

# Harassment Counseling Office Newsletter

We present the harassment counseling office newsletter issue 23.

## About counselors

Seven special counselors (a professor, an assistant professor, a specially-appointed professor, and four external counselors) stay at a harassment consultation room now. Do you know that other than this there are all the university counselors (26 elections from departments) who give advice of persons of all the departments, and department counselors (who were elected originally by departments) who gives advice of persons of the department concerned?? Since names about all the university counselors are listed at Osaka University HP "prevention of harassment, etc.", and "a harassment consultation room name book", please confirm. Please confirm about department counselors at departments. Please do not worry alone but consult with a counselor.



## Column Message from a counselor

Do you have the experience "you said too much strongly in spite of your will" or "you roared out in a rage" in the scene of cautions or instruction? Thus, the situation of taking unsuitable speech and conduct which are not carried out usually "in a rage" "in spite of one's will" is affected by emotion more or less. Especially the feeling of irritation or anger sometimes produces speech and conduct which coerce and damage people. And the impulsive speech and conduct produced by feeling may lead also to harassment.

The mental educational program for associating with the feeling of such anger well is anger management.

To put up with anger and not to feel anger are not the purpose of anger management.

Although a negative image is held strongly, it is natural that anger arises, when making a living.

The target of anger management is to get angry about being necessary to get angry well and not getting angry about being unnecessary to get angry. It is important to associate with the feeling of anger, without damaging others and ourselves by feeling anger suitable and by coping with it appropriately rather than missing ourselves to the feeling of anger. Although it was used for the reform program of DV (domestic violence) and offenders originally, it is taken in in various fields now. In the field of the sport as well as the human relations in education or a place of work, it was also used as one of the mental control, and the effect has come out of it.

(It is a famous story that Mr. Roger Federer of tennis player took in anger management. )

While people are involved, there is a possibility that anger will arise for anybody. If the management is mistaken, a partner and a surrounding person can be wounded. How about considering once how you cope with emotion? It may become one step which prevents harassment.

Reference HP: Japanese anger management association

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Toyonaka campus 06-6850-5029 (sexual, academic and power harassment)  
06-6850-6006 (sexual, academic and power harassment)  
Suita campus 06-6879-7169 (sexual, academic and power harassment)  
Mino 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)

