

TAKESHI TAMURA, PH.D.

Consultant

Takeshi Tamura is a psychiatrist by training, and has applied that training outside the clinical setting in his work with Alpine International. In his role as consultant, Dr. Tamura uses his extensive background in bio-, psycho- and sociological personal relations to facilitate a unique approach to the cultural acclimation process.

Dr. Tamura focuses on understanding his clients' personalities so he may customize his training process to fit the needs and beliefs of the individual. This method served him well in clinical practice and also fits well with Alpine's cultural consultancy.

Born and raised in Tokyo, Dr. Tamura is bilingual (Japanese and English). As a clinician, he has had supervisory responsibility over mental health professionals and served as an advisor to the Tokyo Inochi no Denwa (Telephone Life Line Service) where he also served on their board of directors. Dr. Tamura also served as Supervisor of Tokyo Hikikomori Support Net and Tokyo Waka-Navi (Young Navigation). He received his certification in the Myers-Briggs Type Indicator in 2010 and has facilitated the program to numerous individual clients, couples, and groups in many organizations.

Dr. Tamura's educational journey has been a life-long process, starting with a high school exchange program in which he spent one year in the United States. That was followed with six years of undergraduate and medical education, followed by four years of specialized psychiatric training at University of Tsukuba from which he graduated with his M.D. and Ph.D. degrees. He also trained as a British Council Scholarship Fellow in London and received family therapy training at the Tavistock Clinic and Institute of Family Therapy, London. Dr. Tamura served on the faculty of Tokyo Gakugei University from 1992 to 2011, the last five years as a full professor, before retiring to enter private practice.

He is a member of the Board of Committee, Japan Association of Family Therapy; American Family Therapy Academy; and the International Family Therapy Association. Dr. Tamura also serves as a British Council Fellow to London University.

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- MSc, Family Therapy, Birkbeck College, London University, England

Languages: Japanese, English

