



**Ispas**

Instituto Universitário  
de Ciências Psicológicas,  
Sociais e da Vida

# **Intervenções do psicoterapeuta e mudanças de narrativa produzidas nos pacientes**

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**Tese submetida como requisito parcial para a obtenção do grau de:**

**MESTRE EM PSICOLOGIA**

Especialidade em Psicologia Clínica

2022

Dissertação de Mestrado realizada sob a orientação do Prof. Doutor António Pazo Pires, apresentada no ISPA – Instituto Universitário para obtenção de grau de Mestre na especialidade de Psicologia Clínica.

## **Agradecimentos**

Os agradecimentos são sempre um momento de introspeção, no qual retrocedemos até onde tudo começou no nosso percurso universitário. Agora no fim deste percurso de evolução que não fica por aqui, tento recordar todas as pessoas que acabaram por tornar tudo possível. Agradeço então,

Ao Professor Doutor António Pazo Pires, o meu orientador de dissertação, pelos seus conhecimentos e aprendizagens que me proporcionou durante o seminário, pela sua paciência, disponibilidade, aconselhamentos, pela sua orientação fundamental na realização deste trabalho e por despertar o meu interesse e curiosidade em perceber melhor os processos em psicoterapia.

À Ana Aleixo pela sua enorme disponibilidade, conhecimento, motivação, esforço, apoio, e ajuda imprescindível para que tudo fosse feito com sucesso neste trabalho.

À minha namorada Inês pelo companheirismo, compreensão, escuta atenta, carinho e por todo o apoio cada vez que precisei e por acreditar sempre em mim. Sem ti o meu percurso no ISPA não teria sido o mesmo, obrigado por todos os momentos que tivemos.

À Sofia, Sílvia e Mário pela grande amizade construída ao longo destes anos, e por terem acompanhado de perto este percurso, foram sempre grandes companhias no ISPA.

Ao Miguel, por ser o melhor amigo que eu poderia ter.

Aos meus colegas de seminário pela partilha e pela colaboração com o meu trabalho.

Aos meus pais pelo amor incondicional, enorme dedicação e por me proporcionarem a oportunidade de estudar numa universidade fantástica e por tudo o que fizeram por mim ao longo destes anos.

Por fim, obrigado ao ISPA, por todas as experiências que me proporcionou, todos os conhecimentos que me permitiu adquirir, todas as pessoas que me fez conhecer, excelentes professores e grandes amigos que fiz.

A todos, um muito obrigado.

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## **Lista de Abreviaturas**

MULTI – The Multitheoretical List of Therapeutic Interventions

MULTI- 30 - The Multitheoretical List of Therapeutic Interventions – 30 Items

NPCS – Narrative Process Coding System

NEPCS – Narrative-Emotion Process Coding System

NEPCS 2.0. - Narrative-Emotion Process Coding System (Versão 2).

NE-P - Processos de Narrativa-Emocional

FC – Fatores Comuns

EFT – Terapia Focada nas Emoções

PT – Psicoterapia Psicanalítica

CBT – Terapia Cognitiva Comportamental

**Revisão de Literatura / Literature Review**

**Revisão de literatura sobre os fatores comuns e fatores específicos em psicoterapia e o seu impacto na aliança terapêutica e no outcome**

**Literature review on common factors and specific factors in psychotherapy and their impact on therapeutic alliance and outcome**

Tomás Santos Tomé

## Resumo

**Objetivo:** O objetivo passou por rever a literatura sobre fatores específicos e comuns aos modelos terapêuticos e o impacto destes na aliança terapêutica e no outcome em psicoterapia. **Método:** Efetuou-se uma pesquisa em várias bases de dados eletrônicas com os termos de pesquisa “fatores comuns”, “fatores específicos” e “psicoterapia” em português e inglês. **Resultados:** A literatura tem considerado "fatores comuns" como um indicador de que todas as formas de tratamento são igualmente eficazes. Sugere também que os fatores comuns são mais importantes para um resultado positivo do que as técnicas específicas. **Conclusões:** Recomenda-se que os programas de formação clínica mantenham um foco nos fatores comuns, em particular na aliança terapêutica. No futuro deve investigar-se a importância dos fatores comuns tal como são percebidos pelos clínicos, utilizar amostras maiores e tentar diferenciar entre percepções e orientação teórica.

**Palavras-chave:** Investigação de Processos, Fatores específicos, Fatores comuns, Aliança terapêutica, Outcome em Psicoterapia

## **Abstract**

**Objective:** The aim was to review the literature on specific and common factors across therapeutic models and their impact on the therapeutic alliance and outcome in psychotherapy. **Method:** A search was conducted in several electronic databases using the search terms "common factors", "specific factors" and "psychotherapy" in Portuguese and English. **Results:** The literature has considered "common factors" as an indicator that all forms of treatment are equally effective. It also suggests that common factors are more important for a positive outcome than specific techniques. **Conclusions:** It is recommended that clinical training programs maintain a focus on common factors, in particular the therapeutic alliance. Future research should investigate the importance of common factors as perceived by clinicians, use larger samples, and try to differentiate between perceptions and theoretical guidance.

**Keywords:** Process Investigation, Specific factors, Common factors, Therapeutic alliance, Psychotherapy outcome

## Introdução

Diferentes tipos de construtos relacionados com a mudança têm sido o foco da investigação de processos ao longo das décadas: mecanismos, mediadores, mecanismos de processo, ingredientes ativos, e outros. Muito tem sido escrito sobre as diferenças e as relações entre elas (Kazdin, 2007; Kraemer et al., 2002).

Mais recentemente a investigação ao nível dos processos tende a centrar-se na diferenciação de dois fatores distintos – fatores específicos e fatores comuns. Assume-se como fatores técnicos ou específicos os procedimentos intrínsecos a cada terapia, e como fator comum a relação existente entre o paciente e o terapeuta, uma vez que é independente da abordagem teórica (Sirigatti, 2004).

Greenberg e Pincus (1986) tentaram descrever uma dinâmica de interação entre os fatores comuns e aqueles que são específicos. Desta forma, a aliança terapêutica não é um fator em si mesmo independente dos fatores técnicos, mas uma parte constituinte da terapia que permite o desenvolvimento de aspetos específicos, que parecem fazer a diferença. Assim sendo, a qualidade particular da aliança terapêutica, em determinados instantes da terapia, pode ou não permitir a utilização com sucesso de certas técnicas.

Existem determinadas propriedades e características do terapeuta que vão funcionar como impulsionadores do processo de mudança. Uma dessas características são as intervenções que o terapeuta faz, ou seja, a forma como age diretamente sobre o processo. As intervenções terapêuticas têm como objetivo facilitar o processo de mudança. Quer seja positivamente através da criação de hipóteses, explicações, fomentar o pensamento, elucidar relações entre aspetos do próprio na relação consigo mesmo ou com os outros, quer seja negativamente desconstruindo modelos anteriores, fantasias e pensamentos entre aspetos do próprio na relação consigo mesmo ou na relação com o outro.

Dois grupos de mecanismos são tipicamente identificados na literatura: fatores comuns e fatores únicos (Castonguay, 1993). Os factores comuns são os elementos que são omnipresentes em todas as formas de psicoterapia, ou pelo menos em várias delas. Os fatores únicos ou específicos são elementos de uma psicoterapia específica que se presume estarem ausentes noutros tipos de psicoterapia.

Foram elaboradas várias listas de fatores comuns ao longo dos anos (Frank, 1961; Rosenzweig, 1936). Tanto fatores comuns como únicos são suscetíveis de explicar, ou pelo menos de prever, parte da eficácia da psicoterapia (Cuijpers et al., 2012; Norcross & Lambert, 2011). Tanto fatores comuns como específicos são talvez aquilo a que Frank (1976) se referiu como "características" ou "funções". As características são elementos da terapia, tais como o ambiente onde esta tem lugar, a relação terapêutica que se desenvolve entre cliente e terapeuta, bem como as técnicas que estão a ser utilizadas.

Vários estudos mostram que os terapeutas utilizam uma vasta gama de intervenções, mesmo dentro de uma única sessão. Isto é evidenciado por um inquérito que mostrou que o uso de intervenções de orientação não primária dos terapeutas é comum (Thoma & Cecero, 2009), e estudos anteriores mostraram que os terapeutas tendem a usar intervenções derivadas de múltiplas orientações em sessões, mesmo quando conduzem tratamentos manuais (Hilsenroth, Blagys, Ackerman, Bonge, & Blais, 2005; McCarthy & Barber, 2009; Trijsburg et al., 2004).

