
Abstract

Psychotherapy for an elderly woman with dementia and reactive depression who has a strong desire to go home

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This research investigated the effectiveness of narrative approaches to dementia: an intervention based on empathic listening was carried out with a female patient with Alzheimer's disease who had a strong desire to return home, to reveal her unsolved psychological problems by focusing on changing her mind about being discharged. The client began exhibiting some symptoms of reactive depression after the death of her husband three years ago, but also after the worsening of her liver cirrhosis. Therefore, the depression may be related to a rapid decrease in cognitive function. Through the mourning process, the patient coped with bereavement and prayed for the soul of her husband by looking back on her life and retracing her own statements after each therapy session in writing. The process resulted in a remarkable recovery of cognitive function, which was thought to be largely due to overcoming her reactive depression. This case study suggested that there might be some patients for dementia who are able to recover who were considered unable to regain cognitive function.

Keywords: dementia, desire to go home, reactive depression, psychotherapy, dream
