

2012 International Academic Exchange Programs between the University of Sheffield and the University of Tokyo

Preface

I am very happy to write some words for the International Academic Exchange Programme between the University of Tokyo and the University of Sheffield.

The University of Sheffield and the Graduate School of Education at the University of Tokyo have agreed on an International Academic Exchange when Graham Turpin, Dean of the Department of Psychology at the University of Sheffield visited Japan in the year 2010. Thus, a symposium and an exchange of researchers and students had been prepared at the end of March, 2011.

However, because of the 311 earthquake, we had but to cancel all the programmes. Soon after the disaster, Sheffield members have helped us through foundation for the victims. This past year for Japan has been a time of such hardship and confusion due to the disaster but our partner's warm hearts have been always with us. We very much appreciate such warm help from the faculty, staff members and students of the University of Sheffield.

Exchange of researchers and students, and a joint symposium, based on the Agreement on Academic Exchange Program, had been prepared once again between Sheffield and the Department of Clinical Psychology of our University and were carried out from 14th to 25th March 2011. For the first half of the program, Associate Professor Miho Takahashi and I visited Sheffield accompanied by two doctoral students, Yusuke Umegaki and Natsumi Matsuda. For the latter half, Dr. Gillian Hardy, Professor of Psychology, and two doctoral students, Laura Mantle and Stephen Evans came to Tokyo from the University of Sheffield. I was happy to see the programmes completed with warm and fruitful outcomes, and am confident that this is a sign that the confusion after the disaster is now settling down.

We are sure that mutual understanding had deepened through this Exchange

Programme and had strengthened our relationship.

Haruhiko Shimoyama
Professor
Course of Clinical Psychology
Graduate School of Education, the University of Tokyo

1. Purpose

These academic exchange programmes were conducted under the agreements between the Department of Psychology at the University of Sheffield in U.K. and the Graduate School of Education at the University of Tokyo. The purpose is to provide a chance for young researchers to mutually exchange researches and practices with foreign countries, and to make a foundation to promote future research projects.

2. Organization

Each University organized a project team consisting of faculties and graduate students. The members of the project teams mainly planned seminars and a symposium in each university and promoted the academic exchange programme.

3. Aims to be achieved

Three aims to be achieved in our exchange programme are as follows;

(1) United Kingdom is one of the leading countries in clinical psychology and already developed a national mental health policy. While the historical trends of clinical psychology in Japan and United Kingdom are in some parts quite similar, we will be able to learn much from the development in U.K. Especially the social system of clinical psychology in U.K. would be one of the ideal models. We should know the forefront of current social system in U.K., not only in research but also in clinical practices. It was expected to get information about the curriculum, clinical training to raise excellent researchers and practitioners in the future.

(2) We hope young researchers and trainees would have a good opportunity to have a stimulus for future research and clinical practices.

(3) We'd like to know each researches and practices as well as each cultural background by visiting the other country and deepen mutual understanding.

4. Main Participants

(1) Sheffield Team

Graham Turpin (professor)

Gillian Hardy (professor)

- Laura Mantle (doctoral student)
- Stephan Evans (doctoral student)
- Lucy Lovell (post graduate student)
- (2) Japanese Team
 - Haruhiko Shimoyama (professor)
 - Miho Takahashi (associate professor)
 - Yusuke Umegaki (doctoral student)
 - Natsumi Matsuda (doctoral student)

5. Schedule Exchange Visit between Tokyo and Sheffield

(1) Schedule of the Visit in Sheffield

Date : 14-20th Mar. 2012

■ 14th March (Wed.)

Japanese members arrived in Manchester and moved to Sheffield by train. Dr. Gillian picked us up from Sheffield station and took us to the hotel.

■ 15th March (Thu.)

9.30-12.00 Natsumi Matsuda and Yusuke Umegaki attended IAPT Teaching

9.30-11.00 Haruhiko Shimoyama and Miho Takahashi had a meeting with Dr. Gillian Hardy.

11.00-12.00 Haruhiko Shimoyama and Miho Takahashi had a meeting with Dr. Graham Turpin.

