

# Harassment Counseling Office Newsletter

Issue 4 6  
May 2024

Here is the 46th newsletter  
from the Harassment  
Counseling Office.



## A word from our counselors



There are two ways to solve a problem: One is to directly address the cause, and the other is to address the reason the opposite party is causing a problem. The latter is useful when faced with difficulties in relationships, and it is not based on how we perceive the relationship between bosses and subordinates, faculty and students, etc., but rather all members of the organization. I would like to present an example of this type of problem solving.

People have a psychological need to be acknowledged and to fit in with others, the former is referred to as a need for approval and the latter as peer pressure. This psychology contributes to overtime, working on holidays, and creating a situation in which it is difficult to say no. However, people have the right to say no, even on the job, and the opposite party has the responsibility to acknowledge this. At the same time, you have a responsibility yourself to accept when the opposite party refuses your request. Both parties have rights and responsibilities these are not restricted to one side. With this awareness it is possible to create a better environment even if it is not perfect. If the opposite party is not listening when you are making a valid point, take a step back and calm down. Correct assertions are important but being correct does not give you the right to impose it on the other person. Insisting that you are right is effectively saying to the other person "You are wrong and must accept my assertion". If you are a supervisor you are saying "Obey me" and if you are a student or subordinate you would complain that your "supervisor doesn't understand". This is a very aggressive attitude toward the opposite party and people should be aware that it can worsen the relationship. It is hard to accept being told you are wrong unless there is a relationship of trust. In this case, it would be advisable to incorporate the other person's opinions as far as possible and keep going without changing the essential elements. This method allows you to achieve your goal while showing respect to the other person's opinion.

In addition, there are other issues in relationships such as being able to get along. People can take another person's words favorably or unfavorably. What you think is okay may not be acceptable to someone else. The best path may be to concede on some points that are not essential and then assert your own ideas. If we recognize differences in thinking, we can often find something to agree on. Differences of opinion can be resolved by adjusting our perspective and responding in a way that builds trust.

We hope that you will build a good and trusting relationship, achieve fruitful results in a stress-free environment, and build an environment to prevent harassment.

Last but not least, the Harassment Counseling Office provides advice on coordination between parties as well as methods to improve the environment and resolve the problem.

Continued overleaf

## Harassment Counseling Offices

2024.6.1~

Campus	Room	Mon.	Tue.	Wed.	Thu.	Fri.	
Toyonaka	<b>Harassment Counseling Office 1</b> Room #704, 7F, Interdisciplinary Research Building 06-6850-5029		10:00-13:00	12:00-15:00	11:00-14:00	10:00-13:00	
	<b>Harassment Counseling Office 2</b> 2F, Data Station, Cybermedia Center 06-6850-6006		13:00-17:00	10:00-15:00			
	<b>Harassment Counseling Office 3</b> 2F, East Staircase, Health and Counseling Center 06-6850-6505		[Closed]				
Suita	<b>Harassment Counseling Office 1</b> Room #1311, 3F, Division of Nursing Building 1 06-6879-6981	10:00-13:00 or 9:45-12:45 (★)		11:00-14:00			
				15:30-18:30	15:30-18:30	15:00-18:00	
	<b>Harassment Counseling Office 2</b> 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	<b>General Harassment Counseling Office</b> 1F, Research and Education Hub 072-730-5112 ※Male counselor		Open only 2nd and 4th week		※13:00-16:00		

### 【Suita・Harassment Counseling Office 1】

- (★) Only available on: 6/10, 7/1, 8/5, 9/9, 10/21, 11/11, 12/9, 1/20, 2/10, 3/10
- 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](https://www.osaka-u.ac.jp/en/campus/life/prevention_sh/prevention_sh)



Dr. Wani,  
OU mascot