
ABSTRACT

Attempting to promote an IBS client's earnest attitude in *Dohsa* therapy

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This study investigated the use of *Dohsa* therapy with a client having irritable bowel syndrome (IBS). The client was a female first-year college student whose condition improved over 14 sessions. First, the client and therapist assessed the interactions between situations in which the client experienced abdominal pain and her subsequent reactions (cognition, feeling, sense of body, and behavior). Through the assessment, the client noted that she became stiff when feeling nervous and this caused her to experience abdominal pain. This prompted her to undergo *Dohsa* therapy earnestly as she understood the necessity of relaxing her body and changing her reaction to the situations that caused her IBS to occur. Furthermore, it was shown that it is important for clients to recognize their stiff body while undergoing *Dohsa* therapy as this recognition would assist them in aiding themselves. Therefore, for a therapist undertaking in *Dohsa* therapy, it is important to assist a client to learn how to move flexibly rather than to just point out a client's stiffness.

Key Words: *Dohsa* therapy, client's earnest attitude, irritable bowel syndrome
