

## History of Japanese Chapter

In the autumn of 2013, Tamao Shimano received an email from Gold Coast, Australia, sent by Mikako Naito. This triggered the spread of MiCBT in Japan. With the launch of the Japanese MiCBT Study Group in 2014, MiCBT was actively promoted through workshops and independent symposiums by Mikako and other Japanese therapists who learned MiCBT from her. They won the Best Poster Presentation Award at the Japanese Association of Mindfulness in 2017. However, the MiCBT Study Group was disbanded by Mikako as she could no longer work in Japan. However, the activities in Japan re-started in 2022 as the MiCBT Institute Japanese Chapter, under the leadership of the new representative, Makiko Kurita. Makiko learned MiCBT through the Foundation Course by Mikako, the Applied course and the masterclasses from Dr Bruno Cayoun.



## The Present & The Future

We are currently focusing our energies on preparing for the Foundation Course in 2024 and the Applied Course the year after under the supervision of Dr Cayoun. As MiCBT is constantly being updated through the latest research and practice, the content of the courses is now newer and richer than before. As for the translation of the Blue Book (MiCBT for Well-Being and Personal Growth), we also scrutinised the Japanese translations of some keywords and Buddhist terminology; we changed their translations with Dr Cayoun's permission. This took some time for supervision of translation, but we will be able to realise the publication of this book next year. Japanese audio guides for each session have also been newly recorded to reflect the change. We also plan to resume academic activities such as conference presentations and independent symposiums. In addition, we plan to provide supervision for therapists who are currently using MiCBT in their clinical activities. We will also resume communication through the mailing list that the previous Japanese branch had. Please look forward to the future activities of the Japanese Chapter.



## Contact

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