Os investigadores em psicoterapia têm-se concentrado frequentemente em "fatores comuns" como uma razão subjacente às descobertas que indicam que todas as formas de tratamento são igualmente eficazes (Driessen et al., 2013; Leichsenring, 2001).

Atualmente na literatura existem diversas definições de fatores comuns em psicoterapia (Greencavage e Norcross, 1990; Lambert et al., 1994; Rosenzweig, 1936; Trancas et al., 2008). No entanto, este conceito foi introduzido pela primeira vez por Rosenzweig (1936) e desenvolvido posteriormente por Frank (1974) que propôs que se uma variedade de tratamentos gerar resultados semelhantes, deve haver elementos terapêuticos que sejam comuns a todas as abordagens de tratamento. O núcleo destes elementos pode ser a relação (aliança terapêutica) entre duas pessoas que proporciona a oportunidade de alívio do sofrimento.

Rosenzweig (1936) identificou cinco fatores gerais abordados por várias escolas de psicoterapia, os quais ajudariam a fornecer explicações relacionadas às subseqüentes pesquisas a respeito da equivalência de resultados em psicoterapia, a saber: 1) a relação paciente-terapeuta; 2) a catarse emocional do paciente; 3) o impacto da personalidade do terapeuta; 4) a ideologia ou teoria que baseia as ações do terapeuta no desenvolvimento de esquemas de organização e reintegração da personalidade do paciente; 5) a

complexidade dos eventos psicológicos e sua interdependência em relação aos demais fatores.

Podem caracterizar-se os fatores comuns como variáveis não específicas a uma psicoterapia em particular e comuns a diferentes psicoterapias. São descritos como aspectos da psicoterapia que se mostram eficazes, mas que não são específicos a um corpo teórico em particular (Trancas et al., 2008).

Uma das formas de operacionalizar os fatores comuns é avaliar o efeito da utilização de técnicas de fatores comuns por parte dos psicoterapeutas. Alguns dos exemplos destas técnicas podem ser a tentativa de inspirar esperança no paciente ou tornar claro que se está a ouvir atentamente e compassivamente o paciente (McCarthy & Barber, 2009; Wampold, 2001).

A literatura que discute os fatores inespecíficos em psicoterapia classifica-os em torno de três grandes eixos: o paciente, o terapeuta e a relação entre estes (Fernández et al., 2008). Os fatores do paciente seriam variáveis demográficas (género, idade e nível socioeconômico); diagnósticos clínicos (características de personalidade, tipos de transtornos e grau de complexidade dos sintomas; crenças e expectativas de melhoria; e disposição pessoal. Já os fatores do terapeuta incluiriam a atitude (acolhimento, aceitação, autenticidade, congruência), habilidades, personalidade, nível de experiência e bem-estar emocional do mesmo. Por fim, os fatores da relação são descritos como o ponto mais significativo, e são responsáveis por 45% do processo de mudança.

Esta revisão de literatura pretende compilar as relações entre fatores comuns e aliança terapêutica, fatores comuns e resultados, fatores comuns e fatores específicos, entre fatores específicos e aliança terapêutica, fatores específicos e resultados e aliança e resultados terapêuticos. O estudo em questão pretende reunir literatura sobre temáticas ligadas ao processo em investigação e o impacto que algumas das variáveis que a envolvem têm sobre outras. Isto pode servir de avanço na investigação sobre o processo em psicoterapia e no sentido de melhorar a prática clínica e a investigação já feita até ao momento.

## **Fatores comuns e fatores específicos**

A distinção entre fatores comuns e ingredientes específicos, parece não ser a mais direta. Ações terapêuticas específicas são comuns, Jerome Frank (1961) foi um dos primeiros a descrever como um ritual terapêutico era necessário para todos os tratamentos. Sem ingredientes terapêuticos específicos, não há tratamento. Por outro lado, os ingredientes específicos não podem ser entregues sem os fatores comuns, são entregues no contexto de uma relação, geralmente um encontro face a face.

No que diz respeito à complexa dinâmica entre fatores específicos e fatores comuns, parece que o modelo desenvolvido por Greenberg e Pincus (1986) é o que mais se adequa aos resultados encontrados. Este modelo preconiza que as variáveis específicas modelam e estão envolvidas na constituição das variáveis gerais, que por sua vez modelam as variáveis específicas e mais técnicas. De certa forma foi o que se verificou neste estudo, em que existe uma estreita ligação entre os fatores considerados comuns (vínculo terapêutico) e aqueles mais específicos (intervenções técnicas). Esta investigação revela que, ao nível da psicoterapia psicanalítica, não faz qualquer sentido separar ou ponderar a importância destes dois fatores individualmente, uma vez que ambos contribuem para o processo terapêutico numa dinâmica mútua em que nenhum tem um efeito preponderante por si só.

Embora tenha havido um debate controverso se os fatores comuns ou específicos são mais importantes nos tratamentos psicossociais, a investigação atual não apoia qualquer fator comum ou qualquer fator específico a ser um mecanismo de trabalho validado empiricamente (Cuijpers et al., 2019).

Embora se pense que fatores comuns são igualmente relevantes em todas as abordagens terapêuticas (Lynch, 2012; Laska et al., 2014; Mulder et al., 2017; Wampold, 2015), um estudo de King e colegas (2020) encontrou maior utilização de fatores comuns na terapia cognitiva-comportamental. Probst e colaboradores (2021) constataram também que independentemente do formato do tratamento, não houve influência da orientação terapêutica do terapeuta na forma como os terapeutas classificavam as intervenções psicodinâmicas, centradas na pessoa, no processo-experienciais e interpessoais. Isto é surpreendente, uma vez que, em relação a outras orientações terapêuticas, seria de esperar que os terapeutas psicodinâmicos e os terapeutas centrados na pessoa, bem como os

terapeutas humanistas, obtivessem melhores pontuações de intervenção, bem como pontuações de intervenção experiencial de processo.

Muitos estudos examinaram se os tratamentos que utilizaram várias orientações teóricas diferiam nas intervenções que os terapeutas utilizavam (Barber, Foltz, Crits-Christoph, & Chittams, 2004; Dimidjian, et al., 2006; Greenberg & Watson, 1998; Hill, O'Grady, & Elkin, 1992) e se as ações específicas do terapeuta estavam relacionadas com mudanças no processo e resultados da terapia (Barber et al., 2006; Feeley, De Rubeis, & Gelfand, 1999; Paivio & Greenberg, 1995). Tal como os fatores psicoterapêuticos podem ser caracterizados como comuns e específicos, as intervenções podem ser classificadas conforme a sua especificidade ou não especificidade no que diz respeito aos quadros teóricos em psicoterapia (Wampold, 2001).

### **Fatores comuns e o impacto na aliança terapêutica**

Num estudo de Luborsky, Singer e Luborsky (1975), os autores constataram que quando compararam psicoterapias entre si ou com outros tratamentos que não havia diferenças significativas quanto à proporção de doentes que melhorava. Atribuíram como explicação para isto o facto de existirem componentes comuns entre as terapias. Ahn e Wampold (2001) também sugeriram que as melhorias se deviam a componentes comuns às psicoterapias, ao mostrarem que não existiu evidência de que os fatores específicos de diversas psicoterapias fossem responsáveis pela evolução positiva encontrada nos pacientes.

De acordo com Ackerman e Hilsenroth (2001, 2003), a utilização de técnicas de fatores mais comuns, tais como o calor, a empatia e o encorajamento, é suscetível de ser conducente à formação de uma aliança mais forte. De facto, uma meta-análise recente concluiu que o uso de empatia e genuinidade pelos terapeutas estava significativamente relacionado com os níveis da aliança terapêutica (Nienhuis et al., 2018). Assim, é possível que uma aliança terapêutica forte seja um produto potencialmente positivo ou um resultado da utilização de técnicas de fatores comuns (Gabbard, 2004). Uma alternativa à hipótese de que o uso de técnicas de fatores comuns seria preditivo de uma aliança mais forte é que a aliança seja criada e reforçada pelo uso de intervenções teóricas específicas, o que poderia ajudar a facilitar o envolvimento em tarefas e objetivos da terapia.

