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## ABSTRACT

Using an appropriate approach to avoid impinging upon a client's subjectivity

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This study in dynamic psychotherapy recounts the interviewer's efforts to consciously promote a client's introspection in the case of a deeply mistrustful woman suffering from a narcissistic injury which became manifest as bulimia nervosa. My focus is on how an appropriate approach can accelerate the client's developing a "double dialogue," where the client-interviewer communication also promotes self-reflective, internal dialogue. The essential points for the interviewer are: (1) playfulness in the therapeutic intervention. (2) Containing any countertransference. (3) Conveying the interviewer's emotions as briefly as possible. (4) Taking advantage of Japanese nuance when using subjects or demonstrative pronouns. (5) Accepting client resistance as a positive response. The aim of each point above is to hold steady those clients with immature and vulnerable selves. This is necessary groundwork in assisting the client to promote spontaneity. Through the interviewer's intentional efforts, the client in this case started verbalizing her negative affects about her mother, sadness, and emptiness which were previously difficult for her to express, and gradually integrated her own identity.

**Key Words:** dialogue, impingement, holding

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