

## CURRICULUM VITAE, September 2018

HIROAKI HARAI, M.D.

Designated Mental Health Psychiatrist, Board Certified Psychiatrist  
Behavior Therapist certified by Japanese Association of Behavior Therapy  
A member of Motivational Interviewing Network of Trainers Inc.

President, Harai Consulting & Training Inc.

Director, Harai Clinic (Jan. 2019)

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**GENERAL:** Hiroaki Harai, 58, is a prospective director of Harai Clinic in Japan.

Dr. Harai, a psychiatrist and a behavior therapist, was formerly a director of Nagoya Mental Clinic. During over 30 years of his clinical practice, he committed to improve quality of care and treatment outcomes for patients with mental and behavioral disorders, Obsessive Compulsive Disorders (OCD) in particular, through the state of art expertise to deliver evidence supported therapies. In Dec. 2017, He retired the director of Nagoya Mental Clinic, to start up his clinic in the center of Tokyo city to serve OCD patients in whole Japan.

In Nagoya mental clinic, he had accepted over 500 new referrals a year. Most of them were diagnosed as either anxiety disorder or/and depressive disorder. Dr. Harai is the chief psychiatrist and behavior therapist for OCD treatment program. This program takes over 4,000 new referrals of patients with OCD since its inception. His website appears in the first page of the major search engine results of OCD in Japanese. One of the popular Japanese magazines, "Shukan Asahi" featured him as one of the best doctors for OCD in Japan. Also, nationwide TV networks broadcasted the program four times.

He was trained as a trainer of Motivational Interviewing (MI) at Crete June, 2003, and is a member of Motivational Interview Network of Trainers (MINT Inc.) since then. He is the first trainer of MI in the East Asia. He has been offering trainings on regularly basis for various healthcare workers including correction officers in Japan and Korea. In Nov. 2012, he was appointed as a member of the Board of Directors of MINT by-election. In Aug. 2013, he was appointed as an associate clinical professor, Department of Psychiatry, University of Hawaii.

His research activities are mostly clinical. He has authored four books, many papers, and chapters mainly about learning theory, applications of cognitive behavior therapy for emotional disorders, Motivational Interviewing and research methods.

He has founded the department for clinical trials to evaluate the efficacy of psychotropics in Kikuchi National Hospital. He has been involved in clinical trials ever since. His most recent contracts at Nagoya Mental Clinic are three randomized, double-blind, placebo-controlled trials for bipolar disorders in adults, schizophrenia, and OCD in children.

He is also known as a proficient translator and interpreter. Notable works are two Atul Gawande's books; "Better" and "Being Mortal." He has interpreted late Hans Eysenck, Isaac Marks, William R. Miller, Richard Kogan, Robert Meyers, etc.

### PROFESSIONAL DEVELOPMENT:

A graduate of Rakusei High School in Kyoto, Japan, he obtained a medical degree from the School of Medicine, University of Gifu, in 1984. He obtained a scholarship from Rotary international, studied cultural anthropology at the School of Literature, Science, and Art, University of Michigan until 1985.

He trained at the Department of Psychiatry, School of Medicine, University of Kobe, from 1985 until 1986. In 1987, he was employed as staff psychiatrist at Hizen National Mental Hospital. He was trained as a general psychiatrist and as

a behavior therapist at Hizen under the supervision by Dr. T. Yamagami. He has treated cases suffering from anxiety disorders, obsessive-compulsive disorders in particular. From 1992, he was assigned as a staff psychiatrist for the treatment unit for addictive disorders. He completed a one-week course for alcohol-related disorders at National Center for Alcohol-related Disorders at Kurihama National Hospital, in 1992. He also completed a one-week course for substance use disorders at the Japanese National Institute of Mental Health at Ichikawa, Japan, in 1996. At the invitation of University of Saga, he served as a visiting professor at the university's school of liberal arts during the period 1996 to 1998.

He visited University of Hawaii, John A. Burns School of Medicine as a visiting colleague, and managed a clinical research on patients with substance abuse in Japan and US in January to February 2001 and January to March 2002.

In 1998, he was invited as a vice director of Division of Clinical Research at Kikuti National Hospital and started a treatment program for anxiety disorders.

In 1999, he was promoted as a section chief at Kikuti National Hospital.

In 2003, he was promoted as a Director of Division of Clinical Research at Kikuchi National Hospital. He was allowed to attend to Training for New Trainers of Motivational Interviewing Network of Trainers, in Crete, Greece.

