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Counseling Case



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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

0120-783-744

Office hours:(excluding holidays)

Monday through Friday 10:00~20:00

Saturday 10:00~18:00

E-mail :
sodan@wellness-sodan.com

※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.

Case1



Career Change, Transfer, and Promotion—Mr. B's Turning Point

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Client: Mr. B in his 40s, a section chief in the development division of a manufacturing company (in his second year after joining mid-career)

Background: Mr. B looked somewhat reluctant about counseling, saying, "After changing jobs, I initially felt that things were going well. However, about a year later, I was transferred to the head office, which meant I had to work away from my family, and I was promoted to section chief at the same time. These changes significantly altered my environment. After that, as my work stopped progressing as I had hoped, my sleep gradually became lighter, and I found myself increasingly spending most of my days off at home. Around that time, during a routine health checkup, the occupational health staff suggested that I try counseling. I wasn't very enthusiastic about the idea but..."

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

<Initial Phase of Counseling sessions>

Cl:

"I had been involved in development work for a long time and wanted to take on a new challenge, so I moved to my current, larger-scale company. I believe I communicate well with my team members and my supervisor, but as a section chief, I'm also expected to support my subordinates and offer guidance on project themes. It felt as though a wide range of new responsibilities suddenly fell on me all at once. As time went on, the project I had proposed stopped progressing as I had hoped, and I found myself at a standstill. I don't feel I have the capacity to properly attend to my subordinates anymore. My supervisor has even suggested, 'Why not change the project theme?' but given the scale of the project and how much effort I've already invested, it's not an easy decision to make. It feels as though I've reached a point where nothing more can be done," he spoke with a sigh.

Co's Intervention:

The counselor acknowledged and expressed appreciation for Mr. B's efforts in coping with major environmental changes. She also took the time to listen attentively to his thoughts about his work and his feelings toward his family.

<Middle Phases of Counseling sessions>

CI:

"Things haven't improved much since then. The only time I feel at ease is when I return home to my family. Even members of the production staff and my team have suggested, 'Maybe we should change the project theme,' so it seems it will be revised. I'm also aware of what people think about me and what they say. At work, someone made a remark—not exactly sarcastic, but clearly intended to be overheard—along the lines of, 'It's because he doesn't understand production and doesn't listen to the people on the floor.' Hearing that made me feel, once again, that I'm not capable enough."

I feel that the role of section chief may be more than I can handle. When I consulted with a colleague about it, he said, 'You don't have to decide right away—why not try a little longer? Perhaps he meant that I should take more time to think carefully about my future career as well...'"

Co's Intervention:

The counselor fully acknowledged Mr. B's loss of confidence as he struggled to fulfill his role as section chief in a situation that was not progressing as he had hoped. She also pointed out that he was utilizing his resources, such as consulting with a colleague, and encouraged him to consider discussing the matter again with his supervisor.

CI:

In the next session, Mr. B explained why he had been considering stepping down from his role as section chief. He felt that one of his subordinates, who excels at coordination, might be better suited for the position.

"When I spoke with my supervisor and told him that this subordinate might be a better fit, I was told, 'He may be strong in coordination, but the most critical aspects are being handled by you as section chief, drawing on your experience. Why not try to continue for another two years?' Then the supervisor gave me some concrete feedback, and I realized that I had lost confidence in myself. Recognizing that there are things I am doing well in my own way made me feel that perhaps I can keep going a bit longer," he reported.

Co's Intervention:

The counselor acknowledged and reinforced Mr. B's realization that, he had strengths, prompted by concrete feedback from his supervisor. She also highlighted that he had multiple resources beyond his supervisor and pointed out that he was starting to recognize he had been carrying too much on his own. Gradually, Mr. B appeared to be regaining his sense of self.

<Final Phase of Counseling sessions>

CI:

"In the end, the project was scaled down, but I feel the adjustment was reasonable and acceptable. Work began to run more smoothly, and I appreciate the support from my supervisor, team members, and others."

Although challenges remain, I feel that I have been able to come to terms with this turning point. My sleep is gradually improving, and I have started going out on my days off again, valuing the time I have just for myself.”

Mr. B also noted that a key factor in these changes was his wife’s suggestion to move the family in time for their child’s school enrollment. He said, “While new challenges may arise after they join me, I will not be alone and can face difficulties together with my wife. Now I appreciate that there are things I can do on my own, and there are things I can do together with others.”

Co’s Intervention: The counselor supported Mr. B’s realization that, “There are things I can do on my own, and there are things I can do together with others,” and acknowledged his efforts in reflecting on himself despite his struggles, which led to recovery in both his mind and body. She also confirmed and shared that this marked a significant “turning point,” and that through this process of reflection and insight, his sense of self-efficacy was gradually being restored. The counseling sessions were then concluded.

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@wellness-sodan.com

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

