

---

## ABSTRACT

The processes of experiencing an impasse for the novice psychoanalytic therapist

UCHIDA, Ryo

*Graduate School of Human Sciences, Sophia University*

The purpose of this study was to examine the process in which a novice psychoanalytic therapist experiences and attempts to overcome a treatment impasse in psychotherapy. The participants of the study were eight clinical psychologists who practice psychoanalytic psychotherapy, each with less than ten years of clinical experience. They were interviewed in a semi-structured manner and the responses were analyzed using the modified grounded theory approach. As a result, 9 categories and 20 concepts were generated. The categories were divided into “a conflict in an introductory phase,” “yielding no progress,” “being overwhelmed,” “experiencing emotional paralysis,” “being able to interact with others,” “recognizing impasse,” “prolonged impasse,” “therapy experience,” and “overcoming impasse.” In the discussion, this study classified the various reactions into two types: the reactions indicating an emotionally overwhelmed state and an emotionally paralyzed one. Furthermore, it was suggested that the difficulty for novice therapists who have reached an impasse was to recognize that they were caught in an impasse and that they have trouble using their own therapeutic experiences in a consistent manner.

**Key Words:** psychoanalytic psychotherapy, impasse, novice therapist

---