
ABSTRACT

What are the purposes of clinical psychologists' practice?: Qualitative analysis of narratives by experienced therapists

ASAHARA, Chie

Josai University

WATANABE, Mika

International Christian University High School

TAKANASHI, Rieko

Kokoronokaze Clinic

HASHIMOTO, Takahiro

Tavistock Centre

The purpose of this study was to describe the goals of clinical psychologists' practice and discuss their distinctive features based on interviews with experienced clinicians. Twenty-one experienced clinical psychologists, with 25 or more years of clinical experiences, aged middle fifties and over, participated in a semi-structured interview. Interviews were recorded and later transcribed and analyzed qualitatively. Results identified the seven highest-order categories related to bio-psycho-social factors. We suggest that the following five higher-order categories could be considered the main purposes of clinical practice: for the client to become self-directed, to become independent/autonomous, to become self-aware, to learn self-acceptance, and to live as he/she really is. We also suggest that "to live as he/she really is" could be regarded as the most inclusive purpose. Furthermore the purposes of our clinical practice have two distinctive features; 1) some of the purposes do not always have the connotation of "acquirement," 2) purposes are not necessarily set from the beginning and are discovered in the process of the clinical practice.

Key Words: purposes of clinical psychologists' practice, mental health, values, interview, qualitative analysis
