

Harassment Counseling Office Newsletter

Issue 3 1
November 2021

We present to you Issue 3 1 of
the Harassment Counseling
Office Newsletter.



A word from our counselors

One of the most important strategies to prevent harassment is harmonious communication. Work or study almost always involves interaction with others. Each and every day we consciously or unconsciously communicate with others.

When you come up against a problem what is your usual reaction? Do you become so concerned about having your problem understood that you continue to blast someone with words? Or do you give up and shut up thinking that no one will understand so there is no point in saying anything? Everyone has their own way; it is likely that what you do changes depending on the other person.

Many of the people who come to the counseling office say; "it's a problem for me but I don't know what to do", "I am worried about how the other person will react if I do something", they are uncomfortable and unhappy but can't see a way out. Long-term suffering can mean losing sight of your own needs and what a change for the better would look like. It can mean spinning your wheels helplessly alone and lead to a feeling of hopelessness.

By talking to someone about your feelings you can relax, get your emotions in order, and see things differently with the help of the perspective of a third person. It is clear that it is important to acknowledge your true feelings to yourself.

Continued overleaf

Once you have self-understanding it is possible to discover your own truth and there you should find the basis for communication.

When we think of communication, we tend to think of whether we can have harmonious communication with another person, however, it is vital to first communicate honestly with ourselves. At the counseling office we work to assist people who desire to improve their situation to find their own truth and then facilitate thinking about how to make improvements. We will work with you.



Harassment Counseling Offices

Campus	Room	Mon.	Tue.	Wed.	Thu.	Fri.
Toyonaka	Harassment Counseling Office 1 Room #704, 7F, Interdisciplinary Research Building 06-6850-5029	11:00-14:00	10:00-13:00	12:00-15:00		10:00-13:00
	Harassment Counseling Office 2 2F, Data Station, Cybermedia Center 06-6850-6006		15:30-18:30	14:00-17:00	10:30-13:30 14:30-17:30	
Suita	Harassment Counseling Office 1 Room #1311, 3F, Division of Nursing Building 1 06-6879-6981	10:00-13:00		9:30-12:30		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 (power harassment, academic harassment)	13:30-16:30	9:30-13:00 14:00-16:15		9:30-12:30	
Minoh	General Harassment Counseling Office 1F, Research and Education Hub 072-730-5112			14:15-17:15		

- Consultations with a professional counselor may be in person or by telephone (appointment required)
- Confidentiality is guaranteed. Anonymous consultations by telephone are welcome.
- Consultations for all types of harassment are available at Toyonaka and Minoh campus counseling offices as well as Suita Campus Harassment Counseling Office 1 (female counselor)
- See the Osaka University website for details on the locations, opening hours, and availability of consultations in English.

