

2025

11.26 (wed.) 12:10
12:50

12:10-12:15

◆ Introduction

12:15-12:40

◆ Seminar
(Presentation)

12:40-12:50

◆ Q&A

Online
(Zoom)Scan here for
Registration ▶▶https://us02web.zoom.us/webinar/register/WN_WWw8stwEQ4iB8HakQcHdyQ

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The future begins with your choices:

Achieving a Sustainable Society through Awareness and Action

**Key Words**

Sustainability

Awareness

Action

Energy Problems

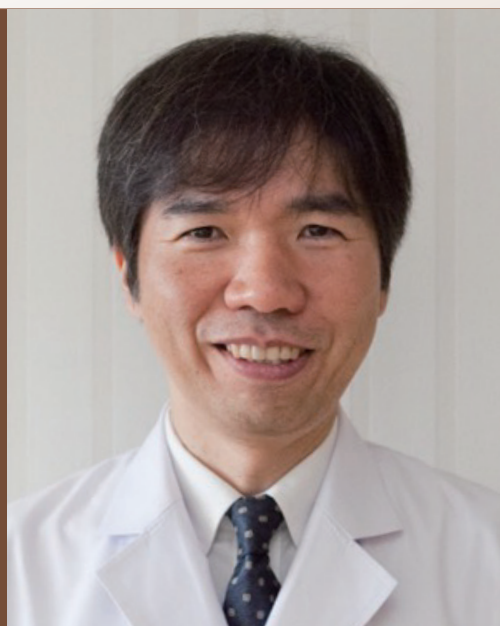
Environmental Problems

Psychosomatic

Deep Ecology

Professor **Kazufumi YOSHIHARA**

Counseling and Health Center

**[Hometown]**

Omuta City, Fukuoka Prefecture (born in Miyama City)

[Final educational background]

Ph.D., Graduate School of Medicine, Kyushu University, March 2006

[Work history]

April 2007-March 2010 Assistant Professor, Department of Psychosomatic Medicine, Kyushu University Hospital

Apr 2010-Mar 2013 National Institute for Physiological Sciences

Apr 2013 Assistant Professor, Kyushu University Hospital

Apr 2016 Associate Professor, Kyushu University Hospital

Apr 2017 Associate Professor, Graduate School of Medicine, Kyushu University

Apr 2023 Current position

[Main study theme]

Psychoneuroimmunology, Brain science, Fatigue, Development of treatment methods including Qigong

[Main books]

(1) Autonomic Nervous System: A Manual for Beginners (Shared writing: Mental and Emotional Diseases: Somatic Symptoms), Chugai Igaku-sha, 2022.

(2) Psychosomatic Medicine: From Diagnosis to Treatment (Shared writing: Yoga, Qigong), Asakura Shoten, 2022.

(3) Guidelines for the Treatment of Psychiatric Disorders Today, 2nd Edition (Shared writing: Chronic Fatigue Syndrome), Igaku Shoin, 2016.

Energy and environmental problems are created by our daily actions and our underlying awareness. As long as mass production and consumption continue, natural recovery will be difficult, and fundamental solutions will require changes in our awareness and behavior.

In this seminar we will focus on the perspectives of deep ecology (thinking about environmental issues more spiritually and internally, and exploring how we view and behave toward nature) and psychosomatic medicine as hints for a sustainable future. Psychosomatic medicine is a discipline that focuses on changing awareness and behavior, the interconnectedness of humans and the environment, fundamental solutions, and using the power of nature to restore itself. By applying these perspectives, a new approach to energy and environmental issues can be expected.