
ABSTRACT

Consideration about the psyche (soul) in approaches to cognition and behavior

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I examined the validity of the psyche in dealing with cognition and behavior in psychotherapy based on a case of mine. The case was a young man, a college student. Initially, I waited for the proactive transformation of the client's image. However, the client discontinued psychotherapy. After the therapy resumed, I tried to get the client to consider his cognition, thinking, and behavior. The client became adaptive and gained subjectivity. Cognition and behavior form the relationship between real lives, and the standpoint of analytical psychology maintains that psyche creates the reality. Furthermore, considering the cognition and behavior means denying previous cognition and behavior. Negation is one side of the function of the psyche. In order to acquire subjectivity, there is a need for the function of the negative. Through these examinations, even when dealing with cognition and behavior, I have shown that the consideration of the psyche deepens and enriches the understanding of the client and intervention in psychotherapy.

Key Words: analytical psychology, cognition/behavior, psyche, negation, subjectivity
