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## ABSTRACT

Post-training changes in infant-observation trainees and their underlying influences

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Infant observation, developed by Esther Bick in 1948, is practiced in many countries (including Japan) as training for professionals who provide interpersonal support to children and families. At a set time every week from an infant's birth until age 2, trainees observe the relationship between the infant and the family for one hour. The changes that trainees experience due to the training (including changes in the trainees' clinical situations) and factors that influence the changes have been unclear. In this study, interviews of nine trainees who completed the infant observation training were conducted. A qualitative analysis of the interviews generated 11 categories and 24 concepts, and of them, five categories were unique to this study. The results suggest that there is a process in which trainees who are not comfortable in clinical situations become more comfortable after completing the training, and that this process is influenced by the experience of being present in person for the training.

**Key Words:** infant observation, psychoanalytic psychotherapy, psychoanalytic training, modified grounded theory approach

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