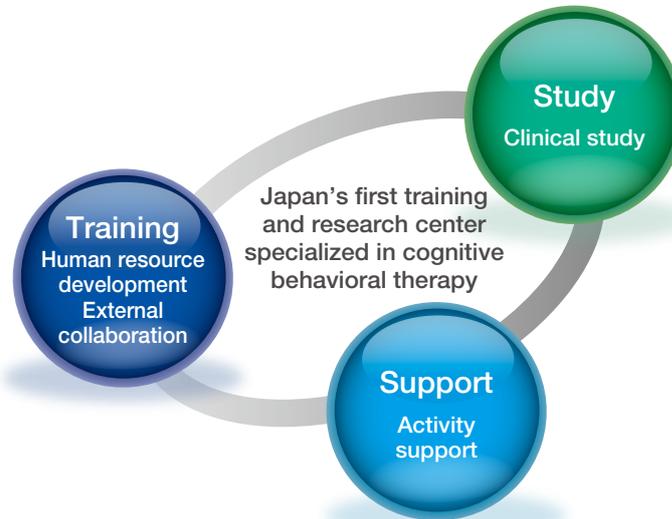


Committed to promoting and developing specialists for cognitive behavioral therapy, a major alternative to medication for the treatment of mental disorders



The Center for Cognitive Behavior Therapy and Research is Japan's first training and research center specialized in cognitive behavioral therapy (CBT). We conduct our activities at NCNP's headquarters and a satellite office in Takadanobaba, Tokyo. The center intends to improve psychiatric technologies in Japan and create a society in which patients receive better psychiatric treatment services. To that end, we implement the nation's leading-edge research and training related to cognitive behavioral therapy.

Human Resource Development

- Development of CBT specialists and instructors
Clinical training in medical facilities in Japan and overseas for doctors, clinical psychologists, nurses, etc.
- Promotion of the use of CBT in general practice
CBT training (mental disorders, cancer patient care, lifestyle diseases, etc.)
- Training of people involved in mental health projects in local communities, medical care, and welfare activities

Clinical Study

- Development and introduction of CBT manuals on depression, anxiety disorder, insomnia, schizophrenia, etc., and evaluating their effectiveness
- Evaluation of CBT education methods and their effectiveness
- Study on CBT approaches in communities, workplaces, educational institutions and the justice system
- Clarification of therapy mechanisms

External Collaboration

- Major universities in Japan
- Major overseas medical institutions such as McLean Hospital
- International accreditation organization (Academy of Cognitive Therapy and International OCD Foundation)

Activity Support

- Support of mental health activities in local communities, workplaces and schools
- Provision of information
- Facilitation of CBT interviews for individuals, groups and families

Cognitive Behavioral Therapy

The purpose of CBT is to relieve symptoms and prevent recurrence of depression in mood, physical responses, etc., caused by stress through strengthening patient self-control by applying theories and behavior modification techniques of cognitive behavioral science.