

Proposal for JSI Inclusion in the Multicultural Psychology, fall 2022

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In the *Multicultural Psychology* course, content will include the following: examining geography and geopolitical realities of Japan, history of immigration, regional, and spatial concentrations in the US, demographics, and the Japanese-American experience prior to World War II. Detailed coverage of the Japanese internment camps will examine individual and collective psychological experiences of trauma. I plan to obtain membership in the Asian-American Psychological Association to enable better academic proximity to mission statements, research, and community needs. Evaluating the uptick in anti-Asian violence, COVID-19 mortality and morbidity statistics, labor force participation of Japanese-American women and men, the creation of sister cities/towns in US to enhance bilateral relationships, Study Abroad Programs, and Employment in Japan (e.g. JET Program) will also be fully interwoven. Students will be asked to complete short 10-minute presentations on topic of interests outside of these “established” content areas. Suggestions will be furnished on the syllabus as well. Clinical work with Issei and Nisei will be examined, interrogated, and deconstructed. Additionally, guest lectures, films, and videos will enhance the pedagogic experience.

Proposal for Infusion of Japanese Studies in the Cross-Cultural Psychology Course, fall 2022

Two-dedicated weeks will be allotted to the infusion of Japanese Studies. In terms of structure and content, Japan’s geography, geopolitical realities and a history of Japan using Gordon’s, *A Modern History of Japan*, 5th edition, will be condensed to provide a comprehensive and erudite overview. Since language is an essential part of the operational definition of culture, students will get an elementary language lesson to familiarize themselves with some basic words and phrases. The Japanese Language CD disseminated at the Japanese Studies Institute will be an asset in this endeavor.

The music of the koto, the athleticism, power and artistry of taiko drumming, the pincer precision and sociability of the tea ceremony, Japanese Haiku poetry (translated) will provide the next portals into the Japanese cultural experience via lectures and videos. Discussions on the religions of Japan, the role of meditation as one of the 84,000 pathways to enlightenment, and the educational systems will ensue. To provide a balanced perspective, formal discussions will proceed on the disproportionately high suicide rates among the adolescent population, the DSM-5 culture-bound syndrome, Koro, and the alarming number of social isolates named *Hikikomori* will be discussed as Japan faces many internal threats and challenges at the margins.

Naikan and Morita therapies emanating and dovetailing from the Japanese cultural experience will be discussed in detail. Movies and videos will complement the learning process. Students will be asked to examine additional topics for short 10–15-minute presentation on: Homeschoolers in Japan, the aging population, birth rates among women, inclusion and disability rights, LGBTQ+ issues, homelessness, interracial marriages, feminism in Japan,

responses to natural disasters, and impacts of technological growth, and will interrogate issues around happiness, to name a few.

Capstone: Japanese Psychology Course

The course description and content of this proposed, innovative course will require more thoughtful time and deliberations. Planning for this course will most assuredly entail a major infusion of information studied at JSI and a decided, multidisciplinary utilization of Japanese psychology journals and academic writings from domestic and international scholars in the field. Because this course will be designed as a capstone course offered to psychology seniors, critical thinking skills and deconstructive analyses will be developed and/or enhanced.

Concluding Comments

These proposals for infusing Japanese Studies into the undergraduate curriculum at Ramapo College of New Jersey will further internationalize and globalize the curriculum and dovetail with the college's strategic mission and plans. I remain delighted to be in the first major wave of this trajectory at the college, and look forward to visiting Japan in the very near future.