

## History and Trends of Psychology and Psychological Professions in Japan: Comparison with America

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The purpose of this study is to summarize the previous research that has been accumulated to date, and to provide an overview of the history and trends of psychology and the psychological profession in Japan. The results of this study revealed that the Japanese psychology profession has a short history. In addition, it has become clear that by deepening research on case studies for the development of supervisors and multidisciplinary collaboration, it is possible for them to fulfill the roles expected of clinical psychologists and certified psychologists. Additionally, since the history of psychology in Japan is short, comparative research in other countries is also necessary.

**Keywords:** Psychologist, clinical psychologist, certified psychologist, history, international comparison

### Problem and Purpose

The history of American psychology is said to have started in 1875, when William James established an experimental laboratory. Lightner Witmer, an American who studied experimental psychology under German Wilhelm Wundt (1832-1920), established the world's first psychological clinic at the University of Pennsylvania in 1896. Lightner Witmer was the first to use the term clinical psychology. Clinical psychology is a challenge to psychological and pedagogical principles derived from philosophical speculation, and a challenge to psychology that seeks to directly apply laboratory results to children in the classroom. (Witmer, 1907; Sato, 2003a)

Since then, psychology has changed as society has changed. Currently, there are 174,000 psychologists and psychologists, of whom 83,994 work in some kind of practical setting (ZIPPIA, 2023a). Those in private practice, clinical psychology experts, school psychology experts, industrial/organizational psychology experts, forensic psychology experts, health psychology experts, sports psychology experts, consumption engineering psychology expert, media psychology expert, geriatric psychology expert, community psychology expert, environmental psychology expert, media psychology expert, geriatric psychology expert There are experts in psychology, experts in environmental psychology, etc.

6.1% of psychologists work in private companies in practical settings, more than civil servants. The average annual salary for a psychologist is \$97,659 (ZIPPIA, 2023a).

Additionally, the American Psychological Association (APA) has established minimum education and training requirements for the practice of psychology. Graduate school is an educational period of 4 to 6 years. That education includes at least one year of education in a professional setting such as a hospital or counseling center. These exercises require supervision by a licensed psychologist (David et al., 2014). They are also required to pass an exam administered by the state licensing board. In other words, psychologists also have a doctoral degree, are at the same level as psychiatrists, and are covered by insurance.

An overview of the history of American counselors to help you understand the difference from psychologists. At the beginning of American counseling, it was strongly limited to the existing system of vocational guidance (Roger Aubrey, 1977). Therefore, counseling was viewed only as an auxiliary technique for achieving certain results in vocational guidance. In the 1930s, educational, vocational, and social services were considered the three major components of the counseling process in schools. This became the philosophy of school counseling, and the role of school counselors was widely defined (Yoshikawa, 1999). However, a major change occurred in the late 1940s when Carl Ransom Rogers' approach sparked a craze. The counseling approach, which began as an auxiliary technique for guidance, has entered practice as a requirement for counselors (Roger Aubrey, 1977). In the late 1980s, the functions and roles of counselors were redefined in many states, and school counselors began to include career development, identification of student needs, and attendance interventions. The word

“guidance” was deleted, and the educational role of a support plan that considered all students, including individual student response and crisis intervention, was required (Roger and Aubrey, 1977). Counselors generally study at a graduate school with a master's degree and are required to receive practical experience and supervision similar to psychologists. In addition, even after graduating from graduate school, he continues to work at clinics, etc. as an associate (intern).

There are over 347,278 counselors in the United States, and 5.5% work in non-educational settings. That's all. The average annual salary for counselors is \$ 36,225 (ZIPPIA, 2023b). In this way, American psychology has established its position as a professional profession throughout its long history. Therefore, the purpose of this study is to summarize the previous research that has been accumulated to date, and to provide an overview of the history and trends of psychology and the psychological profession in Japan. As a result, the challenges facing the psychology profession will become clearer, and the future direction will become clearer.

## **Method**

The method of this research is literature research. This article will examine the issues facing the psychological profession by providing an overview of the history and trends of clinical psychologists and certified psychologists, which are Japan's unique psychological professions.

