

モンゴメリー博士(オーストラリア心理学会会長) 講演会 (第22回グローバルCOE主催講演会:ユニットB、日本心理学会後援)

タイトル: The keys to successful behaviour change: Finding happiness and enjoying good health (行動変容を成功させる秘訣: 幸福と健康のために)

日時: 2010年2月24日(水) 13時30分~15時00分

場所: 京都大学総合研究2号館1階(南側玄関ホール左) 教育学部第2演習室
http://www.kyoto-u.ac.jp/ja/access/campus/map6r_y.htm

講演者: ボブ・モンゴメリー(オーストラリア心理学会会長)
<http://www.psychology.org.au/about/board/>

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講演者ほか紹介

モンゴメリー博士は、Sydney University 卒業後、Macquarie UniversityでPhD(心理学)の学位を取得し、La Trobe University のSenior Lecturer, Bond University教授、University of Canberra教授を経て、現在は、University of the Sunshine Coastの客員教授と臨床、健康、法心理学と組織コンサルタントに関わる実践活動を行っています。モンゴメリー博士の専門は臨床、健康、法心理学であり、今回の講演に関わる健康のためのライフスタイル変容の支援、被災者の支援、目撃証言などに関する実践や研究を行っています。

モンゴメリー博士は、今回日本心理学会とオーストラリア心理学会との協力関係を強化するために来日されています。そして、繁榊算男日本心理学会理事長とともに来学し、グローバルCOEのテーマである幸福感に関わるテーマで講演いただくことになりました。講演は英語で行います。申し込み不要、入場無料です。関心のある多くの方の参加をお待ちしています。

詳細情報: 楠見 孝(京大教育)

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講演要旨

Abstract: The keys to successful behaviour change: finding happiness and enjoying good health

Prof Bob Montgomery PhD FAPS

University of the Sunshine Coast and Private Practice, Gold Coast, Australia

Happiness is more than just the absence of unhappiness. It is a positive state of subjective well-being that results in part from behaviour, overt and covert, that makes you happy. Good health is more than just the absence of illness. It is a positive state of physiological well-being that results in part from behaviour that promotes and protects good health. Maladaptive behaviour, overt or covert, is a risk factor both for the loss of happiness and the onset of disease.

Well-being, psychological and physiological, results from on-going interactions amongst biological, psychological and social factors. Different factors are more influential for different people at different times

and, most importantly, vary in their accessibility to practical, affordable, and sustainable change. Helping people to prevent or manage unhappiness or disease and to promote happiness and good health is inevitably about helping them to make and sustain successful changes in their behaviour. Most people have some idea of changes they should make to their lifestyle to enjoy more happiness and better health (although there is an abundance of misinformation). The problem for most people is not a lack of information but a lack of motivation.

The need for a broader approach to facilitating successful behaviour change has been increasingly recognized (Bothelo, 2004; Rollnick, Mason & Butler, 1999) and the identified key ingredients are:

- Building self-efficacy while recognizing autonomy.
- Identifying & facilitating readiness to change.
- Facilitating motivation to change.
- Helping to prevent & manage relapses.
- Fostering a good working alliance.
- Using evidence-based procedures.
- Providing relevant information & advice.
- Recognizing successful interventions require skills and time.

I suggest health professionals use this checklist to identify possible gaps in their training. Typical university programs focus on the evidence-based knowledge and procedures relevant to a particular specialist health profession, which naturally deserve a lot of our attention. But they pay little or no attention to the other ingredients required for working successfully with people who need help changing their behaviour. Such gaps can be filled by judicious choices of professional development. If your professional role or personal inclinations do not include this aspect of health care, the ethical alternative is to develop appropriate referral resources.