
ABSTRACT

The generation of the subject “I” in psychotherapy for a mother: From two points of view—“the horizontal motion” and “the vertical motion”

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I examine a process of psychotherapy with a mother from the standpoint of the generation of the subject. In this paper I discuss it from two points of view — “the horizontal motion” and “the vertical motion”. When she was child, she lived in a severe family where her desires were restrained and her sense of control was deprived. So her real feelings were and she was passive in everything. She was timid with human relations. Her sense of being a subject remained vague. In our sessions her negative feelings were expressed repeatedly and positively accepted by me. Through this process she generated the new subject “I”. Her feeling of security has been nurtured. She experienced her feelings, became intimate with her family and started to assert herself. She deepened her understanding of others and recognized her responsibility to her children. She has a sense of individuality and unity with others. Moreover, she can change according to the situation. As her own subject “I” was generated, her children’s subjects have also changed.

Key Words: mother psychotherapy, generation of the subject “I”, the vertical motion, the horizontal motion, negative feelings