12.00-2.00 Seminar to students and staff in the Psychology Department
(See Appendix A)

3.00 Haruhiko Shimoyama and Miho Takahashi met with Dr. Christine Sprigg and Dr. Karo Strauss at the Institute of Work Psychology

4.15 Haruhiko Shimoyama and Miho Takahashi met with Dorte Stevenson, International Relations Officer with Dr. Graham Turpin.

4.30 Laura Mantle picked up Natsumi Matsuda and Yusuke Umegaki and took them to a restaurant.

6.00 Everyone had a dinner with Dr. Micheal West.

■ 16th March (Fri.)

9.30 Stephen picked up Natsumi Matsuda and Yusuke Umegaki from the Hotel and took them to visit his clinical placement.

11.00 Haruhiko Shimoyama and Miho Takahashi met with Dr. Steve Kellett at CPU.

12.30 Gillian took Haruhiko Shimoyama and Miho Takahashi to Leeds for a trainee PRN meeting at 2.00pm

7.00 Haruhiko Shimoyama and Miho Takahashi met with Dr. Graham Turpin at the Psychology Department and went to his home.

■ 17th March (Sat.)

15.00 Gillian took Japanese members to Peak District National Park. In the evening, Japanese members went to Gillian's home and had a dinner with her family.

7.30 Crucible Theatre 'Democracy'

■ 18th March (Sun)

Stephen and Laura took Natsumi Matsuda and Yusuke Umegaki out to Nottingham.

■ 19th March (Mon.)

Everyone left for Japan!

(2) Schedule of the Visit in Sheffield

Date : 20-25th Mar. 2012

■ 20th March (Tue.)

Everyone arrived in Japan.

In the afternoon, Japanese members took Sheffield members to Yushima shrine and enjoyed Japanese lunch.

■ 21th March (Wed.)

10:45- Yusuke and Natsumi picked up Gillian, Stephen and Laura from the hotel to have lunch with Lucy, Haruhiko, Miki and Miho at a restaurant (Capo-pelicano).

In the afternoon, Natsumi and other students took them to visit clinical placements in the University of Tokyo.

13:30- Day Hospital

14:30- Psychiatry

15:30- Clinic in our course

18:00- Sheffield members attended at Faculty party of Department of Education at Tokyo Kaikan

■ 22th March(Thu.)

11:00- Sheffield members had lunch with Haruhiko, Miho and Ishimaru at a restaurant(Sanjo Kaikan).

13:00-14:00 Yusuke and Natsumi the member out on a walk around the university.

14:00-15:00 Prepared for the presentation at symposium.

15:00-17:40 Symposium with students and staff in graduate school of education.

(See Appendix B)

18:00-20:00 Party at a restaurant(Bon Art)

■ 23th March(Fri.)

10:00-16:00 Gillian watched “Kabuki” show in Shinbashi-Enmujo and enjoyed shopping in Ginza.

10:00- Natsumi and other students took Stephan and Laura out for the day to show sightseeing spots in Tokyo.

17:30 Haruhiko and Miho, Yusuke joined the member to have dinner on a ship.

■ 24th March(Sat.)

15:00- Sheffield members with Miho had an experience of zazen meditation at a temple.

19:30- Miho and a student had a dinner with them.

■ 25th March(Sun.)

11:00 Miho took Sheffield members to Ueno Station.

(3) Details of seminar and symposium

■ Schedule of seminar at Sheffield University (See Appendix A)

CLINICAL PSYCHOLOGY SYMPOSIUM

Clinical Psychology in Japan - Visiting Speakers from the University of Tokyo

Thursday 15th March 2012

12.00 – 2.00 pm

- Professor Haruhiko Shimoyama

The 2011 Tsunami Disaster and Clinical Psychology in Japan

- Associate Professor Miho Takahashi

Psychological problems and their support within and outside the workplace

- from the perspective of Japanese culture

- Doctoral Student Natsumi Matsuda

Cognitive behavioral therapy for children and adolescents with

obsessive-compulsive symptoms: Considering an appropriate CBT program

in Japan

- Doctoral Student Yusuke Umegaki

Help-seeking and depression: Bridging the service gap in depression

treatment in Japan

to be held in : Lecture Theatre 1, Department of Psychology,

Western Bank University of Sheffield

■ Schedule of symposium at Tokyo University (See Appendix B)

