
ABSTRACT

The counseling process for a young adult with developmental disorders: how she comes to understand and learn to accept herself: A case study of a university student receiving counseling

KUMAMOTO, Michiru

Hyogo University of Education

It is thought that practical and psychological support is important in counseling for a person with developmental disorders. However, the relation between the two has not been investigated yet. In addition, the process of counseling with such support has not been reported. In this study the following was demonstrated: 1) the relation between practical and psychological support, and 2) how self-understanding and self-acceptance deepen in the case of a student with developmental disorders. We show that practical support was useful for her to cope with her difficulties in writing. The implementation of practical support thus proved to advance her self-understanding. Furthermore, the psychological support helped her recognize that she doesn't need to pretend to be "normal" but only to be herself. The psychological support advanced her self-acceptance. These findings showed that self-understanding and self-acceptance occurred complementarily and synergistically by the combination of practical and psychological support in counseling. This study concluded that therapists should combine these two types of supports throughout the counseling period.

Key Words: self-understanding, self-acceptance, developmental disorders, student counseling
