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## ABSTRACT

A case study on subjective standpoints that change over time through expression methods: Confronting “ I ” with stuttering

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When a client tries to express “oneself” during a session, the subject and the object can be easily switched, and some subjective standpoints caused by their projection sometimes provokes confusion. This is one of the reasons a client often has difficulties facing “oneself.” In this study, I introduce a psychotherapy process with a client who has a conflict between stuttering and “talking” by focusing on his “subjective standpoint.” In this case, some expression methods resulted in some important turning points for the client when he was having trouble settling down to his own subjective standpoint. In particular, TAT became a cue to find the subjective standpoint for both the client and the therapist. Then, he started to accept himself gradually. Expression methods can be a threat, but they can also be used as a mirror to investigate “oneself” depending on the situation the client is facing. Therapists need to know both the positives and the negatives of expression methods when their clients’ subjective standpoint keeps changing through their therapeutic experience.

**Key Words:** expression methods, subjective standpoints, confronting “ I ”

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