
ABSTRACT

A psychological study of self-harmony in a young man with difficulty in self-awareness

TANAKA, Hiromiki

Graduate School of Clinical Psychology, Kyoto Bunkyo University

Adjusting imbalances in the connection between one's sensory and cognitive functions and having experiences that bring harmony to the entire mind and body can aid in mind-body challenges. In this paper, the experience of a harmonious mind and body is referred to as a self-harmony experience. The one-session case study method was used to examine the self-harmony experience in the therapy of a young man with autism spectrum disorder with difficulty in self-awareness. Our study suggests that after this self-harmony experience, the client exhibited greater independence, self-confidence, relief of symptoms, positive interpretation of sensations and emotions, future prospects, and became more considerate of others. Self-harmony experience also potentially occurred when the therapist's mood matched the client's mood and the therapist's words matched the client's senses when there was a positive attitude toward sharing self-awareness and switching viewpoints. Finally, self-harmony experience may adjust the imbalance between one's sensory and cognitive functions—the basis of the mind-body challenge—exerting various functions through harmonious cooperation.

Key Words: self-harmony experience, one-session case study method, interoception, autism spectrum disorder, oneness of mind and body
