



Department of Psychiatry
Center for the Treatment and Study of Anxiety
Edna B. Foa, Ph.D.
Professor and Director

January 14, 2013

It is with great honor and joy that I write to congratulate you for the establishment of the PE-Japan Association, under the leadership of Professor Yoshiharu Kim, who was the first to introduce PE in Japan in 2003 by inviting me to conduct a workshop, and who has been working ever since in a close collaboration with me and my colleagues at the University of Pennsylvania.

It is a real achievement to have established this association dedicated to clinical practice dissemination and research of PE for PTSD, a treatment that received the most empirical evidence for its efficacy around the world including in Japan. Much of the work in Japan on PE was achieved by professor Kim and his team through interaction with our department, exchange of mental health professionals, and translation of PE textbooks and materials into Japanese. This is the only PE association in Japan that is formally authorized by the Center for the Treatment and Study of Anxiety (CTSA) at the University of Pennsylvania for the education, training and certification of PE. I firmly believe that PE will be more effectively disseminated through this association in order to treat and cure people who suffer from PTSD and who are desperate to regain their life and dignity.

I sincerely hope that all mental health professionals that are working with trauma victims in Japan will join force with the PE-Japan Association to treat victims of psychological trauma with truly effective therapy.

Sincerely,

A handwritten signature in cursive script that reads "Edna B. Foa".

Edna B. Foa, Ph.D.
University of Pennsylvania Perelman SOM
Professor of Clinical Psychology in Psychiatry
Director, Center for the Treatment
and Study of Anxiety