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**Abstract**

Developmental changes of self-understanding through a psychotherapeutic process in an adult with autism spectrum disorder

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We analyzed the narratives about the self in psychotherapy in an adult with autism spectrum disorder (ASD) who exhibited social interpersonal difficulties using Damon and Hart's (1988) developmental model of self-understanding. The client had a series of interactions with others while strengthening the subject of self in the course of the psychotherapy. Accordingly, the client's understanding of her self-as-object developed from an understanding limited to her own abilities and behaviors, which she evaluated as inferior, to a stage where she began to formulate an understanding based on her beliefs and goals. The understanding of her self-as-subject developed from an understanding that she has no control over herself to an understanding that she creates her own self, accepting and utilizing interactions with others. The results indicated that the specific self-understanding of ASD may occur not only in childhood and adolescence but also in adulthood. The results also suggest that by introducing the perspective and model of the development of self-understanding, therapists can assess each client's self-understanding and accompany and contribute to its development through psychotherapy.

**Keywords:** autism spectrum disorder, adulthood, self-understanding, developmental model of self-understanding

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