In 2004, Kikuchi National Hospital has reorganized as a member hospital of National Hospital Organization (NHO).

In 2008, He resigned from NHO, and takes up a post of the director of Nagoya Mental Clinic, a branch clinic of Waraku Medical Corporation.

He passed the national examination for the designated mental health psychiatrist, "Seishin-Hoken-Shitei", which enables him to order use of restraints as well as compulsory admissions for mental disorders under Japanese Act on Mental Health and Welfare for the Mentally Disabled in 1992.

He passed the board examination for psychiatrist from Japanese Society of Psychiatry and Neurology in 2007.

He holds Certification from the Japanese Association of Behavior Therapy since 1997.

He was trained as a trainer of Motivational Interviewing at Crete June, 2003, and a member of Motivational Interview Network of Trainers (MINT Inc.)

In 2013, he was appointed as an associate clinical professor, Department of Psychiatry, University of Hawai'i.

## **POSTS AND MEMBERSHIPS (professional):**

**...Director of Nagoya Mental Clinic, 2008-**

**...Director of Clinical Research, Kikuti National Hospital, 2003-2007**

**...Section Chief, Kikuti National Hospital, 1999-**

Manager of treatment program for stress-related disorders and substance abuse

**...Staff psychiatrist, Hizen National Mental Hospital, 1986-98**

Director of the behavior treatment program for the Unit of Addictive disorders

**... University of Hawaii, John A. Burns School of Medicine, as Visiting Colleague, 2000/9-**

**...Japanese Society of Psychiatry and Neurology, 1986-**

**...Japanese Association of Behavioral and Cognitive Therapies (JACBT, formerly Japanese Association of Behavior Therapy), 1986-**

A member of the board of directors 2004-, A chief vice editor of its official journal, 2004-2009,

A chief editor of its official journal, 2010-2015,

A member of the International Committee, 2004-09, A member of Certification Committee, 2007-

A chairperson of the Organizing Committee of JABT2010 in Nagoya.

**...Japanese Association for Cognitive Therapy (JACT), 2008-2017**

A member of the editorial board of the official journal of JACT, 2008-2017

**...Member of Program Committee for 6th World Congress of Behavior and Cognitive Therapy in Kobe, Japan, 2004. 1999-**

**...Japanese Association for Dissemination of Social Skills Training, 1996-**

A member of board committees in Kyushu area 1996-2007

**...Japanese Association of Alcohol and Substance use disorders, 1996-**

**...Japanese Association of Behavioral Science (Formerly, Personality and Behavior Disorders Research Meeting), 1988-**

A member of the board of directors, 2006-

**...American Society of Addiction Medicine, 2000-**

**...American Psychiatric Association, 2000-**

**...Association for Behavioral and Cognitive Therapies, 2000-**

**...Japanese Society of Psychosomatic Medicine, 2007-**

**...American Psychological Association, 2007-**

**...Motivational Interviewing Network of Trainers, 2003-**

A member of the board of directors 2012-2015, a secretary, Director Emeritus 2016.

**... Department of Psychiatry, University of Hawai'i, 2013-**

An associate clinical professor,

## **CERTIFICATIONS & LICENSES:**

...Medical License: Japan, # 282168, May 1984

...Designated Mental Health Psychiatrist "Seishin-Hoken-Shiteii", #9147, Oct 1992

...Certificate of Behavior Therapist, Japanese Behavior Therapy Association, June 1997

...Board certified psychiatrist, Japanese Society of Psychiatry and Neurology, 2007

## **FORMAL PRESENTATIONS since 2000:**

### Papers in English

Furukawa, T. A., Fujita, A., Harai, H., Yoshimura, R., Kitamura, T., & Takahashi, K. (2007). Definitions of recovery and outcomes of major depression: results from a 10-year follow-up. *Acta Psychiatry Scand.*

Harai, H., Hanning, W.F. (2006). Comparison of substance abuse disorder treatment between Hawaii in America and Kyushu in Japan. Paper presented at the first world congress of cultural psychiatry, Beijing, China.

Harai, H., Okajima, Miyo. (2007). Termination with Japanese Clients. In W. O'Donohue, Cucciare, Michael A. (Ed.), *A Clinician's Guide to the Theory and Practice of Termination in Psychotherapy*. New York: Rutledge.

