科目ナンバリング	U-LAS70 10002 SE50						
授業科目名<英訳>	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			担当者所属職名・氏名	人間・環境学研究科 准教授 TAJAN, Nicolas Pierre		
群	少人数群	単位数	2単位	週コマ数	1コマ	授業形態	ゼミナール（対面授業科目）
開講年度・開講期	2026・前期	受講定員(1回生定員)	25 (10) 人	配当学年	主として1回生	対象学生	全学向
曜時限	火5	教室	総人1104			使用言語	英語
キーワード	Mental Health / Hikikomori / Social Isolation / Depression / Schizophrenia						

（総合人間学部の学生は，全学共通科目として履修登録できません。所属部局で履修登録してください。）

[授業の概要・目的]

This seminar introduces the challenges of social isolation (hikikomori, schizophrenia, depression) and sheds a new light on the development of the mental health field.

[到達目標]

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.

[授業計画と内容]

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

[履修要件]

特になし

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)へ続く↓↓↓

[成績評価の方法・観点]

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%).

[教科書]

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.

（関連ＵＲＬ）

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

[授業外学修（予習・復習）等]

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

[その他（オフィスアワー等）]

Office hours Friday 12:30-13:00

[実務経験のある教員による授業]

①分類
実務経験のある教員による実務経験を活かした授業科目

②当該授業科目に関連した実務経験の内容
Clinical experiences in a variety of fields as a psychoanalyst, psychotherapist, psychologist

③実務経験を活かした実践的な授業の内容

[主要授業科目（学部・学科名）]