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INTERNATIONAL PROCEEDINGS

The Case of Female Patient with Major Depression and Eating Disorder Treated Successfully by Process Oriented Psychology

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Summary

Process oriented psychology (POP) can lead recovery of wholeness and solution of psychosomatic problems, by thinking AWARENESS most important. Authors report the case of female patient with major depression and eating disorder treated successfully by POP.

Case is a female patient in her forties. Though she has overcome symptoms of depression and has got a license of aromatherapy by antidepressant and supportive psychotherapy, eating disorder did not improve and wrist cuts appeared. By inner work and channel of relationship, she could be aware of that desire of dependency was her "primary process", that is relatively close to her awareness, and the power of independent behavior in the face of difficulty was her "secondary process", that is relatively far to her awareness. Since then she has become to be able to maintain dependency to author properly, overcome trauma, stop wrist cuts and control eating disorder.

Introduction

Process oriented psychology (POP) started by Arnold Mindell, who were Jungian, is the psychology including Taoism, Buddhism, shamanism, quantum physics. POP can lead recovery of wholeness and solution of psychosomatic problems, by thinking AWARENESS most important.

The concept of "process" in POP show "transpersonal big flow of life

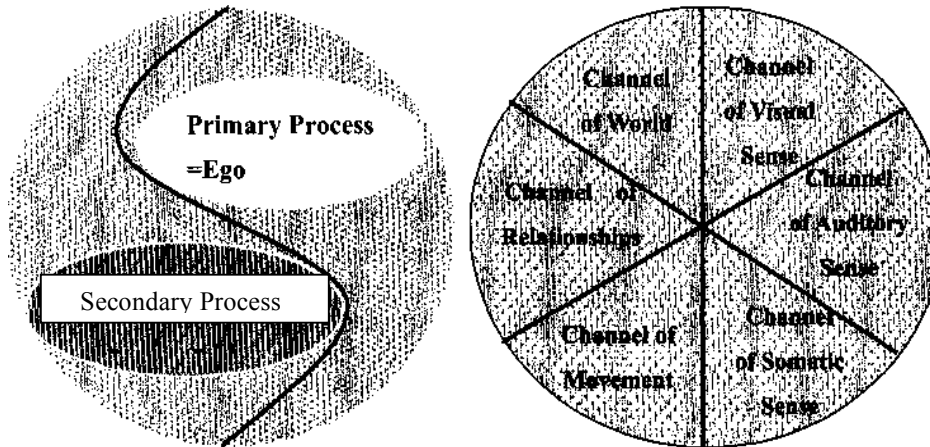


Fig. J Two Types of Processes and Six Types of Channels.

including Ego " in a wide sense and "the change of experience now" in a narrow sense. Processes are divided to two types and show through six types of channels (Fig.1): "Primary process" is the process that is relatively close to personal awareness and equal to be the Ego in psychoanalysis. "Secondary process" is the process that is relatively far to personal awareness and named "Dream body" by Mindell, that is spiritual existence in deep consciousness. "Edge" divide primary process and secondary process. Processes show through six types of channels including visual sense, auditory sense, somatic sense, movement, relationships and world. For example, the same secondary process may express somatic symptoms (channel of somatic sense) and nightmare (channel of visual sense) in the patient with psychosomatic disorder. In such case, when the patient can be aware of the existence of synchronicity between somatic symptoms and nightmare, the recovery of wholeness, that is, the integration of primary process and secondary process may be lead. And the solution of psychosomatic problems often occur as a result. Authors report the case of female patient with major depression and eating disorder treated successfully by POP.

Case

Case is a female patient in her forties.
 (Chief Complaint) hyperventilation
 (Present Illness)

She was seeing our department two years ago. Her main symptoms included hyperventilation, anxiety, depressive mood, sleeplessness, general fatigue and so on. She was diagnosed major depression and SSRI was pre-

scribed. However, severe side effects occurred by SSRI and she refused other antidepressant. So she was treated by former physician only by minor tranquilizer; supportive psychotherapy and homeopathy. When the author took over the therapy and tried to support her carefully, she has confessed that she has also suffered from eating disorder for about thirty years. Though she has overcome symptoms of depression and has got a license of aromatherapy by supportive psychotherapy for three years together with antidepressant (SNRI) from the middle, eating disorder did not improve and wrist cuts appeared. So author tried POP in this patient.

(Past Illness) not particular,

(Family History) Father: alcoholism, ischemic heart disease, cerebral infarction, Younger brother: congenital heart disease.

(Physical Examinations) height 158cm, body weight 45.2kg, BMI 17.4 y, other physical examinations were not particular.

