

"Snuggle up to the weak", "Supporting each other", "Sharing mutual pleasure & pain."

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My major is Clinical social work. Especially I am interested in Grief care, Mental health, and Enneagram. My University is located in disaster area. This presentation is about my social work activity about huge tsunami and nuclear power plant problem of Fukushima.

I am not politician. In addition, I am not also government employee. I am only Clinical social worker. Therefore, more important thing for me is disaster victims' support. This is my clear stance & attitude.

Strong earthquake and huge tsunami happened in the Tohoku district (especially Iwate, Miyagi, and Fukushima Prefecture) in Japan, and about 20,000 people died on March 11, 2011. In addition, nuclear power plant of Fukushima Prefecture broke by strong earthquake and huge tsunami. And radioactive material was spread widely. It continues still now. Students of my University also lost their life by tsunami. The staff's families also lost their life by tsunami. Many of disaster victims are living in temporary house. Even now, 200,000 people live in temporary house.

I have mainly performed four activities.

The 1st activity is Active Listening.

The 2nd activity is Cleaning of Childcare Centre.

The 3rd activity is Distribution of Japanese rice.

The 4th activity is Tea Party in temporary house.

I visit temporary house and have continued listening to disaster victims' talk every day. Disaster victims only continued telling me sadness. Not attitude of "Ask" and "Hear" but attitude of "Listening" is the most important. It is important to listen to disaster victims' talk with receptive attitude, without criticizing and negating. Attitude of unlimited acceptance is the most important. In addition, it is also important to never encourage disaster victims.

I visited three Childcare centres for 18 months every week for cleaning volunteer. My purpose was to watch small children warmly. Since small children were very dreadful of earthquake, they were mentally unstable. Then, I continued smiling at small children during cleaning of garden.

The next is Distribution of Japanese rice. I got money sufficient by donation and distributed Japanese rice to disaster victims. 2 kg per person of Japanese rice was distributed to 2,746 disaster victims. I delivered 5,492 kg of Japanese rice. I wanted to tell disaster victims about many people never forgetting disaster victims. I wanted to deliver the warm heart from many people more than rice. It means "the heart supported mutually."

And the last is "Tea Party" in temporary house. I held "Tea Party" in five temporary houses in Miyagi and Fukushima every month. "Tea party" counted 82 times. Budget of "Tea Party" is also donation. Purpose of Tea Party is "to share mutual pleasure and pain."

In short, they are "Self-help activities" of group work theory. My role is Facilitator. I am not also Leader or Supervisor. Or I am not also Counselor or Adviser. This is thought of "Mutual aid." Disaster victims help each other mutually, and support each other. Even if they cry, they are OK. Even if they grumble, they are OK. Don't persevere by force.

Transactional analysis theory (TA) shows us four attitudes. I'm OK, and you are OK too is Best! Viewpoint of Empowerment approach and Strength model is also important. Affirms the others from viewpoint of self-approval and self-acceptance, and viewpoint to accept is most crucial. Formation of wholesome "Self-actualization", "Self-image", "Self-love", and "Self-esteem" is important.