

---

## ABSTRACT

A family therapy case study about a mother with long-term depression

TASHIRO, Hitomi

*Medical Corporation Tochinai-second Hospital*

OKUNO, Masako

*Iwate University*

This case study explores the family therapy process focusing on relationships, conducted with a female client in her forties who wished to rejoin society but found it difficult to act appropriately after 10 years of depression. The therapists endeavored to change her pattern of communication with others. They analyzed her attempts to solve problems by asking how she acted when she was mentally stable. The client realized that she did not need to be upset as she had made great efforts to raise her children and maintain a good relationship with her mother. She then communicated about her condition with family members who then understood her feelings and accepted her desire to return to work. She gradually expanded her social activities at a reasonable pace, which convinced her that she could use her own resources to solve problems and return to society on her own. We discuss how the family therapy intervened in the client's interpersonal relationships and was able to help this mother with long-term depression.

**Key Words:** family therapy, long-term depression, single-mother family

---