

Osaka Gakuin University 2017-18 Fall Semester

## Japanese Psychotherapies

### 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 : 1036

### Course Description:

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.

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 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:

The contents of the course are subject to change

### Course Schedule:

Week 1: Introduction and discussion for the group and individual project and field work

Week 2: Japanese Therapies #1 – Basic Buddhist teaching and Japanese Buddhist sects and their characteristics.

Naikan(内観) Psychotherapy (1)

What is Naikan? The historical background and definition of Naikan by the founder, Rev. Ishin Yoshimoto.

Week 3: Japanese Therapies #2 – Naikan(内観) Psychotherapy (2)

The therapeutic structures of Naikan include the physical aspect, themes, and temporal conditions.

Week 4: Japanese Therapies #3 - Naikan(内観) Psychotherapy (3)

The therapeutic effect of Naikan will be discussed followed by Naikan practices in the class.

Week 5: Japanese Therapies #4 – Morita Psychotherapy

The historical background of Morita psychotherapy and about the founder Dr.Shoma Morita.

Week 6: Japanese Therapies #5 – Bushido (武士道) and Morita

Psychotherapy. Morita therapy is based on Zen Buddhist philosophy. Bushido, the code of Samurai warrior and relationship of Zen teaching will be discussed.

Week 7 : Japanese Therapies #6 – Zen meditation therapy. The

historical background of Zen, theory, Zen practice will be discussed followed by practices in the class.

**Week 8: Field Trip**

Class visits to Buddhist temples and shrines to experience Japanese culture and spiritual roots.

**Week 9: Japanese Therapies #7 – Haiku Therapy, Ki Therapy, etc.**

New Japanese therapies produced based on Morita and Naikan for treatment of depression and various mental problems.

**Week 10: Individual presentation of Book Review and discussion.**

Each student must read a book concerning Japanese therapy or spirituality, write a review and share it with group.

**Week 11: Japanese Therapies #8 – Shadan: Isolation Therapy and**

Seiza: Quiet-Sitting Therapy will be discussed. Shadan Therapy, also known as rest therapy, developed before World War 2 by a psychiatrist, Narita Katsuro and seiza, through quiet relaxation. Procedures, thought process, psychological changes and advantages of these therapies will be discussed.

**Week 12: Music and Therapies – The relationship between**

psychotherapy, music, science and Psyche in Japan will be discussed.

**Week 13: Meditation practices for being at peace.**

Naikan, Morita and some Buddhist meditations for self-reflection and Peaceful mind are practiced in the class.

**Week 14: New spiritual movement and healings in Japan such as Reiki,**

Tapping techniques and Ho O Pono Pono developed in Hawaii and now popular in Japan will be discussed.

**Week 15: Group Project presentation on Japanese therapies or spiritual**

movements, discussion and class evaluation.