Kobayashi, O., Matsumoto, T., Otsuki, M., Endo, K., Okudaira, K., Harai, H., et al. (2007). [A preliminary study on outpatient relapse prevention program for methamphetamine dependent patients: Serigaya Methamphetamine Relapse Prevention Program (SMARPP)]. *Nihon Arukoru Yakubutsu Igakkai Zasshi*, 42(5), 507-521.

Harai, H. (2006). MI for Anxiety. *MINT Bulletin*, 13(1), 33-34.

Sakurai, A., Nagata, T., Harai, H., Yamada, H., Mohri, I., Nakano, Y., et al. (2005). Is "relationship fear" unique to Japan? Symptom factors and patient clusters of social anxiety disorder among the Japanese clinical population. *J Affect Disorder*, 87(1), 131-137.

Suzuki, Y., Sakurai, A., Yasuda, T., Harai, H., Kitamura, T., Takahashi, K., et al. (2003). Reliability, validity and standardization of the Japanese version of the Social Adjustment Scale-Self Report. *Psychiatry Clin Neurosci*, 57(4), 441-446.

Furukawa, T. A., Konno, W., Morinobu, S., Harai, H., Kitamura, T., & Takahashi, K. (2000). Course and outcome of depressive episodes: comparison between bipolar, unipolar and subthreshold depression. *Psychiatry Res*, 96(3), 211-220.

Furukawa, T A. Harai, H. Hirai, T. Kitamura, T. Takahashi, K.: Social Support Questionnaire among psychiatric patients with various diagnoses and normal controls. *Soc Psychiatry Epidemiology* 34:216-222, 1999

### Papers in Japanese

Endo K, Murakami M, Hiejima M, Yuzuriha T, Uchimura H, Harai H, et al. (2000). Inpatient treatment for substance use disorders. *Hospital and Community Psychiatry* (0910-4798), 43(3), 278-279.

Okajima M, Hashimoto K, Noguchi, Y, Harai H (2007). Treatment outcome of obsessive compulsive disorder, *Japanese Journal of Psychiatric Treatment*, 22(5), 509-516.

Okajima M, Hashimoto K, Noguchi Y, & Harai H. (2007). Treatment outcome of Obsessive Compulsive Disorder. *Japanese Journal of Psychiatric Treatment*, 22(5), 509-516.

Okajima M, & Harai H. (2006, 2006/10/23). Group therapy for a young female patient with social anxiety disorder who exhibited behaviors similar to borderline personality disorder. Paper presented at the Japanese Association of Behavior Therapy 第32annual scientific meeting Collected Papers, Tokyo.

Okajima M, & Harai H. (2006). Genetic counseling for depressive client – An application of motivational interviewing, *Japanese journal of genetic counseling* (1347-9628) (Vol. 27, pp. 53).

