
ABSTRACT

Integrating Morita therapy and the collaborative approach in a return-to-work program in a psychiatric hospital in Japan

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Morita therapists have treated their clients in a directive stance by providing advice, guidance, and cognitive modification. However, some clients did not respond well to this approach, which often resulted in therapeutic stagnation. In the present case study, I integrated Morita therapy with Anderson and Goolishian's collaborative approach to build a more appropriate client-therapist relationship in which the two parties co-develop new meanings and ways of thinking. The case study was conducted at a psychiatric outpatient clinic that assists office workers who take a leave of absence due to mental disorders. The client, a woman suffering from depression, initially rejected Morita therapy. However, an attempt to synthesize the collaborative approach enabled a good therapeutic relationship that allowed her to accommodate the treatment and to find her own meaning of Morita therapy, which resulted in a positive outcome. This case study is an attempt to use Morita therapy as a base approach to assimilate the collaborative approach.

Key Words: Morita therapy, collaborative approach, integrative psychotherapy, a return to work, case study
