



Roundtable Discussion I

< Program (as of June 2022) >

# “Are you okay?”

Discussions on mental health, trauma, and fatigue in Asia

Organizer: Atsumi International Foundation Sekiguchi Global Research Association (SGRA)

**August 28 (Sunday), 2022, 9:00~12:30 (Taiwan Time)**

Language: English

Venue: Zoom Webinar | Free admission

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## Abstract/Overview

The past two years have been eventful to say the least – a worldwide pandemic that we are still in the midst of natural disasters that have wrecked devastation on local populations, domestic and international conflicts in areas such as Myanmar and the war in Ukraine that have led to the loss of lives and displacement of millions. These events have not only affected the external conditions of how we live, but also permanently affected how we perceive the world and others, as well as left deep emotional imprints.

In this roundtable session we try and take stock of what has happened over the last few years and have a frank discussion about the side we often neglect to discuss – the emotional and individual, internal aspects of these issues. With presentations from Indonesia, the Philippines and Japan, this roundtable seeks to understand how recent events have impacted us mentally and emotionally, as well as the support systems and methods in place for people to cope with the reality we are now faced with. Through this discussion we hope to gain an understanding of some of the struggles that individuals in East and Southeast Asia are grappling with, as well as practical advice for dealing with the difficulties we experience in the new every day.

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Registration : Register via the AFC online system (in order to access Zoom info and presentation materials)

<https://www.aisf.or.jp/AFC/2021/registration/>

Registration period: July 20 to until the day of the event

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Inquiry : AFC Secretariat [afc@aisf.or.jp](mailto:afc@aisf.or.jp)

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## Program

- 9 : 00 **Overview by Chair** ..... **Dr. Sonja Dale**  
Independent Researcher
- 9 : 05 **Presentation 1 : Philippines** ..... **Ma. Lourdes Rosanna E. de Guzman**  
Associate Professor, University of the Philippines – Manila and Philippine General Hospital
- 9 : 30 **Presentation 2 : Indonesia** ..... **Dr. Hari Setyowibowo**  
Lecturer, Universitas Padjadjaran
- 9 : 55 **Presentation 3 : Japan** ..... **Vickie Skorji**  
Lifeline Services Director, TELL Japan
- 10 : 20 **Q&A**
- 10 : 30 **Coffee Break**
- 11 : 00 **Roundtable Discussion moderated by the Chair**  
**Guest Commentators** ..... **Carine Jaquet**  
Associate Researcher,  
Research Institute on Contemporary Southeast Asia (IRASEC)  
**Dr. Ranjana Mukhopadhyaya**  
Professor, University of Delhi  
**Kritaya Sreesunpagit**  
Facilitator & trainer in personal transformation
- 12 : 15 **Tips for Survival – Meditation practice** ..... **Kritaya Sreesunpagit**  
Facilitator & trainer in personal transformation
- 12 : 30 **Closing Remarks**
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**Ma. Lourdes Rosanna E. de Guzman**

Ma. Lourdes Rosanna E. de Guzman is an Associate Professor of the Department of Psychiatry and Behavioral Medicine, University of the Philippines – College of Medicine (UPCM) and the Philippine General Hospital (PGH) – the National University Hospital. She has been into academic teaching, clinical supervision, family therapy, mentoring and research for the past 25 years. She also finished the certificate course of the Harvard Medical School Southeast Asian Leadership (HMS-SEAL) Program for Global Health Care 2018-2019. She is presently the Principal Investigator of the Philippine National Survey for Mental Health and Well-being (2021), the first epidemiological baseline survey since the passing into legislation of the Mental Health Act of 2018, to provide national estimates on the prevalence of physical, behavioral and mental health problems in the Philippines with the hope of improving mental health services and delivery at all levels of care in the community for all Filipinos.

**Presentation 1 : Philippines**

**Reflections on current research and directions for the future on Youth Mental Health**

The health sector reform in the Philippines has been accelerated with the passage of the Mental Health Act of 2018 and the Universal Health Care Law of 2019, both of which are landmark legislation bills that seeks to recognize the need for health care services by making it widely accessible, positively responsive and equitably distributed for ALL FILIPINOS. Having just concluded the nationwide survey on the National Survey of Mental Health and Well-being, this will assist policy makers as well as different stakeholders to provide the necessary direction for a resilient, unified and skilled set of individuals and communities. By intervening early with evidence-based universal or targeted programs and fit-for-purpose youth mental health services, we will have the potential to strengthen the mental health of Filipino children and young people considering the novel living conditions the youth find themselves in the aftermath of the COVID-19 pandemic, which continues to linger on.



**Dr. Hari Setyowibowo**

Dr. Hari Setyowibowo has a PhD in psychology from Vrije Universiteit, and is a lecturer at the Faculty of Psychology, Universitas Padjadjaran, Indonesia. Dr. Setyowibowo works in the field of clinical psychology, and has done research on psychoeducation to improve the quality of life among women with breast cancer symptoms in Indonesia. He is also conducting research for SAENA, an interventional study to develop and evaluate an online counseling application, as well as is an Indonesian research collaborator for the COVID Mental Health Survey (COMET), a longitudinal cross-sectional online survey conducted by 14 research institutions in some countries affected by the COVID-19 outbreak.

