
ABSTRACT

From spirit to psyche: Rethinking psychotherapy from the viewpoint of medical anthropology

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“What is psychotherapy ?” This is the core question of “Japanese clinical psychology.” The mission of this academic discipline is to examine not only the difference between some of the schools of psychotherapy, but also between psychotherapy and non-psychotherapy. This discipline was developed to consider the essentials beyond the traditional schools of psychotherapy. Therefore, this study aims to discuss the difference between psychotherapy and the pre-modern spiritual healing culture by examining the course of psychotherapy with woman A, who suffered from a spiritual issue. At first, she rejected psychotherapy and negotiated the therapeutic structure with the therapist. Ultimately, she accepted a part of psychotherapy. Thus, this study discusses the risks and benefits of psychotherapy. Additionally, assessment, therapeutic structure, and therapeutic effect are compared. Finally, I discuss how the comparative study of healing culture should be common practice for psychotherapists who work in educational organizations, medical organizations, etc. In summary, it is essential that psychotherapists continue to ask themselves “what is psychotherapy ?”

Key Words: Japanese clinical psychology, therapeutic cultures, resistances and negotiations, explanatory model
