

## ICDP IN JAPAN 2015

ICDP trainers Setsuko and Hitoshi Maeshima had conducted 8 ICDP workshops during the period between June and September 2015.

“All participants were very active in expressing their experiences in relation to the ICDP guidelines during all sessions. By hearing each other’s story and listening to each other’s experiences, they discovered new and deeper meanings in relation to the ICDP guidelines.

I thought that the group dynamics that developed in our ICDP workshops was of especially nice. One of the participants Lima Kimura wrote a piece called “ICDP Japan Reflection” which I wish to share” – Hitoshi Maeshima.





## Reflections on the ICDP Seminar in Japan

Lima Kimura (High school teacher, Yokohama, Japan)

As reflection on my ICDP experience, I would like to describe the following three points: what I found important, how other participants benefited from the program, and my further interests.

I thought that the most outstanding characteristics of ICDP lie in its simplicity. It is because ICDP is designed to provide care givers in developing countries the guidelines on supporting child development. In other words, I came to understand that ICDP is to promote healthy human development for the whole humanity on earth. ICDP is a public program to be implemented on a global-scale, so that the world can progress in a healthy way. This very intention of ICDP gives its program both universal and humanistic values. As its approach is experience-based, avoiding academic jargons, any care-givers, or communities with or without resources or higher education, can benefit from the training. All you need is good intention to contribute to society through bringing up healthy children, not academic or financial wealth.

However, needing no academic background is far from the program being shallow. On the contrary. The non-complicated features of the program allow

the group to go as deeply as they wish. I, personally, found myself asking universal questions about human communities and human development, within the framework of the program. I realized that wording of each guideline is so carefully constructed that it invites deeper and more universal interpretation among trainees if a group wishes to do so.

Discussion in our group went, from time to time, quite deep, which went beyond practicality of 'how to be an effective care-giver'. Our group, for instance, was able to relate the guidelines to our own childhood experiences, drawing philosophical meanings of the guideline's themes. For me, this was most valuable part of my ICDP experience, as I was allowed to explore the meaning of my own childhood alongside with the guidelines, in a communal setting of facilitators and participants.

In addition, other participants applied guidelines to their own child or grandchildren, or colleagues at work, and clients such as elderly. Thus, guidelines were examined and reflected by each participant in their own ways in their daily life.

On the very last day of the program, I learned that the ICDP officially states that nurturing 'altruistic attitude' as well as having children understand 'moral' is one of the goals of the program. I was pleased with this. For I think in today's world, we need people who are compassionate towards others, and are able to lend their hands to those in need. Technology and skills will not solve the problems our planet faces today. My quest in education is how to nurture these qualities among students. So I was quite happy to find the values ICDP holds are very close to what I hold. If ICDP is going to expand its program to include 'developing altruistic attitude and actions among youth', I would be very interested in further cooperating with you. I think we need global programs that will teach children and youth these values, as problems on the earth amount.

As for further needs, I also would like to explore more on how teachers in secondary education could use ICDP principles at school. Also, I had heard of the term 'sensitization' as one of the key features of ICDP principles. However, this was not integrated or introduced in the program I took. This I would like to see more of in the future program.

Finally, our two facilitators were sensitive enough to various needs of the participants, and allowed the deeper discussions to occur. I am grateful for their qualities as facilitators. The participants were all flexible and sensible so that I was quite relaxed and felt free to explore what mattered to me. It was quite enriching experience as a whole.

I found the guidelines universal. So, I would like to pick the textbooks and review them from time to time throughout the remaining time of my career as an educator. If there were further courses, I would be interested in joining them.