



**Applying the DMM to Counselling in  
University:  
Considering the Possibility of the DMM-AAI for Clinical Practice**

---

Hokkaido University of Education  
Health Administration Center  
Kenichi Mikami

# Hokkaido university of Education



- ◆ Our university educates students to become school teachers.

# Objectives

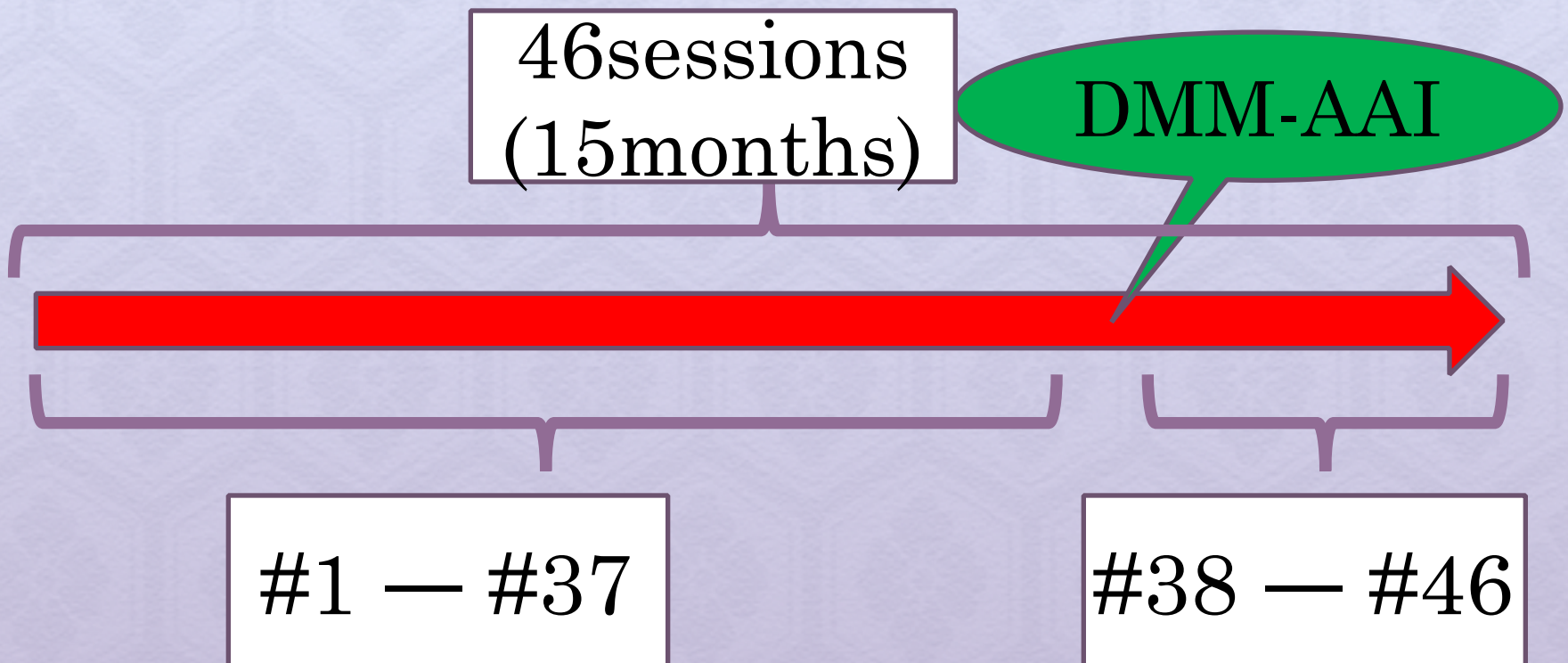
- ① Understanding how self-protective strategies, as identified by the DMM-AAI, can inform counselling process.
  - ② Understanding how culture can affect self-protective strategies.
- ◆ I'm going to describe a case of counseling with a Japanese postgraduate student in order to consider these objectives.

# Why did I use the DMM-AAI for this client?

- ◆ When I started seeing this client, I was still on the training of the DMM-AAI.
- ◆ So I used the DMM-AAI, not at the early phase for assessment, but at the later phase of the counseling process as a part of the DMM-AAI training.
- ◆ This gave me an opportunity to consider the function of using the DMM-AAI in the counseling process.

# When was the DMM-AAI used in the counselling process?

- ◆ I will describe the counselling process in detail so that what kind of differences the DMM-AAI made in the counseling process between before and after its use.



- ◆ The slides of the counselling process are deleted due to the duty of confidentiality.



