

# NAIKAN Therapy for Internationalization

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Sri Lanka is one of the countries where Naikan therapy is practiced in order to control the mental disorders. Since this is a practical method, the national Universities of Sri Lanka plan to start the study programmes on Naikan therapy. We, Sri Lankan scholars respectfully consider Prof. Theruki Mayeshiro as the fore-founder of Sri Lankan Naikan therapy as he introduced this method to Sri Lanka having visited many Universities in Sri Lanka in last year. As a result of his tremendous effort we were able to start this programme in this year itself and we believe that it would be a great privilege that Sri Lankan people obtained from Japan.

It is to be noted that the spreading of Naikan therapy throughout the world would be a great pleasure for those who suffers from mental restlessness. In order to make it popular we should try to introduce this method among the foreigners. After that Naikan centers should be established through them in their respective countries. Another positive strategy that should be carried out is that training the Naikan counselors who are capable of giving instructions from both languages English and Japanese. Therefore, according to our recommendation the main Naikan centre of Nara town of Japan where Naikan method was originated is the ideal place to train such counselors.

Similarly, the profound Japanese Naikan psychotherapists should try to spread this method among the foreign countries by providing their service without the expectation of financial benefits so that it is a great wealth and a meritorious deed to the world. Apart from that through the social media such as facebook, YouTube, maintaining a web page on Naikan, publishing much more information about Naikan in Wikipedia are some of the strategies that could be practiced in popularizing this method. On the other hand, organizing national and international symposia and conferences also would be contributed in spreading this psychotherapeutic method. As a Sri Lankan I believe that this therapy can be spread in Sri Lanka through Sri Lankan Buddhist monasteries having established such centers.

スリランカでは、内観療法は精神障害のコントロールに実践され、スリランカ国立大学は、内観療法研究プログラムを計画している。昨年、我が国を訪問された真栄城輝明教授には、我が国における内観療法普及の基盤づくりの中心となられたことに敬意を表したい。教授の尽力により、このプログラムは本年始動するが、これはスリランカが日本より受けた大きな恩恵である。又、世界中において内観療法は不安神経症患者への大きな希望となろう。内観普及のためには、外国人への紹介、各国で内観研修所設立、英語日本語で内観指導を行える内観指導者の育成が必要だと考える。内観発祥の地、奈良の内観研修所での研修も推薦したい。また、日本の心理専門家による各国への内観普及は世界に大いなる利をもたらし、オンラインでの更なる情報提供、国内外でのシンポジウムや学会も有効であろう。スリランカでは、仏教修道院がセンターを設立し、内観普及をすすめると信じるところである。