
ABSTRACT

Significance of “low-frequency, long-term” psychological treatment interviews

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In the past, “low-frequency, long-term” psychological interviews have been clinically evaluated and conducted in a variety of clinical environments. However, it has not been fully discussed in academic literature because it is regarded as a “compromise.” This paper attempts to clarify the treatment significance of “low-frequency, long-term” psychological interviews through specific cases of its use, ranging from once a month to once every few months. The results were compared with those of high-frequency, long-term and short-term psychological interviews. As a result, it was shown that the “low-frequency, long-term” interview structure does not threaten the client’s independence and modulates the client’s rhythm from “rushed” to “slow.” I also argue that through the reconstruction of the “synoptic narrative,” the relationship with others can be reconstructed and a new object relationship can be established through open-ended closure. I conclude that low-frequency, long-term interviews should be actively implemented by therapists, and should not be regarded as a “compromise.”

Key Words: low-frequency, long-term, therapeutic structure
