

# A Case of a Person with Dissociative Disorder Who Managed to Overcome Mourning with the Help of Naikan Therapy

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## Abstract

This is a case report on a patient with a dissociative disorder who managed to overcome mourning with the help of Naikan therapy. The patient was a university senior when she began to suffer from strong tremors of her upper and lower limbs when she tried to walk. She became emotionally unstable and began having fits of hyperventilation. Sometimes she also experienced convulsions and fainted. After having been in this condition for two months, she came to see the author and was hospitalized for treatment. During interviews, her responses indicated that she had not yet fully overcome mourning for her mother who had died from cancer when the daughter was a third year high school student. The author recently used Naikan therapy with her with the aim of helping her overcome her mourning. After the therapy, she managed to accept the death of her mother and her symptoms of dissociation disappeared. She wrote in her diary, "I felt very much at ease as if something I had been carrying on my back for four years had fallen away with a crash" It is suggested that it would be worthwhile to actively introduce Naikan therapy in cases of illness in which the mourning of a loved one is the major theme.

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