
ABSTRACT

The meaning of the intersubjective perspectives in clinical *Dohsa-hou*

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Clinical *Dohsa-hou* is a form of psychotherapy founded by Gosaku Naruse in the 1960s that primarily uses movement to improve psychological problems. In the process of trying to carry out *Dohsa* tasks, clients develop a sense of self and body and learn to move their bodies more easily. Through the process of therapy, the manner in which they experience self and body changes, leading to improvements of psychological problems. In this way, clinical *Dohsa-hou* is based on the premise of psychosomatic correlation. First, this paper confirms the phenomenon of psychosomatic correlation through a case of clinical *Dohsa-hou*. Next, it discusses the psychosomatic correlation as not only a one-person phenomenon but also a two-person phenomenon in which psychosomatic correlation interacts reciprocally. Such psychosomatic interaction also takes place in the therapeutic relationship in clinical *Dohsa-hou*. Further, by comparing clinical *Dohsa-hou* to intersubjective theory, the intersubjective aspect of clinical *Dohsa-hou* is reconfirmed. Finally, the paper considers the meaning of intersubjective perspectives in clinical *Dohsa-hou*.

Key Words: psychosomatic correlation, interactive regulation, manner of experiencing, organizing principle, affect attunement