Solomonov e outros investigadores (2018) tentaram identificar as técnicas que são mais facilitadoras de uma melhor aliança de trabalho e verificaram que quando os terapeutas utilizavam níveis mais elevados de técnicas de fatores comuns no início do tratamento, os seus pacientes relatavam mais tarde uma aliança de trabalho mais forte. Além disso, os terapeutas eram mais propensos a utilizar níveis mais elevados de técnicas de fatores comuns com os pacientes com os quais estabeleceram uma aliança mais forte no início do tratamento. Esta descoberta apoia estudos anteriores que demonstraram uma relação entre técnicas de apoio ou de construção de relações e melhores alianças (Ackerman & Hilsenroth, 2003; Karver et al., 2008; Malin & Pos, 2015). Estes resultados apoiam a ideia de que as técnicas partilhadas por todas as modalidades de tratamento têm um impacto mais forte no desenvolvimento de alianças (Messer & Wampold, 2002).

### **Fatores específicos e o impacto na aliança terapêutica**

Ackerman e Hilsenroth (2003) examinaram técnicas terapêuticas que estavam positivamente associadas à relação terapêutica e verificaram que a exploração, reflexão, tomar nota do sucesso da terapia, interpretações corretas, facilitação da expressão do afeto e a atenção à experiência do cliente estavam positivamente associados à aliança. Conseguiram ainda entender que os terapeutas identificados como sendo particularmente calorosos, interessados, abertos, confiantes e flexíveis tenderam a formar melhores alianças (Ackerman & Hilsenroth, 2003).

Em contraste, descobriram que a sobre-estruturação da terapia, a auto-divulgação inadequada, o uso denso de interpretações de transferência, e o uso inadequado do silêncio foram todos negativamente associados à aliança terapêutica. Nesta revisão constataram ainda que terapeutas que exibiam atributos pessoais mais negativos na terapia (por exemplo, rigidez e ser demasiado críticos ou distantes e inativos) foram considerados como tendo alianças piores (Ackerman & Hilsenroth, 2001).

Kivlighan e colaboradores (2019) comprovaram que uma maior utilização de técnicas psicodinâmicas estava associada a níveis mais elevados da aliança de trabalho, que por sua vez estava associada a uma menor angústia do cliente. Houve um efeito indireto significativo das técnicas psicodinâmicas na diminuição da angústia mediada pela aliança de trabalho. Observaram ainda que a aliança de trabalho foi mais elevada em fases mais tardias da psicoterapia.

Neste sentido são vários os estudos que mostram consistentemente que uma maior utilização de técnicas psicodinâmicas está relacionada com uma aliança de trabalho mais forte (Owen, Hilsenroth, & Rodolfa, 2013; Patton, Kivlighan, & Multon, 1997).

Embora alguns estudos tenham mostrado que o uso de técnicas psicodinâmicas específicas está associado a uma aliança melhor (Ackerman, Hilsenroth, & Knowles, 2005; Crits-Christoph, Barber, & Kurcias, 1993; Høglend et al., 2011), outros descobriram que o uso intenso de técnicas específicas (por exemplo, interpretações de transferência) poderia ser associado a piores alianças (Piper, Azim, Joyce, & McCallum, 1991).

Embora se esteja a falar maioritariamente de estudos de tratamento psicodinâmico, foram também encontradas evidências para apoiar as características e técnicas do terapeuta como variáveis com impacto na aliança em terapia não estruturada (Sexton et al., 1996), cognitivo-comportamental (Castonguay et al., 1996; Eaton et al., 1993), e terapia centrada no cliente (Eaton et al., 1993). Aliás, Eaton e colaboradores (1993) identificaram uma relação positiva significativa entre uma aliança fraca e o fracasso do terapeuta em estruturar a sessão, a incapacidade de abordar a resistência, a inflexibilidade, o uso inadequado do silêncio, e o uso de intervenções superficiais e destrutivas.

### **Fatores comuns e o impacto no outcome terapêutico**

É evidente que fatores comuns têm tido uma influência positiva nos resultados psicoterapêuticos. Um estudo de Castonguay e Beutler (2006) ilustrou que a mudança no cliente e os resultados de tratamento positivo dependem em parte de vários fatores comuns.

Outras investigações descobriram que o poder dos fatores comuns para prever o resultado é reduzido quando a alteração precoce dos sintomas é controlada (Barber et al., 2014). Pelo contrário, alguns sugeriram que fatores comuns podem ser diretamente responsáveis pelos efeitos benéficos da psicoterapia (Lambert, 2013), incluindo o insight (McAleavey & Castonguay, 2014).

Beitel e colaboradores (2018) tentaram estudar as técnicas que eram usadas por psicoterapeutas e os seus resultados mostraram que a abordagem de fatores comuns foi a abordagem mais relatada, seguida por abordagens centradas na pessoa e interpessoais.

Contudo, os terapeutas relataram a utilização de técnicas de todas as principais abordagens terapêuticas. O uso de técnicas foi afetado pelo cliente, terapeuta, e variáveis relacionadas com a terapia. O facto da abordagem de Fatores Comuns ter sido a mais prevalente, é uma descoberta consistente com uma amostra normativa de terapeutas (McCarthy & Barber, 2009).

Tendo em conta estudos que demonstram a importância da aliança terapêutica como fator positivo nos resultados do tratamento, para além das orientações teóricas (Etchevers et al., 2016), várias pesquisas que estudam o envolvimento de factores comuns e específicos nos resultados da psicoterapia mostraram que os quadros teóricos explicam numa percentagem muito baixa (menos de 12%) os resultados psicoterapêuticos positivos (Wampold, 2001; Lambert & Barley, 2001; Wampold & Brown, 2005). Boswell e colegas (2010) descobriram que as técnicas de “fator comum” são utilizadas com mais frequência do que as técnicas baseadas em teoria. Ablon & Jones (1998) observaram que as técnicas comuns podem ser os componentes ativos, responsáveis pela promoção de mudanças positivas no paciente. Wampold e Budge, (2012) observaram que apenas 1% dos resultados da terapia podiam ser atribuídos ao modelo específico, e que 13% das mudanças tinham a ver com as atitudes e características do terapeuta.

King e colaboradores (2020) também tentaram investigar o uso de técnicas em diversos modelos terapêuticos e no seu estudo os fatores comuns (FC) foram as intervenções mais frequentemente utilizadas pelos terapeutas, seguidas por intervenções centradas na pessoa, psicodinâmicas, processo-experienciais, cognitivas, interpessoais e comportamentais. Os pacientes que receberam mais intervenções de FC em média (ou seja, mais intervenções de FC do que a média dos clientes vistos pelo mesmo psicoterapeuta) classificaram as sessões como menos úteis quando foram empregues mais intervenções de CBT. Constataram ainda que à medida que os pacientes melhoravam, a quantidade de intervenções de fatores comuns que os seus terapeutas utilizavam aumentava.

No estudo de Kuprian e colaboradores (2017), os resultados ilustraram que o terapeuta com mais sucesso utilizou intervenções mais orientadas para a relação e que todos os terapeutas utilizaram menos intervenções orientadas para a relação ao longo do tempo.

O estudo de Berglar e colegas (2016) investigou fatores terapêuticos específicos e não específicos, concentrando-se nos efeitos do terapeuta sobre o resultado do tratamento. Verificaram que, para além da eficácia diferencial dos terapeutas, os fatores comuns, tais como a gravidade dos problemas psicológicos dos pacientes, também previam significativamente os resultados do tratamento.

Já foi mencionada importância dos fatores comuns em psicoterapia ao longo desta revisão, mas algumas meta-análises e revisões de psicoterapia têm sugerido que os fatores comuns são mais importantes para um resultado positivo do que as técnicas específicas (Ahn & Wampold, 2001; Lambert et al., 1994; Luborsky et al., 2002; Wampold, 2001; Drisko, 2004).

### **Fatores específicos e o impacto no outcome terapêutico**

A relação entre técnicas específicas e resultados está longe de ser clara. Embora vários estudos tenham encontrado uma associação positiva entre algumas intervenções psicodinâmicas, cognitivo-comportamentais e humanísticas e resultados (Castonguay, 2013), uma meta-análise recente concluiu que os níveis de adesão e competência do terapeuta às técnicas prescritas têm pouco impacto na melhoria do cliente durante o tratamento (Webb, DeRubeis, & Barber, 2010).

Mcaleavey e colegas (2014) comprovaram que através de diferentes técnicas, a própria orientação terapêutica não previu uma maior utilidade da sessão ao utilizar técnicas consistentes com a orientação.

