

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

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Kenichi Mikami is a clinical psychologist whose clinical work has largely been with college students. His specialty areas are psychoanalytic psychotherapy and interpersonal psychotherapy, for which he has received formal additional training. He has also received extensive training from Dr. Crittenden on the Adult Attachment Interview and has integrated this assessment into his clinical practice. This is the focus of his doctoral dissertation, which is underway. Mr. Mikami has published a number of papers and given professional presentations on topics such as the therapeutic relationship, attachment in children and adults, assessment, and psychotherapy processes and techniques.

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This presentation describes the process of using the DMM-AAI to inform treatment. A case study is offered of a woman seeking treatment for being a workaholic. The woman was in her 30's and in post-graduate training. She sought counselling because she felt unable to return to work – even though that had been her goal for returning to university. Her problem was expressed as extreme overwork, which often lasted even after midnight. Mr Mikami will discuss clinical use of the DMM-AAI in terms of the relation between self-protective strategy and the counselling process. He will also consider the cultural context of modern Japan in terms of how it might affect the use of a compulsive self-protective strategy.

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.