
ABSTRACT

Re-examining the concept of non-directiveness in counseling an adult woman

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This study discussed the issues of directiveness and non-directiveness in humanistic psychology through the case study of a woman with depression. Non-directiveness needs to be re-examined to ensure it is more easily defined throughout the various domains of humanistic psychology, and to prevent potential misunderstandings in the comparative research of its effects. This study examined the function and necessity of therapist-provided directions in an experimental approach, as well as the client's perception of non-directiveness. The following hypotheses were generated: a) the humanistic psychology view does not lead to an adherence to non-directiveness in all aspects; b) therapist directions are given based on such goals as facilitating the client's emotional expression, holism, and internal locus of evaluation; c) if the client starts to ruminate about and examine the "configurations of self," the therapist's directions will lose their effectiveness; and d) it is necessary to confirm that clients do not perceive the therapist's comments and attitudes as directions. Finally, the need for conducting a comparative study based on the sharing of the non-directiveness concept is discussed.

Key Words: non-directiveness, humanistic psychology, holism, locus of evaluation, configurations of self
