

D4 af AV Deconst

Pt. Actually, I was talking with this guy the other day and he was like, he was like... 'you're not even just...' Because I was like, 'I know I'm just his patient and like, I'm in the study, so is he here to help me or am I here to help him with his study and da da da da da.' And then the guy was like, 'Well, you're not even just a patient. You're even less. You're more like ...'

***The patient is feeling angry and mistrustful of the therapist, consistent with the Angry Victim State. Like other patients with borderline pd, however, she has difficulty being direct about how she feels, so couches her suspicions in terms of her friend's concerns.***

T. A guinea pig?

Pt. A specimen... And I was like, 'Oh geez, you know?' Yeah, so...

T. Yeah.

Pt. So it's kind of foolish of me to think that you even really care, so maybe you should treat me more like what I really am, like a specimen of some study. 'Cause maybe I idealize this situation too. Do you think I do? Do I idealize this situation?

***The patient is making a concerted attack on the therapist's integrity and motivations. What would you be feeling at this point if you were the therapist? How would you respond?***

T. Well, that's...you're going to have to decide that. But that's an important question. You know, do I have any genuine caring for you? Or are you just a specimen in a laboratory to be used and discarded at will?

***The therapist was feeling unjustly attacked and felt compelled to respond, "How could you say I don't care after all we have been through together?" However, this would be a shaming and invalidating response that would have only reinforced the patient's expectations. So instead, the therapist responds with experiential acceptance and an integrative comment.***

Pt. And that's why I was like, 'I really need help and if he's only going to provide me what the study can provide and he doesn't care if I need more, like...

T. Well, what is it like to have a therapist who...?

Pt. Like, are you so into the study that you're just following the study rules? Or, I don't know.

T. So, do you imagine I might be very different if you weren't in the study?

Pt. No, I don't know. Because I don't know if you've been sick before or if you are just like a doctor who is like...I don't know...devoting his life to finding out...

T. So different images you have of me is would be cold and callous, kind of a cold, callous researcher versus someone who is maybe genuinely motivated to help you and others with the disorder?

***The therapist again provides experiential acceptance and an integrative comment.***

Pt. Well, I think it's kind of like a way of protection, because I don't really see you as that, like now when we are in our sessions, but when I'm not with you, sometimes I think that, 'cause I kind of want to think the worst so in case that's the way you really were, I would be less hurt than if I was like, 'Oh, he's so great!' You know? So that's why, you know, it's kind of like a protection.

***In response to the therapist's intervention, the patient has shifted out of the Angry Victim State and has developed the capacity to reflect on herself from an outside perspective, i.e. Alterity.***

T. Mm hm, mm hm.

Pt. But with my parents, I can't do that. Like, when they're good I'm like, 'Oh, they're good, they are good, so good, and I was wrong all along.' And then, bam, something happens and it's like I was blind-sided. And...

***In her reflective state, the patient free associates to her relationship with her parents.***

T.     So you don't want to be blind-sided with me too?

***The therapist brings the discussion back to the transference, thereby integrating past and present.***

Pt.     No.

T.     So you think it's kind of like a protective mechanism to keep your distance?

Pt.     (Nods)