
ABSTRACT

The effect of making collages and exploring their meanings using the Personal Attitude Construct analysis on the Experiencing Scale for sandplay

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Works of collage therapy are analyzed by theoretically projective aspects (e.g. Rorschach Test) and constructive aspects (e.g. sandplay therapy), and practically quantitative aspects (i.e. assessment by objective scoring systems) and qualitative aspects (i.e. creating meanings of the subjects). The purpose of this study is to examine the effect of making collages and exploring their meanings using the Personal Attitude Construct (PAC) analysis on the Experiencing Scale for collage-therapy (EXP_{ct} Scale). For this purpose, 54 subjects made collages and, after a week, 27 subjects (an experimental group) explored their meanings. In addition, the scale was measured after both making collages and the PAC analysis. The experimenter assessed them objectively with a scoring system. The result showed that the average of EXP_{ct} Scale in the experimental group significantly increased after the PAC analysis and was higher when there were expressions of colored paper and images of infants and children. It is concluded that the PAC analysis helped subjects to experience their works more internally.

Key Words: collage therapy, theory of experiencing, personal attitude construct analysis