---

# **CULTURAL CONTEXT: WORKING CONDITIONS IN JAPAN**

# Do you know how to read this?

◆ 過勞死 = Karoshi

overwork

death

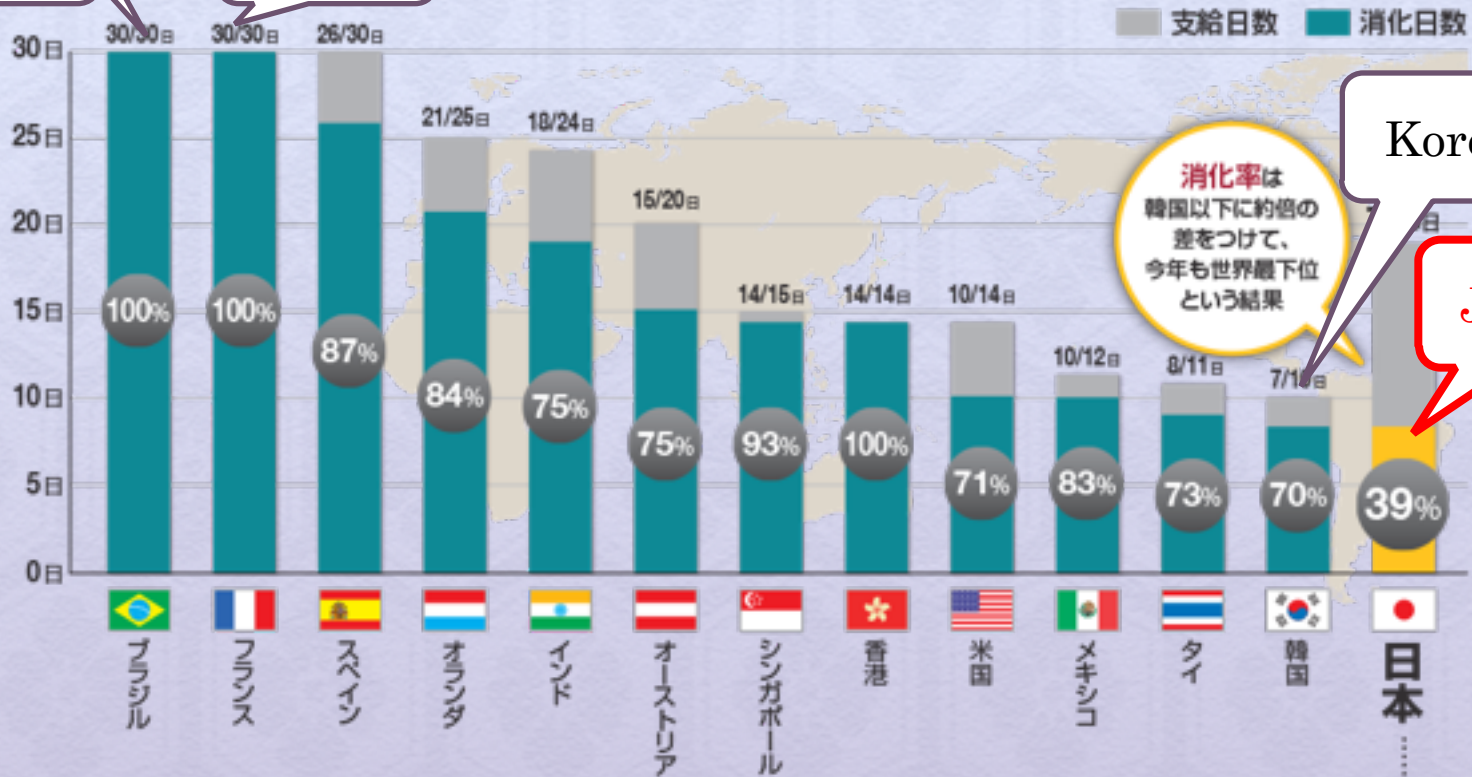
- ◆ (In Japan) death caused by overwork or job-related exhaustion (<http://www.oxforddictionaries.com/>)
- ◆ In 2002, Oxford dictionary on the web added this Japanese word 'Karoshi' as a new **English word**.
- ◆ This suggests that there is no corresponding word or concept in English to describe this phenomenon and, therefore, Karoshi might reflect a unique aspect of Japanese culture.



