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## ABSTRACT

Unstructured group psychotherapy for people with intellectual disabilities: A conclusion regarding the hypothesis about self-generation process and an illustration from the main case study

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In this study, people with intellectual disabilities participated in an unstructured psychotherapy group, and their experiences were investigated. Two methods were adopted: (1) the KJ method was used to analyze 22 case examples, from which two supporters depicted the support effects. From this an hypothesis about self-generation process was formed. In addition, the support method and procedure were comprehensively described. (2) The self-generation process was examined through an approved case example. From the results of this study, self-generation processes were illustrated step by step through two methods. STEP 1: Establishment of a basic sense of self-presence. STEP 2: Transformation of the interpersonal self. STEP 3: Developing an adaptive interpersonal attitude. STEP 4: Everyday life development. In STEP 1, the establishment of a basic sense of self-presence, the basis for the self-generation process, was examined. STEP 1 is considered to contribute to the problem of self-development in people with intellectual disabilities. Acceptance and understanding was seen to be the cornerstone of support for this groups' successful psychotherapy.

**Key Words:** intellectual disabilities, unstructured group psychotherapy, sense of self-existence

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