Estudos anteriores sugeriram que quando os terapeutas persistem na sua interpretação em vez de se ajustarem flexivelmente à reação do cliente, os resultados negativos (como dropouts) são mais prováveis (Piper, Azim, Joyce, & McCallum, 1991; Schut et al., 2005).

Gaston e outros investigadores (1994) compararam especificamente a interação de aliança e técnica na previsão do resultado tanto da terapia dinâmica de curto como de longo prazo. Estas interações foram no sentido de melhores resultados associados à utilização de intervenções exploratórias no contexto de uma boa aliança, e intervenções de apoio no contexto de alianças mais baixas. Uma das preocupações dos investigadores é que estes assumiram que uma maior utilização de técnicas psicodinâmicas está

relacionada com um melhor resultado do cliente porque examinaram relações lineares entre o uso de técnicas psicodinâmicas e o resultado. Contudo, tal como revisto por McCarthy, Keefe e Barber (2016), os resultados da investigação que testou esta suposição é equívoca porque alguns estudos não encontraram qualquer relação entre o uso de técnicas psicodinâmicas e o resultado do cliente (DeFife, Hilsenroth, & Gold, 2008), enquanto outros estudos encontraram uma associação (Patton et al., 1997). Aliás, foi até comprovado que reduzido ou excessivo uso de técnicas psicodinâmicas tem demonstrado estar relacionado com piores resultados, enquanto o uso moderado destas técnicas tem sido associado a melhor resultados (McCarthy et al., 2016).

Uma série de estudos descobriu que a aderência e competência técnica, avaliada numa única sessão (na maioria das vezes numa fase inicial do tratamento), pode prever mudanças em vários tipos de resultados, desde o pré-tratamento até ao pós-tratamento. Alguns exemplos disso são a aderência a técnicas CBT (Ablon & Jones, 2002); aderência a técnicas de terapia cognitiva (Feeley, DeRubeis, & Gelfand, 1999); intervenções centradas na exploração das experiências precoces com os pais (Hayes, Castonguay, & Goldfried, 1996); utilização de técnicas cognitivas comportamentais e psicodinâmicas, como relatado pelo paciente (DeFife, Hilsenroth, & Gold, 2008) e adesão a técnicas psicodinâmico-interpessoais (Slavin-Mulford, Hilsenroth, Weinberger, & Gold, 2011). Estes resultados não foram consistentes entre estudos, contudo, na maioria dos estudos individuais os resultados foram mais complicados do que uma simples associação forte entre técnicas e resultados (Lorenzo-Luaces et al., 2015; Webb, DeRubeis, & Barber, 2010).

### **Aliança e outcome**

Existem provas consistentes que apoiam a capacidade de apenas algumas variáveis atuarem como variáveis de processo através de estudos e de preverem o resultado do tratamento com a relação temporal correta; o exemplo mais claro é o da aliança de trabalho. Aliança é mais comumente definida como a ligação emocional estabelecida na díade terapêutica, e o acordo entre paciente e terapeuta relativamente aos objetivos terapêuticos e às tarefas necessárias para os alcançar (Bordin, 1979; Hatcher & Barends, 2006).

A aliança terapêutica e a sua relação com os resultados são um dos temas mais pesquisados e debatidos no campo da psicoterapia (Solomonov et al., 2018). Uma das descobertas mais fortes da investigação em psicoterapia concluiu que uma aliança terapêutica positiva é um preditor de sucesso na psicoterapia, com uma aliança mais forte a prever melhores resultados e destacando a importância do seu estabelecimento no início da terapia (Horvath & Luborsky, 1993; Horvath, Del Re, Flückiger, & Symonds, 2011; O'Connor et al., 2019).

Stamoulos e colegas (2016) mostraram que a aliança terapêutica continua a ser um componente essencial para a existência de resultados positivos em psicoterapia e que a empatia é um fator integral não só para formar a aliança, mas também para aumentar a capacidade de um paciente se sentir validado e compreendido. Parece que a experiência nem sempre aumenta as probabilidades de resultados positivos na terapia, e nenhum tipo de modalidade terapêutica é superior a outro. Estes autores concluíram ainda que a motivação, características de personalidade e sintomatologia de um paciente têm impacto nos seus resultados terapêuticos.

Até mesmo no que toca à psicoterapia online, são já vários os trabalhos que compararam a psicoterapia por videoconferência e a psicoterapia presencial e que mostraram resultados e aliança comparáveis para ambos os formatos em indivíduos com diversas problemáticas (Bouchard et al., 2020; Watts et al., 2020; Probst et al., 2021).

No entanto, a literatura parece em grande parte contraditória. Isto porque algumas meta-análises reportam consistentemente correlações pequenas a moderadas entre as classificações da aliança e a mudança total de sintomas dentro da terapia (Horvath, Del Re, Fluckiger, & Symonds, 2011; Horvath & Symonds, 1991). O que pode levar a questionar se a aliança é um ingrediente ativo da psicoterapia (Flückiger, Del Re, Wampold, Symonds, & Horvath, 2012) ou um sinal de mudança sintomática anterior (DeRubeis, Brotman, & Gibbons, 2005).

Teoricamente, a aliança terapêutica deveria estar diferentemente relacionada com os tipos de resultados. Ao diferenciar a aliança terapêutica da relação real, Gelso (2011) afirmou que a aliança terapêutica captou os aspetos de trabalho da relação terapeuta-paciente, enquanto a relação real refletia o aspeto pessoal e não de trabalho da mesma. Sendo assim, a aliança terapêutica deveria mostrar uma relação mais forte com os

resultados que refletem o trabalho da terapia e mais fraca com os resultados que refletem os aspetos pessoais da mesma.

Kuprian (2017) pretendeu identificar comportamentos eficazes e ineficazes de terapeutas e investigar o impacto de intervenções orientadas para a relação no tratamento psicodinâmico da depressão. No seu estudo constatou que os terapeutas com mais sucessos utilizavam com mais frequência e intensidade intervenções orientadas para a relação, sendo que intervenções imediatas que reconheciam o progresso/bom trabalho do paciente na terapia foram associadas a um melhor resultado do tratamento. Estes resultados apontam para a importância do trabalho orientado para a relação em psicoterapia, com o propósito de abordar os problemas interpessoais do paciente, incluindo discussões sobre o aqui e agora na relação terapêutica.

A investigação de Lantz (2004) indicou que fatores de relação, como a aliança terapêutica, se correlacionavam mais com o sucesso do que técnicas de tratamento especializado ou modalidades terapêuticas individuais.

Investigações recentes sugerem que os resultados de tratamentos com mais sucesso se devem à capacidade dos terapeutas ajustarem a sua orientação na relação ou autodefinição à configuração de personalidade predominante dos seus clientes ou ao sentido de aliança de trabalho dos mesmos (Werbart et al., 2018). No mesmo sentido, Tschuschke e colaboradores (2020) constataram que os tratamentos com mais sucesso se caracterizavam pela capacidade dos terapeutas adaptarem o seu próprio sentido de aliança terapêutica, aproximando-se do nível de classificação da aliança dos seus clientes à medida que o tratamento progredia. Estes autores constataram ainda que tratamentos com rutura de aliança ou com ruturas de aliança reparadas não previam o resultado do tratamento. (Tschuschke et al., 2021).

## **Conclusões**

Em resumo, a presente revisão identificou que as qualidades pessoais do terapeuta e o uso da técnica estão positivamente relacionados com o desenvolvimento e manutenção da aliança durante o curso geral da terapia. Além disso, esta revisão liga os fatores comuns e específicos com outcomes positivos e negativos em psicoterapia.

Em vez de ser um fator terapêutico em si, uma boa aliança terapêutica mostra ser uma condição prévia indispensável para a mudança terapêutica. Tanto o paciente como o terapeuta têm de trabalhar num comprimento de onda comum. Como os resultados dos estudos acima referidos sugerem, parece ser uma tarefa básica do terapeuta, o desenvolvimento de uma compreensão da psique do paciente, sendo capaz de se aproximar do nível da impressão deste sobre a aliança terapêutica. Isto parece ser mais importante do que é a tarefa do paciente em aproximar-se do nível da opinião do seu terapeuta sobre a aliança terapêutica. Tendo tudo isto presente, este padrão parece aumentar a eficácia da psicoterapia (Tschuschke et al., 2020).