**Presentation2: Indonesia**

**Learning from adversity: a story from Indonesia**

The COVID-19 pandemic has created concerns about the mental health of Indonesian people. Some mental health problems are reported in Indonesia, ranging from anxiety to suicide intention. This presentation will reveal the adversity we have been facing, such as economic hardship due to the pandemic, health problems, and disruption in our daily life. Despite

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struggling with this situation, Indonesian people also have meaningful learning experiences. Several reports from our research network found that the pandemic accelerated the capacity and willingness to learn at every level in Indonesian populations: intrapersonal, interpersonal, organization, community, and policy.

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### **Vickie Skorji**

Vickie Skorji is the Lifeline Services Director at TELL Japan, and has a Masters in Counseling with Monash University and a Behavioral Sciences degree with honors from La Trobe University Australia, along with specialist training in neuropsychology. Over the last 17 years at TELL, she has developed a wide range of suicide prevention and mental health awareness programs, for schools, the workplace, and the community, along with stress management, resilience building, cultural adjustment, dementia care, and psychological first aid training.



### **Presentation 3 : Japan**

#### **COVID 19 Mental Health Disparities: Pursuing Equality in Japan**

Regardless of our country or region, issues related to mental health have been significantly impacted by the events of the past few years. Earlier this year, the World Health Organisation reported a 25% increase in the incidence of anxiety and depression globally as a result of the pandemic and went on to state this was the tip of the iceberg and a wake-up call for all countries to better pay attention to mental health. Here in Japan, we have seen an increase in suicide rates for the first time in ten years, with over 40,000 lives lost to suicide in 2020 and 2021, far exceeding the lives lost to COVID. In particular amongst youths and women.

The pandemic has highlighted gaps in care and supports for people's needs, specific challenges youths and women face, and the ongoing stigma surrounding mental health here in Japan. As we look forward, investing in mental health and building resilience for all members of our society will be key to Japan's future success.

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### **Carine Jaquet**



Carine Jaquet is an Associate Researcher at the Research Institute on Contemporary Southeast Asia (IRASEC) in Bangkok. She holds an MA in Political Sciences from La Sorbonne University, Paris 1 and a MA in Intercultural Communication from the National Institute of Oriental Languages and Civilizations (INALCO) in Paris, and studied Myanmar Language and Civilization at the Yangon University of Foreign Languages (YUFL). Jaquet has worked and conducted research in Myanmar for 15 years on a broad range of topics such as peace and conflict, civil society and ethnic identity. As a development specialist, she has worked for the United Nations High Commissioner for Refugees, international NGOs as well as a technical advisor for some Myanmar government institutions under the former NLD government.

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### **Dr. Ranjana Mukhopadhyaya**

Dr. Ranjana Mukhopadhyaya is Professor of Japanese Studies in the Department of East Asian Studies, University of Delhi. She received her Doctoral degree in Religious studies from the Faculty of Letters, University of Tokyo, Japan. She is author of a number of books and articles, in English as well as in Japanese, on Japanese Religion, Buddhism and East Asian society and culture. Her doctoral thesis, written in Japanese and published as *Nihon no Shakai-sanka Bukkyo* (Engaged Buddhism in Japan, Toshindo Publication, Tokyo, 2005.) is recipient of two prestigious academic awards in Japan: Japanese Association for Religious Studies Award and Japanese Association for Buddhist Social Welfare Studies Award.



### **Kritaya Sreesunpagit**

Kritaya started her career as social entrepreneur, founded YIY Foundation working in supporting young people to become social entrepreneurs and became Ashoka fellow in 2004. At a peak point in her social change career, she found that her life was extremely off balance and realized that she needed to pay more attention to her wellbeing and in turn found new ways in transforming the world through self-transformation. Now she works as a facilitator, trainer, therapist and healer integrating tools from mindfulness meditation, Satir therapy, Transformation Game, Frameworks Coaching Process, Enneagram, Somato Respiratory Integration, Brainspotting to energy healing. She also works in establishing network of mental health and wellbeing professionals and volunteers to offer variety form of services and support for people in need. Kritaya was selected as Ashoka Fellow, Young Global Leader and Atlantic Fellow for Health Equity.



### **Dr. Sonja Dale**

Sonja Pei-Fen Dale is an independent researcher and current Program Director of the Asian Cultural Dialogues. With a PhD in Global Studies from Sophia University (Japan) as well as an MA from Aarhus University (Denmark) and BA Hons in Philosophy from Warwick University, Dale's research is multidisciplinary and examines the social structures of inclusion and exclusion as well as identity, with a special focus on LGBTQ issues and non-binary identity in Japan.