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**Abstract**

Two types of psychologization: Insiders' attempt to respond to the opinions of outsiders

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After the psychology boom, our society has come to understand and intervene psychologically with ourselves and in interpersonal relationships and lifestyles. Sociologists have labeled it “psychologization” and have critically investigated our treatment of various matters as mental or personal problems. This study attempts to respond to such criticism from psychology outsiders. We discussed a psychotherapy case in a psychiatric field, where “biologization” is mainstream and treats distress as brain abnormalities, and presented what psychologization is really about. Results showed that there are two types of psychologization: “conceptual psychologization” and “narrative psychologization.” The former is psychologization from therapists to their clients and the latter from clients to their therapists. We clarified that psychological practices are collaborations between these two psychologizations. The mechanism by which patients have an effect on their therapists and even clinical psychology itself is the uniqueness of psychological practices. Finally, we examined the ethics of our practices and understood that when psychologization, which begins collaboratively, is exercised one-sidedly, it can increase the risk of working violently against patients.

**Keywords:** sociology, biologization, conceptual psychologization, narrative psychologization, ethics

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