

“TOJISHA-KENKYU (SELF-HELP-STUDIES)” AS A SELF PSYCHOEDUCATIONAL PROGRAM BY PEOPLE WITH MENTAL ILLNESS AND ITS IMPLICATION TO PSCYCHATRIC AND MENTAL HEALTH NURSING: A TEXT-MINING ANALYSIS OF ” WEBSITE OF “URAKAWA BETHEL HOUSE”

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Poster Number : PS II-084

Display : 09:00-18:00,

Saturday, February 12, 2011

Poster Presentation(Poster Round) : 11:30-12:30, Saturday, February 12, 2011

Place: Lobby, 2nd Floor, Seoul Olympic Parktel, Seoul, Korea

80cm wide by 120cm high (Portrait Type only).



What is Urakawa Bethel House

Urakawa is a small town with 50 thousand population.
Annual business income: 100 million yen (=one million dollars per year)]

Urakawa has unique ideas and philosophy uniquely created by the history of mental health welfare activities in these 30 years.

Psychiatric therapy in Urakawa focuses not on curing the disease but on reclaiming of human hardship or trouble. “Reclaiming of human hardship” is one of Bethel House’s philosophical principles.

Medical staff will help people’s transition from avoidance of hardship to live human life to descending to reality.

Philosophy of Urakawa Bethel House are represented by the following 16 slogans.

(1) Working

- ①安心るれぼさてし職場作り Our workplace permits safe and secure skiving.
- ②手を動りよすか口を動せか Talking rather than doing when working together.
- ③利益をろこといなの大切に Something important lies in profitable area.
- ④三度の飯グンイテーミりよ Meeting rather than eating.

(2) Trouble

- ⑤幻聴らか幻聴へんさ Respect Mr. /Ms. Auditory Hallucinations as your guests.
- ⑥自分うよけつで自分の病名 Name your own disease by yourself.
- ⑦いたみいいがまんまのそ You are all very fine as you are.

(Continued)

(3) Weakness

- ⑧弱をさ絆にWeakness creates a bond.
- ⑨弱をさ力にWeakness is power/ strength.
- ⑩場の力を信るじBelieve the power of the field
- ⑪問題でけらだ順調Having trouble everywhere is all very fine.
- ⑫弱のさ情報公開Disclose information of weakness.

(4) Quality of Life

- ⑬偏見差別大歓迎 Prejudice and discrimination are always welcome.
- ⑭昇る人生らか降るり人生へDescending life rather than ascending life
- ⑮苦勞を取り戻すReclaim your own human hardship.
- ⑯でれそ順調Let it be as it is.

Purpose

Tojisha-kenkyu (Self-help study) is one of effective psycho-educational programs for people with mental disabilities, such as schizophrenia, to recover from their illness.

Urakawa Bethel House has opened a website to show how self-help studies were conducted for the mentally disabled people by sharing their difficulties and seeking for solutions together by themselves.

The purpose of the present study is to show characteristics of self-help studies by analyzing the website by using text mining method.

Methods

What's New
・幻聴さん式英会話上達法
Back Number
・「森式認知行動療法」
・チームパツシタの栄光
・自分の面倒を見る研究
・誤作動の研究
・春の自分を大切に作るキャンペーン
・自分の支え方の研究〜看板の書き替え〜
・本当の自分の気持ちの研究
・生活音の研究
・自分の助け方の研究
・“意味”の研究
・続・薬の飲み心地の研究
・薬の飲み心地の研究
・続・回復の研究
・回復の研究—本田幹夫—
・過剰反応する体と透明な自分
・カップルの法則
・本当の“認知”行動療法!?



・当事者研究ワークシートはこちら<PDFファイル>



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- Target: Bethel Net on line run by Urakawa Bethel House retrieved on 2008/10/31, which was named as “Rooms of self-helping studies”
- Episodes vol.001 ~ 018 were analysed by using a textmining software, Text Mining Studio, Ver 3
- URL: <http://bethel-net.jp/index.html>

Results

- The results revealed some of key words that characterized the self-help studies, namely, “myself,” “trouble,” “person,” “peer,” and “disease/ illness”.
- The word network analysis demonstrated some characteristics which reflected an act of thinking together through self-help study for the recovery of those people’s own life.

