

D3 kc AV deconst IV

Pt. You know, he is all I have and he left me. He was my only friend. He just left me there with those people and I just wanted to choke him to death. I hate him. You know, it just feels so lonely, empty, like he ripped my arm off, you know.

Given that the patient is bringing up themes of rejection and abandonment, the therapist suspects that she is also unconsciously describing her feelings about the upcoming termination of the therapy relationship.

T. But it didn't feel that way when we talked about the end of our relationship?

The therapist brings the discussion to the transference.

Pt. Yeah, a little bit...but you didn't rip my arm off.

T. But you didn't want to choke me though?

Pt. No, I just wanted to kick you in the shins a little bit.

T. Well, I'm disappointed. I feel lower down on the totem pole.

The therapist has attempted to provide experiential acceptance in response to the patient's half-acknowledged anger regarding termination.

Pt. No, you shouldn't, you shouldn't.