Uma explicação provável para os resultados contraditórios consistentes para a relação da aliança com o resultado é o facto de muitos dos estudos analisados terem em conta terapeutas selecionados e altamente treinados que formaram alianças uniformemente positivas com os seus pacientes. Para além disto, pode ser que a ideia de que a aliança como uma construção relativamente estável deva ser questionada. Vários fatores podem explicar algumas das conclusões incoerentes dos estudos. As diferenças entre estudos no que toca a amostras de doentes e terapeutas, as modalidades de tratamento e as formas de medida poderiam ser responsáveis por tais diferenças (Crits-Christoph & Connolly, 1999).

As questões metodológicas inerentes aos estudos que tentam ligar o processo ao resultado, bem como a complexidade do comportamento humano e da psicoterapia, sugerem que a conceção de uma investigação que é suscetível de produzir provas relativamente fortes de uma ligação causal entre o processo e o resultado é uma batalha difícil. Em primeiro lugar, todos os fatores potenciais que possam influenciar o resultado devem ser examinados dentro de cada estudo. Assim, por exemplo, fatores como a doença inicial, a aliança, as técnicas e a melhoria prévia devem ser todos avaliados e examinados em conjunto como preditores de resultados, de modo que interpretações alternativas de correlações possam ser descartadas. Em segundo lugar, modelos mais complexos da relação entre processo e resultado, tais como o modelo de crescimento sobre sessões examinado por Patton e colaboradores (1997), podem ser necessários para testar mais adequadamente como o desdobramento do tratamento produz benefícios positivos.

Caso estudos futuros queiram postular um modelo de processo e resultado devem considerar incluir como variável as técnicas do terapeuta, dado que os terapeutas utilizam

intervenções específicas para ajudar os clientes a mudar (Hill, 2005). Outra variável importante a considerar é a angústia prévia do cliente, dado que os terapeutas aplicam técnicas específicas baseadas na sua percepção das necessidades do cliente (Stiles, Hill, & Elliott, 2015).

Em relação às técnicas, os resultados consistentemente positivos numa série de estudos são uma contra-argumentação poderosa para aqueles que sugerem que os efeitos da psicoterapia mudam apenas através de elementos não específicos, tais como a aliança.

Estudos que abordaram especificamente a técnica teoricamente importante das interpretações de transferência tenderam a produzir resultados mistos, com alguns estudos positivos e algumas conclusões que sugerem um impacto negativo de taxas elevadas de interpretações de transferência.

É provável que pacientes que interajam com um terapeuta que cometa mais erros técnicos se sintam menos ligados, compreendidos e dispostos a comprometer-se com a relação terapêutica. O desenvolvimento e apoio de uma forte aliança pode servir de plataforma para a mudança do paciente, bem como proporcionar ao terapeuta a oportunidade de utilizar uma série de diferentes intervenções terapêuticas. Contudo, a utilização inadequada de estratégias terapêuticas por parte do terapeuta pode diminuir a probabilidade de uma relação terapêutica positiva e reduzir a oportunidade de mudança do paciente.

Uma análise mais fina das mudanças subtis, mas importantes na aliança de sessão em sessão, ou mesmo dentro das sessões (Safran et al., 1990), pode ser importante para compreender plenamente o impacto da aliança, particularmente no que diz respeito à forma como as técnicas e a aliança podem interagir. No mínimo, as melhorias globais na aliança ao longo das sessões, tal como investigadas por Piper e colegas (1995) e Patton e colaboradores (1997), poderão ter de ser tidas em conta ao tentar compreender a relação da aliança com o resultado.

Embora o tema da aliança terapêutica e os fatores que contribuem para o sucesso da terapia tenham sido amplamente investigados, é sempre possível obter novas informações quanto a este assunto. A investigação futura deve ser capaz não só de expandir a base de conhecimentos já adquirida, como também de melhorar o que já foi

aprendido. Neste sentido apresentam-se algumas sugestões para o futuro da investigação nesta temática, como o futuro da prática clínica.

A investigação sobre fatores comuns e específicos, e a compreensão de como as terapias provocam mudanças nos doentes é importante, não só de uma perspetiva científica, mas também de uma perspetiva de saúde pública. Com o intuito de dar um passo em frente, é necessário realizar investigações que vão além de examinar, por um lado, simples associações correlacionais entre fatores específicos e comuns e, por outro lado, resultados. É fundamental fazer investigações sobre estes fatores e que incluam associações temporais, múltiplos mediadores potenciais alternativos, manipulação experimental e modelos teóricos. A investigação com vista a descobrir como funciona um tipo de terapia e se um fator específico ou comum é responsável pela mudança requer grande financiamento e muitos estudos individuais.

Vários autores recomendam que os programas de formação mantenham um foco nos fatores comuns, em particular na qualidade da relação pessoal e na aliança terapêutica (Stein & Lambert, 1995; Cuijpers et al., 2019). Estes autores sugerem que a inclusão destes na prática e na formação clínica irá melhorar os outcomes e aumentar a investigação neste campo.

A revisão sugere que as técnicas psicoterapêuticas são essencialmente uma ferramenta, cujo sucesso depende da sua compatibilidade com os pontos de vista e valores do paciente e do terapeuta em contextos culturais particulares. Trabalhos futuros devem passar também por incluir o impacto das características dos pacientes, isto porque o empenho que este revela, é algo fundamental para o processo de mudança, e traduz-se na motivação intrínseca e comprometimento para com a mesma, no sentido de resolver o problema e ultrapassar o sofrimento.

Outro aspeto que pode proporcionar uma compreensão de como os psicoterapeutas conduzem os seus tratamentos é examinar as perceções destes sobre a importância de fatores comuns para o sucesso terapêutico. A investigação futura deve concentrar-se em investigar aprofundadamente a importância dos fatores comuns tal como são percebidos pelos clínicos, comparar a perceção destes com a importância real dos fatores comuns na terapia, determinar até que ponto estão relacionados com os

resultados, utilizar amostras de maior dimensão e tentar diferenciar entre percepções e orientação teórica.

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**Artigo Empírico**

**Intervenções do Terapeuta e Mudanças de Narrativa Produtivas do  
Paciente em Sessões**

Tomás Santos Tomé

## Resumo

**Enquadramento:** A literatura mostra que há uma necessidade em compreender o que os terapeutas fazem de forma a promover determinados processos de mudança em psicoterapia. **Objetivo:** Identificar quais as intervenções utilizadas pelos terapeutas que promovem uma mudança de narrativa produtiva. **Método:** Foram usadas 19 sessões gravadas em vídeo, da American Psychological Association (APA) de três abordagens terapêuticas diferentes: Terapia Cognitivo-Comportamental, Terapia Focada nas Emoções e Terapia Psicodinâmica. As sessões foram analisadas com o Narrative-Emotion Process Coding System 2.0 (NEPCS 2.0) com o intuito de identificar os momentos de mudanças de narrativa produtivas. O The Multitheoretical List of Therapeutic Interventions (MULTI-60) foi aplicado de forma a identificar as intervenções utilizadas pelos psicoterapeutas. **Resultados:** As intervenções que promoveram mais mudanças produtivas foram as baseadas em Fatores Comuns, Processo-experienciais e Centradas na Pessoa. A Terapia Focada nas Emoções é a abordagem com mais mudanças produtivas e com mudanças de maior profundidade. **Discussão:** Este estudo evidencia a necessidade de continuação de investigações dentro do tema, dada a escassez das mesmas e de maneira a se adquirir uma maior compreensão dos processos terapêuticos, melhor formação e mais sucesso terapêutico.

**Palavras-Chave:** Psicoterapia, Processos Terapêuticos, Mudanças Narrativas, Intervenções Terapêuticas, MULTI-60

## Abstract

**Background:** The literature shows that there is a need to understand what therapists do to promote certain change processes in psychotherapy. **Purpose:** To identify which interventions used by therapists promote productive narrative change. **Method:** 19 videotaped, American Psychological Association (APA) sessions from three different therapeutic approaches were used: Cognitive-Behavioral Therapy, Emotion Focused Therapy, and Psychodynamic Therapy. The sessions were analyzed with the Narrative-Emotion Process Coding System 2.0 (NEPCS 2.0) to identify moments of productive narrative change. The Multitheoretical List of Therapeutic Interventions (MULTI-60) was applied to identify the interventions used by the psychotherapists. **Results:** The interventions that promoted the most productive changes were those based on Common Factors, Process-Experiential, and Person-Centered. Emotion Focused Therapy is the approach with the most productive changes and with changes of greater depth. **Discussion:** This study highlights the need for further research within the topic, given the scarcity of it and to gain a greater understanding of therapeutic processes, better training, and more therapeutic success.

