

# Theory and Practice of Mental Health

Syllabus Number

CLI-308

Elective

2 credit

TAKANASHI, Rieko

## 1. Course Description

If you imagine situations such as you are nervous before the exam and then you would have a stomachache, or you are too excited by an interesting movie at night and then you would have trouble falling asleep, you will find our mental and physical reactions are inextricably linked. We know that if psychological stress may be strong or prolonged, it may cause physical upset. In this lecture, we overview the theories of psychology related to health and various mental and physical illnesses and psychological intervention in practice.

In particular, we will learn psychological supports required in the fields of psychiatric medicine, physical medicine, disaster sites, community health, and occupational health.

Students are also recommended to apply the content of this lecture to their own stress management in personal daily life.