



## Harassment Counseling Office Newsletter

It is finally September and a time of cooler temperatures. We hope everyone is well. Here is the 15<sup>th</sup> Newsletter from the Harassment Counseling Office.

### Workshop for Faculty/Staff Counselors

Workshops for Harassment Counselors were held on June 19 (Tue) on Toyonaka Campus and on June 29 (Fri) on Suita Campus. To begin, the Director of the Harassment Counseling Office Professor Toshimichi Fujiwara explained the university counseling system. Next, Assistant Professor Hamada, a counselor in the Harassment Counseling Office, gave a lecture about harassment and trends in counseling at the university as well as advice and cautions when responding to such consultations. Participants then divided into groups to undertake casework using imaginary cases and later presented what they discovered and their experiences. Many participants realized how difficult it is to actually respond to consultations and earnest discussion explored how to create an atmosphere of closeness with the person seeking counseling.

More workshops are planned for each year; we hope that anyone who is in the position of giving counseling will participate.

### Column Message from a counselor

The word harassment became more recognized in Japan with the 1989 Sexual Harassment Trial in Fukuoka. The impact of the judgement that “actions and utterances that have been naturally used towards women are sexual harassment” was astounding and the word *sekuhara* (sexual harassment) was even chosen as the buzzword of the year.

Words such as academic harassment, power harassment etc. began to appear and rapidly expanded with gender harassment, moral harassment, maternity harassment, alcohol harassment, racial harassment, and more recently we see housework harassment and smell harassment. A quick search will provide a list of over 30 different types of harassment. Whether it is good or bad, if the listener feels mental anguish or discomfort due to “actions and utterances that have been naturally used” then harassment is the correct word to choose.

On the other hand, those accused of harassment or those who seek counseling or responses, the word harassment tends to put them immediately on the defensive. People who seek counseling for or claim harassment are usually seeking improvement in a situation where they have been suffering mental anguish or discomfort. Those hearing the complaint tend to get locked into deciding if it really is harassment or not.... In my experience, a problem becomes more complicated because of this initial approach and the suffering of the person seeking counseling is forgotten in the process. From the viewpoint of a counselor, there are many cases where the division of whether an action or situation that causes mental anguish is harassment or not is how the other side or people around the victim respond to and deal with the event. Therefore, before deciding whether something is harassment or not, it is important to carefully listen to the person suffering and that in itself can lead to the prevention of harassment.

#### Osaka University Harassment Counseling Office

**Toyonaka campus** 06-6850-5029 (sexual, academic and power harassment)  
06-6850-6006 (academic and power harassment)

**Suita campus** 06-6879-7169 (sexual, academic and power harassment)

**Minoh campus** 072-730-5112 (sexual, academic and power harassment)

**Website** [http://www.osaka-u.ac.jp/ja/guide/student/prevention\\_sh](http://www.osaka-u.ac.jp/ja/guide/student/prevention_sh)

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