- Okajima M, & Harai H. (2007). Exposure and Applied Tension for a patient with severe blood and injury phobia. *Japanese journal of behavior therapy*, 33(2), 171-183.
- Yoshimura A, Harai H, Tanaka H, Takagi K, Okubo Y. (2003). KATS: Kikuchi Addiction Treatment Service and family intervention. Paper presented at the meeting of Mental Health (0912-6589).
- Yoshida K, Harai H, Nishiyama K, Shimonara N, Kinoshita Y, Yamaguchi H. (2004). Characteristics of patients with social phobia. *Kyushu Neuropsychiatry* (0023-6144), 50(1), 58.
- Yoshida K, Amano K, Sakai S, Hashimoto K, Miyazaki T, Harai H, et al. (2005). Long-term prognosis of epilepsy in children with severe developmental disabilities. *Kyushu Neuropsychiatry* (0023-6144), 51(1), 74.
- Yoshida K, Kinoshita Y, Harai H, Deshimaru M (2003). Study of patients with social phobia, *Psychiatria et Neurologia Japonica* (0033-2658), 105(12), 1511.
- Sakai S, Harai H. (2004). Obsessive Compulsive Disorder in childhood. *Kyushu Neuropsychiatry* (0023-6144), 50(1), 60-61.
- Harai H. (2000). Depressive episode and life events – What do life events and stress mean for patients with depression?. *Japanese Journal of Psychiatric Treatment*, 15(8), 807-813.
- Harai H. (2000). Cognitive behavior therapy for social phobia , Why a human fears human. In Sakano K ed. (pp. 85-98). Tokyo : Nihon Hyoronsha.
- Harai H. (2001). Letters to editor : Does major depressive disorder exist in children under the age of 10 ?. *Clinical Psychiatry*, 43(11), 1270-1271.
- Harai H. (2001). Thinking about current challenges for psychotherapy; What does brief and strategic mean? In the case of behavior therapy . *Kokoro no rinsho a la carte* , 20(1), 30-34.
- Harai H. (2002). A story of Obsessive Compulsive Disorder. *Kumamoto Journal of Psychiatry* (113), 45-55.
- Harai H. (2002). Overall comments, the psychopathology of panic disorder, *Psychopathology of panic disorder*. In Kaiya H (Ed.), (pp. 145-148). Tokyo : Nihon Hyoronsha.
- Harai H. (2002). How to write medical records; in the case of behavior therapy, behavioral assessment , record keeping and Problem-oriented system. *Psychiatric clinical service*, 2(2), 201-205.
- Harai H. (2005). Case 4, “I cannot raise my face in class” A high school student who visited clinic secretly to his parents. In Kamijima K (Ed.), *SSRI and SAD* (Vol. 7, pp. 91-95). Tokyo : Life science.
- Harai H. (2000). Evidence Based Medicine, Personality disorder, Obsessive-compulsive disorder, Psychotic Disorders, Keywords in clinical psychology. In Sakano Y (Ed.), (pp. 210-211). Tokyo :Yuhikaku.
- Harai H. (2002). Psychiatric management for a patient with chronic panic disorder, Treatment strategy for panic disorder. In Kamijima K, Nakane A (Eds.), (pp. 154-164). Tokyo : Sentan Igakusha.
- Harai H. (2003). Termination of benzodiazepine, Cognitive behavior therapy and motivational interviewing for dependent patients. *Stress science* (1349-4813), 18(2), 81.
- Harai H. (2006). All about depression; Recent development of treatments for depression, controversies and choice of treatment, *Progress in medicine* (0039-2359) (Vol. 219, pp. 976-983).
- Harai H. (2006). Panic disorder and health care economics, Does economics help treatment of panic disorder?-. In Takeuchi T (Ed.), *ABC of New treatments* 40, Panic disorder (pp. 237-249). Tokyo : Saishin Igakusha.
- Harai H. (2006). Cognitive behavior therapy in primary care, special attention to depression. *Psychosomatic medicine* (0385-0307), 46(11), 995-996.
- Harai H. (2006). social phobia and social anxiety disorder. In Tanno T, Sakano Y, Sugiura Y (Ed.), *Clinical psychology of anxiety disorder* (pp. 55-74). Tokyo : Tokyo University Publishing.
- Harai H. (2006). Treatment of psychosomatic symptoms; motivational interviewing – communication for behavior change. *Psychosomatic medicine*(1342-9892) (Vol. 10, pp. 403-412).

Harai H. (2006). Chapter 15 motivational interviewing and ACT ~MI ACTing? . In Muto T (Ed.), The context of Acceptance & Commitment Therapy (pp. 289-310). Tokyo : Brain Publishing.

Noguchi Y, Harai H., Okajima M. (2006). Behavior therapy 1 Exposure and ritual prevention,. In Harada S (Ed.), Treatment hand book for Obsessive Compulsive Disorder (pp. 140-155). Tokyo : Kongo publishing.

#### Presentations Made in English

Hiroaki Harai: Motivational Interviewing in Japan, MINT Forum, Sophia, Bulgaria, 2007.9.20

Ibuki Mohri, Hiroaki Harai, Hidehiko Yamaguchi, Yuko Yamaguchi, Motonori Deshimaru: Which comes first, social anxiety or depression? Three years follow-up survey of Japanese high school students, World Congress of Behavior and Cognitive Therapy, Barcelona, Spain, 2007.7.13

Hiroaki Harai: Is Japanese social phobia different from social phobia in the US? Comparison of participants of clinical trial for Fluvoxamine, World Congress of Behavior and Cognitive Therapy, Barcelona, Spain, 2007.7.12

Miyo Okajima, Chisato Komatsu, Yuka Noguchi, Kayo Hashimoto, Hiroaki Harai: Effectiveness of exposure and ritual prevention for obsessive-compulsive disorder in Japanese health care settings, World Congress of Behavior and Cognitive Therapy, Barcelona, Spain, 2007.7.12

Hiroaki Harai: Convener and presenter, Symposium 144, Dissemination and maintenance of the spirit of motivational interviewing in non English speaking populations and in different contexts, World Congress of Behavior and Cognitive Therapy, Barcelona, Spain, 2007.7.11

Hiroaki Harai: Taijin-Kyofu-Sho, Social Phobia, and SAD; Culture of Research but not of Patients, First World Congress of Cultural Psychiatry, Beijing, China 2006.9.26.

