during middle age, The interview data suggested that feelings regarding the past, present, and future differed between people in their 40s, 50s and 60s. These group differences were related to time orientations and to the relationship between time perspective and mental health in middle age. Finally, the results of this study suggested a difference in the quality of acceptance of the past, satisfaction with the present, and goal directedness and hope in each generation.

【key words】 time perspective, mental health, middle age, time orientation

セミナー配布資料 2

Title : The relationship between time perspective and mental health in middle age

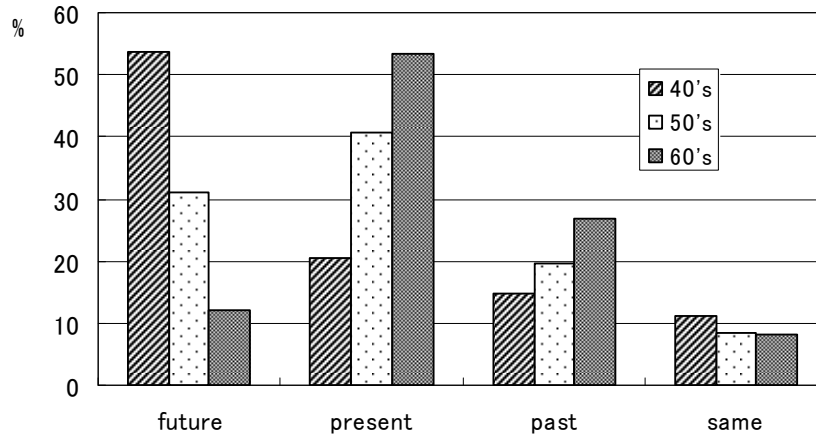


Figure 1 The Circles Test (time domination)

Table 1 The result of multiple regression analysis in Experiential Time Perspective Scale and GHQ28

	40's	50's	60's
	β	β	β
acceptance of the past	-.31*	-.32**	-.21 [†]
satisfaction with the present	-.22	-.27*	-.35**
Goal directedness	-.17	.16	.28*
hope	-.02	-.19	-.34**
R ²	.29**	.30***	.36***

β : standard regression coefficient

*** p<.001 ** p<.01 * p<.05 [†] p<.10

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Appendix 1 神戸市紹介 (作成 日瀧・金)

The information of Kobe City

Location & Topography

Kobe (神戸市 *Kōbe-shi*) is the capital city of Hyōgo Prefecture. Located just to the west of center on the main island of Honshu in an area known as the Kansai Region, the port city of Kobe is easily accessible to most domestic and international destinations by land, sea or air. Travel time from Tokyo takes 1 hour 20 minutes by plane and 2 hours 50 minutes by *Shinkansen* Bullet Train. From Osaka, train travel takes 30 minutes and Airport Limousine Bus



service from Kansai International Airport takes one hour. In addition, even the most remote points in Japan, as well as the neighboring countries of Korea and mainland China, are but one and a half to two hours by air. Its ideal location allows Kobe, together with Osaka and culturally-rich Kyoto, to serve as the focal point for the economy of western Japan.

Geographically, the city can be roughly divided into two sections by the Rokko Mountain Range. The southern portion which faces Osaka Bay forms the urbanized area, while the western and northern areas have become the scene for the construction of large-scale new towns that maintain harmony with their natural surroundings. Stretching like a ribbon 30 km east to west and 2 to 4 km north to south, the southern urban area occupies roughly 30% of the city but is home to 60% of the population. Developmentally, Kobe is built upon a 3-tier structure: a port and industrial zone along the coast, residential areas on the hillsides, and mixed residential and commercial areas in the intermediate zone between the mountains and the sea.

With the mountains on one side and the ocean on the other, and with its overall mild climate averaging 17.1°C (62.8°F), Kobe is a city blessed with unparalleled natural conditions extremely conducive to business and daily life.

History

Origins - Meiji Era

Stone artifacts and tools found in western Kobe demonstrate that the area was populated at least from the Jōmon period. The natural geography of the area, particularly of Wada Cape in Hyōgo-ku, led to the development of a port, which would remain the economic center of the city. During the Nara and Heian periods, the port was known by the name Ōwada Anchorage and was one of the ports from which imperial embassies to China were dispatched. As the port grew during the Kamakura period, it became an important hub for trade with China and other countries, and in the 13th century, the city came to be known by the name Hyōgo Port. Hyōgo Port was one of the first ports to open for trade with Western countries following the Meiji Restoration and the end of the policy of seclusion in 1868. The region has since been identified with the West, and many foreign residences from the period remain in Kobe's Kitano area.

