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| Course number | U-LAS70 10002 SE50 | | | | |
| Course title (and course title in English) | ILAS Seminar-E2 :Mental Health and Social Isolation in Japan (日本におけるメンタルヘルスとひきこもり) ILAS Seminar-E2 :Mental Health and Social Isolation in Japan | Instructor's name, job title, and department of affiliation | Graduate School of Human and Environmental Studies Associate Professor,TAJAN , Nicolas Pierre | | |
| Group | Seminars in Liberal Arts and Sciences | Number of credits | 2 | Number of weekly time blocks | 1 |
| Class style | seminar (Face-to-face course) | Year/semesters | 2026・First semester | Quota (Freshman) | 25 (10) |
| Target year | Mainly 1st year students | Eligible students | For all majors | Days and periods | Tue.5 |
| Classroom | 1104, Faculty of Integrated Human Studies | | | Language of instruction | English |
| Keyword | Mental Health / Hikikomori / Social Isolation / Depression / Schizophrenia | | | | |
| (Students of Faculty of Integrated Human Studies cannot take this course as liberal arts and general education course. Please register the course with your department.) | | | | | |
| [Overview and purpose of the course] | | | | | |
| This seminar introduces the challenges of social isolation (hikikomori, schizophrenia, depression) and sheds a new light on the development of the mental health field. | | | | | |
| [Course objectives] | | | | | |
| To provide you with a general introduction to and understanding of key questions and challenges of social isolation. To help you develop your analytical and critical thinking regarding the mental health field. | | | | | |
| [Course schedule and contents] | | | | | |
| 1) Introduction 2) School Non-Attendance in Japan 3) What is Hikikomori? 4) Mental Health Surveys on Hikikomori (Chap.4) 5) Is Social Withdrawal a Mental Disorder? (Chap.3) NPO Support Towards Hikikomori Youths (Chap.5) 6) Hikikomori Subjects ' Narratives (Chap.6) Beyond the Hikikomori Spectrum (Chap.7) 7) Schizophrenia in Japan 8) Schizophrenia in Japan 9) Depression in Japan 10) Depression in Japan 11) Case studies 12) History of mental illness in Japan 13) Varia 14) Conclusions 15) Feedback | | | | | |
| <small>Continue to ILAS Seminar-E2 :Mental Health and Social Isolation in Japan (日本におけるメンタルヘルスとひきこもり)(2)</small> | | | | | |

[Course requirements]

None

[Evaluation methods and policy]

Students are expected to actively participate in discussion and read material during class. Evaluation is based on the following: Participation (30%) and 3 short tests (Multiple choice questionnaires with 3 possible answers) Short test 1 (30%), Short test 2(20%), Short test 3 (20%).

[Textbooks]

Relevant material is distributed in class.

Students can freely download my book (OPEN ACCESS)

Tajan Nicolas. 2021. Mental Health and Social Withdrawal in Contemporary Japan: Beyond the Hikikomori Spectrum. Oxon: Routledge, Japan Anthropology Workshop Series.

(Related URL)

<https://www.taylorfrancis.com/books/oa-mono/10.4324/9781351260800/mental-health-social-withdrawal-contemporary-japan-nicolas-tajan>(My Open Access book)

[Study outside of class (preparation and review)]

Students do not have homework assignments. However, they are advised to take notes during class and to review the course material before tests.

[Other information (office hours, etc.)]

Office hours Friday 12:30-13:00

[Courses delivered by instructors with practical work experience]

(1) Category

A course with practical content delivered by instructors with practical work experience

(2) Details of instructors ' practical work experience related to the course

Clinical experiences in a variety of fields as a psychoanalyst, psychotherapist, psychologist

(3) Details of practical classes delivered based on instructors ' practical work experience

[Essential courses]