
ABSTRACT

Therapeutic implications from the experience in which we see ourselves overlapping others

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Lately, in cognitive-behavioral therapy, a treatment which focuses on the relationship between our experiences and their responses to distress without focusing on correcting content has been attracting attention. However clinicians have been interviewing with clients from the viewpoint of empathic listening. For example, if a client notices that his deep distress is similar to others, he may recover from illness. It is thought that seeing his own mind similar to others stirs his state of mind, and such an alteration begins to regulate the cognitive reactivity accordingly. So I examined a recovery process of a client who had been forced to restrain his relationship with people as much as possible to protect himself at a young age. Then, it is inferred that experiencing duality, including one's self and others' leads to recovery by decentering and distancing the distress. This duality also causes a clarifying of self-perception and an inhibiting of an over-identification with problems.

Key Words: cognitive reactivity, acceptance-based approach, decentering, over-identification
