

Osaka Gakuin University 2012-13 Fall Semester	
Japanese Psychotherapies	
Instructor :	
<p>Rev. Mari Sengoku, Ph.D</p> <p>E-mail: sengokumari@live.jp Lesson : Tuesday 16:10-17:40, Thursday 14:30-16:00 Office: N/A Office Hours : After class or upon consultation Subject code : 1036</p>	
Course Description:	
<p>This is an introductory course to Japanese psychotherapies and healing methods. Learning and experiencing Japanese therapies, healing and religious/spiritual aspects within ourselves can help us with self-discovery and learning more about Japanese history, culture, spirituality and ways of thinking. This course consists of lectures, discussion, group research and presentation.</p> <p>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.</p>	
Resources	
The teacher provides hand-outs for each 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 for other factors.
Notes:
Course Schedule:
<p>Week 1: Introduction and discussion for the group and individual project and field work</p> <p>Week 2: Japanese Therapies #1 — Naikan(内観) Psychotherapy (1)</p> <p>Week 3: Japanese Therapies #2 — Naikan(内観) Psychotherapy (2)</p> <p>Week 4: Japanese Therapies #3— Morita Psychotherapy</p> <p>Week 5: Japanese Therapies #4— Bushido (武士道) and Morita Psychotherapy</p> <p>Week 6 : Meditation practices for being at peace</p> <p>Week 7: Field Trip</p> <p>Week 8: Japanese Therapies #5 — Haiku Therapy, Ki Therapy, etc.</p> <p>Week 9: Individual presentation of Book Review and discussion</p> <p>Week10: Music and Therapies—The relationship with psychotherapy, music, science and religion</p> <p>Week 11: New spiritual movement and healing in Japan #1</p> <p>Week 12: New spiritual movement and healing in Japan #2 and discussion about being t peace</p> <p>Week 13: Group Project presentation, discussion and class evaluation.</p>