# Acquisition rate of paid holiday

Brazil

France



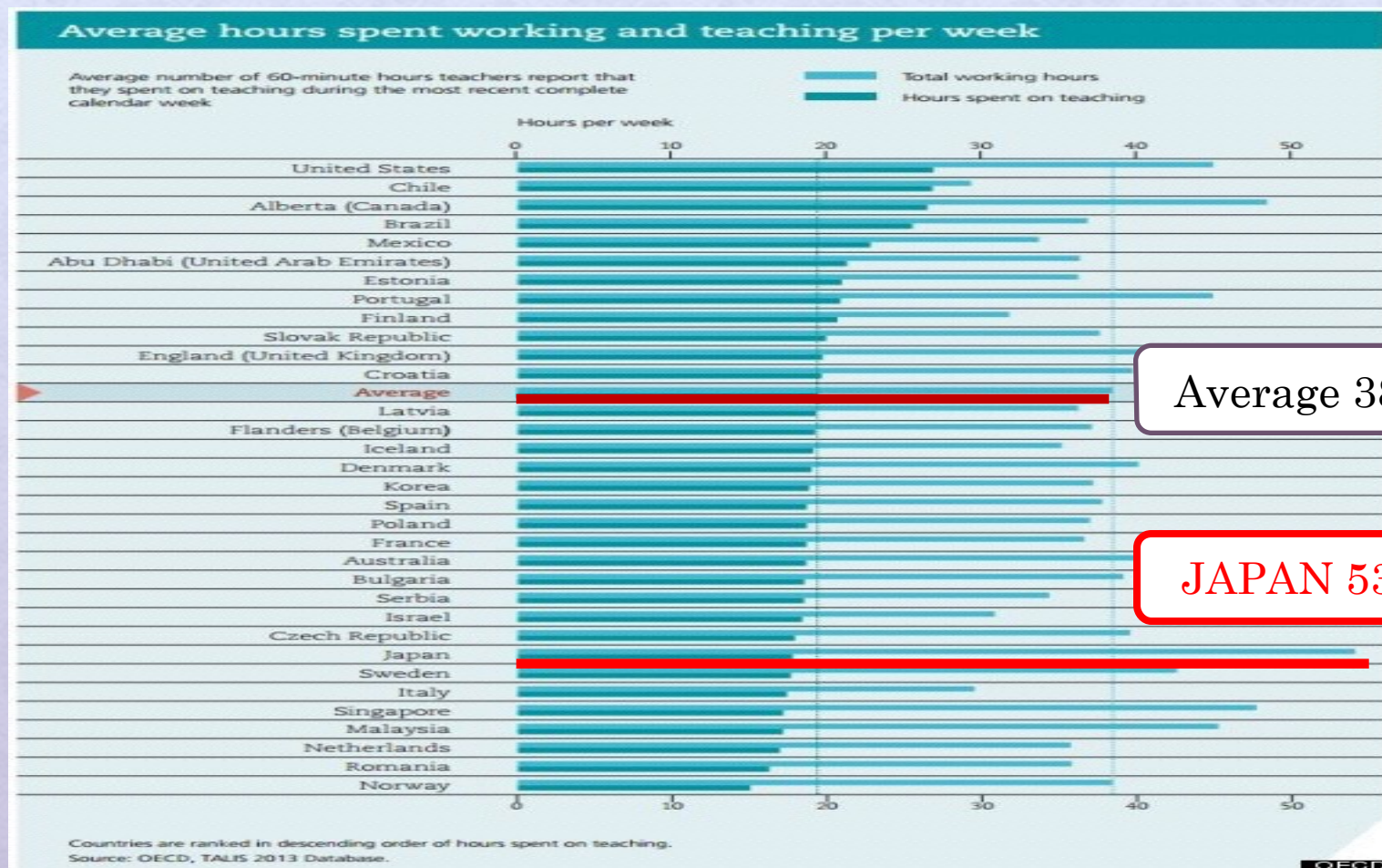
消化率は韓国以下に約倍の差をつけて、今年も世界最下位という結果

Korea

Japan

# Japanese school teachers work longest hours in the world!

TALIS2013(the OECD Teaching and Learning International Survey)



Foreigners might think...

**“Japanese Live...and  
Die...for Their Work”**

**Chicago Tribune**

Chicago Tribune, November 13, 1988

# What is the role of Takako's self-protective strategy?

- ◆ This cultural context of Japan indicate that Takako's work style might be not very unusual in Japan.
- ◆ But, at the same time, not all the Japanese teachers work like her.
- ◆ Takako did admit that, although it was true that her school was quite busy, she tended to work overtime more than others.
- ◆ Takako's individual factor (self-protective strategy) also must have played some role in such a work style.



---

## **TAKAKO'S CLASSIFICATION OF THE DMM-AAI**

# Takako's classification of the DMM-AAI

- ◆ At first, I classified her as;

R (Utr(p)fa, A4(mo)C4(fa)→B).

