

Japanese Psychology and Healing

Instructor :

Rev. Mari Sengoku, Ph.D

E-mail: sengokumari@live.jp

Lesson : Tuesday, Thursday 14:30-16:00

Office: N/A

Office Hours : After class or upon consultation

Subject code : 1037

Course Description:

This is an introductory course to Japanese psychotherapies and healing methods. Learning and experiencing Japanese therapies, healing and religious/spiritual aspects within would help us in our self-discovery and learning more about Japanese history, culture, spirituality and way of thinking.

The course consists of lecture, discussion, group research and presentation. Field trips visiting various historical places and temples/shrines in the Kansai area will also be required.

The course will be taught in English; however important technical and cultural terms will be included in Japanese when necessary.

Resources

The teacher provides hand-outs for every class.

Evaluation

The grade will be given based on the participation to the class and discussion (25%), one group research project and presentation (25%) and two individual papers; book review and short essay (25% each). For each day late on any of the assignments 5% will be deducted.

Notes:

Course Schedule

- Week 1: Introduction and discussion for the group and individual project and field work
- Week 2: Japanese Therapies #1 — Naikan Psychotherapy(1)
- Week 3: Japanese Therapies #2 — Naikan Psychotherapy (2)
- Week 4: Japanese Therapies #3 — Morita Psychotherapy (1)
- Week 5: Japanese Therapies #4 — Morita Psychotherapy (2) and Meditation practices for being at peace — The teacher will be instructing students on various types of meditation methods
- Week 6: Japanese Therapies #5 — Haiku Therapy, Ki Therapy, etc.
- Week 7: Music and Therapies — The relationship with psychotherapy, music, religion and science
- Week 8: New spiritual movement and healing in Japan #1
- Week 9: New spiritual movement and healing in Japan#2
- Week 10: Individual presentation of Book Review and discussion
- Week 11: Field Work
- Week 12: Group project presentation #1 and discussion
- Week 13: Group project presentation #2, discussion and class evaluation.

Course schedule is subject to change depending on the class size and the discretion of the teacher.