**Keywords:** Psychotherapy, Therapeutic Processes, Narrative Change, Therapeutic Interventions, MULTI-60

## Introdução

A investigação atual em psicoterapia deixou de procurar exclusivamente pelos modelos eficazes em psicoterapia e procura compreender principalmente como é que a psicoterapia é eficaz e quais os fatores que contribuem para a mudança (Krause & Altimir, 2016; Gumz et al., 2015; Serralta et al., 2007). De forma a responder a este objetivo focou-se em estudar os processos em psicoterapia (Krause & Altimir, 2016; Crit- Christoph et al., 2013; Brum et al., 2012; Kazdin, 2007). A investigação de processo em psicoterapia visa, entender como ocorrem mudanças no decurso do tratamento, identificando e descrevendo mecanismos de ação terapêutica e fatores envolvidos na mudança do sujeito (Brum et al., 2012; Peuker et al., 2009; Serralta et al., 2007; Yoshida, 1998), constituindo um complemento necessário à investigação de resultados.

Entre os fatores e mecanismos responsáveis pelos resultados de sucesso em psicoterapia (Yoshida, 1998) encontramos o papel que os processos de narrativa-emocional (NE-P) têm na mudança do cliente em psicoterapia (Angus & Hardtke, 1994; Angus, Hardtke & Levitt, 1992). A teoria dos processos de narrativa tem por base o pressuposto de que uma psicoterapia com sucesso envolve a articulação, elaboração e transformação da narrativa do sujeito numa narrativa mais coerente e integrada (Angus et al., 1999). São vários os estudos feitos sobre os NE-P com a utilização dos instrumentos NPCS e NEPCS (Aleixo, 2018; Duarte, 2019; Silva, 2021).

Sabe-se que alguns psicoterapeutas obtêm continuamente melhores resultados, quando comparados com outros psicoterapeutas, independentemente do modelo psicoterapêutico e patologia do paciente. No entanto, ainda é desconhecido o que estes psicoterapeutas fazem durante as sessões (Simoni et al., 2018; Lambert, 2013). Um elemento importante para o processo psicoterapêutico, são as intervenções utilizadas pelo psicoterapeuta (Barber, 2009; Goldfried & Davila, 2005; Hill, 2005; Simoni et al., 2018; Stiles et al., 2015). A literatura indica até uma associação significativa entre intervenções com a melhoria sintomática, no entanto, torna-se fundamental entender o papel destas na promoção de mudança em terapia e identificar que intervenções são pertinentes (Goldfried & Davila, 2005).

Existem medidas com o propósito de identificar intervenções de diversos modelos teóricos em sessões de psicoterapia. A mais conhecida é o MULTI (McCarthy & Barber, 2009). As investigações que fizeram uso desta medida confirmaram o impacto das

intervenções do psicoterapeuta nos outcomes e na promoção de determinados processos terapêuticos do sujeito em sessão. Foi relatado que as classificações do MULTI em intervenções terapêuticas são influenciadas pela orientação terapêutica aplicada (King et al., 2020; McCarthy & Barber, 2009), que psicoterapeutas de uma orientação específica integram intervenções terapêuticas de outras orientações semelhantes às suas (Solomonov et al., 2016) e que a utilização de certas intervenções terapêuticas e/ou as suas combinações está associada ao progresso do paciente (Boswell et al., 2010; Fisher et al., 2019). A investigação feita com o MULTI salienta a importância de focar nas relações do sujeito no sentido de alcançar melhores outcomes, através do uso de intervenções como explorar as relações e associar as relações interpessoais do sujeito aos seus sintomas (Boswell et al., 2010; McCarthy, 2009).

Vários autores utilizaram o NPCCS ou o NEPCS para explorar e analisar processos narrativos em vários modelos terapêuticos (Laitila et al., 2001; Macaulay & Angus, 2019; Paivio & Angus, 2017), para compreender os mecanismos de mudança ou as sequências narrativas da mudança (Friendlander et al., 2018) ou identificar intervenções específicas que promovem mudanças narrativas produtivas (Duarte, 2019; Friendlander et al., 2019).

A literatura indica que o terapeuta é fundamental na facilitação dos processos narrativos e experienciais (Hendricks, 2009). Mas apesar da importância do terapeuta para a obtenção de bons resultados, ainda não existem estudos que identifiquem as intervenções dos terapeutas que facilitem esses processos.

O objetivo deste estudo é identificar que intervenções dos terapeutas promovem uma mudança produtiva na narrativa do paciente. Utilizou-se 19 vídeos de sessões terapêuticas e analisaram-se as intervenções dos terapeutas em conjunto com as mudanças de narrativa dos pacientes.

## **Método**

### **Participantes**

A amostra foi constituída por 19 sessões de psicoterapia individual (Tabela 1), gravadas em vídeo para a American Psychological Association (APA) ou disponibilizadas em vídeos por psicoterapeutas e associações. As sessões correspondem na sua maioria a sessões únicas ou sessões iniciais (primeira ou segunda) de psicoterapia breve de seis sessões. No total estão presentes 18 díades terapeuta-cliente (apenas se

repetindo a díade terapêutica de Arthur Freeman) com 18 clientes adultos (11 mulheres e 7 homens) com diversas problemáticas.

**Tabela 1.**

*Lista das sessões analisadas*

<b>Modelo terapêutico</b>	<b>Terapeuta</b>	<b>Paciente</b>	<b>Gênero Paciente</b>	<b>N° sessão</b>
<b>CBT - Terapia Cognitivo-comportamental</b>				
Cognitive Behavioral Therapy for Anxiety and Depression APA B-Side	Amy Wensel	A	M	6
Three Approaches to Psychotherapy Archive.org	Aaron Beck	B	M	1
Three approaches to Personality Disorders CBT	Arthur Freeman	C	M	1
Three approaches for Personality Disorders CBT	Arthur Freeman	C	M	2
On Cognitive Behavioral Therapy Psychotherapy.net	Donald Meichenbaum	D	F	1
On Cognitive Therapy for Weight Loss A Coaching Session Psychotherapy.net	Judith Beck	E	F	1
On Multimodal Therapy Psychotherapy.net	Arnold Lazarus	F	M	1
<b>EFT - Terapia Focada nas Emoções</b>				
EFT Session (with commentary) The Counselling Channel	Robert Elliot	G	M	1
Emotion-Focused Therapy for depression APA DVD	Leslie Greenberg	H	F	4
Emotion-Focused Therapy in Practice: Working With Grief and Abandonment APA DVD	Jeanne Watson	I	F	1
Emotion-Focused Therapy With a Woman Experiencing Divorce, APA B-Side	Shari Geller	J	F	1
Emotion-Focused Therapy With a Veteran	Ladislav Timulak	J	M	1

Emotion-Focused Therapy for Trauma APA DVD	Sandra Paivio	K	F	1
<b>PP - Psicoterapia Psicodinâmica</b>				
Personal disorders and abuse victim APA B- Side	Jeffrey Magnavita	L	F	2
Three Approaches to Psychotherapy Archive.org	Hans Strupp	M	M	1
On Short Term Dynamic Psychotherapy APA DVD	Donald Freedheim	N	F	2
Psychoanalytic Therapy Over Time APA DVD	Jeremy Safran	O	F	1
Goal Setting With a Young Divorced Parent ISTDP Demonstration Session -	Paul Wachtel	P	F	1
Complicated Bereavement Experiential- Psychotherapies.com	Patricia Coughlin	Q	F	1

*Nota.* (F) – Feminino, (M) – Masculino.

### **Terapeutas**

Todas as sessões gravadas incluem terapeutas experientes e considerados experts na sua área de intervenção. No total é possível observar 18 terapeutas, dos quais 12 homens e 6 mulheres.

### **Terapias**

Foram incluídos 3 modelos terapêuticos (Terapia Focada nas Emoções - EFT, Psicoterapia Psicodinâmica - PP, e Terapia Cognitivo- Comportamental – CBT). Das 19 sessões, 7 são de CBT, 6 são de EFT, 6 são de PT.

