

外 国 語 要 旨

学位論文題目 Psychotherapists' professional development through their experience of becoming a mother : A qualitative study on the intersection of pregnancy, giving birth, parenting experience, and clinical practice of female therapists in Japan

氏 名 Keiko Yamaguchi

This qualitative study investigated the professional development of female psychotherapists in Japan who had gone through pregnancy, giving birth, and early parenting by using grounded theory approach. As the meta-analyses of psychotherapy outcome-research have documented the contribution of therapist as common factors across different therapy approaches, it is essential to understand the influence of therapist's personal life experiences on clinical practice. Pregnancy and giving birth are amongst the most important and powerful personal experiences for female psychotherapists. These experiences might not only necessitate drastic changes in their lifestyle and living environment, but also influence their clinical styles and ways of relating to clients and their view of therapy. Thus it is crucial to understand how female therapists experience their own pregnancy, giving birth, parenting and having a family and how they enhance their personal and professional selves through these experiences.

Chapter 1 of this dissertation laid out the background of this study. First, the author reviewed a prominent model of counselor and psychotherapist development. Empirical findings based on this model demonstrated that psychotherapist's personal life and a sense of growth related to how he or she functioned as a psychotherapist. Furthermore, the integration of the professional self into the personal self was an important task of professional development. Second, the author reviewed literature on the experiences of psychotherapist's pregnancy, childbirth, and parenting. The selective review of clinical case studies showed that the experience of becoming a mother may enhance or hinder the development of professional self as a psychotherapist. Finally, as a result of these reviews, the author pointed out the need for investigating therapists' experience in relation to their clients in the process of therapy sessions.

In chapter 2, the author presented the purposes of study. The first purpose was to examine the connection between their early parenting experience and its influence on their clinical practice by investigating (a) the relationship between motherhood and their professional role as a therapist and (b) conditions and factors influencing for the transition between the two roles. The result from this study indicated the need for retracing their experience specifically in the pregnancy period to understand the experiences of becoming a mother comprehensively. The second purpose was to investigate (a) how therapists saw their own pregnancy in their

careers, (b) how therapists experienced difficulties in and dealt with their own pregnancy, and (c) how therapists worked on this issue with their clients. The third purpose was to investigate the physical and/or psychological impact of childbirth on therapists' experience and these interactions in therapy sessions. Also, the study set out to clarify how their therapeutic style changed after they had become parents. The fourth purpose was to investigate how the therapists' experience changed a few years after they had become parents.

Then, chapter 2 also articulated a theoretical rationale for employing qualitative research design with grounded theory approach for the data analysis. The findings from this study can be of high value to developing the study in the realm of psychotherapist development. To delineate social context surrounding female psychotherapist in Japan may foster better understanding of therapist's experience. The findings of this study can also make a valuable contribution to developing educational and training programs for psychotherapists in Japan.

Chapters 3 to 6 presented research findings from 4 studies related to each of the above research purposes. To examine the first purpose, the author re-analyzed the data obtained from the clinical psychologists with small child(ren) who had participated in the author's master's thesis. The qualitative analysis presented positive experiences in clinical practice by being a mother, as well as those experiences in motherhood by being a therapist. On the other hand, the analysis also revealed negative experiences related to the professional self as a therapist and the personal experience as a mother. Moreover, a key factor that shifted a negative experience into a positive experience was to accept limitations due to managing both child rearing and their budding career as a psychotherapist. This acceptance of her own limitations paradoxically broadened therapists' point of view and gave them a sense of self-efficacy.

In chapter 4, in order to examine the second research question, the author conducted semi-structured interviews with clinical psychologists who were pregnant or had gone through childbirth. The qualitative analysis showed the category of "retiring from the front line" as a central experience of how therapists saw their own pregnancy in their career. Furthermore, the category of "being not able to be fully engaged in the here and now interaction with the client" was identified as a central difficulty in therapy sessions during pregnancy. Finally, the analysis showed there were two processes relating to how therapists dealt with their pregnancy in therapy sessions when they found out that they were pregnant. One was a temporary emotional avoidance of their clients and the other was an attempt to discuss with the clients how the therapist's pregnancy may affect the clients and therapy process.

In chapter 5, in order to examine the third research question, the author conducted semi-structured interviews with therapists who had an experience of giving birth. The participants of the former study were included and new participants were added. The qualitative analysis showed a parallel process between the experience of being a mother and being a therapist. The results also revealed that their parenting experience allowed them to reflect on their personal and professional self and to understand better clients who were struggling as parent themselves.

They also modified their therapeutic styles to match their clients' personal styles. Becoming a parent can be a growth-facilitating factor or a hindering obstacle to professional development depending on how a therapist incorporated their personal experience into their sense of professional and personal selves.

In chapter 6, in order to examine the fourth research question, the author followed up with therapists who had participated the previous study. The more parallel processes were found in this study. Therapists were more authentic with clients and enhanced clinical competence in this period than in the previous period. Case comparison method was used to analyze the two cases that were different in the subjective experience after going back to work. The analysis showed that having a sense of high self-efficacy and high self-acceptance in personal and professional realms were main characteristic of the therapist who experienced well-functioning in her work.

In chapter 7, the author summarized findings of the whole study and discussed the implications. Becoming a mother is a major life event that forced female psychotherapists to reconstruct their professional and also personal life. The parallel between being a mother and a therapist was an important trigger for relating their motherhood to their healing role. Social contexts surrounding and influencing Japanese psychotherapists were discussed in relation to the course of their professional development. Implications to therapists' education and training, qualitative research methodology, and the limitations and future directions were discussed.