International Academic Exchange Program with the University of Sheffield

Forefront of Clinical Psychology in England

【sponsor】 Graduate School of Education, the University of Tokyo

【date & time】 22nd March, 2012 (THUS) 15 : 00—17 : 40

【place】 Daiichi-Kaigishitu

- Moderator: Miho Takahashi Associate Professor of Clinical Psychology,
the University of Tokyo
 - Opening Address: Shinichi Ichikawa Dean, Graduate School of Education,
the University of Tokyo
 - Purpose of the Program (15 : 05—15 : 15)
Significance of Comparing the Clinical Psychology of the two countries
Haruhiko Shimoyama Professor of Clinical Psychology, the University of Tokyo
 - Clinical Psychology Education at the University of Sheffield (15 : 15—17 : 05)
I .A big experiment: A stepped care approach to deliver Psychological therapies.
Gillian Hardy Professor of Psychology, the University of Sheffield
Discussant Yusuke Umegaki Doctoral student, Clinical Psychology
II .The role of resilience in recovery from stroke
Laura Mantle Doctoral Student, the University of Sheffield
Discussant Mariko Harada Doctoral student, Clinical Psychology
III .Training to become a clinical neuropsychologist in the UK
Stephen Evans Doctoral Student, the University of Sheffield
Discussant Natsumi Matsuda Doctoral student, Clinical Psychology
- Discussion (17 : 05—17 : 35)
- Closing Address: Hiroko Nakagama, Professor of Clinical Psychology,
the University of Tokyo

Reception held after the symposium.

Reception (18 : 00—20 : 00) at Cafe Lounge BON ART

6. Achievements

(1)The exchanges between the deans of each university:

Professor Graham Turpin, dean of Department of Psychology at the University of Sheffield and Professor Shinichi Ichikawa, dean of Graduate of Education at the University of Tokyo respectively attended the Seminar and Symposium took place at each University. We could confirm we established a tough academic relationship each

other.

(2)The understanding of the development of clinical psychology in each country:

We could know much about the current health care system, the curriculum and psychotherapy in clinical psychology in U.K., which would be helpful for the development of clinical psychology in Japan for the future. Some of them are able to be introduced into Japanese clinical psychology.

(3)Implications for research:

In the symposium held in Japan, we could know the researches of doctoral student at the University of Sheffield, which must be a good stimulus for Japanese students. Faculties were also able to attend a research meeting held in Leeds which based on practical experience. This type of research is now under development in Japan. We will be able to promote these types of researches in reference to the advanced researches in U.K..

(4)The forefront of education of clinical psychologist:

We could have a meeting with training professionals and exchange of the training systems in each university. Some of the methods of training will be introduced into our curriculum and useful for our development of training programs. Especially for clinical psychology, it is very important how to bring up excellent practitioners as well as researchers. We could learn much about the support system for the students or trainees in the course.

(5)The importance of cultural viewpoints in clinical psychology:

We could realize the differences of our culture as well as the universals. We realize the importance to respect the specific characteristics in each county, and also the needs to establish our own style of clinical psychology based on the specific cultural background. It would be important to know our own culture from the outside.

(6)The effects on the students who went to Sheffield:

For students who went to Sheffield, this exchange program seems to be a good chance to have an international exchange. They could have a broader view with the experience to make a presentation in front of foreign researchers and trainees. We could have confidence that such an international exchange programmes encourage students for further researches. We expect these experiences to lead to their fruitful outputs in the near future. Please have a look at the following impressions written by the students themselves.

(7)The effect on other students in Japan:

This exchange programmes were so significant for the local students who could attend

the seminar or symposium held in domestic county. They could have an important opportunity to be able to know the research and the practices in other countries in their own country. What they gained were not only contents of their presentations but also the way of presentation and the skills in discussion.

