
ABSTRACT

The process of a client identifying their own body odors as an individual

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Some clients believe their body emits foul odors. "Odor" provides clues to the psychological processes. This paper discusses the effects of the characteristics of odor ("otherworldliness," "essence," and "relationship") on psychological processes based on the case study of a client who complained about his sweat odors. The client was guided by odor to work that failed and to explore his individual self. The otherworldliness of odor included creative and vital elements as well as destructive ones. The essence of odor was related to the basis of existence. The odor exhibited the characteristics required for psychological processes at different levels simultaneously. The odor created from the relationship between the client and the counselor greatly supported this psychological process. When the counselor paid attention to the odor of the client, the client interacted with the counselor psychosomatically. Odor served a central function. The client was supported by the relationship with the counselor who did not immediately reveal the presence or absence of odors. As a result, the client identified his own odor and created a new odor for himself.

Key Words: olfactory reference syndrome, odors, otherworldliness, essence, relationships
