



micro article  
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# Morita Therapy

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## A Japanese originated action orientated approach to psychotherapy

Developed in the early twentieth-century by psychiatrist Shoma Morita, Morita Therapy, is a psychotherapeutic system, influenced by Zen Buddhist ideas, designed for use with patients who struggled with anxiety and issues of control. The approach is grounded in three key features:

- 1. Positive reframing of anxiety** - emotions are a passing rather than a defining state which we can accept as part of our authentic human existence.
- 2. Shift from thinking to experiential mode** - rather than focusing on changing emotions, action is encouraged which generates new emotions.
- 3. Therapeutic balance restored** - the approach is designed to allow the participant to learn from their own experiences in their own environment rather than be told how to be.

## What is within control?

This approach has a strong focus on recognising that our emotions are a natural product from the interaction of our environment and personality and so attempting to control them is fruitless. Rather, it is actually our actions that define us, and are within our control. So, when faced

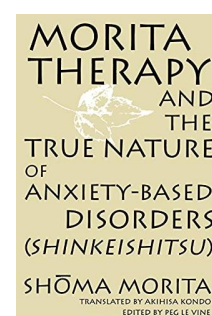
with challenges, we focus on what we can control - our actions, and new emotions and feelings will resultantly be generated.

## Treatment methodology

Traditionally a residential approach to treatment was used leading the person through four stages:

- Absolute bed rest and isolation.
- Light monotonous work in silence.
- Moderate physical work and creation of art with no social interaction.
- Reintroduction to society.

The residential approach to treatment not only requires time, but also specialist therapeutic skills and so is not a realistic approach for Life Coaches. However, the idea of shifting to an action oriented focus during sessions and supporting self-discovery based on coachee experience is transferable.



To find out more read our blog [The Sound of Silence](#) or purchase\* [Shoma Morita's Morita Therapy and the True Nature of Anxiety Based Disorders](#).

\*This link will generate a commission upon purchase.