

Symposium | Psychotherapy : [Symposium 84] At a cultural crossroads in our time

 Sun. Sep 28, 2025 9:00 AM - 10:30 AM JST | Sun. Sep 28, 2025 12:00 AM - 1:30 AM UTC  Session
Room 7 (Conference Room C)

[Symposium 84] At a cultural crossroads in our time

Moderator: Yuichiro Abe (Department of Psychiatry, Ishiki Hospital)

[SY-84-03] Psychotherapy as an encounter of strangers

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Keywords : stranger、 personal psychotherapy、 cross-cultural encounter

Within the collective Japanese culture, psychotherapists are still somewhat strangers. And nowadays we see many clients from different cultural backgrounds. This makes the experience of psychotherapy an encounter from stranger to stranger. I'd like to discuss the uniqueness and the meaning of personal psychotherapy in Japanese culture.