SL1

Psychosocial and Psychosomatic Research – Multidisciplinary Approaches

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The biopsychosocial model of health incorporates both psychosocial and psychosomatic approaches. The scope of the International Society of Psychosomatic Obstetrics and Gynaecology will be described, and its relevance to modern medical practice explored. The distinction between the terms psychosomatic, psychosocial and psychological will be discussed. Research into reproductive health, broadly defined, inevitably includes multidisciplinary approaches. The different theories and methods will be discussed in relation to our understanding of the causes and management of postnatal depression. Postnatal depression affects both the mother, the family and the later development of the infant. It varies in its presentation across cultures and research has focused on its identification, prevention and management. The relevance for obstetricians and other health professionals will be outlined.

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SL2

“Amae” (Dependence upon Another’s Benevolence); It’s Impact on Women’s Wellness in Japan

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In order to introduce to guests from abroad the characteristics – social, cultural, behavioral and spiritual – which are presumed to be unique to the Japanese, I select a word “amae”. Amae means indulgent dependence upon another’s benevolence. Although the word originated in common parlance, Japanese psychologist Takeo Doi has done the most to explain and describe this type of behavior. Doi says, “The psychological prototype of ‘amae’ lies in the psychology of the infant in its relationship to its mother.” According to Doi and others, in Japan the kind of relationship based on this prototype provides a model of human relationships in general. For instance, Amae may also be used to describe the behavior of a husband who comes home drunk, and depends on his wife to get him ready for bed. In Japanese traditional families, fathers were the heads of families. However, there has been a change in the power relationship not only between men and wives, but also between fathers and their children. Although Amae could be a comfort or sedative among human relations in families, increase of immature male who has more Amae may make his wife struggle to keep balance of a career and family.