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To Understand Withdrawal

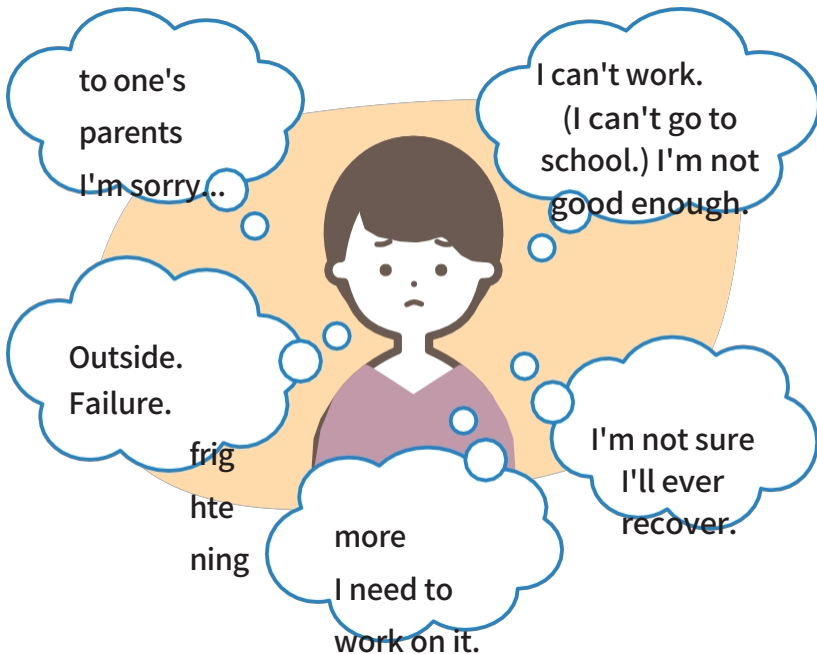
Hyogo Mental Health Welfare Center

1 What is a Hikikomori?

A "hikikomori" is defined as "a person who does not go to work or school, rarely interacts with people other than family members, and stays at home for more than six months in a row.

Some are unable to leave their homes, while others go out in ways that do not mix with others, such as going to the library or convenience store. There are many different states of withdrawal.

❖ Feelings of a shut-in



Many people who are withdrawn blame themselves and have feelings of impatience and self-doubt. These painful feelings may be accompanied by the following behaviors and conditions

Behaviors and conditions associated with withdrawal

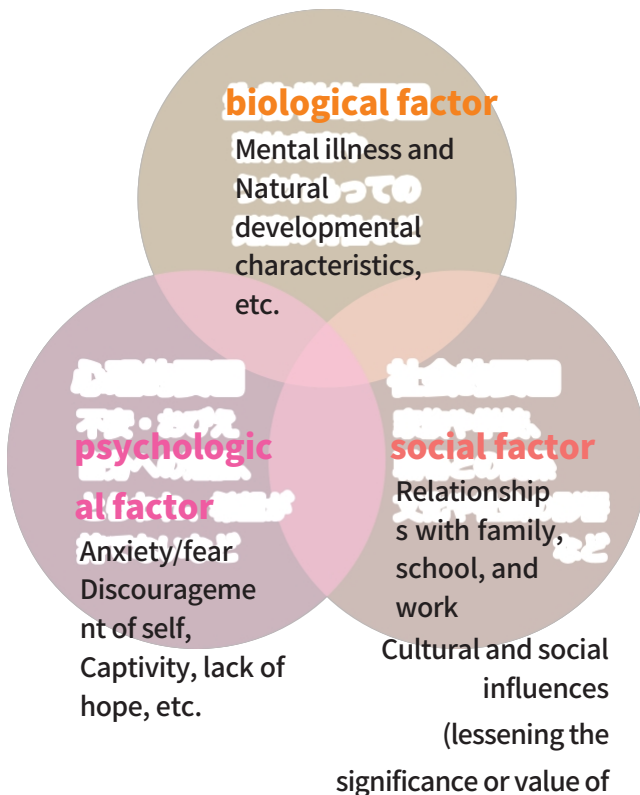
- Day/night reversal, insomnia
- depressive state (e.g. of manic depression)
- Domestic violence (including aggressive and controlling language and behavior)
- Regression (infantile behavior, dependent attitude)
- Fear of other people (fear of getting involved, fear of stares, etc.)
- Compulsive behaviors (e.g., excessive hand or body washing, strong preoccupation with certain things) etc.



❖ Factors of Withdrawal

Sometimes the trigger for withdrawal is clear, such as some kind of trouble at school or work, but often the trigger or cause is unknown to the family or sometimes even to the individual.

As shown in the figure below, it is also believed that withdrawal is not caused by a single cause, but is the result of the influence of a variety of factors.



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Figure 1: Factors contributing to withdrawal

❖ Types of Withdrawal

Withdrawals can be divided into three types.

