



MENTAL HEALTH SELF-KNOWLEDGE

Recovery initiatives in Japan and Britain

26 September 2014
9.30am-4.30pm

Norwich SportsPark

The goals of this workshop are:

- To introduce the Japanese concept of **Tojisha Kenkyu** (“patients study of themselves”);
- To discuss the developing British experience of **Recovery Colleges**;
- To compare these two innovative approaches to **service user involvement** in mental health.

This workshop is intended for anyone with personal, professional, policy or research interests in supporting people with long-term mental illness.

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Background

In Japan, *Tojisha Kenkyu* refers to a unique activity of mental health patients in which they study their symptoms and everyday worries with their peers and social workers. It started in Urakawa Bethel House in February 2001 among mental health patients and was supported by social workers. *Tojisha Kenkyu* assumes that patients do not know themselves well and need to study themselves. The first goal of this event is to provide an opportunity for the British mental health community to learn lessons from the success of *Tojisha Kenkyu*.

In Britain, the benefits of self-help and social support in mental health have been long acknowledged. The Department of Health has commissioned an Implementing Recovery through Organisational Change project, which focuses on supporting recovery. As part of this, Recovery Colleges seek to adopt an educational, rather than a therapeutic approach, helping people make sense of what has happened, find meaning, and become experts in managing their own lives. The second goal of this event is to showcase the activities of Norfolk and Suffolk NHS Recovery College, which has been operating since 2013.

Speakers

Ikuyoshi Mukaiyachi (Professor, Health Sciences University of Hokkaido). He co-founded Bethel House at Urakawa, Hokkaido Japan, with people with mental illness. He has been engaged in developing the community of Bethel House and supported unique activities of Bethel House such as Hallucination and Delusion Awards and *Tojisha Kenkyu*. He has edited and written several books on Bethel House and *Tojisha Kenkyu*.

Kohei Yamane (Bethel House service user and peer supporter). He joined Bethel House in 2001 after the onset of schizophrenia triggered by the power harassment against him in the automobile company. He won the first prize at the Hallucination and Delusion Awards held in Urakawa in 2002. He has given many presentations on *Tojisha Kenkyu* including a speech at a conference of the United Nations.

Kohji Ishihara (Associate Professor, The University of Tokyo). Holds a PhD in philosophy from the University of Tokyo. His current research areas include the philosophy of disability and philosophy of psychiatry. He has been engaged in projects on *Tojisha Kenkyu* in cooperation with Bethel House members and others, and edited *Tojisha Kenkyu no Kenkyu* (Study of *Tojisha Kenkyu*) in 2013.

Sue Howlett (Norfolk and Suffolk NHS Recovery College): Sue is a modern matron who is an integral part of the Trust Recovery Project and a Project lead for the Recovery College. Sue is currently studying for her master's degree in mental health and blends her studies with her experiences of co-developing the West Suffolk base of the College and co-producing and co-facilitating in the College, to bring the best evidence-base to practice. She hopes soon to visit other pioneering sites in the USA to share her passion for working in this Recovery Model.

Amanda Green (peer tutor, Norfolk and Suffolk NHS Recovery College): Amanda lives with fibromyalgia and Borderline Personality Disorder. She became a member of the IMROC project team and with Sarah Kennard, Social Worker, wrote a Wellness Plan. As a Peer Tutor in Recovery College she uses her lived experience of mental health and recovery to deliver courses in Wellness Planning and Goal Setting for Recovery.

Format

This free event takes the form of a one day workshop for up to 40 participants, held at UEA Sports Park, Norwich on 26 September, 2014. The day will start with refreshments at 0930 and conclude at 1630. Lunch and all refreshments will be provided.

Please contact Tom Shakespeare (tom.shakespeare@uea.ac.uk) for further details.

Directions by car

From London take the M11/A11; just outside Norwich take the A47 (Southern Bypass) in the direction of Swaffham; the University is signposted off at the next exit. If you are driving from the North or the Midlands, you can use the A47 via King's Lynn, or the new A14 as far as Newmarket and then take the A11 to Norwich. UEA is situated on the outskirts of Norwich, around two and a half miles west of the city centre, just off the Earlham Road (B1108) which is one of the main roads out of the city.

Norwich SportsPark
University of East Anglia
Norwich Research Park
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