

Cluster	Subject Title	Instructor	Credit	Semester
S-P	Mental Health and Telepsychology	Lenna Schlemper	2	Summer 2026
<b>Subject Description</b>				
<p>Many people experiencing psychological or mental health problems do not seek or receive professional help. In this course, students will explore help-seeking theories and mental health services, with a particular focus on the development and challenges of telepsychology. Through interactive activities such as discussions, role-plays, and group presentations, students will develop practical skills for designing proposals that address current issues in mental health care and education. Students from different universities will work in diverse teams, fostering cross-cultural exchange and collaborative problem-solving.</p>				
<b>Objective</b>				
<p>Objectives of this subject are to enable students to:</p> <ol style="list-style-type: none"> <li>1. Acquire foundational knowledge of help-seeking theories and diverse approaches to mental health care</li> <li>2. Develop a comprehensive understanding of telepsychology and online communication in mental health services</li> <li>3. Develop research and proposal-design skills to address current challenges in mental health care and education</li> </ol>				
<b>Learning Method</b>				
<ol style="list-style-type: none"> <li>1. Lecture</li> <li>2. Group work</li> <li>3. Role-Play</li> <li>4. Presentation</li> </ol>				
<b>Content</b>				
<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 &amp; Reflection</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>				
<b>Requirement</b>				
<ul style="list-style-type: none"> <li>• Please bring your laptop to class for both individual and group work.</li> <li>• Please bring earphones for role-play activities.</li> </ul>				

Evaluation
<ul style="list-style-type: none"><li>• Active participation in group work and discussions (50%)</li><li>• Presentation (30%)</li><li>• One A4 page reflection report (20%)</li></ul>
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.