
ABSTRACT

“*Nagame*” consciousness in psychotherapy

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The primary function of consciousness is to “separate and clarify”; it can be described as “see” consciousness. In contrast, in Japan, there is a type of consciousness that can be described as “haze the object and sense the depths of its beingness.” This consciousness is termed “*nagame*” consciousness (“view” consciousness) (IZUTSU, 1983). This paper aims to demonstrate with the presentation of a case example, that “*nagame*” consciousness can aid understanding of the psychotherapy process. In this case, the client was forced to assimilate a new facet into her consciousness: an issue arising during middle age. She made repeated sandplay that provided transition into another world. I examined her psychotherapy process, determining that it can be understood structurally as the transition from “see” consciousness to “*nagame*” consciousness. Additionally, I explained that “*nagame*” consciousness plays an important function as the therapeutic attitude of the therapist in terms of “viewing together” (KITAYAMA, 2005). I conclude that “*nagame*” consciousness can have universal relevance in a psychotherapy context, because people today have over-emphasized the one side of “see” consciousness.

Key Words: “*nagame*” consciousness (“view” consciousness), “see” consciousness, viewing together, sandplay therapy
