

<b>Course number</b>	U-LAS70 10002 SE50				
<b>Course title (and course title in English)</b>	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	<b>Instructor's name, job title, and department of affiliation</b>	Graduate School of Human and Environmental Studies Associate Professor,TAJAN , Nicolas Pierre		
<b>Group</b>	Seminars in Liberal Arts and Sciences	<b>Number of credits</b>	2	<b>Number of weekly time blocks</b>	1
<b>Class style</b>	seminar (Face-to-face course)	<b>Year/semesters</b>	2024・First semester	<b>Quota (Freshman)</b>	10 (10)
<b>Target year</b>	Mainly 1st year students	<b>Eligible students</b>	For all majors	<b>Days and periods</b>	Tue.5
<b>Classroom</b>	1104, Faculty of Integrated Human Studies			<b>Language of instruction</b>	English
<b>Keyword</b>	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. )					
<b>[Overview and purpose of the course]</b>					
This seminar introduces the challenges of social isolation (hikikomori, schizophrenia, depression) and sheds a new light on the development of the mental health field.					
<b>[Course objectives]</b>					
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.					
<b>[Course schedule and contents]</b>					
1) Introduction 2) School Non-Attendance and Clinical Psychologists 3) The Resistance to Students ' Psychological Care 4) Is Social Withdrawal a Mental Disorder? 5) Mental Health Surveys on Hikikomori 6) NPO Support Towards Hikikomori Youths 7) Hikikomori Subjects ' Narratives 8) Beyond the Hikikomori Spectrum 9) Schizophrenia in Japan 10) Schizophrenia in Japan 11) Depression in Japan 12) Depression in Japan 13) Conclusions I 14) Conclusions II 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:

3 short tests (Multiple choice questionnaires with 3 possible answers) Short test 1 (30%), Short test 2(30%), Short test 3 (40%).

### **[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.

Note: each class, except 9-12, refers to one chapter of my open access book.

Class 2 (chapter 1)

Class 3 (chapter 2)

Class 4 (chapter 3)

Class 5 (chapter 4)

Class 6 (chapter 5)

Class 7 (chapter 6)

Class 8 (chapter 7)

Class 13 (chapter 8)

Class 14 (chapter 8)

#### **( 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