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Medication and other treatments are effective

Schizophrenia and mood disorders may cause people to withdraw as a result of difficulty meeting with others or becoming immobilized.

In this case, psychiatric treatment, including medication to improve symptoms, is effective.

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One in which the approach is centered on
developmental characteristics:

Developmental delays and biases such as autism
spectrum disorder and intellectual disability

As a result of the inability to communicate with
those around them, they may withdraw to avoid
stress due to the

In this case, the person needs to be involved and
supported according to his/her developmental
characteristics.

In addition, where there are secondary

psychological problems or psychiatric disorders

In such cases, treatment at a medical institution is also
required.

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One in which the approach to personality and personality traits is central.

Depending on their personality tendencies, they may become more anxious or anxious, or they may experience physical symptoms. The pain may cause the person to withdraw.

In such cases, psychological and social support according to personality tendencies and personality traits, as well as lifestyle and employment support, are central to the approach.

The backgrounds of people who withdraw from society are diverse, and it is not possible to determine the causes and countermeasures in a uniform manner. It is necessary to understand what factors are behind each person's background, and then formulate a support policy suited to that person. However, since people who have withdrawn from society avoid contact with others, it often takes time for those around them to understand and appreciate them.

In order to explore the factors behind the withdrawal and consider appropriate ways to relate

to it, it is necessary to continuously use a consultation agency.

~ Adolescent mind and withdrawal

Withdrawal is said to be closely related to the development of the adolescent mind. It is believed that the loss of self-confidence and anxiety that tend to occur during adolescence also occur in the minds of people who withdraw from society.

Adolescence is a time when the childhood sense of "I can do anything" collapses through experiences of failure during growth, and the adolescent accepts his or her real power (i.e., who he or she really is) and becomes a big person.

As they gain various social experiences, they gain confidence from their successes and notice positive aspects of themselves, such as their ability to cope with failure in their own way, which helps them to have self-esteem.

However, they may lose confidence because their image of success is too high and they cannot recognize their own efforts and results, or they may become too focused on one failure and fear that they will fail again the next time. Behind the fear of taking action is the fear of injury: "I mustn't fail, I mustn't be good enough," and "What if I fail?"

In order for a social withdrawal survivor to recover from a loss of self-confidence, it is necessary for him or her to have experiences in interpersonal relationships that will help to increase his or her self-esteem. It is important for those around them to make efforts and considerations so that the social withdrawal survivor can participate in interpersonal situations with peace of mind.



To understand the state of withdrawal, it is helpful to know that there is a discrepancy between the "apparent mental energy level" and the "actual mental energy level" of a person who has withdrawn. It is often the case that a person who appears to be in good health at the beginning of withdrawal has in fact already reached the bottom of his or her mental energy level.

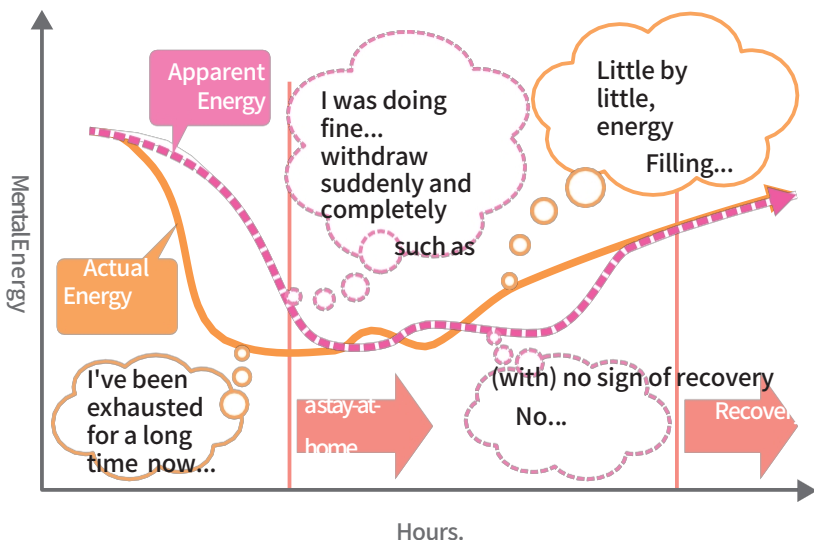
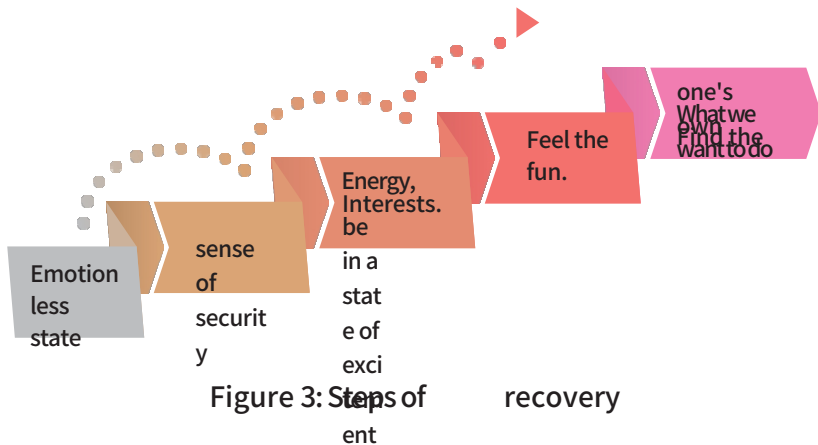


