

Oral

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(Meeting Room 1)

Oral 3

[O-3-03] Using a Japanese concept, *ibasho*, as an intermediate term in therapy with multicultural persons struggling with cultural adjustment in Japan

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People with multicultural backgrounds often find themselves making behavioral adjustments during a cultural transition, whether the change is minor or significant. Even if a particular behavior reflects the principle of their characteristics and sustains their well-being, they may still need to modify their behavior to fit into another culture. It is common knowledge that transitioning from one culture to another can shake the cultural values of identity. Identity crises can increase adjustment stress symptoms or even lead to a long-term struggle to understand oneself. It is important for them to find *ibasho*, a place and people, which bridges their cultural values from the past to the present and sustains their well-being. This presentation introduces a therapeutic approach using the Japanese concept of *ibasho* to support people with cultural adjustment and struggles with multicultural identity in Japan. *Ibasho* is a Japanese term which refers to a place where one feels free, safe, and accepted. Several studies have shown that *ibasho* is deeply intertwined with one's sense of identity and well-being. During therapy, the concept of *ibasho* was introduced to patients as an intermediate term to help them assess their well-being, express their struggles, and process their adjustment issues to focus on the next helpful action and goals of finding their *ibasho*. It is a safe approach to discuss some difficult issues, as due to their cultural and personal characteristics, they may find it difficult to express direct words of *mental health* or *negative emotions* to therapists who may or may not understand their cultural struggles.