

Mental Health Social Work and Management Course

“WELCOME TO THE WORLD OF TOJISHYA KENKYU”

● Faculty Members

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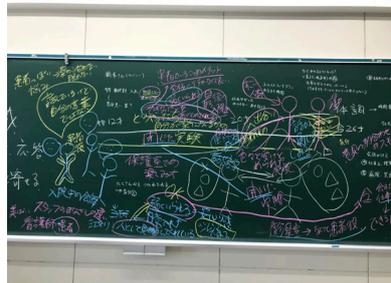
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● Course Overview

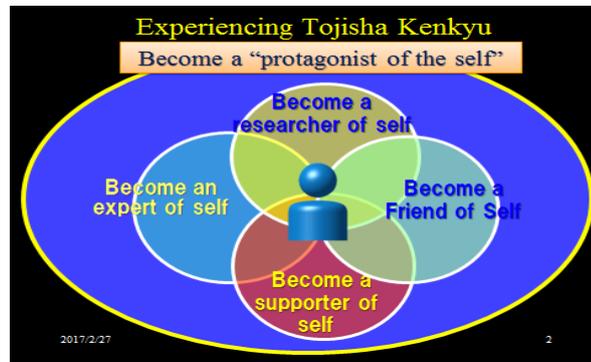
At mental health social work course, we emphasize an importance of concept of “recovery”, which supports person’s potential to live his/her own life as he/she wishes. Through this course and field instruction, our students encounter various issues that mentally disabled people faces in everyday life. 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:**

Advanced Research Center: Tojisha Kenkyu Projects.

There are several on-going Tojisha Kenkyu projects supported by HSUH’s advanced research promotion center.

1. Human rights promotion:

Since the MOU was signed, in 2017, we have kept academic exchange among researchers, and we planned and executed an international conference to enhance networking and to promote human rights and introducing alternative programs for people with mental disabilities in Asian countries. In June 2022, together with Korean research team Research institute of the differently abled person’s right in Korea (RIDRIK), our staff visited Mongolia to promote human rights of persons with mental disabilities in Mongolia. Hopefully, this international projects will promote the human rights of Asian countries including Japan.

2. Cooperative labor and Tojisha Kenkyu

In cooperation with the University of Tokyo's Institute for Advanced Study, the project aims to introduce and in the area of cooperative labor, which will come into effect in October 2022. Three study sessions on Tojisha Kenkyu were held online jointly with members of the Japan Federation of Laborers' Cooperatives during FY2021. In FY2022, we will continue to request cooperation as a site for practical research on party research and facilitator training. We have asked them to cooperate with us in 2022 as a site for practical research and facilitator training.

3. Cognitive feelings

In collaboration with the Institute for Advanced Study, University of Tokyo, we aim to model the concept of recovery from the perspective of cognitive feeling and to develop an evaluation scale. The brain nervous system is equipped with a mechanism to maintain the truth values of perception, cognition, knowledge, and memory, which is the hypothetical framework for research on people with mental disorders, and various mental disorders can be described as a breakdown of this mechanism. Cognitive feeling is a subjective "feeling" that accompanies the operation of the mechanism. The hypothesis that updating one's knowledge to satisfy the truth conditions (discovering the truth through research) leads to recovery is clarified by examining the effects of research from the cognitive feeling perspective.

- **Resent Publication**

Mukaiyachi, I, & Suzuki, W (2021). Possibilities for peer support-from the experience of Tojishya Kenkyu and peer SST. Sogo Rehabilitation Vol.49.9 p.857-863..

Mukaiyachi, I & Suzuki,W (2021). Tojishya Kenkyu (Self and co-research) for psychosocial treatment. Seisin Igaku. Vol.63. 10 p.1533-1543

- **Activity**

Monthly Tojishya Kenkyu meeting @ Wakiaiai Café

<https://shinoro-wakiaiai.roukyou.gr.jp>

@ Sapporo wakamono ouen network

<https://wakamonouennet.amebaownd.com>

Photos: International Conference and Field Research in Mongolia June 27-July 5 2022