Hiroaki Harai, William F. Haning: Comparison of substance abuse disorder treatment between Hawaii in America and Kyushu in Japan; Symposium-I-7: Culture and addiction psychiatry. First World Congress of Cultural Psychiatry, Beijing, China 2006.9.26.

Hiroaki Harai: Discussant, TSCM Symposium 4 Working Mechanism of Mindfulness and Acceptance, Looking for Active Ingredients to Enhance Cognitive-Behaviour Therapy Practice, the First Asian Conference of Cognitive Behavior Therapies, Hong Kong, 2006.5.28

Hiroaki Harai: Provision of empirically supported treatment in Japan, A case of OCD support group, The First Asian Conference of Cognitive Behavior Therapies, Hong Kong, 2006.5.28

Hiroaki Harai, Yuka Miyata, Kayo Hashimoto, and Miyo Okajima: Treatment Outcome of Obsessive Compulsive Disorder in a Japanese Mental Hospital - How does the system of healthcare provision affect empirically proven therapy?-, Annual Congress of Association for Behavioral and Cognitive Therapies, Washington D.C. 2005.11.15

Hiroaki Harai, Yuka Miyata, Kayo Hashimoto, and Miyo Okajima: Treatment Outcome of Obsessive Compulsive Disorder in a Japanese Mental Hospital - How does the system of healthcare provision affect empirically proven therapy?-, Annual Congress of Association for Behavioral and Cognitive Therapies, Washington D.C. 2005.11.15

Hiroaki HARAI: KATS, Kikuchi Addition Treatment Service, at the symposium "Motivational Interviewing; Beyond substance abuse treatment to the general Health Behavior change", World Congress of Behavior and Cognitive Therapy, Kobe, 2004.7.22

Hiroaki HARAI: Is Japanese social phobia different from social phobia in the US? Comparison of participants of clinical trial for Fluvoxamine, at the symposium "Social Phobia and Taijin Kyofusho: Culturally-Informed Perspectives on Cognitive Behavior Therapy and Pharmacotherapy", World Congress of Behavior and Cognitive Therapy, Kobe, 2004.7.22

Susan Butterworth, Hiroaki HARAI: Workshop for Introduction to Motivational Interviewing, World Congress of Behavior and Cognitive Therapy, Kobe, 2004.7.21

Hiroaki Harai, Hidehiko Yamaguchi, Nobuhiko Shimohara, Aki Maeda, Motonori Deshimaru, Mental Health of 3476 High School Students in Kumamoto, World Congress of Psychiatry, Yokohama, 2002.8.26

Hiroaki Harai, Self Control Program for Patients With Recurrent Mood Disorders, World Congress of Behavioral and Cognitive Therapies, Acapulco Mexico, 1998.7.25

Hiroaki Harai, William Frees Haning, Ruby Kaneshiro, Myron P. Andy Anderson, Masaru Murakami, Hideyuki

Uchimura, Patients with Amphetamine Dependence in Hawaii and Kyushu, World Congress of Psychiatry, Yokohama, 2002.8.25

Hiroaki Harai, M. Murakami, W.F. Haning, M.P. Anderson, H. Uchimura: Comparison of Substance Use Disorder Treatment between Hawaii and North Kyushu, Japan, American Society of Addiction Medicine Los Angeles. 2001.4.22

## Clinical trials and Collaboration with Industry

Dr. Harai has participated in following clinical trials. Company's names, names of investigational drugs, targeted disorders and years are listed.

