
ABSTRACT

A case study on therapist's presence and self-involving responses in integrative psychotherapy

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This report discusses how therapists make use of their own experiences in psychotherapy. Therapist's presence and self-involving responses are known as therapeutic agents to bring the client to therapeutic change. This is also true in integrative psychotherapy. Both the therapist's presence and self-involving responses are conceived of as therapeutic materials in Emotion-Focused Therapy (EFT) and Accelerated Experiential Dynamic Psychotherapy (AEDP). However, the risks are not much discussed in EFT and AEDP researches. Therefore, first the author reviewed the therapeutic importance and the risks of therapist's presence and self-involving responses. Second, the author described how the transformation process of the client's isolation was accompanied by the therapist's challenge making good use of her own experiences through the clinical vignette. Finally, the discussion suggested that the therapist's self-involving responses based on the presence contributed to the therapist's growth as well as to good therapeutic outcome.

Key Words: integrative psychotherapy, presence, self-involving
