

Keynote Address: Morita-Informed Healing: Achieving Serenity with Anxiety

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Bio: Charles P. Chen, Ph.D., is a Professor of Counselling Psychology and a Canada Research Chair (CRC) in Life Career Development at the Ontario Institute for Studies in Education (OISE), University of Toronto. He is a full member of the School of Graduate Studies at the University of Toronto, and thus a supervisor for both Master's and Doctoral thesis research at OISE, University of Toronto. He serves as an external examiner for the Ph.D. degree internationally.

Charles is an Honorary Professor of Psychology at Fudan University, a Guest Professor at Northeast Normal University, and a Visiting Professor in Applied Psychology at the Educational Science College of Shanghai Normal University, China. He has also been a Guest Professor and Faculty Academic Visitor at a number of major universities internationally, including Norwegian University of Science and Technology, University of Pretoria in South Africa, Shanghai Foreign Studies University, Tongji University in China, Hong Kong Baptist University, and the University of Hong Kong. A counsellor educator for 19 years, Charles taught in the Faculty of Education at the University of British Columbia (UBC) in Vancouver, Canada before joining the University of Toronto where in 2005 he was the only inaugural recipient of the *OISE University of Toronto David E. Hunt Award for Excellence in Graduate Teaching*.

Charles is an editorial board member of several refereed scholarly journals, including the Canadian Journal of Counselling, the Career Development Quarterly (USA), and the Journal of Vocational Education and Training (UK). As well, he is a reviewer for many other refereed scholarly journals and for international conferences. He is a member of the Canada Research Chairs Program College of Reviewers, and an external assessor for the Social Sciences and Humanities Research Council of Canada (SSHRC). Charles also serves as a regular quality assessor in various national and international professional contexts for governments, universities, and research/academic institutions. Additionally, he is a Canadian Certified Counsellor (CCC).

Charles is a keynote/plenary speaker and a regular presenter in conferences. He is also an invited guest speaker in various academic and professional contexts, and a featured expert in news media (e.g., TV and newspapers). He is the recipient of the *Canadian Counselling Association (CCA) 2008 Best Counselling Book Award* for his empirical-research-based scholarly book: *Career endeavour: Pursuing a cross-cultural life transition* (Ashgate, 2006). This biennial CCA book award honours the originality and high quality of an academic and professional work that is considered a valuable contribution to the advancement of Counselling in Canada.

Charles has authored and coauthored 4 academic/research books, 9 scholarly book chapters, and 40 refereed journal articles. These publications cover a variety of topic areas in the general domain of counselling psychology, including topics such as stress and coping, cross-cultural adjustment and transition, counsellor education and training, counselling in higher education, school guidance and counselling, and Morita therapy. In addition to these topics, the majority of his published works focus on the subject of vocational and career psychology broadly defined, studying a variety of life career development issues throughout individuals' entire life span.

A noted researcher and scholar, Charles has been the recipient of several major research grants including grants from Social Sciences and Humanities Research Council of Canada (SSHRC), the Canadian Foundation for Innovation (CFI) Research Infrastructure Grant, and the Canada Research Chair Award Grant from the Canadian government. As such, the accumulated amount of these research grants/awards over the last ten years has surpassed 1.58 million Canadian Dollars in total. He was the Highest Ranked New Scholar in the Social Sciences and Humanities Research Council of Canada (SSHRC) Education Panel in 2002. He was also the only successful recipient in 2002 from OISE of the Connaught New Faculty Matching Grant at the University of Toronto.

In recognition of his academic leadership in his field and his contribution to the Canadian society, Professor Charles P. Chen is a Biographee in ***Canadian WHO's WHO*** - Canada's most comprehensive biographical reference sources that documents outstanding Canadians since 1910, and a career and mentor guide for people across the country and around the world. Similarly, Charles is also listed as an expert in ***Education Who's Who Higher Education*** in the USA. Furthermore, Charles is a Biographee as a prominent social scientist and academic leader in ***WHO'S WHO in the WORLD by Marquis Who's Who (USA)***, the foremost authority of biographical reference publisher in the world. The inclusion of the complete biography in this exclusive directory distinguishes the Biographee as one of the world's foremost achievers and authorities in his field. This reference book features eminent and outstanding individuals from 215 countries and regions around the globe in all walks of life, including biographies of Nobel Prize Laureates, Barack and Michelle *Obama*, *Bill and Hilary Clinton*, *Bill Gates*, and *J.K. Rowling*.

Keynote Address Abstract:

In our experiences as professional helpers, we constantly find ourselves engaged in aiding our clients to tackle anxiety feelings in various aspects of their lives, i.e., personal, social, and vocational alike. To do so is of pivotal importance because emotional arousal or inconvenient feelings in kind can significantly undermine clients' capacity and potential to perform tasks of living in a more constructive manner. Traditional therapeutic and counselling models in the West, such as cognitive and/or behavioral interventions, certainly have their rationale and merit in helping individuals decrease the level of anxiety, aiming at a more desirable outcome of eliminating the symptom all together.

In contrast, this address intends to introduce the Morita Therapy principle(s) as an alternative helping approach that is deeply rooted in the Eastern worldview, differing substantially from most therapeutic philosophies and practices in the West. The address begins with a background overview of Morita therapy and its main therapeutic framework. It then provides a brief rationale for connecting Morita therapy to the Western counselling and psychotherapy realm. Finally, it draws particular attention to Morita concepts in relation to social anxiety, demonstrating how to utilize Morita-informed healing principles and strategies to help clients live a more constructive life.