## **Results**

### **1. History of psychology in Japan**

In 1853, Captain Perry of the American East India Fleet arrived in Japan with four ships and urged Japan to open up to the country. Six months later, a large fleet of nine ships returned to Japan and invaded Tokyo Bay without permission. At the time, Japan

had been isolated from the rest of the world for over 200 years. The Japanese had only seen sailing ships and were surprised to see steamships and cannons (References 1 and 2). Perry's visit was the trigger for the opening of the country. After that, in 1868, the Shogun returned power to the Imperial Court, and the era of the samurai changed to the era of the imperial system.



Document 1



Document 2

Document 1 Peter B. (1854) Illustration of Admiral Perli's landing in Yokohama  
 Document 2 Kurofune tile version (1853)

In 1886, Tokyo Imperial University was established. Two years later, he studied under Granville Stanley Hall in the United States. Yujiro Motara (1858-1912), who returned to Japan after obtaining his Ph.D., became a lecturer at Tokyo Imperial University College of Letters. He then took charge of psychophysics. After becoming a professor at Tokyo Imperial University in 1890, his book became "Psychology" (Mori,

2019a). When Kyoto Imperial University was established in 1897, psychology was taught within the Department of Philosophy in the College of Letters and a psychology laboratory was established. In 1902, Yotaro Matsumoto (1865-1943), who had studied psychology in the United States and Germany, joined the school as a lecturer and was in charge of experimental psychology. In Germany, Matsumoto studied under Wilhelm Wundt (1832-1920), who built the world's first psychological laboratory. In 1903, he established a psychology laboratory at Tokyo Imperial University and specialized in psychology.

In 1935, the "Psychologists Directory" listed just under 500 psychologists (psychology graduates) who were active in society. (Sato, 2003b). Educational psychology has been studied continuously since the time when psychology was founded in Japan. In particular, industrial and military applied psychology flourished during wartime. Psychologists have come to occupy a certain position in public institutions such as universities and high schools, and have developed voluntary institutions such as academic journals and academic societies (Sato, 2003b).

## 2. History of psychology profession in Japan

The pre-war education system was reviewed by an educational mission dispatched from the United States at the request of the Supreme Commander of the Allied Forces General Headquarters (GHQ/SCAP). The purpose was to end centrally controlled uniform education and introduce American-style democratic education and education that protects individual freedom and dignity. One example of this was the introduction of the American education system known as "guidance." In the United States, this role was already held by school counselors. According to Uyo (2004), the

educational reform of 1947 began with the model of school education in the United States, which had a different social background and financial base. Although it focused on advice and guidance aimed at the individual development of students, it did not take root very well. Additionally, there is no such job as a counselor in Japan, so teachers are required to hold the additional position.

0 In 1951, six professional academics led by Lloyd from the United States came to Japan to introduce Student Personnel Services (SPS). As a result, a student counseling system was developed to provide psychotherapy at higher education institutions, and it has been established at universities all over the country and continues to this day (Hasegawa, 2017).

In 1953, a resolution was passed in the Japanese parliament as a “recommendation regarding the establishment of counselors,” but this did not result in a qualification system. This is thought to be due to the fact that the Japanese Society of Clinical Psychology and other organizations criticized the oppressive nature of psychological tests and treatments, and called for the dismantling of the profession. Gosaku Naruse, Hayao Kawai, and Morio Saji, who led the field of clinical psychology in Japan after the 1960s, taught at Kyushu University, Kyoto University, and the University of Tokyo, respectively (Hasegawa, 2017). Hayao Kawai trained at the Jung Institute and Morio Saji at Stanford University. Gosaku Naruse was invited to be a symposist at the First International Hypnosis Conference held in New York. Afterwards, she earned a Diploma in Clinical Hypnosis in the United States. They returned to Japan, where Hayao Kawai spread the psychoanalysis of psychotherapy (Jungian psychology), Morio Saji spread the field of humanistic psychology, and Gosaku Naruse spread academic research on hypnosis and clinical

movement methods. He also taught in Japan, raised many students, and worked to popularize psychotherapy. In this way, since the 1980s, there has been a movement to reevaluate the profession of psychology, seeking knowledge and technical methods that can be utilized in the field based on daily clinical activities (Hori, 2013).

