
ABSTRACT

The case of a middle-aged male who re-established his life after his wife's suicide: From multiple perspectives including religiousness

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This paper holistically analyzes the case of a male in his forties from multiple perspectives, such as his wife's suicide, his children's growth, a trial, dream, and religiousness. Through analysis it also examines the significance of adopting the perspective of religiousness in psychotherapy. The man's life was complicated on two levels: facing his wife's suicide through the wrongful death lawsuit against him; and developing religious insight to accept a such death. In the analysis of focus on "prayer" which connects the concept of the numinous and the idea of the holy as defined by R. Otto (vertical direction) with other family members and neighbors (horizontal direction), and the acceptance of natural feelings (*arugamama*), one of the core concepts of Morita therapy developed in Japan. The grieving process after the bereavement was painful for him, but his psychological death and rebirth with enhanced religious awareness may have paved the way for the subsequent development of his life, such as remarriage and the birth of a daughter.

Key Words: death and rebirth, religiousness, trials
