
ABSTRACT

Exploring the non-psychotic mind concealed by psychosis

NISHIMURA, Rea

Graduate School of Human Sciences, Sophia University

This study examined the therapeutic process which made it possible to treat a psychotic mind. A two year period of psychotherapy showed three phases of therapeutic progress. In the first phase, in which psychotic anxiety is dominant, the therapist tried to differentiate something real from the non-real. This process enabled the client to internalize the therapist's function and discern the non-psychotic from the psychotic mind. In the second phase, the therapist continued to differentiate real anxieties about her parents from psychotic ones, by containing her fragmented thoughts or emotions. Therapist's understanding of the non-psychotic mind and family history helped to contain her psychotic anxiety in the third phase, which seemed to help her integrate her own mind. These processes are discussed in terms of supportive psychotherapy.

Key Words: psychosis, supportive psychotherapy, α -function
