On
Mental Health Services Research

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My Scholarship

Mental Health Services Research

- Philosophical & Theoretical Psychology
- Multicultural Counselling
- Japanese Zen & Morita Therapy
- Family therapy & mediation
- Health Services Research & Implementation Science
- Experimental Clinical Psychology
- Psychosocial Reconciliation
- Measurement, Evaluation & Research Methods
On Services Research

1. An applied area, where interdisciplinary teams of professionals join together with the members of the community and approach issues within the community with a goal to make the lives of people better.

2. Research agenda or needs are often generated/sourced “from the ground up” (Pigeon, 2018) from communities in partnerships with the very people in the communities with various challenges.

3. MHSR then is an applied are of psychological practice-research, where various types of issues related to psychological or psychosocial well-being of individuals in communities are identified and addressed through either existing or new services and paralleling research evaluations, together with the members of the communities.

4. MHSR is wed to field-engaged, community-nested, interdisciplinary, holistic, systemic, and evidence-based/research informed approaches to approach complex issues of our communities today.

Common Activities under the MHSR

1. Community needs assessment
2. User-stakeholder consultation
3. Intervention and program development
4. Services systems engineering
5. Training of service/research professionals
6. Program piloting and implementation
7. Routine outcome monitoring and evaluation
8. Process evaluation
10. Continuous quality enhancement
11. Policy revisions, changes, and development
12. Improving access/removing barriers to services
13. Public education in mental health literacy
14. Publishing
15. Clinical education and training
16. Ongoing consultations

Counselling Psychology as an applied psychological practice
Research as Praxeology

“Research” & the Branches of Philosophy

1. Ontology
2. Epistemology
3. Axiology
4. Praxeology

Research as Ontology
Research as epistemology
Research as axiology
Research as praxeology

Research as Praxeology

Knowledge operationalization
Knowledge translation
Knowledge dissemination/mobilization

ORCHAESTRATED

Research as Praxeology (cont.)

Research as Praxeology (cont.)

Why bother?

Driving force

Prof. Ken Stein (2016)
Child and Youths Residential Care Support

Family Counselling & Mediation

Depression Anxiety

Refugee Support

Trauma & Psychosocial reconciliation

Education for Orphan

Women w HIV+
An example of current services-research project

The case of Rwanda
Ubwiyunge Mubikorwa
Reconciliation in ‘Action’
Rural Community
Psychosocial Reconciliation
Project in Rwanda
Since 2012~
1994 Genocide against the Tutsi, RWANDA

2003 Presidential Decree
Release of perpetrators back to communities
"WE ARE BEING ASKED TO LIVE WITH THOSE WHO KILLED OUR FAMILIES. WE ARE TOLD THEY’RE SORRY, BUT ARE THEY?"
How do we reconcile?
Forgiveness-Seeking as an approach to interpersonal reconciliation

2 Different Paths to Interpersonal Reconciliation

Verbal Forgiveness-Seeking

Assumption
"It’s not OK if you cannot forgive."
"You must forgive."
"It’s healthier for you to forgive."

"I cannot forgive you."
"Your words don’t mean anything"

Stagnation

Morita Action-Based

Assumption
“That is OK / It makes sense that you cannot forgive.”

Purposeful Action-Taking for Her/Us
Purposeful InterAction-Taking for Her/Us

Arugamama

- It, be...
- What is, as it is
- Don’t push
- Don’t force
- Allow
- Create a space for
- Honor and
- Purposeful action-taking
Action as an alternative approach to interpersonal reconciliation
Offering rather than asking for...

“Please for**GIVE ME**”

to

“**Would you RECEIVE** my labour?”

as concrete expression of my apology to you
“Please forgive me”

Reconciliation Pair

Verbal Forgiveness Seeking

Start

Medium

Product

Ubwiyunge Mubikorwa – Reconciliation in Action

Reconciliation

Pair

FORGIVENESS
+ RECONCILIATION

Start

New experiences with each other

ACTION/INTERACTION

Medium

Product

ABPRA

Action-Based Psychosocial Reconciliation Approach

Ubwiyunge Mubikorwa

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00am-8:00am</td>
<td>Reconciliator and staff trek to the village.</td>
</tr>
<tr>
<td>8:00am</td>
<td>Meet and greet the former perpetrator, and walk together to the survivor’s home</td>
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<tr>
<td>8:30am</td>
<td>The former perpetrator greets the survivor and offers his labour for the day. The survivor assigns the labour of the day.</td>
</tr>
<tr>
<td>8:30am-9:00am</td>
<td>The survivor and the former perpetrator collaboratively prepare for the labour (e.g., walking together to the field, sharpening machetes for harvesting, fetching water together to prepare for clay brick making, small talks).</td>
</tr>
<tr>
<td>9:00am-11:00am</td>
<td>Collaborative engagements in practical labour tasks between the former perpetrator and the survivor based on the latter’s request</td>
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<tr>
<td>11:00am-11:30am</td>
<td>Cleaning, mingling, and small talks</td>
</tr>
<tr>
<td>11:30am-1:00pm</td>
<td>Lunch break (taking lunch separately)</td>
</tr>
<tr>
<td>1:00pm-2:00pm</td>
<td>Participant #1: Individual debriefing of the joint labour experience with the reconciliator</td>
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<tr>
<td>2:00pm-3:00pm</td>
<td>Participant #2: Individual debriefing of the joint labour experience with the reconciliator</td>
</tr>
<tr>
<td>3:00pm-3:30pm</td>
<td>Mingling together for sharing experiences/conversations with each other and the reconciliator; planning for next week</td>
</tr>
<tr>
<td>3:30pm-7:30pm</td>
<td>The reconciliator and staff trek back to the city.</td>
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2 Empirical Foundations of ABPRA as a reconciliation approach

1. Japanese Morita therapy
   - Systematic review of therapeutic benefits (Minami, 2011)
   - Conclusion: Therapeutic benefits of Action/interaction taking

2. Contact theory
   - Meta-analysis (Pettigrew & Tropp, 2006)
   - 515 studies covering 713 independent samples
   - Conclusion: Interactions meeting particular contact conditions are likely to reduce inter-group prejudice.
   - **ABPRA as a practical synthesis**
Ubwiyunge Mubikorwa (ABPRA)
Reconciliation ‘in action’
Dyad–Chosen Activities

Processing Corn Kernel
Harvesting Ground Nuts
Harvesting Corn
Processing Corn Kernel

Taking Seeds from Tomatoes
Making Clay-Bricks for House Renovation

Processing Ground Nuts

Weeding Cassava Plantation
Weeding Cassava Plantation

Weeding Cassava Plantation
Weeding Cassava Plantation

Data Collection Methods
Semi-Structured Post-Session Interviews

Video Recordings

Interpersonal Process Recall


Piloting Phase Data Summary

- 8 pairs (N=16)
- 9600 min. of interview data (audio & video recorded)
- 15000 photos
- TCA (Krippendorff, 2014) – over 4000 meaning units
- Properties of the ABPRA

TCA Data Analysis Procedure

(Krippendorff, 2014)

1. Interview data recording and transcription

2. Translation of the interview data

3. Thematic content analysis (Krippendorff, 2014)
   a) Data familiarization
   b) Initial coding trial: Inclusive coding
   c) The second coding
   d) The final coding check
   e) Meaning unit tabulation
   f) Cross-coding and cultural/contextual validation
   g) Cross coding
   h) ‘Decomposition’ of double-barreled units

Nation-Wide Expansion (2018-2020)

2018 Visit
Thank you