Modern Era

Kobe was founded on April 1, 1889, and was designated on September 1, 1956 by government ordinance. The history of the city is closely tied to that of the Ikuta Shrine, which was legendarily founded in 201, and the name "Kobe" derives from "kanbe", an archaic name for those who supported the shrine.

During the course of World War II, Kobe was bombed with incendiary bombs by B-29 bombers on March 17, 1945, causing the death of 8,841 residents and destroying 21% of Kobe's urban area (see Bombing of Kobe in World War II). It is this incident that inspired the well-known Studio Ghibli film *Grave of the Fireflies* and the book by Akiyuki Nosaka on which it was based.

Following continuous pressure from citizens, on March 18, 1975, the Kobe City Council passed an ordinance banning vessels carrying nuclear weapons from Kobe Port. This effectively prevented any U.S. warships from entering the port, policy being not to disclose whether any warship is carrying nuclear weapons. This nonproliferation policy has been termed the "Kobe Formula".

On January 17, 1995 an earthquake measuring at 7.3 on the Richter magnitude scale occurred at 05:46 am JST near the city. Nearly 4,600 people within the city were killed, 240,000 were made homeless and large parts of the port facilities and other parts of the city were destroyed. The earthquake destroyed portions of the Hanshin Expressway, an elevated freeway which dramatically toppled over. Within Japan, the earthquake is known as the Great Hanshin Earthquake (or the Hanshin-Awaji Earthquake). To commemorate Kobe's recovery from the 1995 quake,

the city holds an event every December called the Luminarie, where the city center is decorated with illuminated metal archways.

Kobe was Japan's busiest port and one of Asia's top ports until the Great Hanshin Earthquake occurred. Kobe has since dropped to the fourth in Japan and thirty-ninth busiest container port worldwide (as of 2005).

Area & Population (as of 1st January 2004)

The city of Kobe currently covers an area of 550.72 sq. km (36 km from east to west and 30 km north to south) and, despite having to recover from 2 devastating periods in its history (WWII and the recent earthquake), its population has surpassed 1.5 million. The population of the urban area – about 170 sq. km in size – has reached more than 1 million, making its population density almost 6,000 people per sq. km. On the other hand, the northern and western areas, which represent a larger space of about 380 sq. km, are home to less than 500,000 people. Thus, the population density in that area is quite low, at close to 1,200 people per sq. km when compared with the average of over 2,750 people per sq. km for the city as a whole. With a large foreign population closing in on 45,000 people from as many as 115 different countries and the resulting cultural influences they bring, the international flavor of Kobe's population is easy to see and experience.

Economy

Kobe is both an important port and manufacturing center within the Hanshin Industrial Region. Kobe is the busiest container port in the region, surpassing even Osaka, and the fourth busiest in Japan.

As of 2004, the city's total real GDP was ¥6.3 trillion, which amounts to thirty-four percent of the GDP for Hyōgo Prefecture and approximately eight percent for the whole Kansai region. Per capita income for the year was approximately ¥2.7 million. Broken down by sector, about one percent of those employed work in the primary sector (agriculture, fishing and mining), twenty-one percent work in the secondary sector (manufacturing and industry), and seventy-eight percent work in the service sector.

The value of manufactured goods produced and exported from Kobe for 2004 was ¥2.5 trillion. The four largest sectors in terms of value of goods produced are small appliances, food products, transportation equipment, and communication equipment making up over fifty percent of Kobe's manufactured goods. In terms of numbers of employees, food products, small appliances, and transportation equipment make up the three largest sectors.

International Connections

Ever since it was opened to the world, Kobe has developed as a cosmopolitan port city where people, goods, and information from around the globe are in constant motion. Emphasis in city policy has always been on promoting international contact and on making its foreign residents feel at home.

Due to this, Kobe has always had a large number of foreign residents from countries all over the globe, and their very presence has served as a prime force for further promoting the city's development and helping to nurture its open and liberal environment. The City of Kobe is dedicated to creating an international community where Japanese and foreigners live together with respect for differences in their nationalities, cultures and lifestyles while deepening their mutual understanding through various cultural exchanges.

