
Abstract

A mother psychotherapy in terms of the subject from the point of view of the vertical motion

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Mother psychotherapy has generally been widely offered but it has a particular difficulty since it is offered not for solving a mother's own problems but for her children's. Therefore, this paper focuses on the subject and examines mother psychotherapy from the perspective of vertical motion, how her subject is built and how the therapist can support the process. During sessions, the therapist respected and accepted the mother's subjective thoughts and actions to support her vertical motion. She repeatedly expressed fierce anger and the therapist positively accepted it. Through the process, she deepened her objective understanding of her son, encouraged her self-reflection, and become close with her son. This study suggested that it is significant to understand the process from the perspective of vertical motion. Furthermore, if anger is sufficiently expressed and accepted by the therapist, it will have creative meaning in mother psychotherapy.

Keywords: mother psychotherapy, subject, anger, vertical motion
