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Pt. You know, I don't know if it's the new medication or what. But, lately it seems that everybody I come in contact with is totally trying to manipulate me. Everybody. You know, and right now I got my brother-in-law who I've been working on his car. And yesterday I went to my friend's house. The part wasn't supposed to come in for his car for my brother's car until like 3. So he decided to take the day off from work. Well, the part came in like at noon and he expected me to be around and I wasn't. So, right away, he goes to a bar and starts drinking. And then it's total panic. He's calling the house over and over again. He's trying to get me at my friend's house, you know, panic city. And finally I get home at like 4 or 5 o'clock or so, and he's got an attitude with me because I wasn't around.

***The patient is going off on a litany of complaints about other people while taking no responsibility for her own contributions, consistent with the Angry Victim State.***

T. How is that manipulating you though?

Pt. Well, I don't know, it's just the tone that he takes with me. You know, like, "I can't believe that you weren't around." It just makes me feel bad.

T. So making you feel bad?

Pt. Yeah, and it starts pouring out. So instead of having me do it in the morning, he's got me out there underneath the car doing it in the pouring rain, you know?

T. How...how do I manipulate you?

***Whenever patients complain about other people, therapists should inwardly question whether the complaint might also pertain to themselves. Given that the patient missed the previous session, the therapist strongly suspects a rupture in the alliance and brings the discussion to the transference.***

Pt. How do you manipulate me?

T. 'Cause you said, 'Everybody I'm coming in contact with, everybody, is manipulating me.'

Pt. Well...I feel like...well, I didn't really like what you said yesterday on the phone...how you said, 'If you want to come back.'

T. Well, good. I'm glad you could bring that up.

***The therapist is attempting to provide experiential acceptance in response to the patient's unjust criticism. By so doing, the therapist is hoping to deconstruct the patient's expectation for a shaming and invalidating response and thereby strengthen the therapeutic alliance.***

Pt. Because, I felt like you felt that I deserted you, or deserted therapy, and I didn't.

T. I see.

Pt. I just couldn't make it last week, you know? So, it wasn't that I gave up on the program or on therapy or any of that...I just couldn't fit it in my schedule. And, it kind of just struck me the wrong way and made me get an attitude towards you and towards coming to therapy, and, I don't know, it just made me feel that, I don't know. It just kind of struck me as bad as like my former therapist turning around and making kind of like a dig in my category. Do you know what I mean?

T. Yeah. Mmhm. Yeah. And I am glad that you could say that. Obviously it takes a certain amount of trust and is a sign of recovery. Actually, it's a sign of improvement that you are able to be direct enough with me to say that.

Pt. Well, I realize lately that I haven't been making all my appointments and stuff like that.