Pfeizer	Sertraline	Obsessive Compulsive Disorder	1995
Pfeizer	Sertraline	Panic Disorder	1995
Solvey Meiji	Fluvoxamine	Obsessive Compulsive Disorder	1995
Mitsubishi Kagaku	MKC242	Neurosis	1996-8
Mitsubishi Kagaku	MCI225	Major depression	1996-8
Dr. Harai is a principal investigator for the following researches.			
Shionogi co.ltd	LY248686	Major depression	Apr 2000 -
Chugai Lily Clinical Research	Fluoxetine	Major depression, bridging study	Oct. 2000 -
Glaxo SmithKline	Paroxetine	Obsessive Compulsive Disorder	Nov. 2000 -
Glaxo SmithKline	Paroxetine	Social Phobia, late phase II, placebo controlled randomized study	Sept. 2002
Glaxo SmithKline	Paroxetine	Major depression, phase IV study	Sept. 2002
Solvey	Fluvoxamine	Major depression, phase IV study	Apr. 2001-
Solvey	Fluvoxaimne	Social Phobia, late phase II, placebo controlled randomized study	Nov. 2001 -
Jansen	Milnacipran	Major depression, phase IV study	Jan. 2002 -
Glaxo SmithKline	Paroxetine	Generalized Anxiety Disorder, late phase II study placebo controlled randomized study	Sept. 2003
Shionogi co.ltd	LY248686	Major depression, Second and Third Trial	Apr 2004 -2005 and 2006 -2007
Weyth	Venlafaxine	Major depression, late phase II study	Aug 2004
Solvey	Fluvoxamine	Childhood Depression and OCD	Aug 2006-2010
Pfeizer	Sertraline	Panic disorder phase IV study	Apr. 2008 – Mar. 2010
Mochida	Escitalopram	Major depression, late phase II study	Apr. 2008 – Mar. 2010
Weyth-Pfeizer	Desmethyl-Venlafaxine	Major depression, late phase II study	Apr. 2009 – Mar. 2011
Glaxo SmithKline	Paroxetine CR	Major depression, late phase II study	Apr. 2009 – Dec. 2010
Glaxo SmithKline	Paroxetine	Childhood Depression	Sep. 2008 – Mar. 2011
Otsuka	Aripiprazole	Major depression, late phase II study	Jul. 2009 - Dec.2011
Asahi Kasei	Milnacipran	Major depression, phase IV study	Sep. 2010 - Aug 2011
Astra Zeneca	TC-5214	Major depression, late phase II study	Jul. 2011 - Mar. 2012
Mochida	Escitalopram	Social anxiety disorder, late phase II study	May. 2012 -

In 2010, he enrolled 20 participants for those clinical trials.

### Experiences as a Motivational Interviewing Trainer:

Dr. Harai is the first Japanese Motivational Interviewing (MI) Trainer. He is a member of MINT Inc. since 2003. He started and run the MI learning group at Kikuchi National Hospital during 2001 - 2008. He has been invited to offer workshops on MI for various healthcare workers, judges and correctional officers. He has trained four other Japanese trainers and one Korean trainer whom are now members of MINT Inc.

### Experiences as an interpreter:

Dr. Harai is an experienced interpreter between English and Japanese. Followings are some of the examples.

Nov. 1986. A lecture made by late H. J. Eysenck Ph.D. at Fukuoka.

March 2000 Lecture series made by W F Hanning MD. and Vivian Ishimaru Tseng MD at Nagasaki, Fukuoka, Kumamoto and Tokyo

March 2000 Interpreter at the Asian Pacific Regional Convention of Narcotics Anonymous at Tokyo

7 June 2000 A lecture made by Phil Barker Ph. D. RN FRCN, professor of psychiatric nursing practice at University of Newcastle UK at Hizen National Mental Hospital.  
4 – 15 Dec. 2000 Two series of Workshop, titled “Addiction Recovery Counselor’s Training Seminar”, by Ruby Kaneshiro, CSAC, MA,  
25 Aug. 2001, 1 Sep. 2001 Lectures made by I. Marks MD at Nagano and Tokyo.  
27 Apr. 2009 Lecture and musical performance made by Richard Kogan MD at Tokyo.  
29 Apr. 2009 Workshop by Jonathan Davidson MD.  
27 Aug. 2008 Opening remarks at the 10th International Congress of Behavioral Medicine at Tokyo.

**SPECIAL INTERESTS:**

Dr. Harai has supervised and taught resident physicians in psychiatry in Hizen National Mental Hospital, and Kikuti National Hospital. He has taught clinical assessments, cognitive behavior therapy and MI in particular for mental health workers with various backgrounds.

He is particularly interested in the research and development of new treatments for anxiety disorders, mood disorders, and chemical dependence. He is not only a master therapist of cognitive behavior therapy but a great teacher of interview method and standard clinical evaluation for those disorders. He commits in the promotion of Evidence-Based Medicine and advocating the value of evidence-based practice and clinical researches to the general public.

He and his recovered patients have been organizing an advocacy organization for people who have obsessive-compulsive disorders.