(8)The significance of international cooperation:

What we could feel all through the programmes were the hospitality and the cooperation to make success of our exchange programmes each other. We could arrange our programs beyond the difficulties of languages and times from the beginning. Especially we could overcome the effects of 311 Tsunami Disaster in Japan, and realize our project successfully one year later. We would like to cherish our relationship with each other and make use of this experience for further development of our research and clinical practices in Japan.

7. Future challenges

It is strongly hoped to continue such an international exchange programs in the future for the sake of the students as well as the faculties. This exchange programme would be one of the step for the future. It would be ideal if we could make collaboration in research and training. Especially the research of international comparison will become interesting to develop the clinical psychology in the respect of each culture. It will be required a long-range programme and a financial funds to realize continuous relationship in the future. It will be a future challenge for us to organize such a long-term system to activate our research and practices more based on this exchange programme.

8. Impression of the students

■Yusuke UMEGAKI

Doctoral Student at Graduate School of Education, University of Tokyo

“Things I learned from the exchange program

between the University of Tokyo and the University of Sheffield”

Things I learned from the exchange program

First of all, I was provided with an opportunity to attend a CBT therapists' class, in

which the lecture given was very informative. The lecture was about rumination, which is a hot topic in Clinical Psychology all around the world including Japan. To learn the latest information about rumination and how to cope with it was interesting and helpful.

Secondly, I gave a presentation about my research at a symposium in the University of Sheffield. The experience provided me with ideas of how to effectively present research results to foreign researchers and practitioners.

I was also very much motivated to see the highly-professional British Clinical Psychology trainees. This made me realize the need of further clinical and research experience, and also experience of being assessed by senior psychologists for myself to improve as a professional.

After coming back to Japan, I did a discussant at a symposium in Tokyo. The experience as a discussant made me think about how important the abilities are to critically examine foreign research, to express my thoughts and opinions, and to activate the whole symposium.

I also learned how to communicate with foreign researchers by watching how the interactions between researchers from Japan and the UK were made.

How the experience helps improvement in Clinical Psychology

At the personal level, the lecture was simply informative and helpful as a researcher and a practitioner. The opportunity to give a presentation and act as a discussant had improved my skills to present research results and to critically examine foreign research. Looking at the highly-professional training system in the UK greatly motivated me.

It was a good opportunity to think about what Japanese Clinical Psychology should be like in the future. We can learn a lot from the British Clinical Psychology model, which developed as an academic discipline open to other scientists and professions, and established itself as a high profession.

■ Natsumi MATSUDA:

Doctoral student at Graduate School of Education, the University of Tokyo

“What I have learned from Sheffield and Japan Exchange Program 2012”

In the Sheffield and Japan Exchange Program 2012, I have experienced many important things. In the whole program, I felt how interesting and exciting to communicate with students and professors abroad, And I have been motivated highly to study English and study abroad in the future in order to be a good researcher of clinical

psychology. The academic contents of the Exchange program consist of five major parts. 1: Making a presentation of our research, 2: Exchange current situation and our opinions about clinical psychology of each country, 3: Taking a Psychology class in the UK. 4: Visiting clinical placement, 5: Listening to presentations from Sheffield team in Japan. I will mention each five contents later.

1: Making a presentation of our research

It was first time for me to make a presentation of our research in English. I summarized the practice of cognitive behavioral treatment for obsessive-compulsive disorders, which Prof. Shimoyama and students in Shimoyama laboratory have conducted. It was a great opportunity for me to practice hard and to make a presentation in front of clinical students and teachers in the UK.

2: Exchange current situation and our opinions about clinical psychology of each country

It was wonderful to have many chances to communicate with students and teachers both in formal and informal situations. I think it was the most important thing to me. I learned a lot from discussing and sharing our ideas and current status with students, getting comments, and listening to ideas and opinions for the clinical psychology from them and current situation in the UK.

3: Taking a Psychology class in the UK.

It was a great opportunity to take a psychology class in the University of Sheffield. The topic on the class was the theory of the mindfulness and its use for the practice, and I found it relates to our daily practice and our own daily lives. The atmosphere and style of the class inspired me. Students in the class were highly motivated, and the class had many interactions between students and teachers.