(Psychosocial Background)

The original family of the patient were parent and one younger brother. A father was hot-tempered and often used violence and abusive languages to her especially in mealtime, she has become to suppress her emotions, desire of dependency and appetite. As mother concentrated to care her younger brother who suffered from heart disease, the patient could not depend on mother well. She has got a license of swimming trainer while she was entrusted to accompany younger brother's swimming training.

(Clinical Course)

By inner work about overeating, she has noticed that overeating occurred from desire of dependency related with trauma. But she sensed that she could not overcome her strong desire of dependency to author, so she continued to punish herself by wrist cuts.

The patient told that she continued to have similar dreams since childhood repeatedly. The dreams were that she was chased but not caught up by monster-like someone. Author got informed consent of the patient and presented this case in Mindell's supervision. Mindell, as the patient, and author, as a chaser, acted the role play about her dream. As the patient (=Mindell) run about trying to escape at first and stood in front of the chaser (= author finally, author has realized that she could show strength in the face of pinch. In next medial examination, author told her results of supervision about theory of POP: her "primary process" seemed to be the helpless to control her desire of dependency, her "secondary process" seemed to be the power of independent behavior in the face of difficulty and she had AWARENESS that can notice and observe both processes fairly in her. After this medial examination the patient has become to be unstable spontaneously, but she could recover and realize author's explanations gradually because she could be aware of the existence of synchronicity among her past experiences. When her father entered a hospital for cerebral infarction, she offered and gave aromatherapy to him in spite of trauma. In addition, when he had to see a doctor regularly for the purpose of therapy of alcoholism, she has begun to accompany him. Since then she has become to be able to maintain dependency to author properly, stop wrist cuts and control overeating .

Discussion

In this case, the patient identified herself with "primary process" that she could not control her desire of dependency at first. As showed in Fig.2, nightmare that she was chased but not caught up by monster-like someone, overeating, wrist cut and depressive symptoms were thought to be the expressions of "secondary process" that she had the power of independent behavior in the face of difficulty through various channels. When she could gradually be aware of the existence of synchronicity through channel of relationship with author, she has become to be able to show her strength, overcome her trauma and control eating disorder. So, POP was thought to be effective for patients with psychosomatic disorders for recovery of wholeness and solution of psychosomatic problems.

Conclusion

POP is effective for patients with psychosomatic disorders for recovery of wholeness and solution of psychosomatic problems.

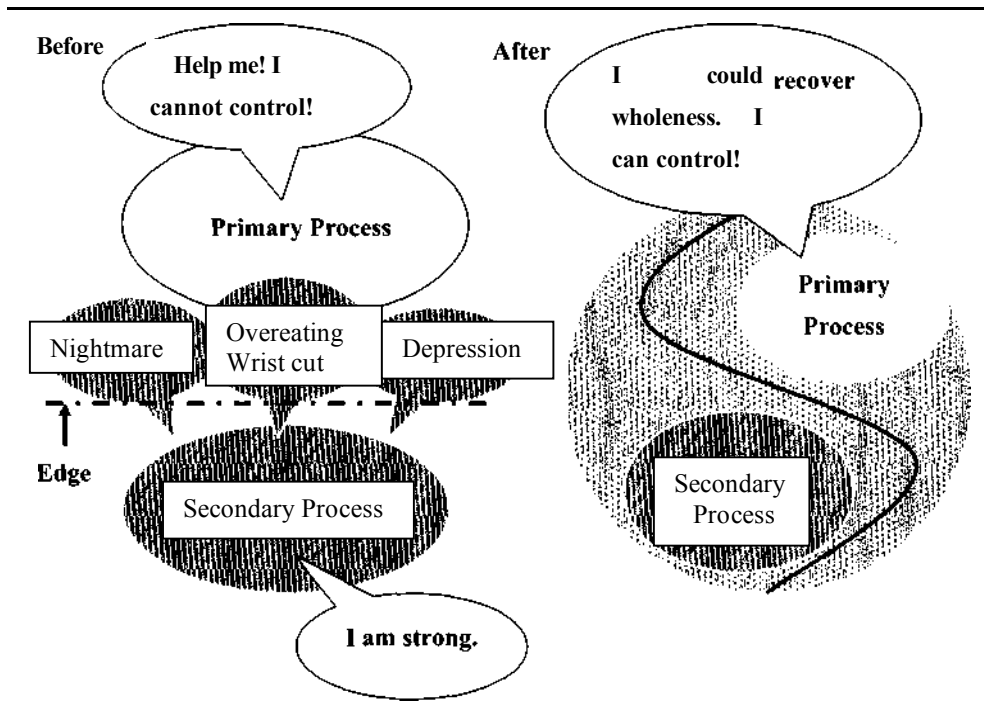


Fig. 2 The change of processes before and after POP in this case.

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MEDIMOND S.r.l.monduzzi

Editore

International Proceedings Division

Volume ISBN 978-88-7587-340-0

CD ISBN 978-88-7587-341-7