
ABSTRACT

Mindfulness and interpersonal psychotherapy for a patient with psychogenic hemiplegia: A case study

NAKANO, Mina

Fukuyama University

Clients with conversion disorder have neurological symptoms, which cannot be explained by a physical neurological disorder. One such neurological symptom is psychogenic paralysis. In this case, mindfulness and interpersonal psychotherapy were conducted for a woman with psychogenic hemiplegia, which occurred after a psychogenic non-epileptic seizure during hospitalization. Vipassana meditation, body scans, and Mahasati meditation were introduced as mindfulness exercises. During interpersonal psychotherapy, "role transition" was determined to be a problem area for the client who had been married for 10 months. In the therapy sessions, relationships with her family were examined; new strategies were developed both to deal with her excessively meddling biological mother and to learn how to discuss issues with her husband and mother-in-law. As a result of the therapy, the client was able to walk with a cane by the time she was discharged. The conceivable cause of her improvement was her obtainment of body wholeness, as well as a reduction of negative ruminations, repression of feelings, and self-criticism.

Key Words: mindfulness, interpersonal psychotherapy, psychogenic hemiplegia, conversion disorder
