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## **Abstract**

Cognitive behavior therapy for an adult male with a history of abuse and severe social anxiety

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Although there are many clients with social anxiety and a history of abuse, there are a lack of reports on clinical psychological support for them. The author had the opportunity to interview an adult male with severe social anxiety who had a history of abuse. He had been physically and psychologically abused by his stepmother, had had severe social anxiety since childhood, and had been psychosocially limited for a long time. Case formulation indicated that cognitive behavioral therapy focused on social anxiety would meet his problems and needs, although the effects of the abuse needed to be fully considered. After the intervention, social anxiety and depression improved, and the initial goal of “being able to take necessary actions on the job despite anxiety” was achieved. In the discussion, the significance and limitations of focusing on social anxiety were examined, and it was shown that cognitive behavior therapy focused on social anxiety may contribute to the recovery of clients with social anxiety and a history of abuse when applied flexibly based on individual case formulations.

**Keywords:** social anxiety, history of abuse, case formulation, cognitive behavior therapy

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