
ABSTRACT

Internal dialogue structure yields immediate improvement using Holography Talk therapy

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The objective of this study was to use case studies to determine how immediate improvement occurred during psychotherapy and what the client's experience was like at that time. This paper presents a case of a college student with depression and suicidal ideation who improved quite rapidly after participating in Holography Talk therapy. In addition to objective indices, the client's descriptions of their subjective experiences were also examined. Holography Talk therapy is a technique that identifies problems and possible solutions, stabilizes the client, and helps them procure resources in one interview session (Mine, 2017). The results suggest that even the client was aware of the immediate improvement that was occurring (Welling, 2012). The "internal dialogue" structure inherent to Holography Talk therapy makes it possible to circumvent the various difficulties often encountered in traditional narrative therapy, giving it the ability to accelerate the therapeutic process. It has been suggested that internal dialogue and communication itself are what bring about healing.

Key Words: Holography Talk therapy, internal dialogue, immediate improvement, student counseling, suicidal ideation
