



JISP Professional Training programs

JISP in Tohoku

The first team of JISP arrived to Japan 4 days after the disaster. Since March 2011 JISP sent 60 delegations of professionals in PTSD prevention and non-verbal therapy techniques. JISP trained more than 2500 Japanese teachers, counselors, nurses, volunteers and social workers in 10 cities in Iwate, Miyagi and Fukushima prefectures and provided them with practical tools that will supported their daily work with the disaster victims.

This document presents the 4rd stage of JISP trainings in Japan. In this fourth JISP offers 3 trauma-care intensive training programs for survivors, disaster-supporters and mental health professional groups in Tohoku.

Arts as educational – emotional tools

General background:

An important part of the educator's role is helping students or members face developmental challenges, as well as cope with difficult life situations, either personal or within relationships. "Arts" (visual art, music, movement, literature, writing, and drama) have proven to be powerful tools which enable participants to engage in an educational dialogue. Arts make use of strengths and creativity on one hand, and create a safe space on the other to deal with sensitive issues.

Main goals:

1. Exposing educators to arts as a tool for educational/emotional work.
2. Learning the unique value of arts as tools for educational and developmental processes.
3. Training in using arts as tools with different groups of children and adults.

Basic Themes of the program:

1. The power of using imagination and creativity for development – personal, interpersonal and social.
2. Arts as communication – with self and with the other
3. Expression and arts as projective, non-direct, non-threatening intervention and prevention tools
4. Intervention tools for educators working with arts as tools

Target audience:

Educators, Teachers, Principals of educational programs and community centers, NPO workers.

Structure of the program:



Programs will be planned for different durations, according to needs and abilities.

The program contains 3 aspects:

1. Workshops: Experiencing different arts used as tools in educational and emotional processes
2. Theory: Learning theoretical concepts of the field
3. Training: Creating activities and facilitating
4. Supervision (group or individual) meetings between the workshops: Enabling participants to consult with teachers about concrete questions and difficulties

Coping, Resilience Development, Prevention

General Background:

Following the 2011 disaster in Japan, opportunities opened for meeting emotional aspects of discourse which were not common in parts of Japan until then. The efforts to cope with trauma, anxiety and ambiguousness as a result of the tsunami, earthquake and radiation, created needs for knowledge and practical tools which can help to deal with the past event and to prepare for the future.

The program will concentrate on theory and practice concerning trauma and its results, strengthen development and prevention. The program will use tools derived from the field of expressive therapy, since arts have proved to be effective means of dealing with the world of emotions.

Basic concepts:

The program will be based on the "Strength Perspective", which is commonly used by present professionals in the field of mental health. This method focuses on identifying and deepening the individual's and the community's existing strengths which have helped them cope with past and present challenges, as well as on developing new modes of coping. This perspective differs from more conservative intervention attitudes which focus on the pathology and distress of the sufferers.

Main Goals:

To encourage local sources within the community to become supportive when needed

To learn about the power of arts as effective tools for meeting emotions and empowering the individual and the group

Target Audience:



Professionals in the fields of mental health and counseling, professionals who support populations that still cope with the trauma of 2011 or other physical and emotional challenges

Structure of program:

Workshops will be established in which participants will experience the different arts as therapeutic tools, as tools for meeting existing strengths, and as means for developing resilience.

The workshops will consist of theoretical sessions concerning trauma, post-trauma, and concepts of the "strength perspective" approach.

During the workshops, participants will practice planning and facilitating therapeutic sessions.

Group Facilitation using Arts – Concepts and Tools

The program will focus on learning, experiencing and training in expressive tools and techniques concerning the facilitation of support groups and other types of groups. The acknowledgment of the group as an effective source for help and empowerment has grown wider recently, and an entire field of practice and theory has developed around group work within different contexts. Using arts within group context has proved to be valuable and helpful.

Basic concept of the program:

1. Experimenting with different expressive intervention tools
2. Reviewing methodological and theoretical concepts from group facilitating and group therapy related fields (see below)
3. Basic training on how to work with people who have gone through trauma, loss and anxiety (relevant for support groups)
4. Exercise and practice of tools within peer learning groups
5. Applying these tools within the existing frameworks under direct supervision of the professional volunteers

Target Audience:

Group facilitators, educators, managers and leaders of educational/recreational programs

Structure of the program:

1. The meetings will include 3 modes of work:
 - a) Experiencing workshops

- b) A theoretical review of basic concepts in group facilitating and fields related to expressive therapies
 - c) Practicing acquired skills in peer groups, followed by supervisors' feedback to enhance internalization and integration.
2. In addition to the collective workshops and training, the therapists will meet with the Japanese professionals for consulting, supervision and guidance through the process of applying the learned tools within their groups. These meeting will take place individually and in small organic teams.

Basic concepts of group interventions and group facilitating:

- 1. Therapeutic factors of the group
- 2. Stages in group development
- 3. The importance of "setting" for group facilitation
- 4. Group creation, group termination
- 5. Roles in the group
- 6. Group facilitation skills: listening, feedback giving, legitimating of differences, collective voices, developing interpersonal relationships and communication, supporting, dealing with group conflicts

Basic concepts of expressive therapies:

- 1. The therapeutic power of imagination and symbols
- 2. Expression and arts as projective, non-direct, non-threatening intervention tools within groups

Over-all Budget :

80,000\$ dollars for the period between April 2016 and April 2017, to cover for training-related expenses, coordinator salary, transportation, and communication, as well as mental health professionals transportation, venue, and workshop materials.

Objectives:

Healing Japan program will reach out to 240 survivors, disaster supporters, and mental health professional in Tohoku region and train them in trauma-care tools and methods.