Dr. Ozawa-de Silva’s academic vision is to contribute to cross-cultural understandings of health and illness, especially mental illness, and make a contribution to the field of medical anthropology by bringing Western and Asian (particularly Japanese and Tibetan) perspectives on the mind-body, religion, medicine, therapy, and health and illness into fruitful dialogue. In her work, Dr. Ozawa-de Silva stresses a critical awareness of cultural biases in medical anthropology, and facilitates collaborative research projects on cross-cultural understandings of mental health and well-being.

Her first book is entitled *Psychotherapy and Religion in Japan: The Japanese Introspection Practice of Naikan*. Dr. Ozawa-de Silva also researches suicide and mental health in Japan, and has published two articles on internet group suicide, a troubling phenomenon that has been on the rise in Japan, especially among young Japanese. Most recently, she has begun research on Tibetan medicine, and has published an article on the mind-body connection in Tibetan medical practice.

Her interests extend to the role of meditation in cultural understandings of health, the body-mind relationship, emotions and subjectivity, and the treatment of mental illness and depression.