
Abstract

A case study of Dohsa therapy with a client who refuses talk therapy

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This case study investigates an approach made with a client suffering from facial pain and insomnia caused by hyperarousal symptoms that were manifested cognitively, emotionally, physically, and behaviorally. Because of social anxiety, a personality trait seen since infancy, the client refused to undergo psychotherapy. He did, however, agree to undergo Dohsa therapy, which does not require verbal interaction, and worked toward improving his condition. As his own Dohsa practice continued to improve over the course of his therapy, psychological recovery was prompted. In addition, spontaneous conversations with the therapist increased. He began viewing the improvement of his symptoms, such as facial pain and insomnia, from an outcome indicator perspective. During the last stage of the sessions, behavioral transformations, such as wishing to take part in group therapy to improve his social anxiety, were recorded.

Keywords: facial pain, insomnia, hyperarousal, Dohsa therapy
