

Harassment Counseling Office Newsletter

Issue 4 2
September 2023

Here is the 4 2th newsletter
from the Harassment
Counseling Office.

A word from our counselors

I consider that the consultations that come into the counseling office can be generally divided into about four categories, depending on the perspective of the person coming to us.

The first is the actual victim who is having a rough time. Sometimes there is more than one person seeking our advice about someone. For example, several students may consult us regarding a strict supervisor. Sometimes, it is a group of co-workers who are frustrated with their boss. There are also cases where one person is having issues with several others such as the department head and the section head, or a student being ignored by both the professor and the associate professor.

The second is when a friend or other person consults the office on behalf of someone else. We listen, however, in most cases we ask the friend to encourage the person concerned to come and see us. The office will not take any action without the person's consent regardless of the circumstances.

The third is when someone comes for advice because they are being accused of harassing others. In this circumstance we will listen carefully and work with the person on ways to improve the relationships. Sometimes we can soften a tough attitude and find a solution.

The fourth is when a person in a position of responsibility in a department comes to us and asks, "This problem is occurring in our department, what should we do about it?" I will first mention that the department is the main entity in charge of the solution. If the counseling office is asked to resolve the issue, we sometimes find it necessary to directly point out that it is the department that is responsible for resolving the issue.

Each department has its own unique circumstances and decision-making process. Of course, there are Osaka University standards or university-wide regulations, but they are only a framework, and how they are actually applied is up to the departments. More often than not it is those who are nearby who know best about how the problem occurred, how it is complicated, and perhaps even what the solution looks like. In the case of measures being put in place to resolve the problem, only those who are nearby can oversee them in practice. We will consult and come up with ideas together, but ultimately it is the department that makes the final decision and takes responsibility for any measures.

For any kind of consultation, the counseling office's role is to listen to the person who is having a hard time and think together about how to solve the problem. We strive to have the person who comes to see us achieve their goal. If there is anyone out there who is unsure about a consultation, I encourage anyone in any capacity to give us a call.

Harassment Counseling Offices

2023.9.11~

Campus	Room	Mon.	Tue.	Wed.	Thu.	Fri.
Toyonaka	Harassment Counseling Office 1 Room #704, 7F, Interdisciplinary Research Building 06-6850-5029	10:00-13:00	10:00-13:00	12:00-15:00	11:00-14:00	
	Harassment Counseling Office 2 2F, Data Station, Cybermedia Center 06-6850-6006		13:00-16:00	11:00-14:00		
	Harassment Counseling Office 3 2F, East Staircase, Health and Counseling Center 06-6850-6505 ※Male counselor		※13:30-17:30		※13:30-17:30	※13:30-17:30
Suita	Harassment Counseling Office 1 Room #1311, 3F, Division of Nursing Building 1 06-6879-6981	10:00-13:00				11:00-14:00
				15:30-18:30	15:30-18:30	15:00-18:00
	Harassment Counseling Office 2 Room #1312, 3F, Division of Nursing Building 1 06-6879-6982 ※Male counselor		※9:00-13:00		※9:00-12:00	
		※13:00-16:00	※14:00-16:00			
Minoh	General Harassment Counseling Office 1F, Research and Education Hub 072-730-5112 ※Male counselor		Open only 2nd and 4th week ※13:00-16:00			

- Consultations with a professional counselor may be in person or by telephone (appointment required)
- Confidentiality is guaranteed. Anonymous consultations by telephone are welcome.
- See the Osaka University website for details on the locations, opening hours, and availability of consultations in English.

https://www.osaka-u.ac.jp/en/campus/life/prevention_sh/prevention_sh



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