

# Harassment Counseling Office Newsletter

Issue 25  
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We present to you Issue 25 of  
the Harassment Counseling  
Office Newsletter.



## The counseling office will listen

### The importance of listening carefully

We have heard people say, "The counseling office will listen but won't actually do anything". However, this is not true.

Certainly, sitting down and listening closely with compassion to the words and feelings of anyone who has found the courage to knock on our door and come and talk to us is of vital importance. By doing so, people who come to us say with a smile that "Just having someone listen has helped so much. I think I can keep trying". On the other hand, there are also many people who say, "I can't take this anymore. I need help".

### Tell us. What you need.

Unfortunately, the counseling office is not in a position to immediately and directly solve the issue. It is possible for the office to mediate between the person seeking counseling and the person causing them distress to coordinate and assist in improving the relationship.

Together we will work towards a solution in line with the needs and desires of the person seeking our help. Including whether we have permission to speak to the other person concerned.

[Please do not think that there is no point to seeking help. Come and talk to us instead of worrying alone.](#)



## A word from our counselors-When people come to you for help

### We want to help when we see people in pain

When colleagues, co-workers, and younger people come to us to ask for advice about harassment, most of us are sincere in our desire to help and improve the situation.

However, it is easy to become overwhelmed by the story "What an awful thing to have happen..." and to condemn ourselves for not seeing what was going on or feeling bad for not picking up on signals that the victim may have been sending. We may also feel anger towards the harasser for speaking or behaving in such a spiteful or malicious way.

Just listening to the victim's story can fill us with a lot of different emotions and we can become exhausted just by listening a few times.

Also, by respecting the victim's request for secrecy and trying to handle the situation by ourselves means it can become exceedingly difficult to keep providing that support and be the confidant for the victim.

## The challenge to being the confidant

Simply listening to someone else's shocking story, or being a witness to the event, can result in the development of PTSD symptoms similar to those of the victim even if we did not experience it ourselves. Listening to a victim means we can also receive a massive shock and sustain damage ourselves.

This is called compassion fatigue. When deciding to become someone's confidant we should keep in mind that this may occur. Care for the confidant is also necessary. With the permission of the victim, providing a system in which several people are in a position to work together is vital for both the victim and the confidant.

## Come and talk to us!

If you are acting as confidant to someone but don't have anyone else you can turn to, feel free to contact the counseling office. We will ask about the situation and explore the options that are available to you and the victim with you.



### Harassment Counseling Offices

Campus	Room	Mon.	Tue.	Wed.	Thu.	Fri.
Toyonaka	<b>Harassment Counseling Office 1</b> 2F, East Staircase, Health and Counseling Center 06-6850-5029	11:00-14:00	10:00-13:00	12:00-15:00		10:00-13:00
	<b>Harassment Counseling Office 2</b> Room #412, 4F, Bldg. II, Center for Education in Liberal Arts and Sciences 06-6850-6006		14:30-17:30	14:00-17:00	10:00-13:30 14:30-17:30	
Suita	<b>Sexual Harassment Counseling Office</b> 4F, U1E Bldg., School of Engineering 06-6879-7169	10:00-13:00		9:30-12:30 14:30-17:30		11:00-14:00 14:30-17:30
	<b>Academic/Power Harassment Counseling Office</b> ※Male counselor (except Thu. p.m.) 4F, U1E Bldg., School of Engineering 06-6879-7169		9:30-13:00		9:30-12:30	
Minoh	<b>General Harassment Counseling Office</b> 3F, Administration Bldg. 072-730-5112			14:00-17:00		
		13:30-16:30	14:00-16:15		15:30-18:30	

- Consultations with a professional counselor may be in person or by telephone ([appointment required](#))
- [Confidentiality is guaranteed](#). Anonymous consultations by telephone are welcome.
- The counseling offices at Toyonaka and Minoh campuses accept consultations in all areas of harassment.
- 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/guide/student/prevention\\_sh/index.html](https://www.osaka-u.ac.jp/en/guide/student/prevention_sh/index.html)

