
ABSTRACT

Psychotherapy for a female senior high school client in a children's home using *Dohsa-hou*

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The process of psychotherapy using *Dohsa-hou* with a female senior high school student in a children's home is the subject of this report. The client entered the home in her childhood and had been living there for a long time, with many problem behaviors. Thirty-three sessions were conducted from when she was in the first grade, until graduation from high school. At first, during relaxation tasks, she paid attention only to pain and could not relax. However, with the introduction of "Moving Tasks", she became aware of her posture and began to vividly experience her own senses. During the process, her problem behaviors disappeared. It is possible that changes in the her process of experiencing were caused through "Moving tasks", paying attention to her own body, dealing with chronic tension by herself, and relaxing herself. The meaning of practicing a somatic approach in adolescence, its effectiveness and issues to be considered when conducting interviews using *Dohsa-hou* at children's nursing homes are discussed.

Key Words: children in children's homes, *Dohsa-hou*, adolescence, somatic sensation
