

様式 A-1  
(FY2023)

2023 年 12 月 20 日

## サイエンス・ダイアログ 実施報告書

1. 学校名・実施責任者氏名: 名古屋市立向陽高等学校 服部 真味子(教諭)
2. 講師氏名: Dr. Nathaniel Christopher MICHON
3. 講義補助者氏名: なし
4. 実施日時: 2023 年 12 月 20 日 (水) 14:30 ~ 15:20
5. 参加生徒: 1 年生 6 人、 2 年生 1 人、 \_\_\_ 年生 \_\_\_ 人 (合計 7 人)  
備考: (例: 理数科の生徒) 希望する普通科の生徒
6. 講義題目: 臨床宗教師のケアー現代日本の仏教チャプレンとスピリチュアルケア運動
7. 講義概要: 医療従事者が経験する心理的トラウマや燃えつき症候群、それに対する心の持ち方
8. 講義形式:  
対面 ・ オンライン (どちらか選択ください。)
  - 1) 講義時間 40 分 質疑応答時間 10 分
  - 2) 講義方法 (例: プロジェクター使用による講義、実験・実習の有無など)  
プロジェクター使用による講義
  - 3) 事前学習  
有 ・ 無 (どちらかに○をしてください。)  
使用教材 Key words リスト
9. その他特筆すべき事項:  
特記事項なし

**Form B-2**  
**(FY2023)**  
**Must be typed**

Date (日付)

\_\_\_\_\_ (Date/Month/Year: 日/月/年)

**Activity Report -Science Dialogue Program-**  
(サイエンス・ダイアログ事業 実施報告書)

- Fellow's name (講師氏名): Nathan Michon (ID No. 23KF0071)
- Name and title of the accompanying person (講義補助者の職・氏名)  
No accompanying person
- Participating school (学校名): Nagoya Koyo Senior High School
- Date (実施日時): 20/12/2023 (Date/Month/Year: 日/月/年)
- Lecture title (講義題目):  
The Negative and Positive Patterns of Compassion
- Lecture format (講義形式):  
◆  Onsite ・  Online (Please choose one.)(対面 ・ オンライン)((どちらか選択ください。))  
◆ Lecture time (講義時間) 40 min (分), Q&A time (質疑応答時間) 15 min (分)  
◆ Lecture style (ex.: used projector, conducted experiments)  
(講義方法 (例: プロジェクター使用による講義、実験・実習の有無など))  
Lecture style, with projector and Q&A
- Lecture summary (講義概要): Please summarize your lecture within 200-500 words.

As requested by the teachers of the school, I began with a detailed self-introduction and explanation for what motivated me to begin my research. The primary lecture topic was then about the cognitive science and psychology of compassion, especially how different types of compassion and other emotions can be healthy or unhealthy. I asked students whether they thought it might be good for workers in care professions to open their hearts compassionately and potentially experience such adverse effects, or close their hearts from compassion for protection. I first began with descriptions about how some forms of compassion can become unhealthy, describing workers in the medical field and statistics about secondary stress, compassion fatigue, and burnout syndrome. I then described elements of neuroscience and neuropharmacology which help describe why emotions can sometimes cause such problems. I also described how such research shows how we can change our emotional response patterns. After this, I repeated the main question about opening or closing one's heart to the compassionate feelings while helping others. I then responded by saying that psychological studies are now more clearly

## SD

※弊会記入欄

distinguishing different types of compassion and empathy. I introduced studies which showed how some forms of compassionate response can lead to more likely burnout and compassion fatigue, while other forms of compassion significantly reduce such risks. I described how being aware of our own emotional response can help us build more healthy compassion patterns that reduce risk. Finally, I described how this information could relate not only to medical workers and crisis response workers, but to general people in their daily lives as well; when we become more aware and pay attention to such emotional patterns and learn to distinguish the different forms, we can become more adept at changing unhealthy patterns into positive patterns. This not only helps aid our own happiness, but can also help us more effectively care for others in times of need.

◆Other noteworthy information (その他特筆すべき事項):

Several of the students asked good questions either about the content of the lecture or about the meaning of some of the terms.

- Impressions and comments from the accompanying person (講義補助者の方から、本事業に対する意見・感想等がありましたら、お願いいたします。): N/A



Self-Introduction