In keeping with that direction, the City of Kobe's exchange with cities in other countries is often promoted in the form of agreements to form sister city ties, friendship and cooperation ties, and sister port ties, the general activities of which encompass a wide range of areas such as economics, culture, sports, education, technology, and science. Meanwhile, the Port of Kobe itself has also concluded sister port affiliations and a friendly port tie-up with other major ports of the world and is active in promoting various international exchange programs such as sister port seminars and the mutual dispatching of engineer groups.

Kobe has always been and remains dedicated to continuing to seek out and expand its international connections in a variety of means in order to benefit both its citizens and the world at large.

Education

The city of Kobe directly administers 169 elementary and 83 middle schools, with enrollments of approximately 80,200 and 36,000 students, respectively. If the city's four private elementary schools and fourteen private middle schools are included, these figures jump to a total 82,000 elementary school students and 42,300 junior high students enrolled for the 2006 school year.

Kobe also directly controls seven of the city's twenty-eight full-time public high schools, while the remainder are administered by the Hyogo Prefectural Board of Education. In addition, twenty-five high schools are run privately within the city. The total enrollment for high schools in 2006 was 43,400.

Kobe is home to eighteen public and private universities, including Kobe University and Konan University, and eight junior colleges. Students enrolled for 2006

reached 67,000 and 4,100, respectively.

Culture

Kobe is famous for its Kobe beef and Arima Onsen (hot springs), while notable buildings include the Ikuta Shrine as well as the Kobe Port Tower. It is well known for the night view of the city, from the mountains (like Mount Rokkō, Mount Maya and so on) as well as the coast. Kobe is also known for having a somewhat exotic atmosphere by Japanese standards, which is mainly a result of its history as a port city.

The city is also widely associated with cosmopolitanism and fashion, encapsulated in the Japanese phrase, "If you can't go to Paris, go to Kobe." The biannual fashion event Kobe Collection is held in Kobe. The jazz festival "Kobe Jazz Street" has been held every October at jazz clubs and hotels since 1981.

Kobe is the site of Japan's first golf course, Kobe Golf Club, established by Arthur Hasketh Groom in 1903, and Japan's first mosque, Kobe Mosque, built in 1935. The city also hosts the Kobe Regatta & Athletic Club, founded in 1870 by Alexander Cameron Sim, a prominent foreign cemetery, and a number of Western-style residences from the 19th century.

Most of the 1957 romantic drama *Sayonara* takes place in Kobe. Kobe is also the setting of the Studio Ghibli film *Grave of the Fireflies*.

Some Well-Known Spots

MUNICIPAL KOBE WINERY

The birthplace of the renowned Kobe Wine, vineyards extend around the Wine Castle. At the Wine Museum, visitors can learn the process of wine production as well as the history and culture of wine. Take advantage of a menu that boasts locally-produced beef and wine at “Restaurants KOBE WINE”, or relax with a group of friends at the open-air barbecue facilities. A hotel and related facilities are also featured.



MT. ROKKO PASTURE

Sheep and cows graze on the 120-hectare spacious grass fields at the top of Mt. Rokko. At “Kobe Cheese House”, visitors can learn the process of cheese production. Children will enjoy interacting with



animals in a natural environment.

PORT TOWER AND KOBE MARITIME MUSEUM

The 108-meter red Port Tower stands out at the edge of Meriken (i.e. American) Park and has been a prominent feature of Kobe's skyline for many years.

A scenic view of the city and the port can be enjoyed from the summit observatory. The Kobe Maritime Museum provides visitors with comprehensive information on the sea, ports and vessels. In addition, the illuminated Port Tower and the Maritime Museum close by provide a spectacular night view.



ARIMA HOT SPRINGS

One of Japan's oldest resort towns, legend has it that the gods bathed themselves here. Arima offers a number of different accommodations and is known for its 2 styles of hot springs: the "Golden Hot Springs", named for its red color and with its iron and sodium content, and the "Silver Hot Springs", whose clear water contains radium and carbonic acid. The carbonated water in Arima's springs is said to cure all illnesses.

Located high in the mountains, visitors are additionally treated to the unique nature of each season, in particular the famous cherry blossoms of spring and the multi-hued changing leaves of autumn.



