

D1 jg Merger

Pt. It's like I'm on a roller coaster or something...like we're on a roller coaster...like rolling hills or something...I'm on this roller coaster of emotion with my brother. And, I don't know, should she...should she call him?

T. Why are you upset right now?

***As a general rule, it is always good to recognize and kindly question patients' emotions when they appear upset. This intervention serves to strengthen the alliance and fosters exploration.***

Pt. Because I almost said, "Should we call him?" I shouldn't be angry at him. I should not be mad at him. I don't know.

T. Why does that make you upset, saying 'should we'?

***The patient is in a hyperaroused state and is disorganized and almost incoherent. In order to calm and focus the patient, the therapist invites her to verbalize her emotional experience.***

Pt. Because it's as if I'm her. It's as if she's me and I have to feel whatever it is she feels or agree with her. You know, it just feels like that. It feels like, like a blank...even though I know that that's not really true.