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

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Place: Lobby, 2nd Floor, Seoul Olympic Parktel, Seoul, Korea
80cm wide by 120cm high (Portrait Type only).
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利益をかうことのある大切にSomething important lies in profitable area.
④三度の飯グンティーミリよ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.
(3) Weakness

- ⑧弱をさ絆にWeakness creates a bond.
- ⑨弱をさ力にWeakness is power/ strength.
- ⑩場の力を信じるじ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苦労を取り戻す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

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.