
ABSTRACT

Relationship between perception experience in Rorschach test and manner of experience in *Dohsa-hou*

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In this study, we investigated the relationship between the *Dohsa-hou* experience and perception experience, and the possibility of viewing the *Dohsa-hou* experience in light of the results of the Rorschach test. We conducted a selective Rorschach test and *Dohsa-hou* for ten adult men and women. Based on the results of the Rorschach tests, the subjects were grouped into “autonomous perceptual experience group” and “passive perception experience group.” Based on the characteristics of perceptual experiences of each group, we predicted the *Dohsa-hou* experience. Results showed that the subjective evaluation of the *Dohsa-hou* experience matched the contents of the prediction. Morphological and motor responses, which are indices of autonomous perceptual experience style, predicted the trial and error variable in *Dohsa-hou*. Color and shading responses, which show passive perception experience style, predicted difficulty and psychological disturbance in *Dohsa-hou*. In addition, in the two representative cases of each group, it was found that the awareness of bodily sensations during *Dohsa-hou* were linked to susceptibility to various stimuli, and the controlling of oneself activated an autonomous attitude toward stimulation.

Key Words: Clinical *Dohsa-hou*, Rorschach test, the manner of experience, perception experience