### **Instrumentos**

*Multitheoretical List of Therapeutic Interventions* (MULTI, Anexo A) (McCarthy & Barber, 2009) é um instrumento desenvolvido com o propósito de avaliar intervenções de diversos modelos terapêuticos em sessões de psicoterapia, da perspectiva de terapeutas,

dos pacientes ou de observadores (McCarthy & Barber, 2009). Neste estudo foi usada a versão para avaliadores externos, isto é, a versão dos observadores e em que cada item representa uma técnica específica. É um instrumento transteórico, considerado como um sistema de classificação de intervenções terapêuticas em sessão. É constituído por 60 intervenções que compõe 8 subescalas, que caracterizam vários modelos terapêuticos: cognitivo, comportamental, dialético comportamental, interpessoal, centrada na pessoa, psicodinâmica, experiencial e factores comuns entre terapias (McCarthy & Barber, 2009). Estas subescalas agrupam itens considerados representativos das modalidades teóricas, baseadas em revisões de literatura sobre psicoterapia e em opiniões de especialistas (McCarthy & Barber, 2009; Gumz et al., 2015). Os itens refletem uma ação do psicoterapeuta que pode ou não ter ocorrido em sessão (e.g., “The therapist was warm, sympathetic, and accepting.”; “The therapist shared personal information with the client”) e podem ser classificados de acordo com uma escala tipo Likert de 5 pontos e tendo por base o quão típica foi cada intervenção durante determinada sessão (1 = not at all typical of the session até 5 = very typical of the session) (Solomonov et al., 2018). Quanto às propriedades psicométricas, este instrumento evidencia uma fiabilidade boa a excelente (Gumz et al., 2015), tendo apresentado um grau intra-avaliadores que varia entre 0,60 e 0,90 (Solomonov et al., 2018).

*Narrative-Emotion Process Coding System 2.0* (NEPCS 2.0, Anexo B) (Angus Narrative-Emotion Marker Lab, 2015) é um sistema de codificação que permite a observadores externos fazer uma avaliação para cada minuto da informação linguística e paralinguística de sujeitos em sessões de psicoterapia que tenham sido gravadas em vídeo (Macaulay et al., 2014).

Esta codificação envolve três categorias principais, que retratam modos de processamento narrativo e emocional: marcadores de problema, marcadores de transição e marcadores de mudança. Cada um destes é composto por vários subtipos de marcadores. Os marcadores de problema (Same Old Story, Empty Story, Unstoried Emotion, Superficial Story) traduzem narrativas abstratas e repetitivas, com limitações em significado e que retratam processos que envolvem a manutenção do problema, e são improdutivos para a mudança psicoterapêutica. Já os marcadores de transição (Reflective Story, Competing Plotlines, Inchoate Story, Experiential Story) descrevem um envolvimento reflexivo, com narrativas pessoais centradas em explorar o presente e que vão desafiar as bases da narrativa anterior. Por último, os marcadores de mudança

(Unexpected Outcome, Discovery Story) dizem respeito a alterações adaptativas e ao obter de novos significados e visões mais integradas do próprio (Friedlander, 2019; Angus Narrative-Emotion Marker Lab, 2015; Angus et al., 2016).

A cada intervalo temporal de 1 minuto nas sessões de psicoterapia é codificado um marcador. Se surgirem diversos marcadores num mesmo intervalo, codifica-se o marcador com mais destaque. Se o psicoterapeuta intervir durante mais de 30s do intervalo temporal de 1 minuto, a cotação a atribuir é “no client marker” (Aleixo, 2018; Macaulay et al., 2014). Quanto às propriedades psicométricas, foram demonstrados bons níveis de concordância inter-avaliadores ( $k \geq 0,75$ ) em estudos anteriores (Carpenter et al., 2016; Boritz et al., 2014, 2016; Friedlander et al., 2018).

## **Procedimento**

Treino do MULTI-60: A etapa inicial do presente estudo, consistiu num estudo aprofundado do MULTI-60. Tendo por base a leitura de diversos artigos científicos e o estudo do manual do instrumento, pretendeu-se alcançar uma maior compreensão quanto à sua utilização. Após esta fase de aprendizagem procedeu-se uma fase de treino do instrumento com uma avaliadora independente de forma a classificar corretamente as narrativas dos pacientes e calcular o nível de concordância inter-avaliador. Esta fase de treino consistiu na análise de 4 sessões de psicoterapia, até ser atingido um grau de concordância inter-avaliadores superior a 80% (Anexo C). As dúvidas e discrepâncias na cotação foram discutidas tanto com o orientador de dissertação como com a avaliadora independente de maneira a atingir-se a maior fiabilidade possível no que toca à aplicação do MULTI-60.

Forma de cotação do MULTI-60: Primeiro identificou-se cada intervenção do terapeuta ao longo da sessão. Depois foram usados os 60 itens da escala para classificar cada uma das intervenções (Anexo D). Assim, em vez de usarmos o MULTI-60 na sua forma original em que é preenchido apenas uma vez para o conjunto da sessão, usámos os itens da escala para classificar cada uma e todas as intervenções do terapeuta.

Treino e cotação do NEPCS 2.0: As cotações feitas com o NEPCS 2.0 (Anexo E), foram feitas por 2 avaliadores diferentes dos avaliadores do MULTI-60. Os avaliadores eram estudantes de mestrado. Todos os avaliadores foram treinados até se atingir um bom

grau de fiabilidade inter-avaliador por uma estudante de doutoramento especialista no NEPCS 2.0.

Finalmente, identificaram-se os momentos de mudança produtiva de narrativa com o NEPCS 2.0 e as intervenções do terapeuta que antecederiam (ocorriam no minuto anterior) essa transição com o MULTI-60 (Anexo F).

## **Resultados**

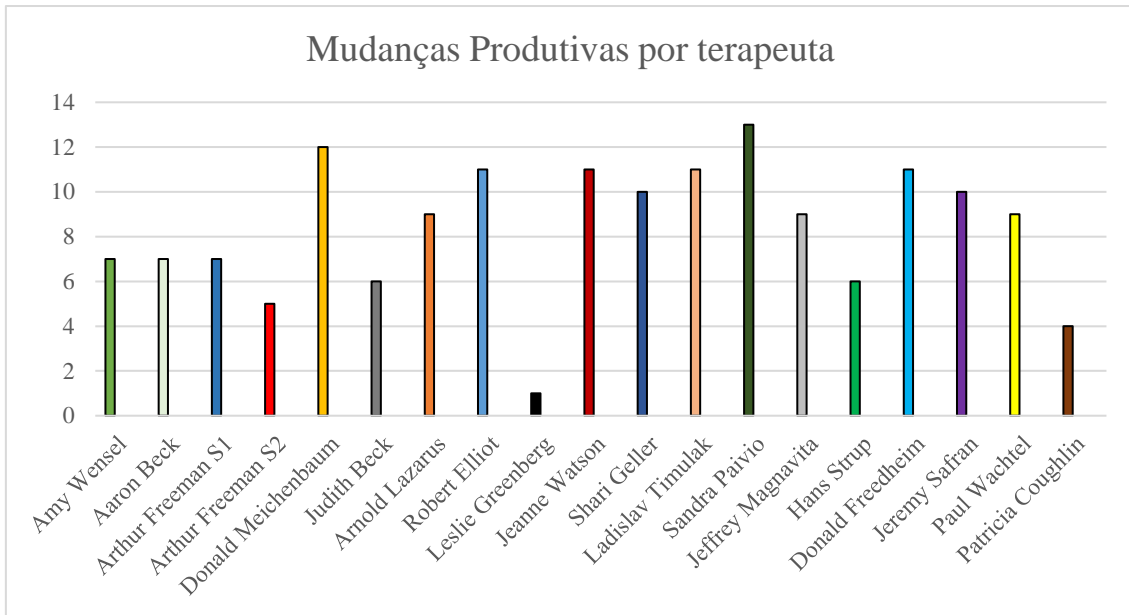
### **Estatística descritiva**

O total das 19 sessões contém 834 minutos, dos quais 308 são de CBT, 289 de EFT e 237 de PT. Os tempos médios por sessão nas modalidades terapêuticas foram: EFT – 48,2 minutos, PT – 39,5 minutos e CBT – 44 minutos.

O presente estudo examinou se as modalidades terapêuticas diferiam na quantidade e tipo de mudanças produtivas na narrativa do paciente quando promovidas pelos terapeutas. Foi possível agrupar as intervenções aos terapeutas (Figura 1) e aos tipos e modelos teóricos (Tabela 2) a que estas pertenciam.

