

Friday March 13th, 2015

12:30 - 14:00 | room 601 | in English (no translation)

Lunch Seminar on Japanese Economy and Society

*With the generous support of the French Chamber
of Commerce and Industry in Japan (CCIFJ).*

**French Research
Institute on Japan**

UMIFRE 19 CNRS-MAEDI

Maison franco-japonaise

Tokyo, Ebisu

CCI FRANCE JAPON
在日フランス商工会議所



What is the Lunch Seminar at MFJ?

This event has been organized at the Maison franco-japonaise (Nichifutsu Kaikan) since 2004. It offers a presentation followed by a discussion dedicated to a specific issue of the time and aims to bring about a better understanding of Japanese economy and society.



This is a brown bag lunch seminar,
please bring your bento or sandwiches.



Coffee available.

How to attend the Lunch Seminar?

Participation in the Lunch Seminar is free but registration is required.
Please apply via our website (from the event page in the Agenda) :

www.mfj.gr.jp

**French Research
Institute on Japan**
at Maison franco-japonaise

3-9-25, Ebisu, Shibuya-ku, 150-0013 Tokyo

Tel: 03-5421-7641 Fax: 03-5421-7651

HP: www.mfj.gr.jp

Depression as a Pathology of Work Stress: Japanese Controversies and the Rise of a New Therapeutic Ethos

Speaker KITANAKA Junko (Keio University)

Moderator Jean-Michel BUTEL (MFJ, UMIFRE 19)

Summary

In 2014, the Japanese government passed a revision of the Labor Safety Hygiene Law and institutionalized "stress checks" for all workers across the nation. This mental health screening was installed as a response to the increasing number of depressed and suicidal workers in a country plagued by recession since the 1990s. The screening was also prompted by a successful grassroots movement that has helped establish state and corporate responsibilities for protecting workers' mental health. These changes have initiated a web of corporate surveillance, generating a new realm of workers' self-knowledge for those who had never scrutinized themselves in a psychiatrized way. Notably, while the pressure on workers for self-disclosure—and for them to cultivate their resilience—increases, new therapeutic spaces have emerged where psychiatrists and workers are exploring new forms of silence and ways of retaining a sense of a secret self. By investigating the rise of depression as a workplace psychopathology and emerging forms of care of the self, this seminar questions what happens to people's subjectivities when their minds and bodies become the repository of valuable secrets.



Profile

Junko Kitanaka is a medical anthropologist and associate professor in the Department of Human Sciences at Keio University, Tokyo. For her McGill University doctoral dissertation on depression she received a number of awards including the 2007 Dissertation Award from the American Anthropological Association's Society for Medical Anthropology. This has since been published by Princeton University Press as a book titled *Depression in Japan: Psychiatric Cures for a Society in Distress*, which won the American Anthropological Association's Francis Hsu Prize for Best Book in East Asian Anthropology in 2013. She is currently working on a new project on dementia and the psychiatrization of the life cycle.