Fig. 1 A summary of whole word network in vols. 001-018:
An analysis related to action words

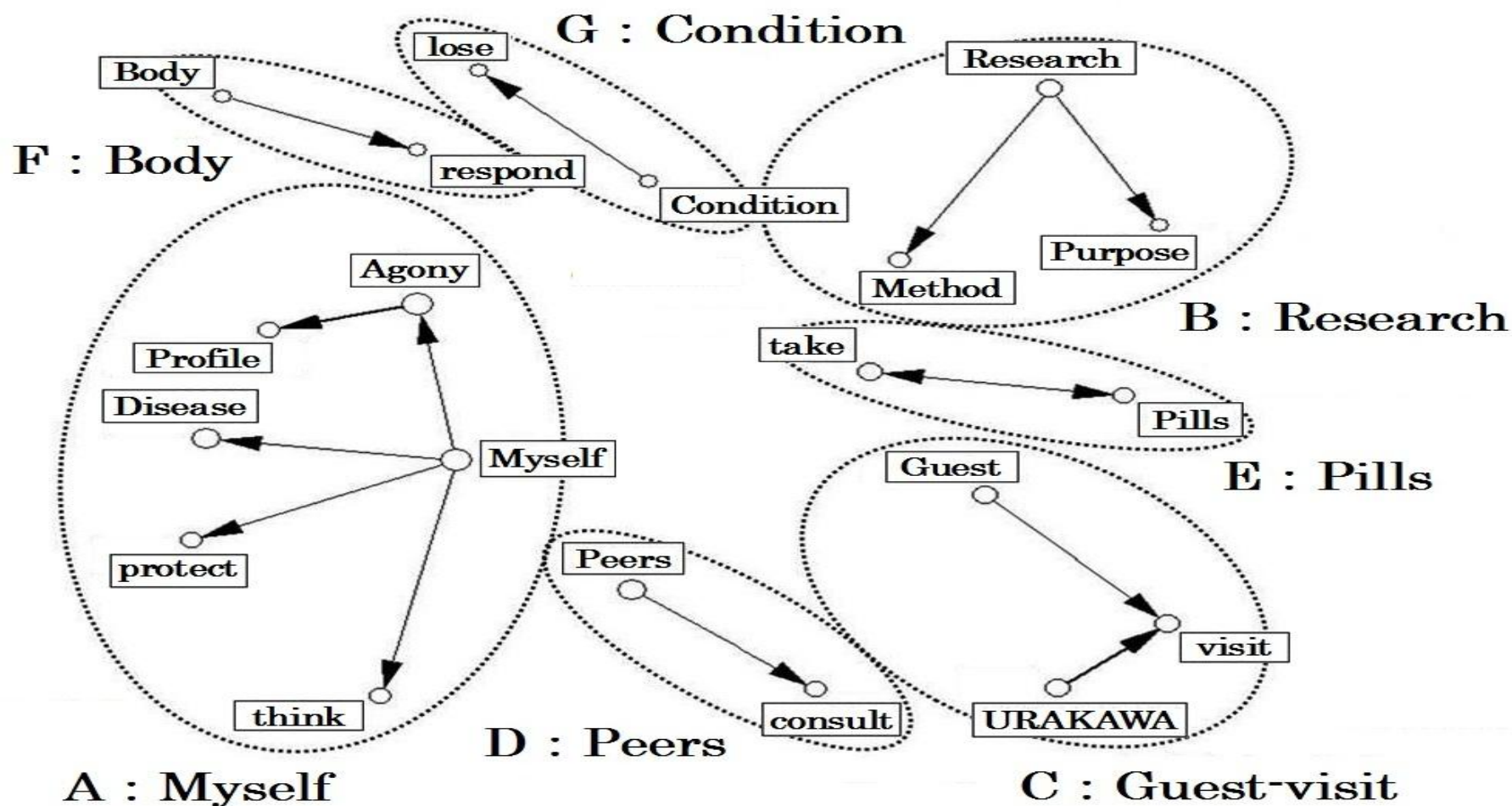
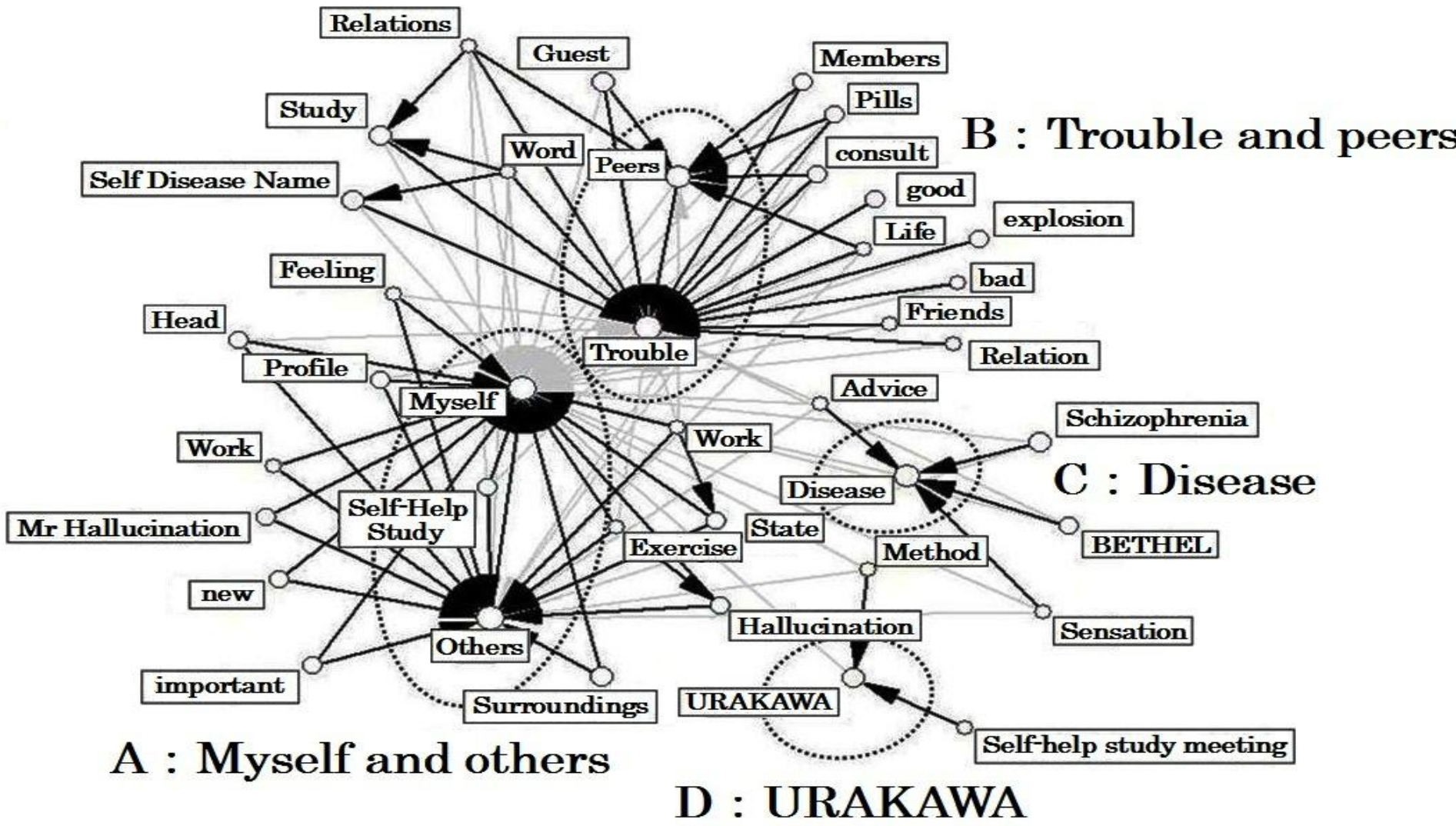


Fig. 2A summary of whole word network in vols. 001-018:
An analysis related to image words



Discussion

- This study emphasizes the importance of mutual support activities by the people themselves for the recovery of their agony and hardship through interaction with peers as in self-helping study sessions.
- We suggest that this site be utilized as a narrative educational material for teaching psychiatric and mental health nursing programs.