The two factors theory of emotion [1] assumes that our emotions/feelings are determined by a combined system of an automatic interpretative process and a responding physical process. As an example, although anger is a pure emotional state, it starts only after a subconscious interpretive process judging that it is an offended situation and he/she has to get angry.

Attribution theory in cognition and derived attribution psychotherapy [2] is based on this understanding, and its practical version has been developed in our Butoh dance method [3]. Feelings and emotions are experienced only in a particular situation, and they are soon shifted because of the attribution process when several basic body-mind factors are changed or affected, converting the anger to sorrow or repentance, etc. The workshop participants will be able to recognize the genuineness of each emotion/feeling and its intelligent responsiveness.

[1] Activated autonomic nervous system unconsciously makes the person seek the reasons in the subconscious mental process, and gives rise to a certain feeling/emotion that is pertinent to the physiological body-mind state and the environmental clues. (Schachter, S. & Singer, J., Cognitive, Social, and Physiological Determinants of Emotional State, Psychological Review, 69, 1962.)

[2] Some people tend to accuse themselves (intra-punitive type), and the others tend to blame everything but him/herself (extra-punitive type) (Rosenzweig, S., The Rosenzweig Picture-Frustration (P-F) Study: Basic manual, 1978). Attribution psychotherapy turns off his/her original reactions: If you can switch a guilty conscience or self-reproach to an outward attribution, anger arises. If you can find your own faults or sin, you lose reasons to keep angry and feel regret.

[3] By utilizing non-conventional body-mind training methods developed in Butoh, a Japanese avant-garde dance form originated by Tatsumi Hijikata in 1950s, the unconscious attribution process is affected and modulated through altered body-mind states. (Kasai, T. A Butoh Dance Method for Psychosomatic Exploration, Memoir of Hokkaido Institute of Technology, 27, 309-316, 1999)

*Kasai’s Butoh Dance Method and other Butoh related papers are available at http://toshi-kasai.info/