
ABSTRACT

Therapeutic courage in experienced Japanese therapists

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Courage is one of the essential characteristics and attitudes of therapists that allow them to confront difficulties and take actions for clients despite potential risks (Fosha, 2000). This study examined courage in experienced Japanese psychotherapists. Ten Japanese therapists with over 15 years of clinical experience were interviewed (male = 4 and female = 6). The interview data were analyzed using a grounded theory approach. Two main categories, attitudinal *Quiet/Static Courage* and action-based *Dynamic Courage*, were generated. *Quiet/Static Courage* consists of two subcategories: *Inner Actional Courage*, which is an internal discipline such as persistence, and *Integrated Courage*, which is the serenity of mind that results from integrating personal and clinical experiences. The therapists, with their clinical experience, favored *Quiet/Static Courage* that involved emotional strength to maintain a serene of mind over *Dynamic Courage* that implied an outward action. However, the attitudes of endurance and serenity can contradict other essential attitudes of therapist such as authenticity and transparency. Future research is needed to understand the balance between *Quiet/Static Courage* and *Dynamic Courage*.

Key Words: courage, experienced therapist, therapist characteristics, Japanese culture, qualitative study
