

## 外国語要旨

学位論文題目 Qualitative analysis of change in clients' perception and experience of problems after

psychotherapy: Using a solution-focused approach in time-limited sessions

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The purpose of this study was to explore the effects of psychotherapy from a client's perspective using qualitative analysis for the purpose of developing a psychotherapy method that will benefit clients. The research into evidence-based psychotherapy has two aspects: outcome research and process research. The former examines changes through psychotherapy, and the latter studies the processes leading to such outcomes. In outcome research, quantitative measures are appropriate because of their clarity and comparability (Hill & Lambert, 2004). It has been pointed out, however, that they are not suitable to explore the elements inherent to psychotherapy such as mutuality, relationship quality, and uniqueness. Quantitative research also tends to strongly reflect the frameworks of the researchers and therapists involved. Furthermore, because the basic targets of psychotherapy are clients' subjective anguish and problems and because the clients' characteristics largely influence the changes that occur through psychotherapy, it is important to conduct research from the perspective of the clients. However, many outcome research studies so far have been conducted from the perspectives of the researchers and therapists (Bohart, 2005).

In this study, we used personal attitude construct (PAC; Naito, 2002) analysis, an idiographic qualitative method, to explore how clients experience problems and their solutions. We conducted this study according to two viewpoints, "perception of the world" and "concern with the world," derived from the constructivist concept "world image" (Watzlawick, 1978). Furthermore, we intended to establish theoretical suggestions for clinical practice, thereby finding common factors among multiple cases using a modified grounded theory approach (M-GTA; Kinoshita, 2003), a qualitative analysis method for investigating inter- and intra-personal interactions.

This article has nine chapters. The first four include theoretical considerations. In Chapter 1, we explain the purpose of the study and provide an outline. Chapter 2 recounts a worldwide historical overview and shares current movements in psychotherapy evidence research. Chapter 3 focuses on consideration of the adequacy and supremacy of PAC analysis for investigating how a person experiences his/her problems and their solutions. Chapter 4 attempts to produce specific viewpoints to

compare two PAC results so that we could use PAC as pre- and post-tests.

The next four chapters describe experiments and examinations. In Chapter 5, we explore the change of “perception of the problem” and “concern with the problem” in each individual’s “world image” through psychotherapy using PAC analysis. Two people participated in three limited sessions using a solution-focused approach (De Jong & Berg, 2008) with pre- and post-PAC analysis. We then describe each participant’s “perception of the problem” and “concern about the problem” in his or her subjective “world image.” Furthermore, we define “movement of agency” as “agent’s behavior selection and its foregoing process so as to respond to stimuli from the inside and outside,” integrating “perception of the world” and “concern about the world.” Chapter 6 attempts to demonstrate the conditions under which clients recognize changes by examining the PAC data of one participant who did not report any improvement after undergoing psychotherapy. The method is similar to that in Chapter 5. We concluded that the participant had an unclear perception of her circumstances and value and, therefore, could not behave as an agent. This suggests that it is important to adjust to each client’s pace and to set goals carefully.

Chapter 7 examines the adequacy and supremacy of analyzing PAC protocols by M-GTA to find common factors among multiple cases. In Chapter 8, we analyze protocols of pre- and post-PAC by M-GTA in order to explore problem and solution images. The problem image was created from the nine participants’ pre-PAC protocols, and the solution image was created from their post-PAC protocols. Each image is constructed with one storyline and one result figure. We found that the two images included the movements of each agency.

Finally, in Chapter 9, we discuss the outcome of this study and future issues and suggest the “agency of perception and concern model.” It is important to consider the meta-communication about when and how to use a technique in psychotherapy in order to support clients to be agents of “perception of the world” and “concern about the world.”