

2026
11.11 (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_sXXQ1rknSWydf5qcEvqyRg

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The Psychology of “Not Giving Up”: Understanding Resilience and Post-Traumatic Growth (PTG)



Key Words

Resilience

Post Traumatic Growth

Adversity

Adolescence

Associate Professor

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I am a cat lover originally from Nagasaki, Japan. I received my Bachelor's degree in Psychology from Karlstad University in Sweden and my Ph.D. in Medicine (Medical Psychology) from Umeå University. After completing my doctoral studies, I conducted research at Nagasaki University, Hiroshima University, and Fukui University, focusing on child development and psychological processes using experimental and biological approaches. I joined the Faculty of Letters at Kumamoto University in 2017 and have been a faculty member of the School of Social Innovation at Kumamoto University since 2026. My areas of expertise are Social Psychology and Developmental Psychology. I am particularly interested in understanding why people struggle in their relationships with others and experience difficulties in life, as well as how people can recover and move forward after difficult experiences. Through my research, I explore the connections between the human mind and our relationships with others.

Throughout our lives, we face various difficulties and adversities. Even when people experience similar challenges, their psychological responses and paths of growth can differ greatly. In this seminar, I will introduce my research on young people and explore how individuals adapt to difficult experiences and, in some cases, grow through adversity from the perspectives of resilience—the ability to recover from adversity—and post-traumatic growth (PTG). We will consider questions such as: Why do some people struggle while others recover from adversity? Can people actually grow through difficult experiences? These questions will be explored from a psychological perspective based on research findings.