

Some Considerations Regarding the Present State of Psychotherapy in Japan

—Psychotherapists' Attributes and the Actual Conditions
of Treatment and Techniques—

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Abstract: The social need for developing new psychotherapeutic approaches continues to increase. In order to gain an understanding of the present status of psychotherapy in Japan, we conducted a survey using a questionnaire. The subjects were psychiatrists and clinical psychologists engaged in psychotherapy for neuroses and psychosomatic diseases.

In this first report, we present and discuss several findings concerning the therapists demographic attributes and their behavior and attitudes regarding in actual treatment, obtained through this survey and we also make a quantitative analysis of the survey results.

While psychoanalytic psychotherapists tend to frequently adopt a psychodynamic framework, behavioral therapists are less likely to do so. Behavioral therapists more actively plan their therapy regimen than other psychotherapists.

Key words: Psychotherapy in Japan, Therapeutic technique, Neurosis, Psychosomatic disease