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## ABSTRACT

Changes in self-image through the process of psychotherapy in a case of adolescent elective mutism

MARUYAMA, Akira

*Graduate School of Human and Environmental Studies, Kyoto University*

Here we present a case of adolescent elective mutism. This client, who became unable to speak in school when he was in the third grade, started psychotherapy after having entered junior high school. In psychotherapy dream analysis and sand play therapy were used. Moreover, in order to collect linguistic information provided by the client at home, we started parallel counseling of his mother. In the early psychotherapy stages, a suppressed self-image was projected on to external objects such as insects and fish, which the client was enthusiastic about raising. However, as psychotherapy progressed, these images in the client's dreams came to clearly reflect an Oedipal conflict and Oedipal self-images. In the client's dreams, the Oedipal self first appeared as a feminine self-image, and then, when the negative-positive Oedipal conflict was shaken, it went towards identification with the client's father. In this paper, by focusing on self-image change through the process of psychotherapy, we examined the relationship between speech commencement and changes in self-image.

**Key Words:** adolescent elective mutism, self-image, Oedipal conflict, dream analysis

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