
ABSTRACT

Support for the relational development of an adult woman with intellectual disabilities and her mother

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Pronounced tendencies toward over-adaptation between children with intellectual disabilities and their mothers are thought to present difficulties in developing emotional interactions between them, and in turn, cause relationship disturbances. The difficulty of mother-child separation during the child's adulthood period can also be seen as relationship disturbance, but there is very little research on the practice of psychotherapy from this perspective. In this study we have examined the function and significance of psychotherapy by looking into a prominent case of disturbed mother-child relation that underwent noticeable transformation in the course of psychotherapy. When the family system reached a breaking point during the child's adulthood, the mother and child were overly bound to each other, and became unable to control every emotion. Through the process of psychotherapy, they could escape this mutual sense of being bound to each other, leading to mother-child separation. Our findings suggested that "holding" mother and child at an individual level or together promoted emotional interaction and led to the development of self that could organize emotions, making the separation possible.

Key Words: relational disturbance of mother and child, adult with intellectual disabilities, holding, self
