

CURRICULUM VITAE, September 2023

HIROAKI HARAI, M.D.

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

CEO, Harai Consulting & Training Inc.
Director, Harai Clinic for Mental Health
6F Fujiki Building
2-6-6 Kyobashi Chuo-Ku
Tokyo, JAPAN 104-0031
Phone +81-3-3538-6055 Fax +81-3-3538-6056
Mobile Phone +81-90-2965-0856

e-mail: director@harai.net
Web Pages:
Harai Consulting & Training
<https://harai.co.jp/>
Harai Clinic for Mental Health
<https://www.harai.net/>



GENERAL: Hiroaki Harai, 64, is a director of Harai Clinic in Tokyo 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.

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 Hawai'i.

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 is also known as a proficient translator and interpreter. Notable works are two Atul Gawande's books; "Better" and "Being Mortal."

PROFESSIONAL DEVELOPMENT:

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 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 Kikuchi National Hospital and started a treatment program for anxiety disorders.

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.