In 1988, the “Japan Certification Association for Clinical Psychologists” was established, and although it was a private qualification, education for clinical psychologists began. (Japanese Clinical Psychologist Qualification Association, 2023). As a result, many universities have established graduate schools in clinical psychology. Furthermore, major incidents involving students occurred in Aichi Prefecture in 1994, including a case of bullying and suicide by a junior high school student and a case of extortion of 50 million yen by a junior high school student. As a result, the then Ministry of Education, Culture, Sports, Science and Technology began implementing a school counselor project in 1995. Furthermore, the activities of clinical psychologists began to be featured in support activities for the Great Hanshin-Awaji Earthquake in January 1995, and in reports of subsequent disasters, crimes, and accidents (Hasegawa, 2017).

Against this background, the Certified Psychologist Law was promulgated in 2016, creating the profession of psychology as a national qualification. In addition to solving individual mental problems, certified psychologists are expected to help improve the mental health of the nation.

### **3. Duties and education system of clinical psychologists**

The duties of a clinical psychologist include a. clinical psychological assessment, b. clinical psychological interview, c. clinical psychological community support, and d.

research and investigation of these matters (Article 11 of the Clinical Psychologist Qualification Examination Regulations). Occupations include schools, educational counseling institutions, medical health and welfare, etc. (Japanese Clinical Psychologist Qualification Association, 2023). To become a clinical psychologist, passing the certification exam of the Clinical Psychologist Certification Association is an essential requirement. However, in order to take the qualification exam, it is basically necessary to acquire qualifications based on the completion of a designated graduate school or professional graduate school for the training of clinical psychologists. Additionally, those who have obtained a medical license and have at least two years of clinical psychology experience are eligible to take the exam.

In order to maintain and improve the professional qualifications of clinical psychologists, not only is there a particular need for conscious self-training by qualified people themselves, but also multiple educational and research efforts are required. Annual "certification renewal" is required (Japanese Clinical Psychologist Certification Association, 2023)

As of 2022, 40,749 people are registered as clinical psychologists ( Japanese Clinical Psychologist Qualification Association, 2023). Of these, 667 have medical licenses.

#### **4. Duties and education system of certified psychologists**

According to the Certified Psychologists Act (2016), certified psychologists, in the fields of health care, welfare, education, and other fields, use their specialized knowledge and skills in psychology to a. Analysis, b. Consultation and advice, guidance and other assistance regarding psychology for those who require psychological support, c. Consultation and advice, guidance and other assistance for persons who require

psychological support, d. Mental health. The company plans to provide education and information to spread knowledge about the subject. In addition to assessment and counseling, psychologists also play an important role in coordinating with related parties and providing psychological education.

In order to take the qualification exam for a certified psychologist, a person must have completed psychology and other subjects required to become a certified psychologist at university or graduate school, or someone equivalent to that. A person who graduated from a university by completing psychology and other subjects necessary to become a certified psychologist, or a person equivalent to that, and a person who has engaged in psychological support work at a certain facility. A person who has knowledge and skills equivalent to or higher than those listed in the previous two categories (Certified Psychologist Act, 2016).

As of December 2021, 52,099 people are registered as certified psychologists. Additionally, approximately 40% of certified psychologists work in the health and medical field (Japan Certified Psychologists Association, 2022). Many people have both a clinical psychologist qualification and a certified psychologist qualification.

#### **5. Challenges for clinical psychologists**

Nagao (2022) lists challenges for clinical psychologists. One of the reasons is that supervisors are not sufficiently trained. Ma (2004) states that supervision is essential for clinical psychologists. Igarashi (2017) states that supervision in Japan is still unorganized in many ways compared to the United States and the United Kingdom. In the United States, supervision is required for two hours a week for two years. He also cites the lack of adequate supervision as an issue in our country.

