

ICDP IN JAPAN – 2017 AND 2018

ICDP Japan is represented by a team that has been working on voluntary basis, investing spare time, funds and a lot of positive energy. The team has been led by Hitoshi Maeshima for several years now. They trained teachers, children's caregivers, parents and also staff working with older people.

ICDP WITH OLDER PEOPLE

In 2017, ICDP trainers in Japan introduced the programme to caregivers of older people, thus joining the few other countries (Sweden, Denmark, Norway and Colombia) that had previously undertaken similar activities.

Hitoshi Maeshima, ICDP trainer and doctor, conducted an ICDP seminar for a group of nurses and caregivers working in a facility for older people.

The workshop was held at Ensemble, a home for the elderly run by local social welfare services for the aged.



The first training started on the 14th of August 2017. There were positive responses from the participants.

Hitoshi is hopeful that a few candidates from the group will become future ICDP facilitators.

A second training was started in October of this year with attendees from kindergartens and nursery schools.

Unfortunately, a typhoon was approaching Japan just at that time, which meant that several people who had planned to attend were unable to come because of strong winds and intense rain. Another meeting for facilitators is planned for January.

ACTIVITIES IN 2018

In 2018, eight ICDP workshops for facilitators and one follow up meeting took place in Tokyo. Comments from Hitoshi:

A participant mother talked about her experience, as follows:

- One day, my son's whole body became red, in a state of severe eczema, so I took him to see a doctor, feeling very anxious. The doctor confirmed that the redness of the skin was caused by an insect bite. I laughed and said to my son that he must have enjoyed playing in the long grass and has learned something. Before ICDP, I would have reacted very differently; I would have scolded him telling him that he should not have been playing in the long grass. A participant of the meeting pointed out that it was very good that the mother recognized that her son took on a new challenge and that she did not scold him.

Another mother explained how she started to express love to her son and daughter, but found that they were reluctant to accept her loving expressions – this puzzled her. At the ICDP meeting there was a short discussion and she was advised to try to listen harder to her children and try to discover what they really needed from her. The participants shared about trust – how a trusting relationship has to be established first of all and how it can be difficult to establish trust if parents only express their point of view about how things ought to be. A facilitator said that he talks frankly to his children about his own faults and limits; as a result, his little ones started to build confidence and gradually a relationship of mutual trust emerged between them.

Professor Shun Nakamura from the Tokyo University of Agriculture and Technology, has been a researcher at the National Centre for Neurology and Psychiatry for a long time. He conducted research in the field of human communication and Integrative Brain Research. He participated with great enthusiasm in an ICDP meeting. At the end, he said that the ICDP facilitation

method was excellent, far better than transmitting knowledge to caregivers by lecturing. He also said that that the content of ICDP should be spread more widely in Japan.