

---

**Abstract**

Significance of psychotherapy in the schizophrenia recovery (remission) phase

IKUNO, Kazuko  
Meisei University

Although there have been many studies on psychotherapeutic approaches in the recovery period of schizophrenia, there have been only a few reports focusing on the subjective experience of a client in this field. This paper reviews the psychotherapeutic process of a schizophrenic client in his 20s from the third to the eighth year after his discharge from the hospital, examines the difficulties unique to this period, and the contribution of psychotherapy. This period is not a simple recovery from illness, but a complex time for the client with many psychological development tasks. He is threatened by physical and mental instability, the risk of relapse or chronicity, and strong encouragement to return to society from his community, while at the same time being faced with the need to rebuild his internal self-image. That is, a recurrence of the developmental issues of adolescence and young adulthood. Therefore, I conclude that it is highly important to provide an opportunity for psychotherapy for a schizophrenic individual during this period and indicate some specific aspects of its contribution.

**Keywords:** schizophrenia recovery (remission) period, subjective experience of client, regression of developmental tasks, fragmentation of sense of self, psychotherapy for schizophrenia

---