Furthermore, Nagao (2022) raises issues regarding the “cooperation” of clinical psychologists. In general, clinical psychologists’ “cooperation” in the “community” is to understand the inner aspects of their clients (in particular, the psychological meaning of their problematic behavior, their personality characteristics, and their upbringing). , indicating that they often “cooperate” with people in other professions to solve client problems . He also states that in order for clinical psychologists to be able to make the best decisions (the best way for clients to find happiness), they need “philosophy” as well as their own life experiences.

## **6.Challenges for certified psychologists**

Based on the law, the Ministry of Health, Labor and Welfare has conducted hearings with related organizations and clarified issues regarding certified psychologists as part of the review of the implementation status based on Article 5 of the Supplementary Provisions of the law, five years after the law came into effect.

From the certified psychologist side, we will clarify the role and field of activity of certified psychologists and provide consultation through public relations activities.

Efforts are expected to lead to an increase in opportunities. It also calls for further expanding the allocation of certified psychologists and strengthening stable employment (Ministry of Health, Labor and Welfare, 2023a). The regulations and operating standards for the attending physician’s instructions regarding the manner of collaboration with those providing health care, welfare, education, etc., and other related parties are the attending physician’s treatment policy and the details of the certified psychologist’s support activities. There were many opinions that it was functioning effectively in light of the purpose

of avoiding discrepancies with the law. On the other hand, it was pointed out that in training, it is necessary to understand the roles of related professions, and to explain the role of psychologists to related professions to deepen mutual understanding. Regarding this, it is necessary to consider the curriculum and continuous and comprehensive lifelong training system after qualification, etc., which will be discussed later (Ministry of Health, Labor and Welfare, 2023a).

In addition, the results of an interview survey conducted by the Japanese Association of Certified Psychologists (2022) with medical professionals revealed that professional psychological support focuses on psychological assessment, psychoeducation, outpatient, ward, individual, and group settings. It is stated that there was a situation in which the methods were comprehensively implemented. Based on this, it is important to consider how to improve the qualifications and abilities in specific areas (centered on priority research areas). It is said that guidelines related to these areas should also be considered, and training programs specialized in specific areas to improve skills should be planned and implemented. The research participants in the interview survey included 9 nurses, 6 doctors, 3 mental health social workers, 2 occupational therapists, 2 nutritionists, 1 midwife, and 1 staff member from a local partner organization. There were 24 people.

### **Consideration**

#### **1. Differences between psychology professions in America and Japan (in terms of insurance coverage, education, and relationships with doctors)**

In the United States, health insurance services cover the services of clinical psychologists. For this reason, it is necessary to perform a “diagnosis” for insurance coverage. It is necessary to clarify what the

client's mental illness is, what the treatment policy is, and what is an effective treatment method for that mental illness. Therefore, in the United States, people are required to acquire diagnostic skills using the DSM-V. clinical psychologists work independently because their social status is equal to that of psychiatrists.

However, in Japan, "diagnosis" is performed by psychiatrists, and most of the work is carried out under the direction of a doctor. Furthermore, many psychologists are thought to avoid "diagnosis" because they are often taught how to interact with clients, centering on Rogers' client-centered therapy, at training institutions such as graduate schools.

Article 6 of the Code of Ethics for Clinical Psychologists states, "We must respect the rights and skills of other clinical psychologists and related professionals, give consideration to mutual cooperation, and take care not to interfere with the performance of their work. It is said that it will not happen. In addition, Article 42, Paragraph 2 of the Certified Psychologist Act states that "In carrying out their duties, a certified psychologist must receive instructions from a physician in charge of the person in need of support, if that person is in charge." From this point of view, in Japan, although psychiatrists and psychologists are conscious of their cooperation, the current situation is that their social positions are not equal. Although some psychologists are practicing, many works in facilities such as hospitals.

