

Sponsored by Sophia University,  
Department of Social Services

## Cultural healing approaches for alcohol problems: Lessons from Aboriginal healing and Japanese "*shugyo*" practice



### Speakers (interpretation provided in Japanese)

Professor Richard Chenhall  
University of Melbourne



Professor Jocelyn Jones  
Edith Cowan University



Ms Vanessa Corunna  
Carers WA



In the recovery process from alcoholism, the role of self-help groups led by individuals affected by addiction is widely recognized. These groups adopt approaches that are deeply rooted in their respective cultural contexts. Globally, the most commonly implemented framework for self-help groups addressing alcohol-related harm is the 12-Step program, which is heavily influenced by Western Christian traditions. To explore alternative cultural approaches, this symposium will examine the healing practices related to alcoholism within Aboriginal Australian communities, as well as the concept of 'discipline,' or '*shugyo*,' as observed in Japanese self-help groups, particularly in '*Danshukai*.' The three speakers we have invited are experts in these areas. We hope this meeting will shed light on the significance of cultural approaches to recovery.

**January 26, Sunday, 2025, 13:00 – 17:00** (Gate open at 12:30)

**Venue: Room 1702, Building #2, Sophia University, Tokyo**

**No reservations needed**

**Contact Information: [t-oka@sophia.ac.jp](mailto:t-oka@sophia.ac.jp)**

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