4: Visiting clinical placement,

It was also exciting to visit a clinical replacement of clinical neuropsychology and listen from the teacher on the place. It was interesting to find the differences of the practice of clinical neuropsychology between UK and Japan.

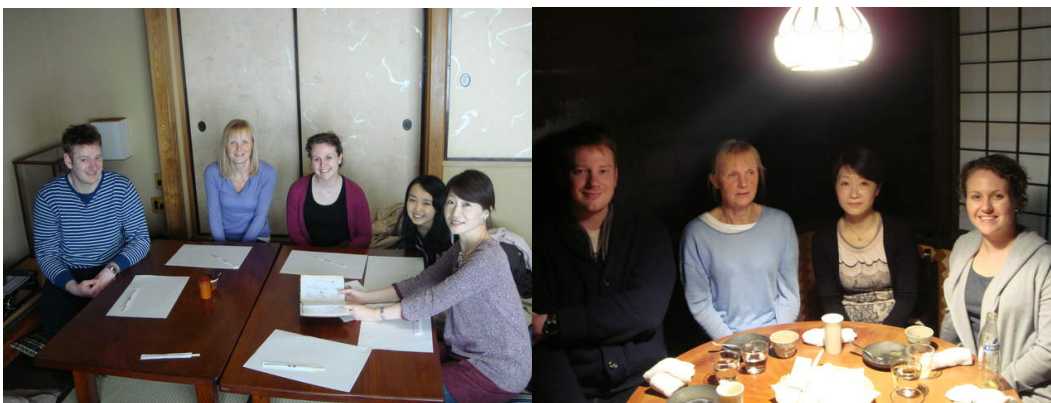
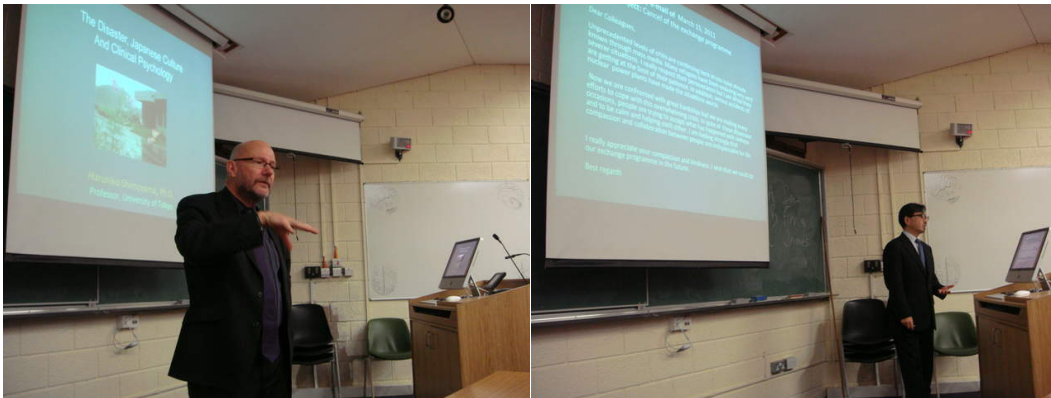
5: Listening to presentations from Sheffield team in Japan

Lastly, I learned a lot from listening to presentations from UK and have discussions to that. It helped me not only by understanding the current situation in the UK, but also seeing the presentation skills of them.

I am grateful for teachers and students who have prepared for the program. Thanks to them, I learned a lot from the program and enjoyed the program very much. I will make a great effort to make the most of this special experience.

8. Photos

■ Seminar at the university of Sheffield



■ Symposium at the university of Tokyo





■ Reception



9 . **Postscript**

It was an excellent experience for me to be able to join this programme not only as a researcher but also as a practitioner. I would like to express my sincere appreciation to the deans of both universities for giving us such a wonderful opportunity. We have to make use of this experience from now on. I am confident that this kind of exchange program with foreign countries will lead us to be competitive in the international academia.

Editor: Miho Takahashi

Submitted on 9th May, 2012