## **2. Part of the comparison between Japan and the US in the industrial field - America's collaboration system**

As mentioned earlier, it is necessary to improve the qualifications and abilities of psychologists in Japan in each of the five areas. Considering that the number of suicides in Japan during Reiwa 4 was 21,881 people and remains at a high level (Ministry

of Health, Labor and Welfare, 2023b), and that many of the parents of the children who will be responsible for the future are workers. Invigorating the activities of psychologists in the industrial and labor fields could be an opportunity to solve the psychological problems of our country as a whole. Here is an example of a comparison between Japan and the United States in the field of industry and labor. According to a report by Nishihara (2019), in the United States, when workers become mentally ill at work, they go to a psychiatrist or psychologist of their choice for consultation, and report their illness to the company's Human Resources Department (HR). Tell only one thing. The psychologist or other person who receives the consultation communicates with a third-party organization contracted by the company's Human Resource regarding the individual's medical condition and the support needed at the workplace after returning to work. In response, a third-party organization informs the company's HR about workplace support, etc. Workers do not have to communicate directly with their workplaces about their medical conditions. In addition, the period until return is very short, at most two months. On the other hand, in Japan, when a worker is forced to take a leave of absence due to a mental health problem, the workplace's industrial physician, industrial health staff, and even the worker's direct supervisor are closely involved with the worker until he or she returns to work. Japan has implemented mental health measures at each workplace in accordance with the "Mental Health Guidelines (Guidelines for maintaining and promoting the mental health of workers)" (Ministry of Health, Labor and Welfare, 2020) based on Article 70 of the Industrial Safety and Health Act. However, as in the example of the United States mentioned above, the expertise of the experts must clearly function, and the privacy of the individual must be protected by involving a third party

organization in the collaboration (to reduce the psychological burden on the individual). It can be said that there is much to be learned from the American system. In Japan, the direct entry of psychology professionals into this field is far behind compared to other fields. The need remains high, and the assignment of psychologists to each workplace is eagerly awaited. However, assuming a system like the one in the United States, it is not necessarily necessary to have a psychologist assigned to the workplace. In that case, it will become increasingly necessary to provide external organizations (Employee Assistance Programs (EAPs) and private practice counselors) that individuals can easily consult with, and there will also be a need to guarantee the qualifications of professionals there.

### **3. Current status of psychology profession in Japan**

It can be understood that Japanese psychology has developed as an educational psychology, in other words, with an educational background, amidst the Meiji Restoration, the Westernization of Japan, and the social trends of enriching the country and strengthening the military. This trend continued after World War II, and the “guidance” introduced in Japan during a review of the educational system required teachers to take on a clinical psychological role. Even in modern times, education and psychology are mixed in the framework of student counseling, and it is difficult to say that essential clinical psychological intervention has gained citizenship. Clarifying the commonalities and differences between education and psychology, and clarifying the specialization of psychology, as well as clarifying the psychology profession that is considered an issue for the profession and that is clearly required of certified psychologists. A future challenge will be to

work on improving the collaborative ability of the two groups. Psychologists themselves need to be trained to understand the above points, have the ability to explain differences, and have the ability to collaborate effectively.

### **4. Lack of research and training system for certified psychologists**

In the United States, there are many psychologists who are not civil servants and counselors who are not employed by educational institutions because the profession of psychology is recognized by society as a whole.

Also, American psychologists are trained in research. Pursuing a career in academia has become a pathway to higher salaries. Research positions, especially at top academic institutions and research-focused organizations, often offer higher salaries and additional benefits, ZIPPIA (2023a). Psychologists who publish influential research papers, win grants, and develop expertise in specific research areas can increase their earning potential. I have mentioned the necessity of education through supervision and education through examples of multi-professional collaboration, but I believe that research is also required in the Japanese psychology profession. This will not only improve the working conditions of psychologists, but also contribute to the mental health of the Japanese people, which is the goal of the Japanese government.

The burden of promoting people’s mental health is heavy for medical institutions alone. We believe that incorporating a training system for research and renewal of qualifications into the duties of certified psychologists will lead to the development of all fields, including medical care, welfare, industry, education, and justice.

#### **Future tasks**

The purpose of this study was to summarize the previous research that has

been accumulated to date and to provide an overview of the history and trends of psychology and the psychology profession. The results of this study revealed that the Japanese psychology profession has a short history. In addition, it has become clear that by deepening research on case studies for the development of supervisors and multidisciplinary collaboration, it is possible to perform the roles expected of clinical psychologists and certified psychologists. Additionally, since the history of psychology in Japan is short, comparative research in other countries is also necessary.

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