
Abstract

Establishing the subject “I” in psychotherapy for an adolescent girl

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This study aims to analyze the detailed process of establishing the subject “I” in psychotherapy for an adolescent girl. The client could not adapt to her school because of her ADHD tendency with hypersensitivity and lack of self-control to various stimuli. She was also suffering from loneliness in her dysfunctional family. The therapist initially perceived the client’s pain and conveyed it to her with verbal and nonverbal expressions, but the client could not recognize it. However, because of the therapist’s consistent and sincere effort to truly understand her, the client gradually gained the ability to express her feelings and developed her inner self. In addition, she obtained the container function through dyadic interaction with the therapist and confronted the difficulty of separation from her mother. In the final session, she referred to herself as “I” for the first time, which shows that she could establish the subject “I.” This case suggests that a verbal interview can play an important role in supporting adolescent clients with developmental disorders.

Keywords: adolescence, establishment of the subject “I,” ADHD, mother-daughter relationship
