

Cluster	Subject Title	Instructor	Credit	Semester
S-P	Mental Health and Telepsychology	Lenna Schlemper	2	Summer 2024
Subject Description				
<p>Many people who have psychological or mental health problem do not receive professional help. In this course, students will learn about help-seeking theories and mental health services, focusing on the progress and challenges of telepsychology. Though participating in the discussion, role-play, and presentation, this course provides the students to develop skills of building a proposal to solve current mental health and educational issues.</p> <p>Students from different universities will be grouped to do the groupwork and presentation.</p>				
Objective				
<p>Objectives of this subject are to enable students to:</p> <ol style="list-style-type: none"> 1. Obtain knowledge of help-seeking theories and various ways of providing mental health care 2. Gain comprehensive understanding about telepsychology and online communication 3. Develop skills of research and build a proposal to solve the mental health and educational issues 				
Learning Method				
<ol style="list-style-type: none"> 1. Lecture 2. Group work 3. Role-Play 4. Presentation 				
Content				
<p>Day 1 Session 1: Introduction to Help-Seeking Theories Session 2: Mental Health and Services in Japan Session 3-4: Group Work: Research on Mental Health Care in East Asia Session 5: Group Discussion</p> <p>Day 2 Session 6-7: Introduction to Telepsychology Session 8: Guideline of Online Mental Health Care Session 9-10: Role Play using Online Mental Health Care</p> <p>Day 3 Session 11: Imagining Future of Mental Health Care and Education Session 12-13: Group Work: Progress and Challenges of Telepsychology Session 14-15: Final Presentation</p>				
Requirement				
<ul style="list-style-type: none"> • Please bring your laptop to the class for both individual and group work 				
Evaluation				
<ul style="list-style-type: none"> • Active Participation in group work and discussions (50%) • Presentation (30%) 				

- One A4 page reflection report (20%)

Textbook and reference
(please indicate which are to be provided by instructor and which are to be obtained by students)

No textbook is required. References will be provided in the course.

Pre-course reading and preparation (if any)

No particular preparation is required.