Integrative psychosomatic approach for the school refusal in Japan

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Introduction: Most of patients of the school refusal suffer from several psychosomatic symptoms. This clinical case study demonstrates the psychosomatic approach to school refusal depend on grade in Japan. Case description: The report illustrates several cases of integrative psychosomatic approach with oriental medicine, psychotropic drugs, and psychotherapy in the management of symptoms referring to school refusal during elementary schoolchild to high school student. Oriental “Kampo” medicine is often prescribed to children with psychosomatic symptom because it is hard to use the psychotropic drug for them. Additionally, the combination of “Kampo” medicine and psychotropic drugs may reduce the number of the prescriptions. In the elementary school, children are mainly treated on environmental adjustment including the correspondence in the communal living in the school. In junior high students, ratios to handle a problem with the progression of the study and the change of pubertal personal relationships. For the senior high student who left a compulsory education, the progression of studies and days attended become more important. In particular, it must be noted by an environmental change by repeating the same grade and the transfer. Comment: This report was carried out to illustrate the effects of examining patients in school refusal from pre-puberty to the puberty with integrative psychosomatic approach. Demand for consultation of patients of the school refusal is high, but there are few medical institutions to install the outpatient department for them in Japan. More facilities which can examine them with psychosomatic approach should be founded in the future.