
ABSTRACT

Here and then interpretations

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When an interpretation, which refers to an event that occurred in a past session, differs from the understanding of the event that emerged afterwards during subsequent treatment sessions, it should not be described as either a “here and now interpretation” or a “there and then interpretation.” The author identified this as a “here and then interpretation” and examined its characteristics based on the clinical materials of a patient’s psychoanalytical psychotherapy sessions. In the discussion, the following three points about a “here and then interpretation” are discussed. (1) The interpretation is about a matter shared by the patient and therapist and has a more supportive element because the matter happened in the past. (2) The interpretation refers to a series of “shattered time” distributed over treatment sessions and has a reconstructive effect. (3) In low-frequency therapy, it is difficult for various transference materials to come together in a single session, so it is possible to discuss materials scattered over several sessions and therefore may have more theoretical importance.

Key Words: here and then interpretation, shattered time, here and now interpretation, immediacy, there and then interpretation
