

Aug, 2024

# Counseling Case


## Edit and Issue

HOKENDOHJIN-FRONTIER, Inc.  
Human Frontier Counseling Center  
4F Aoyama 1-Chome Tower, 1-3-3,  
Minami-Aoyama, Minato-ku, Tokyo  
107-0062, Japan  
Tel: 03-6747-6250

## Dear employees,

We offer psychological counseling via in-person meeting, telephone and email. Please feel free to call us at our toll-free number 0120-783-744 for an appointment. The number can be reached by mobile phones. It is our hope that our counseling service could in some way, however small, contribute to your well-being and productivity.


### Schedule a counseling appointment

 **0 1 2 0 - 7 8 3 - 7 4 4**

Office hours: (excluding holidays)

Monday through Friday 10:00~20:00

Saturday 10:00~18:00

 E-mail :  
[sodan@humanfrontier.co.jp](mailto:sodan@humanfrontier.co.jp)

※We will reply to you within two business days  
after receiving your message.

※In case you would like to know more about our counseling service before you make an initial contact, we present a typical case example below in the hope that it'd give you a glimpse into our consultation room. The following case is fictional based roughly on several real cases. The client's identity is intentionally disguised.

## Case 1



©2016, 2024 HOKENDOHJIN-FRONTIER Inc.

**I feel completely lost in dealing with the "post-partum crisis."**

**Client: Mr. N, in his 30s, works in manufacturing sector**

### **Background:**

Mr. N learned about our counseling center through a poster at his company. On the first counseling session, he looked gloomy and presented a summary of what he wanted to discuss and the background story of the issues. I thanked him for his preparation and encouraged him to talk in detail about his situation and the state of his mind.

(**Cl**: Client, **Co**: Counselor)

### **Cl:**

Six months ago, my wife gave birth to our first child in her parents' home located far away from our residence, and they are still staying with her parents. I initially thought I would learn to take care of the baby bit by bit by visiting my wife and baby regularly, but I became busy with my work and I could not visit them as often as I hoped. This situation made my wife frustrated. She sent me messages frequently even in office hours and I made efforts to respond as quickly as possible.

One day, I found myself sighing often and crying at work. I visited a doctor and was diagnosed with depression. I informed of the diagnosis to my wife, and she was quite understanding at that time. However, an incident happened when I was visiting my wife after a while. I accidentally soiled the baby's clothes and a bedsheet when I was changing her diaper. This infuriated my wife, and her harsh reaction made me panicked and I could not move due to the hyperventilation. Further, on the following day, my wife said to me, "You can afford to collapse, but I can't. I can't trust you with anything." This struck me so hard. I rushed back to home as if I was escaping from her. Since then, I have tried to contact her to apologize but she has been ignoring my messages. What should I do if we end up getting divorced?

### Co's Intervention:

While Mr. N was at a loss for a word occasionally, he did his best to describe the circumstances and state of his mind. His heartfelt desire to engage sincerely with his wife and his love for his child came through while he was talking. I told him, "You have supported your wife to your best, in spite of feeling confused and nervous facing a major life event, that is, the birth and nursing of your first baby." He told me his health was recovering, but I noticed he often used self-blaming expressions, so I asked him why. He looked embarrassed, but he said, "I am not good at making arrangement, which has caused troubles to others." I reassured him saying, "You may not be good at following through a process, but everyone makes a mess of changing diapers, and your wife probably understands that. However, she may be suffering from hormone imbalance due to delivering a baby, and prone to be more nervous. I strongly feel that her irritation is caused by anxiety and frustration of living away from you." Mr. N nodded repeatedly, and looked up and said decisively, "I don't want to ruin my marriage. I would feel so bad for my newborn daughter. I want to be with my wife and daughter for coming 10 and 20 years. I can work from home for a half of a month to be with my wife and daughter as much as possible. I'd also consider taking a parental leave." In order to communicate his sincere desire clearly and fully, I suggested that he take time to write a letter, instead of making a phone call or sending a message via SNS. Mr. N responded, "Yes, my wife would most likely to read the letter. I'll give it a try," and left our session with bright look.

The counseling sessions with Mr. N continued. Presently, Mr. N and his wife are helping each other in their work and taking care of their child.

# How to Use Our Service

## Type 1 Email counseling

Please email us the following items ① and ② and primary issues by email. You can also use our website.

## Type 2 Face to face counseling

Please make an appointment by either phone or email.

## Type 3 Telephone counseling

When all counselors are occupied, a counselor will contact you later at the earliest possible convenience.

### Please provide us with following information for making an appointment.

- ① Name (anonymity is acceptable)
- ② Company name or registration number
- ③ Brief description of the matter for counseling
- ④ Desired date and time of session

#### ⑤ Desired type of session

- ☐ Face to face (Tokyo/Osaka counseling office or any agreed location)
- ☐ By Microsoft Teams

※The type of counseling you can choose depends on your contract.

**TEL: 0120-783-744**

Monday ~ Friday 10:00 am to 8:00 pm

Saturday 10:00 am to 6:00 pm \* Excluding holidays

**Mail: [sodan@humanfrontier.co.jp](mailto:sodan@humanfrontier.co.jp)**

\* If you have any questions, please feel free to contact us.



Furthermore, we manage personal information in accordance with the "Privacy Policy" that is shown in the following URL.  
URL <https://www.hokendohjin.co.jp/ja/privacy.html>