
ABSTRACT

Psychological support using “*Dohsa-hou*” during the acute phase of disasters: A case study at the shelters built after 2011 Japan Earthquake and Tsunami

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There are a number of problems in providing psychological support to disaster victims. The most common is that only a few victims receive the services because they do not ask for support. After the tsunami in Japan in 2011, the author engaged in supporting activities using “*Dohsa-hou*” at shelters on the coast and inland, both of them with victims of the tsunami. Many people at the shelters on the coast showed symptoms of acute stress disorder, but the victims often rejected offers to talk about what happened. However, many people accepted offers to use “*Dohsa-hou*” which uses body awareness and movement. The victims on the coast seemed more nervous than the victims inland, so our assistance was received differently. The author thinks that the psychological support in the acute phase should have the following features: an indirect approach to mental care, support to increase self-efficacy, unlock by oneself stooped posture related to trauma and empathize through body awareness.

Key Words: acute phase of disasters, psychological support, “*Dohsa-hou*”, 2011 Japan Earthquake and Tsunami