- ◆ But, later, the two reliable coders  
classified as;

DO Utr(dx)PAEN & uncertain parentage  
A4C3(5)Δ

# Takako's classification of the DMM-AAI

- ◆ DO: Disorientation is one of the **modifiers** in the DMM-AAI which have a pervasive influence on psychological functioning. Their behavior is neither self-protective nor comfort-eliciting.
- ◆ Utr(dx): Unresolved trauma (disorganized form) is assigned when the speaker shows multiple psychological responses to a single traumatic experience.
- ◆ PAEN & uncertain parentage: the contents of trauma
- ◆ A4C3(5): her main strategy
- ◆ Δ: triangulation

# Takako's classification of the DMM-AAI

- ◆ There could be two reasons that I misclassified her as 'R (reorganizing) toward B'; firstly, my coding skill was not good enough; secondly, it reflected my expectation that the client would be improved after more than 30 sessions.
- ◆ This suggests that DMM-AAI could be used to assess the effectiveness of the counseling more objectively than the counselor's own judgement.



# An excerpt from Takako's AAI

- ◆ With the use of onomatopoeia like 'Daaah' or 'Gan Gan Gan', she made me feel as if I was at the scene, watching her father chasing her.
- ◆ If the DMM-AAI was given in the early phase of the counseling, it would have revealed the relationship basis of her problems, her anger and her strategy to avoid thinking productively.



---

**FEEDBACK FROM TAKAKO: WHAT IS CHANGED  
AND NOT CHANGED?**

# Feedback from Takako

- ◆ This feedback suggests that Takako's main problem, that is, her compulsive work style, seems to improve to some extent in this counseling.
- ◆ As for the relationships with her parents, another DMM-AAI might be needed to assess the effectiveness of the counseling.

---

# CONCLUSION

# ( 1 ) H o w c a n w e u s e the DMM-AAI clinically

① use it as an assessment tool before the treatment starts:

- ◆ it could give clinicians a lot of the information about the client which could be equal to many sessions in counseling.
- ◆ its structure, which begins from comfortable questions, then gradually asks about various threats, and after some integrative questions, eventually returns the control to the speaker, seems to prepare the individual's mind for change.

# ( 1 ) H o w c a n w e u s e the DMM-AAI clinically

- ◆ Compared to the symptom-based assessment, the self-protective strategy on the DMM-AAI would allow clinicians to understand the problem of clients in terms of interpersonal function, and predict how the client would behave in the therapeutic relationship.
- ◆ Thus, it could shorten the treatment, reduce the total cost of the treatment, improve the effectiveness of treatment, which would eventually allow clinicians to accept another troubled client.

( 1 ) H o w   c a n   w e   u s e  
the DMM-AAI clinically

② use it to deal with the therapeutic impasse in the middle of the treatment:

- ◆ According to Safran and Muran (1996), the rupture of the therapeutic alliance happens when the therapist unwittingly joins the maladaptive interpersonal cycle the client brings into the therapy, which ends up confirming the self and object representation of the client.

# ( 1 ) H o w c a n w e u s e the DMM-AAI clinically

- ◆ In psychoanalysis, the use of countertransference is regarded as one of the important ways to reflect on how the client's past object relationship is enacted or repeated in the present therapeutic relationship.
- ◆ However, Mitchell (1993) pointed out that too much focus on the participant of the analyst in the therapeutic relationship could lead to emphasize the importance of the analyst so much that the experience of the patient might not be explored enough.
- ◆ The use of the DMM-AAI would allow clinicians to understand more objectively how the self-protective strategy contributes to the impasse.



( 1 ) H o w c a n w e u s e  
the DMM-AAI clinically

③ u s e it to assess the effectiveness of the  
treatment after the end of the treatment:

- ◆ Clinicians tend to see the progress even when there is none.
- ◆ The DMM-AAI, which is coded blindly, would give clinicians unbiased information about the client state of mind.

## (2) How can culture affect self-protective strategies

- ◆ Crittenden (2000) wrote, 'often what seems odd to the outsider is so normal as to be invisible to investigators within the culture'(p.5).
- ◆ She also pointed out that what is considered as psychopathological could differ by culture.
- ◆ Takako's compulsive workstyle could be regarded as psychopathological in Western cultures whereas many Japanese might consider it as normal or even ideal in that she could be regarded as very loyal to her work.

## (2) How can culture affect self-protective strategies

- ◆ ‘Karoshi’ might be the result that an individual’s maladaptive self-protective strategy has been kept ‘invisible’ to oneself as well as to others including professionals due to the Japanese cultural bias.
- ◆ Crittenden (2000) suggested that ‘it would be extremely interesting to know which attachment patterns were most closely related psychopathology (p.367) ’ in each culture.
- ◆ To conduct this kind of research would help clinicians to understand the relationship between self-protective strategies and psychopathology which is probably defined in a culturally specific way.

I hope this presentation will stimulate your interest in using the DMM-AAI clinically.

---

Thank you!