THE KITANO AREA

On the hills directly north of the city center, this area was home to many foreigners who lived in Kobe during the late 19th century and built western-style houses in memory of their homes far away. These houses were known as "Ijin-kan", or foreigners' houses, and are now designated as Important Cultural Assets, with many open to the public as museums. Today, the area boasts sophisticated boutiques and restaurants of international cuisine mixed together with an old-town style, adding a truly quaint and charming atmosphere to the city.

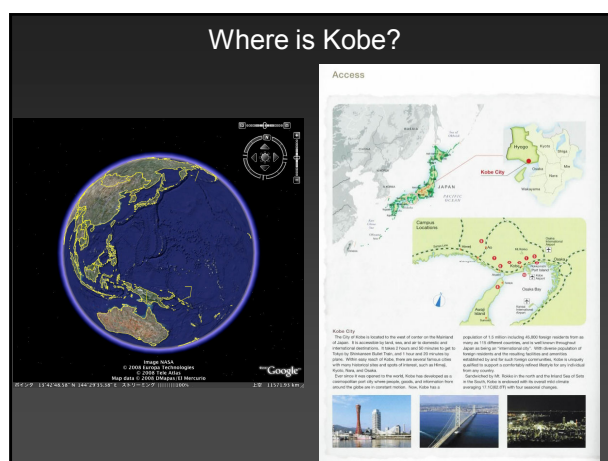


KOBE SPECIALTIES

Kobe is famous for many indigenous products such as *sake*, wine, bread, shoes, pearls and, perhaps most famous of all, Kobe beef. Nothing compares to the real articles and they can be experienced in many ways in their original settings at a variety of locations such as sake breweries, wineries, and restaurants throughout the city.



Introduction of Kobe and Kobe University (by Kondo)





Kobe University

Faculty of Letters / Graduate School of Humanities
 Faculty of Intercultural Studies / Graduate School of Intercultural Studies
 Faculty of Human Development / Graduate School of Human Development and Environment
 Faculty of Law / Graduate School of Law
 Faculty of Economics / Graduate School of Economics
 School of Business Administration / Graduate School of Business Administration
 Faculty of Science / Graduate School of Science
 School of Medicine / Graduate School of Medicine (Faculty of Medicine)
 School of Medicine / Graduate School of Medicine (Faculty of Health Sciences)
 Faculty of Engineering / Graduate School of Engineering
 Faculty of Agriculture / Graduate School of Agricultural Science
 Faculty of Maritime Sciences / Graduate School of Maritime Sciences
 Graduate School of International Cooperation Studies
 Organization of Advanced Science and Technology (OAST)
 Research Institute for Economics and Business Administration (RIEB)
 Centers



The Graduate School of Human Development and Environment



Psychological Development and Health Promotion

Developmental Psychology
Health Promotion and Education

Education and Learning
Child Development
Educational Science
Support for Human Development

Human Behavior
Behavioral Development
Sport Sciences

Human Expression
Expressive Culture
Expression-Creation
Clinical KANSEI-Expression

Human Environmental Science
Social Environment
Living Environment
Natural Environmental Science
Mathematics and Informatics

(Across Divisions)

A corporation between University of Western Australia and Kobe University

In 2006, University of Western Australia has agreed with Kobe University for international corporation of research and education.

In 2007, Ms Eva Chye, Associate Director, International Partnerships in the University of Western Australia visited Kobe University and requested a possibility of international research in transcultural psychology between School of Psychology and Graduate School of Human Development and Environment.

In 2008, we have visited School of Psychology and will discuss about this issue in face to face. This is a first step for making a good relationship between both institutes.

Division of Human Behavior in Graduate School of Human Development and Environment

Sport Sciences (9)
 Shinobu AKIMOTO (AP)
 Shouko KAWABE (P)
 Yoshihiro TAKADA (AP)
 Kazushi TAKAMI (AP)
 Yoshiaki TAKEI (AP)
 Kazufumi HIRAKAWA (P)
 Masato MAEDA (AP)
 Yasuyoshi YANAGIDA (P)
 Yasuo YAMAGUCHI (P)

History of Sport in Late Nineteenth-Century England
 Control Systems of Human Voluntary Movement
 Strength and Conditioning for Baseball Pitcher
 Exercise and Mental Health
 Analysis of Biological Variability
 Physical Fitness and Sport Performance
 Human Movement and Equipment in Sport
 Traumatic Sports Head Injury
 Sport and Community Development