Figure 2: Energy of the withdrawn mind

The effects of the painful event that triggered the withdrawal, as well as physical and mental fatigue, can greatly reduce the mental energy of a person in a state of withdrawal.

Therefore, for some time after withdrawal, it is necessary to store up the lowered mental energy. It is important for the person to get enough rest in an environment where he/she feels safe. The home is the only place for the person to be, so let him or her take a good rest first.



As the energy of the heart builds up, the person will gradually begin to show interest in something. If information is provided on matters in which the person is interested, he or she will be more inclined to give it a try and will be more likely to start moving. However, it is important to be careful not to be intrusive when providing information.

If the individual enjoys the activity, he or she will sometimes be able to get out of the house. They may be able to participate in activities such as places for shut-ins. Gradually, they will be able to expand their interpersonal relationships and may even find opportunities to participate in society.

However, even once you start participating in society in the form of school or a part-time job, you may become tired and want to take some time off. In such cases, it is important to take a break and not overdo it.

While going back and forth in this way, the patient slowly recovers, gradually gaining confidence to be involved in society.



❖ What the family can do

As a family member who accompanies a person in the process of recovery from withdrawal, there are some things that we would like you to do.

- ❶ Sorting out the feelings of the family.
- ❷ Ensure that the individual has a place where he/she feels safe.
- ❸ Engage at a reasonable distance.

❶ Sorting out the feelings of family members

Because we are a family that lives together, there is one thing that is important to us. It is important for them to lead their own lives in a healthy manner. Seeing such a family member can give the person in question a sense of relief. A healthy family life has the effect of reducing the person's sense of self-blame and self-denial that his or her withdrawal is causing the family to suffer.

When they see the person not making a move, those around them also become anxious, and end up giving orders or lecturing the person to force him or her to move. Such instructions, orders, and sermons not only do not help the person to move, but they also increase the sense of self-doubt and bring out anger.

To prevent this from happening, it is very important for family members to sort out their own feelings of anxiety and frustration.

Talk about your anxiety and frustration through ongoing consultation at a consultation agency or by attending a family meeting or family class. You will be able to sort out your feelings, calmly accept the current situation, and consider appropriate responses.

(2) Ensure that the individual has a place where he/she feels safe.

In order for the individual to rest and recover his/her mental energy, he/she needs a place and time where he/she can feel safe and secure. In order to create an environment where the person can spend time safely and peacefully, let's try to gradually devise ways for family members to be involved to the extent that it is not too much to ask.

Tips on how to relate to people to increase their sense of security

- No humiliation.
- No preaching.
- Make suggestions, not orders. (Decisions are made by the individual.)
- They do not force themselves into a room.
- Wait for the person to speak. Don't get too far ahead of the person.
- Let the family know that you are concerned and want to help.
- Report the facts as they should be reported as a member of the

family.

- If you are able to see each other, enjoy relaxing time together. (Watching TV together, drinking tea, etc.)
- If you do not see your family at all, write a letter (a little something that happened in your daily life) and leave it with them.

3 Engage at an appropriate distance.

Detailed daily interactions (assistance), such as providing information and suggestions to the individual and accepting requests from the individual, should be determined flexibly based on the relationship between the corresponding family member and the individual and the situation at the time.

Provide information in a way that the person can see and hear it, and be willing to accept it even if he or she does not respond. Make suggestions gradually while observing the person's situation, and be creative in the way you say the information so that the person can refuse.

Do not accept requests from the person in question without limit,

We also need a framework that says, "This is as far as we will accept you." Not to leave the individual alone, but also the feelings of the family.

Consider a reasonable distance that is not intrusive.

Tips for daily life interactions

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- Provide meals, pocket money, and other necessities so that they can lead their daily lives naturally as a member of the family.
- Inform the person about areas in which he or she has expressed interest and information about the society.
- Provide information on how to use counseling agencies.
- Accept requests to the extent possible. If you cannot do something, politely decline.

❖ If there is violence

Violence is not acceptable and must be absolutely rejected. When violence is severe, avoidance of danger is the first priority. Do not keep it within the family alone, but use counseling services.



