

# Talk series:

# Meet your **KU** Community



## 12:10-12:55, Wednesday 5 July 2023

■ Zoom ■ In English

■ Anyone in Kyoto University (and invited guests) is welcome

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**Welcome to “Meet Your KU Community”!** This online networking event is aimed to connect researchers at Kyoto University beyond research areas and faculties.

At our sixth meeting, **Dr. Ethan SAHKER**, Assistant Professor, Graduate School of Medicine, will give a talk titled “Supporting International Student Mental Health.” International students report a higher prevalence of mental illness than Japanese students, have less access to supports, and may be hesitant to seek help. As the international student population continues to increase, academics and health professionals can improve the student experience by providing targeted and easily accessible mental health supports aimed at improving student, interpersonal, institutional, and community outcomes. **In this talk, he will introduce a community framework and discuss evidence- and skill-based psychoeducational approaches. It should be of interest to people from the health sciences and all faculty and administration who interact with students.**

Timeline

12:10	Introduction
12:10 -12:25	Presentation “Supporting International Student Mental Health” by Dr. Ethan SAHKER
12:25 -12:30	Comments by Dr. Nicolas TAJAN
12:30 -12:50	Q&A and networking
12:50 -12:55	Updates from KURA

## Speaker



**Ethan SAHKER**

Assistant Professor,  
Graduate School of Medicine,  
Kyoto University

Ethan Sahker is an assistant professor in the Population Health & Policy Research Unit, Medical Education Center, Graduate School of Medicine at Kyoto University. He earned his PhD in counseling psychology from the University of Iowa, USA, and received clinical training at the University of California San Diego/Veterans Affairs Hospital, specializing in trauma-focused therapy. He completed a JSPS postdoctoral fellowship at Kyoto University in the School of Public Health. His research focuses on the clinical epidemiology of addiction treatment identifying health disparities, and social capital supports, and factors supporting recovery. He is currently focused on improving addiction treatment access by advancing web-based intervention technologies in primary care settings and is interested in student mentorship and mental health.

Dr. Tajan is a French psychologist and psychoanalyst, program-specific associate professor at Kyoto University, and co-organizer of the Kyoto University International Mental Health Seminar. He offers counseling to foreign students enrolled at the Faculty of Integrated Human Studies and the Graduate School of Human and Environmental Studies. His research focuses on psychopathology and psychoanalysis. He is the author of an open access book entitled “Mental Health and Social Withdrawal in Contemporary Japan: Beyond the Hikikomori Spectrum” and the first recipient of the “Geneviève Haag” prize (2022) of the International Coordination between Psychotherapists Psychoanalysts and Associate Members caring for people with Autism (CIPPA)

## Commentator



**Nicolas TAJAN**

Program-Specific  
Associate Professor,  
Psychopathology and  
Psychoanalysis Lab,  
Graduate School of  
Human and  
Environmental  
Studies,  
Kyoto University

## Bring your own lunch!

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Kyoto University Research Administration Center (KURA)