Behavioral Development (5)
 Keishin INABA (AP)
 Shunichi OKADA (P)
 Toshikatsu ODA (P)
 Narihiko KONDO (P)
 Makoto CHOGAHARA (AP)

Altruism, Spirituality and Social Capital
 Motor Function in the Elderly
 Successful Aging
 Human Adaptation in Thermoregulatory System
 Sport Promotion for the Senior Population

Appendix 2 人間発達環境学研究科・心理発達論紹介資料

(作成 日潟・金)

Graduate School of Human Development and Environment, Kobe University

The Graduate School of Human Development and Environment consists of five divisions, each of which offers two to four master's programs and a doctoral program. It was just established in 2007, through the process of re-organization of the Graduate School of Cultural Studies and Human Science into two graduate schools. Approximately 100 full-time first year students are enrolled in the master's programs, and approximately 25 full-time first year students in the doctoral programs. (About 150 second and third year students are enrolled in the former graduate school - the Graduate School of Cultural Studies and Human Science). The graduate school offers outstanding opportunities for study, professional growth, research, and collaboration. The main mission of the graduate school is to develop fundamental and practical research on various issues concerning human development and the environment supporting its development, in order to organize "Human Community," a civil society where people with various standpoints can collaborate with one another toward resolving the issues.

Five Divisions of Graduate School of Human Development and Environment

The Graduate School consists of five divisions. The mission of Division of Psychological Development and Health Promotion is to study fundamental problems in developmental psychology, clinical problems regarding mental health and developmental disorder, and other health problems. Division of Education and Learning makes focus on the study of social and personal involvement in education and learning in its broader sense from various viewpoints. In Division of Human Behavior, aspects of physical behavior, behavioral development, and adaptability to the environment in the aging process are of its central themes of study. Division of Human Expression concentrates on the study of the essence of human expression and human expression through practical activities. And Division of Human Environment has a mission to study environmental factors promoting and supporting human development. Each Division offers two to four master's programs (Two-year Program) and one doctoral program (Three-year program after the Master's Degree Program).

The faculty members of the Graduate School have responsibility to manage and teach undergraduate programs in Faculty of Human Development as well.

Master's Program of Division of Psychological Development and Health Promotion

<Principle of Psychological Development Course>

In the Psychological Development Course, students would acquire the ability to conduct an extensive research on the state and development of mind, and the practical skills to manage relationships with others. This course offers a fundamental and comprehensive curriculum, which covers the function of mind, the mechanism of mind, the development and formation of mind, the understandings and supports on mental disabilities etc. Students can also take classes offered by Clinical Psychology Course, which belongs to the same division. Thus students can build up clinical and practical understandings as well as fundamental and principled understandings on mental issues, and can further develop their professional competence.

<Clinical Psychology Course>

This is a training course for clinical psychotherapists and the first-class designated graduate school course for the qualification of clinical psychotherapist. It cultivates the practical skills and the research capability as a professional of clinical psychology. Through lectures corresponding to the designated curriculum and practical training in the affiliated Psycho-educational Counseling Room and outside facilities, students learn expert knowledge about approaches to children and adults who have mental problems, interviews in clinical psychology, and psychological assessments. The research guidance cooperated with the Principle of Psychological Development Course and the intercommunication with its graduate students will also enhance the expertise for clinical practices and research capabilities with much broader perspective.

Doctor's Program of Division of Psychological Development and Health Promotion

The main mission of Doctor's Program of Division of Psychological Development and Health Promotion is to develop a more advanced professional knowledge of lifelong human development. It explores various issues about the formation of character, that is necessary to understand human development, through a research on fundamental problems of developmental psychology and clinical problems regarding mental health, developmental disorders and so on. Another purpose of the Program is to nurture researchers who can resolve the problems from wide point of view, and to train future teachers at universities and other educational institutions.

