

A1 narrative sj

P: My supervisor called me three times while I was sick in bed, and a few days after that I was telling my Mom, I just don't stand for harassment; it's just not something I put up with; so I was going to go ahead and quit. And she was saying not to, which goes against what I believe in. If I go back to work for them, it's like saying harassment is all right, which I just don't stand for that.

T: Mhm...so she said that...

P: ...That I shouldn't quit.

T: So how did you feel when she said that?

***The therapist is attempting to help the patient develop the narrative into a he said/she said sequence of responses and to help the patient to identify and verbalize his emotions.***

P: That I should confront my manager. I'm like, 'Uh, I'm sick in bed and you call you three times to get out of bed? That's just rude and it's unhealthy for me.' I get more sick with the flu than most people do. That's why my doctor was very cautious about it. He was going to prescribe me medication, but he decided against it. He just told me to stick by my ibuprofen.

T: So, during the last conversation with the regional manager, what happened then, when he called you the third time?

P: He just kept going on about the doctor's note. He was like, 'Have you gone to see the doctor yet today?' I'm like, 'No! I'm in bed sick with a 104 temperature. What do you expect from me?' And he was like, 'well, just bring me a doctor's note.' I'm, I was like, 'I'm just not going to stand for this anymore.' The next day...

T: What did you say when he said, 'Just bring me a doctor's note?'

P: I said, 'Yes sir, I'll do that.' And then the next morning he called again, which made the fourth time.

T: Oh!

P: And I had just had enough. I said, "I'm in bed sick. Do not disturb me anymore, and if I want to, I could file harassment charges against..."

T: Oh, you said that?

P: Yeah.

T: Wow!

P: Yeah, I'd file harassment charges against him because I was in no condition even to be out in the weather. I was in pretty bad shape. I lost 11 ½ pounds.

T: My goodness!

***The therapist has made a series of empathic exclamations as part of normal human responsiveness.***

P: My body just wouldn't eat.

T: So, what was it like to tell that to him?

***Although the patient has been able to verbalize a complex series of narratives, there is a missing component, namely the underlying emotions. Persons with borderline pd have difficulty labeling and acknowledging their emotions.***

P: It felt powerful and I was afraid he was going to fire me for it.

***In response to prompting, the patient is finally able to verbalize his emotions.***

T: Yeah, so you felt powerful on the one hand, but you were also a little bit worried.

***The therapist reifies the patient's response by repeating it back as an integrative comment, i.e. integrating the opposing emotions of feeling powerful vs. worried.***

P: Yeah, but then on Friday...

T: But what did he answer when you said that you might file harassment charges?

P: He hung up on me.

T: Really! Did that make you more nervous?

P: It did a bit. But I thought about it hard, so the next morning I called my local manager and said, 'I'm sorry to have do this to you, but I quit.'

T: What did she say?

P: She was like, 'That's fine. See you tomorrow.'