

Practice of Mutual Squiggle Story Making as a Variant of Squiggle Method

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Abstract : Mutual squiggle story making (MSSM) is the development of Winnicott's squiggle method in Japan. In the MSSM Method, a therapist has the client freely divide a piece of drawing paper into six spaces, and both the therapist and client do squiggle in each space. All six pictures finished, the therapist then asks the client to create a story using all the pictures. Making a story has the effect of reintegrating what is projected by consciousness. In this paper, the author presented a case with a junior high school girl using MSSM. And it is considered that the advantage of this technique is that (1) it enables non-verbal communication with children and adults who cannot express their feelings verbally. (2) Through this communication, the psychological content of the client and the characteristics of the client's mind can be understood, and (3) It can be said that mutual rapport is deepened by the supportive reaction of the therapist.

Keywords : MSSM, squiggle, Winnicott, drawing method

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