Academic Staff

<Principle of Psychological Development>

- **Seiichi SAITOH (齊藤 誠一)** Associate Professor
Pubertal Growth and its Psychological Adaptation
- **Miki SAKAMOTO (坂本 美紀)** Associate Professor
Cognitive Development in Childhood
- **Kingo SUGINO (杉野 欽吾)** Professor
Analysis of Social Interaction
- **Fuyuhiko TANI (谷 冬彦)** Associate Professor
Ego Identity Formation in Adolescence
- **Toshitaka NAKABAYASHI (中林 稔堯)** Professor
Psychological, Educational and Welfare Support for Developmental Disabilities
- **Kazuo NAKAMURA (中村 和夫)** Professor
Cultural-Historical Theory of Human Development

<Clinical Psychology>

- **Naoki AIZAWA (相澤 直樹)** Associate Professor
Clinical Psychological Tests; Adolescent Narcissism
- **Toshiki ITOH (伊藤 俊樹)** Associate Professor
Changes of Images in Psychotherapy
- **Toshiko HARIMA (播磨 俊子)** Professor
Femininity and Maternity, Psychological Study on Former Hansen's Disease Patients
- **Masayoshi MORIOKA (森岡 正芳)** Professor
On Psychotherapy from the Narrative Approach
Key Words : clinical and cultural psychology narrative approach
- **Keigo YOSHIDA (吉田 圭吾)** Associate Professor
Psychotherapeutic Method, Privacy and Secret

