

Jun.2025

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

※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, 2025 HOKENDOHJIN-FRONTIER Inc.

I want to be able to stay calm whatever emotion I may have. (1) Ms. B

Client: Ms. B in her 20s, Office administrator

Background:

"I called because I wanted to do something about this." That was how the consultation began. According to Ms. B, since her childhood, she was very principled and could not tolerate anything she thought was wrong. At work, she often hears people say things like, "Well, this should be good enough," which keeps bothering her even while she is on her way to home. Even after returning home, she remains frustrated—feeling angry at those around her for their sloppiness, as well as at her for being unable to do anything about it. Sometimes, the frustration disturbs her sleep. She thinks she might be obsessed with such things and wonders she would feel easier if she could adopt the mindset of "Well, that is good enough." She wants to change her way of thinking that is overly sensitive to the words and attitudes of those around her.

(Cl: Client, Co: Counselor)

Cl:

Before addressing Ms. B's main concern—she wants to "change the way she thinks"—the Co tried to sort out the situations which triggered her anger.

According to her story, her parents had routinely told her, "Spare no efforts on whatever you do" and "Always behave righteously." She reflected, "I think these principles had served me well until I started working."

Co:

I said to Ms. B, “Perhaps it’s precisely because of your beliefs—”sparing no efforts and always behaving righteously”—that you’ve come this far. People don’t stick with something unless it helps them.”

Ms. B responded thoughtfully, “That’s true. While in school and even for some time after I joined the company, I consistently did as much as I could sparing no efforts and that is how I became who I am today. Still, lately... the workload has increased, and it is getting harder to give my all to each task until I am satisfied with it.” Her words trailed off into a sigh.

At that point, the Co said, “Anger is an emotion that arises when something important to us is threatened, hurt, or violated. Maybe your anger is not only directed at those around you, but it may also be turned toward yourself.” Hearing this, Ms. B looked surprised and nodded in agreement.

Although Ms. B’s main concern was “to change the way she thinks,” getting straight to that work would risk denying the beliefs that have supported her well so far.

While discussing this, the Co suggested, “Rather than changing the way you think, how about we start by slightly adjusting your way of relating to your feelings of anger?”

Ms. B nodded in agreement to this suggestion.

Cl:

In the next session, we discussed how to get a space from being angry.

For Ms. B, accepting “Well, this should be good enough.” threatens her beliefs, so it is natural that her emotions become unsettled. She had said, when she got angry, the emotion overwhelmed her to make it difficult to focus on the task at hand or to engage in conversation.

There are various techniques for managing anger—such as consciously stepping away for six seconds, visually tracking numbers or colors in the room, or to disperse attention. None of these worked out for Ms. B.

So the Co suggested Ms. B to try this approach. Namely, when she feels anger, she says to herself, “Right now, I am feeling angry.” This creates a small space between the anger. Then, by saying, “Right now, I am aware that I am angry,” she can step even further away from it. This technique seemed to resonate with her. She reported, “When I tried it, it felt like zooming out. If I want to zoom in again, I just reverse the process, so it feels like I became able to manage my emotions.”

Ms. B expressed a desire to apply the same approach not just to anger, but to other emotions as well. With that, the counseling sessions came to a close.

In situations like this, in order to change their way of thinking, many people try a completely different mindset abandoning the usual way of thinking. However, such tactics often backfire, leading them to revert quickly—and then blame themselves for not being able to change. Instead of trying to change one’s way of thinking all at once, it may be more helpful to start by re-examining how we relate to our emotions.

Case 2



I want to be able to stay calm whatever emotion I may have. (2) Ms. C

©2016, 2025 HOKENDOHJIN-FRONTIER Inc.

Client: Ms. C in her 40s, A researcher

Background:

The consultation began with the words, “I have always had this tendency, but lately I get irritated more often, even with small matters.” She laughed as she said that during a meeting, especially when discussions go nowhere, she feels like shouting, “The thing isn’t happening in this meeting room! It’s happening in the beaker in the lab!” She went on to explain, “I just want to finish the meeting quickly and get back to running my experiments. There is often a looming deadline. But at the same time, I know I need these meetings to get approval on the next steps...” She shared that these conflicting thoughts kept spinning around in her head.

Co:

As with the case of Ms. B above, the initial step was to clarify what she values most.

One of Ms. C’s beliefs was, “Taking specific actions lead to specific answers. Once I get a specific answer, I can think specifically and take the next step.”

She has consistently taken this approach, and her works have been recognized by others because of this approach. Ms. C herself felt that this approach made sense and very productive.

CI:

Just like with Ms. B, the Co first suggested Ms. C to try some anger management techniques and zooming out from her anger. However, none seemed to resonate with her. While we were exploring other possibilities together, Ms. C shared, “When I am angry, I wish someone else could get angry on behalf of me.”

So, the Co suggested, “When you are angry, try to visualize someone —anyone—comes in and gets angry for you.” Ms. C agreed to give it a try.

In the next session, she said enthusiastically, “I think this will work!” When I asked, “So, who did get angry for you?” she responded, “Is it okay if it is an actor? I visualized Chosuke Ikariya getting angry for me.” She explained it was a bit of a wordplay—Ikariya sounding like “ikari-ya” (someone who gets angry). The image of Ikariya-san—serious, compassionate, and also a bit comical—stepping into a meeting and getting angry on her behalf helped her think, “Well... maybe it’s not such a big deal after all.”

Co:

I asked Ms. C, “By the way, perhaps, you do not need to say that phrase you mentioned earlier any longer, do you?” She replied, “Yes, yes —I still feel like saying it from time to time.”

I said, “I see. Well then, how about we leave that line to Yuji (Yuji Oda)?” She burst out laughing and said, “Yes, let’s do that! Even if it’s just in my imagination, it really helps calm my anger.”

The sessions with Ms. C concluded at that point, but perhaps even now, Ikariya-san and Yuji still visit her in her imagination.

* Chosuke Ikariya and Yuji Oda co-starred in the popular police TV drama and movie series Bayside Shakedown (Odoru Daisousasen) . The phrase Ms. C wanted to shout under irritating situations derives from a famous line from Yuji Oda's character, "crime is not happening in the meeting room, it is happening at the scene of the crime" using "the beaker in the lab" in place of the original's "the scene (of the crime)."

While counseling is a serious process, it is often essential in problem-solving to shift perspectives and incorporate humor. If you find counseling intimidating or daunting, please feel free to visit us and give it a try.

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) | ⑤ Desired type of session |
| ② Company name or registration number | <input type="checkbox"/> Face to face (Tokyo/Osaka counseling office or any agreed location) |
| ③ Brief description of the matter for counseling | <input type="checkbox"/> By Microsoft Teams |
| ④ Desired date and time of session | ※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

* 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>