~ 8050 issue ~ 8050 issue

The social problem that surfaced when the problem of withdrawal among young people remained unresolved, the situation became prolonged, and the family members aged, came to be called the "8050 problem" because of the family situation in which parents in their 80s financially support their children in their 50s and their condition.

With the 8050 problem, problems that cannot be solved by the individual or family alone, such as economic hardship and parental care, become apparent. It is important to connect with a consultation organization as soon as possible.

❖ Recovery Goals

Recovery from withdrawal means finding a place and role for oneself in society.

Roles in society are not limited to employment and schooling. Hobby clubs and volunteer activities in the community, as well as employment through the welfare system, are other opportunities to play a role in society.

Consider what form of social participation is best suited for the individual and what social resources are available to him or her by using a consultation agency.

3 Comments from users of the consultation

We asked those who participate in the parties' group and family classes at the Mental Health Welfare Center how they felt before coming for consultation and after being connected with the consultation.

~ Participants in the group of people who are socially withdrawn

● Before consultation ● After consultation
consultation


After

At first I was anxious and worried. I was fighting the contradiction that if I could meet and talk to a complete stranger, this would not have happened.

Currently, I am doing various things with people who have the same problems. I am thinking about what I should do in order to go further out into the world from here.

strangers.

I was anxious about going to a new place for the first time. I was also nervous about meeting



I was able to
prepare myself
for the group
activities after

the interview. I was
relieved that I did not
have to force myself to
speak and that I was
able to fit in naturally.

Ever since graduation, I
had only been involved
with my family, so I was
anxious to go
somewhere new.

After a while of coming, I
got used to it and no
longer felt anxious. I felt
safe and able to
participate.

~ Participants in the family class for social withdrawal

● Before consultation ● After consultation

After

I had mixed feelings of anxiety and anticipation, wondering to what extent I would be consulted.

Not knowing what to do, he came to us for advice, hoping to find a place where he could have privacy.

I was worried that I wouldn't be able to do it on my own, so I wanted to be listened to and get some professional help to reassure me.

My staff member talks to me regularly, and even though my child's condition has not changed, I have found my emotional stability.

I was a little relieved to be connected to the consultation and to have a place to stay by participating in family classes.

Attending the family class, I feel as if I have been given a boost by the fact that there are so many others who are struggling with the same issues as I am.



4 Institutions to consult

❖ Prevent isolation and connect for consultation.

In addition to employment and schooling, the hikikomori may have a wide range of other problems, such as the physical and mental health of themselves and their families, and economic hardship.

In order to receive the necessary support when needed, it is important that the individual or family not deal with the situation alone, but connect with a consulting organization. Continuous consultation is recommended. If the patient is not able to come to the center, the family can consult with the center alone.

If you do not know where to consult, **call** the Hyogo General Support Center for Withdrawal (TEL: 078-262-8050) or the Hyogo Mental Health Welfare Center (TEL: 078-252).
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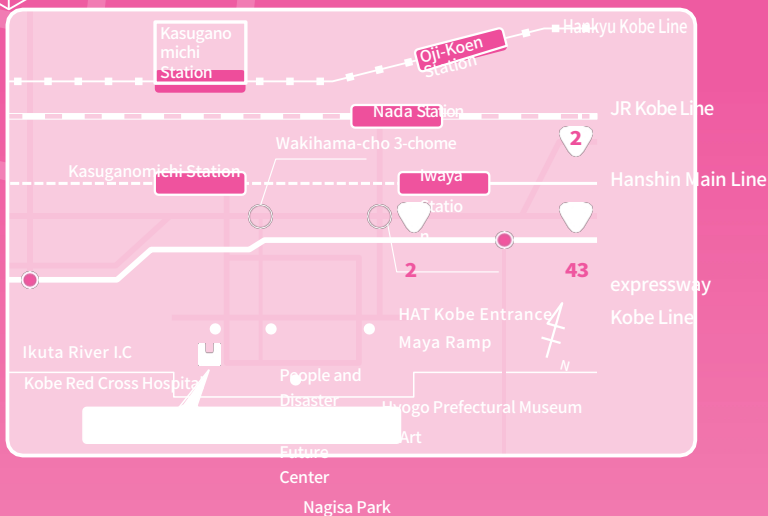
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Schools,
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consultation,
etc.

Figure 4: Consultation Organizations



Hyogo Mental Health Welfare Center

Traffic Information

JR 25 minute walk southwest from Nada Station.

Hanshin Railway ... 8 minutes walk

south from Kasuganomichi Station

Hankyu Railway ... 15 minutes walk

south from Kasuganomichi Station

Car Hanshin Expressway Route

3

5 minutes from "Maya" entrance/exit

10 minutes from "Ikuta River" entrance/exit

Hyogo Mental Health Welfare Center

(Hyogo Prefectural General Support Center for Withdrawal)