Appendix 3 訪問写真集



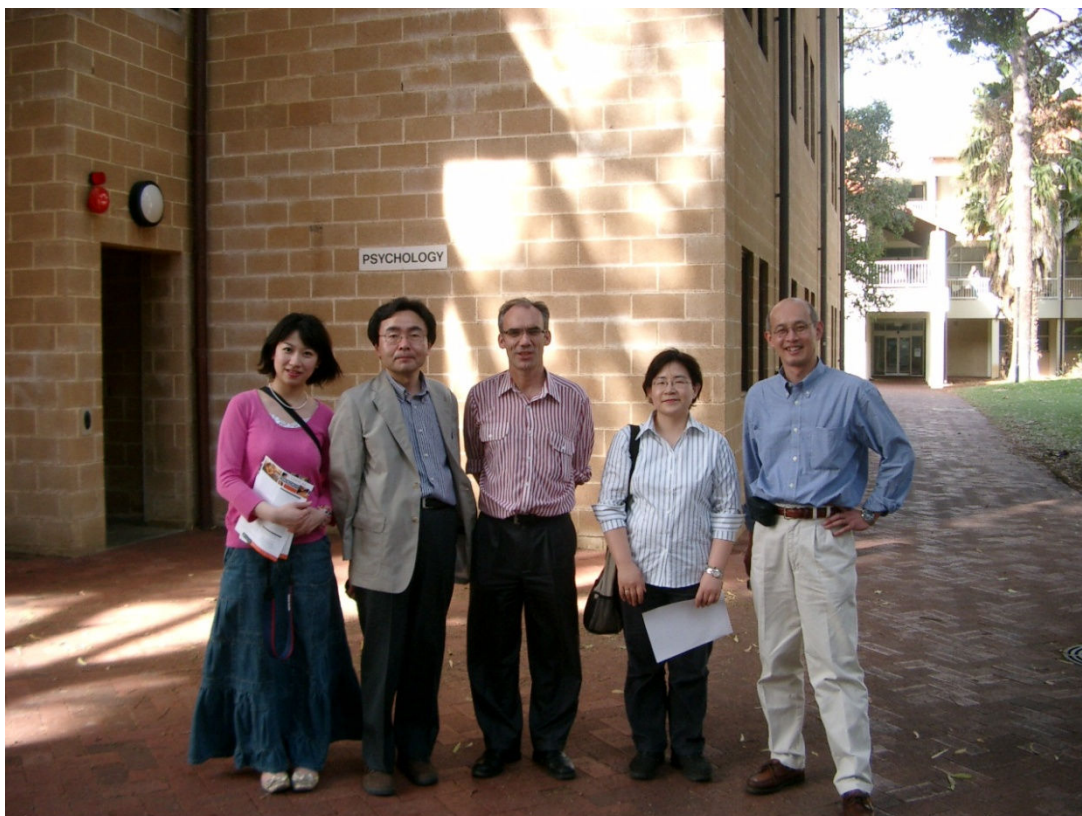
スワン河の対岸から望むパースの中心部



西オーストラリア大学キャンパスの時計台を遠方に望む



スポーツ科学のグリーン博士（左から二人目）、ロイズ博士（同三人目）と



心理学科長のモリソン博士（中央）と

スポーツ科学分野



水中カメラを備えたプール



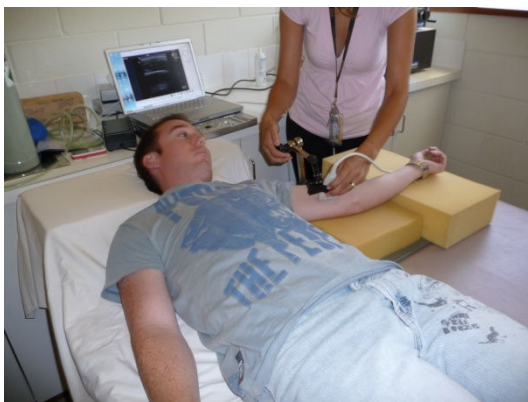
筋力を測定する機器



動作を解析する実験室



ロイズ博士の説明を聞く近藤



上腕血管の血流量測定



レクチャーシアター

心理学分野



心理学科入口の電光掲示板



金の発表



日潟の発表



Cognition and Emotion Lab.



モリソン博士による施設案内



学内にあるクリニック

西オーストラリア大学



時計台



回廊



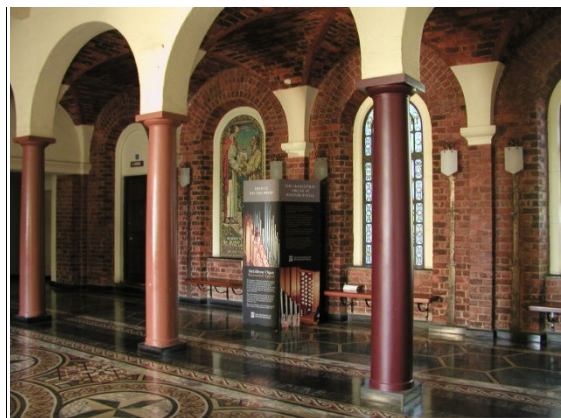
創立当時の校舎



大学構内



学生食堂



時計台内部

パース市とその周辺



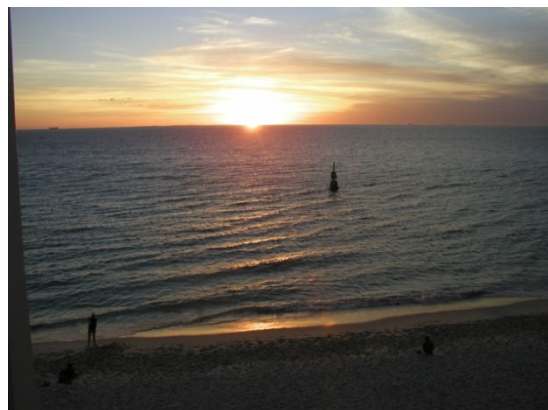
無料のレッド・キャットの停留所



ウェリントン・ストリート



ショッピングモール



コッテスロービーチ



葡萄畑



カンガルー

総括

今回、大学院生の研究の国際的経験、国際交流の進め方の理解等の観点から、西オーストラリア大学の心理学部門とスポーツ科学部門との研究交流を通して大学院 GP の学術活動支援を行った。西オーストラリア大学の環境は学生が研究し、国際交流を行う場所として適切であり、参加した大学院生の報告にもあるように、前述の観点を概ね支援することができた。特に、今後、大学院生を中心とした国際交流の可能性がでてきたことは大きい。今回のプログラムでは、心理学関係の学科長であるモリソン先生に大学院生が研究内容を紹介するセミナーを開催していただいた点も、大学院生の学術活動にとって大きな刺激になったと考えられる。今後は、研究科として西オーストラリア大学の国際交流をどのように進めて行くのか、今回参加した大学院生とともに検討できればと思っている。今回の訪問は学術活動支援として大きな収穫を得て、特に、心理学分野との今後の交流の可能性を見いだせた点に大きな意義がある。国際交流は地道な部分があり、また、相手のやる気や人柄にも大きく左右される。その点で、心理学の学科長のモリソン先生は今後のキーパーソンになる方であると感じている。このような海外の大学の訪問は国際交流で欠かせないが、一方で、研究科内の心理学分野の教員・学生とスポーツ科学分野の教員が互いに交流できた点も見逃せない。最後に、今回の機会をいただいた大学院 GP 事務局および研究科の皆様感謝したい。