
ABSTRACT

Counseling a patient suffering from pervasive developmental disorder that was exhibited in obsessive-compulsive symptoms

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In this paper I present the process of counseling a patient suffering from pervasive developmental disorder that was exhibited in obsessive-compulsive symptoms, and discuss the necessity of taking into consideration of their cyclical and/or repetitive acts which are the foundations of their experiences. In the sessions straightforward language that eliminates ambiguity, educational interventions, and structures nurturing a triad relationship were provided. Gradually the client began to show his independence and was able to face their own anxiety. This shift allowed him to see the overwhelming self-insufficiency behind the obsessive-compulsive symptoms. As these changes happened, he eventually took the first step into taking part in social life rather than in the life of one withdrawn, but he often went back to being a social recluse when prompted with changes and growth. This process of being out in social life and going back to the social recluse was repeated. However, it was suggested that it was important to view these behaviors as positive; that he experience them subjectively and use them to understand himself and others.

Key Words: pervasive developmental disorder, obsessive-compulsive symptoms, self-insufficiency, repetitive which are the foundations of the penitent's experiences
