
ABSTRACT

Factors inhibiting the stabilization of traumatic disorders from the perspective of the Rorschach test

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Factors inhibiting the stabilization of traumatic disorders were investigated. Rorschach characteristics of four clients that didn't have a sense of security even in "safe places," and had difficulties in conducting EMDR were examined and compared. All the clients showed significantly low reality testing. Moreover, clients that had significantly unpleasant feelings when recalling "safe places" showed active thinking and emotions (high M, C, shading), as well as intrusive thoughts, confusion of pleasant and unpleasant feelings, distortion of thoughts and cognitions (high M, C-shading, DR, FABCOM), and decreased reality testing. On the other hand, clients that had no sense of security at all when recalling "safe places" showed high avoidance tendencies (high Lamda, low Blend). Especially, avoidance in interpersonal settings decreased the reality testing in these clients. Intrusion, hyperarousal, unpleasant thoughts and feelings were significant in the former group, whereas avoidance was significant in the latter group. It is suggested that these symptoms might affect reality testing and inhibit stabilization. Rorschach Test which is available as an assessment of cognitions is useful in evidenced based approaches.

Key Words: traumatic disorder, EMDR, stabilization, assessment, Rorschach Test
