

# Department of Nursing and Social Welfare

## Psychiatric Social Work Course

“WELCOME TO THE WORLD OF TOJISHYA KENKYU”

### ● Faculty Members

Ikuyoshi Mukaiyachi, Professor, Psychiatric social worker

Toshiaki Sasaki, Affiliate Professor, Psychiatric social worker

Sonomi Sato, Associate Professor, Psychiatric social worker

Kaori Okuda, Senior Assistant Professor, Master of Social Work

Wataru Suzuki, Assistant Professor

### ● Course Overview

At psychiatric social work course, we emphasize an importance of concept of “recovery”, which supports person’s potential to live his/her own life as he/she wishes. Through psychiatric social work practice course and field instruction, our students encounter various issues that mentally disabled people faces in everyday life. In order to understand the circumstances of those mentally disabled, it is important that student understands him/herself. Therefore, we strongly feel that self-understanding is one of the key aspects that social work students must develop during their field instruction.

“Self-understanding” in this context is for recognizing your own interior and mental trends.

Recognizing it as important, we have adopted self-observation for students to learn during their field instruction. While looking for a methodology for adoption, we have focused on “Tojishya Kenkyu”, or Self-directed Research.



### ● What is “Tojishya Kenkyu?”

Tojishya Kenkyu is a self-directed research program for mentally ill clients such as schizophrenia.

It was created and developed by Prof. Mukaiyachi while he was working as a social worker at

Urakawa Bethel’s House. Recent years, Tojishya Kenkyu has seen as a “new paradigm to

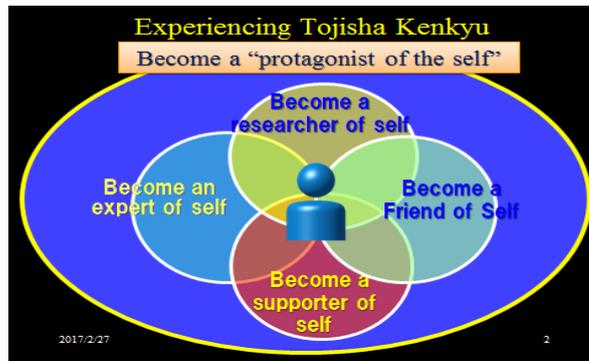
approach the issues of mental health” and quite many researchers in the variety of field (such as Tokyo University ) show keen interest in this approach. Tojishya Kenkyu is always questioning

“how my symptoms (behavior) occur, how is this phenomenon happening, what are the things that leads to problems.” We strongly feel that as a social worker, we have to keep asking these

questions to ourselves, and develop our skills to support people. Therefore, we have been

introducing this approach to the students of our course to objectively look at themselves (Needless to

say, it is important for social workers to self-aware and reflect their attitude and values for becoming better self and professional).



- **Research in progress:**

Starting from April 2020, HSUH established the advanced research center, and Tojisha Kenkyu is selected as the one of the research area of social science studies. At this point, psychiatric social work course professors are gathering the project members from other area of scientific studies, such as psychology, sociology, and medicine so that we are very excited to create new research project.

- **Resent Publication**

Mukaiyachi, I & Fukuda, M edited. (2020). Special Edition. “Considering the lives of schizophrenic patient –Principle of Hanamaki- Principle of Tojisha kenkyu at the field of clinical practice”. Vol. 210. Nihon Hyoron sha

Mukaiyachi, I (2019) If Defendant Uematsu is connected to Bethel’s house in the book of “Konokunino Fukanyou no Hateni”. Edited by Amamiya, K. Otsuki Publisher

The Ethos of Theorizing Proceeding of the Biennial Conferences of the International Society for Theoretical Psychology Conference of the International Society for Theoretical Psychology Tokyo, Japan, August 2017 Chapter 25 “Understanding Your Own Words: Identifying patients with schizophrenia using the program of *Tojisha Kenkyu* “ 245P

- **Activity**

In February 2020, Catholic University of Korea and Department of Nursing and Social welfare of HSUH organized the International Mental Health Social Work Seminar in Seoul, Catholic University, Seisin Campus.

Many students of psychiatric social work course participated in this international seminar, and learned the difference of psycho-social problems of Korean and Japanese mental health issues, and alternative treatment programs for the patient.