
Abstract

Psychological support for a woman with severe anorexia nervosa showing 12 reflection responses on a Rorschach test: Application of co-interpretation

BANDO, Nobuyasu

Department of Mental Health, Kaisei General Hospital

This report presents the process of psychological changes in a middle-aged woman with severe anorexia nervosa and the elucidation of the meaning of Rorschach test results after co-interpretation. According to general guidelines, no specific interventions exist yet for this diagnosis, and commonly, loss of insight leads to clients refusing any support. This patient also refused any support for a while before finally consenting to some psychological tests after building rapport. She showed 12 reflection responses on a Rorschach test and co-interpretation was initiated based on these results. In the course of co-interpretation, her condition improved after she re-realized past trauma, including sexual abuse, and negative feelings inflicted by her father and she verbalized them without avoiding them, followed by acting out. In an environment with limited availability of time and human resources for psychotherapy, such as a general hospital, co-interpretation might be effective in reducing physical and mental burdens and might be acceptable for clients who resist support.

Keywords: anorexia nervosa, Rorschach test, reflection response, co-interpretation, acting out