### **Mudanças narrativas produtivas ocorridas em cada sessão por terapeuta**

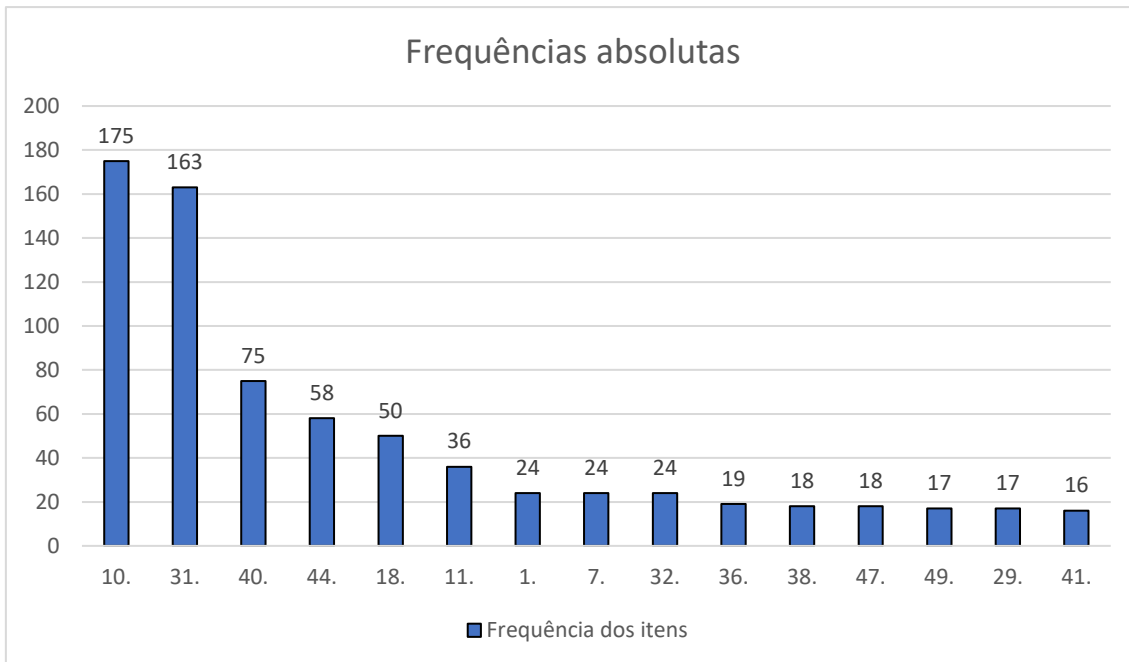
O gráfico da Figura 1 ilustra o número de mudanças narrativas produtivas por terapeuta, tendo sido identificadas no total 159 mudanças de narrativas produtivas. Pode observar-se que os terapeutas que obtiveram um maior número de mudanças de narrativa produtiva foram: Sandra Paivio, Donald Meichenbaum, Robert Elliot, Jeanne Watson, Ladislav Timulak, e Donald Freedheim.



**Figura 1.** Mudanças produtivas por terapeuta

**Intervenções promotoras de Mudanças de narrativa produtivas**

O gráfico da Figura 2 revela as 15 intervenções utilizadas pelos terapeutas mais associadas a momentos de mudança de narrativa produtiva.



**Figura 2.** Intervenções promotoras de mudanças narrativas produtivas

A partir deste gráfico é possível observar que a intervenção utilizada com mais frequência diz respeito à repetição do significado (parafrapear) do que o cliente disse (10), seguida do ouvir atentamente o que o cliente disse (31), do encorajamento à exploração do significado pessoal de uma determinada situação ou sentimento (40), e do encorajamento ao role-play (44). Também se destacam as seguintes intervenções: o terapeuta é caloroso, compreensivo e aceitante (18); identificar e nomear sentimentos (11); o terapeuta explica o que está a tentar fazer (32); o terapeuta dá esperança ou encorajamento ao cliente (7); o terapeuta estabelece objetivos específicos para a sessão (1).

Foi possível também identificar as intervenções que não foram utilizadas em momentos de mudança produtiva de narrativas. Das 60 intervenções possíveis, apenas 13 não foram utilizadas pelo menos uma vez, essas intervenções são as seguintes: 5, 8, 22, 33, 34, 43, 45, 51, 55, 56, 58, 59, 60.

### **Mudanças narrativas produtivas ocorridas em cada sessão por modelo terapêutico**

De modo a comparar as três modalidades terapêuticas quanto às mudanças narrativas produtivas, foi elaborada a Tabela 2, que evidencia a quantidade e tipo de mudanças produtivas ocorridas para cada modelo.

**Tabela 2.**

*Mudanças produtivas em sessão por modelo terapêutico*

Modelo Teórico	Total de Mudanças Produtivas	Mudança Produtiva (1-2)	Mudança Produtiva (1-3)	Mudança Produtiva (2-3)
CBT	53	42 (79,2%)	2 (3,8%)	9 (17%)
EFT	57	34 (59,7%)	6 (10,5%)	17 (29,8%)
PP	49	30 (61,2%)	6 (12,2%)	13 (26,6%)
Total	159	106 (66,7%)	14 (8,8%)	39 (24,5%)

O modelo teórico com maior número de mudanças de narrativa produtivas é o EFT (35,9%), seguido do CBT (33,3%) e em último, o PP (30,8%).

Do total das mudanças produtivas, independentemente do modelo teórico, as mais frequentes foram as mudanças de narrativa produtiva 1-2 (66,7%), seguida pela mudança 2-3 (24,5%), e as menos frequentes foram as 1-3 (8,8%).

Tendo em conta os modelos, o CBT mostrou mais mudanças produtivas do tipo 1-2 (79,2%), mas produz menos mudanças produtivas 1-3 (3,8%) e 2-3 (17%) que os restantes modelos. O EFT e o PP produzem igual número de mudanças produtivas 1-3, mas produzem mais mudanças produtivas 2-3, EFT (29,8%) e PP (26,6%).

### **Intervenções que produzem Mudanças de narrativa produtivas de nível elevado**

Para além da frequência das mudanças narrativas produtivas, procurou saber-se quais as intervenções que promoviam mudanças de narrativa produtivas de maior nível de profundidade. Desta forma foram analisadas todas as sessões e reunidas todas as intervenções que promoveram mudanças de narrativa produtivas dos níveis mais elevados (1-3 e 2-3). Os dados obtidos estão expostos na tabela seguinte (Tabela 3).

**Tabela 3.**

#### *Intervenções que promovem mudanças produtivas de nível elevado*

Mudanças de Narrativa	Intervenções
(1-3)	2; 3; 4; 7; 10; 11; 18; 19; 23; 27; 29; 30; 31; 32; 36; 38; 40; 41; 44; 47
(2-3)	1; 2; 3; 4; 6; 7; 9; 10; 11; 12; 13; 16; 17; 18; 19; 21; 23; 24; 25; 28; 29; 30; 31; 32; 36; 37; 38; 40; 41; 42; 44; 47; 48; 49; 50; 52; 54

Foram utilizadas mais intervenções nas mudanças do tipo 2-3, quando comparadas com as do tipo 1-3.

Podem observar-se algumas intervenções comuns aos dois tipos de mudanças (1-3 e 2-3), dentro das quais: 2, 3, 4, 7, 10, 11, 18, 19, 23, 29, 30, 31, 32, 36, 38, 40, 41, 44 e 47.

Quanto aos itens que se distinguem, para a mudança 1-3 existe apenas o item 27. Já no tipo 2-3, podem destacar-se os itens 6, 9, 12, 13, 16, 17, 21, 24, 25, 28, 37, 42, 48, 49, 50, 52 e 54.

### **Mudanças de narrativa produtivas com o marcador 0**

Tentou também perceber-se se era mais frequente haver mudanças produtivas em todos os momentos com cotação 0 (No Client Marker, cotação atribuída quando o minuto é passado na maior parte a ser utilizado pelo terapeuta e o paciente pouco intervém) quando comparados com outros minutos (Tabela 4).

**Tabela 4.**

*Mudanças produtivas com o marcador 0 em sessão*

Terapeutas	0 promove mudança	0 não promove mudança	Total
Amy Wensel	2	5	7
Aaron Beck	0	3	3
Arthur Freeman S1	2	4	6
Arthur Freeman S2	2	3	5
Judith Beck	2	8	10
Arnold Lazarus	0	1	1
Donald Meichenbaum	2	2	4
Leslie Greenberg	0	6	6
Robert Elliot	2	4	6
Jeanne Watson	1	1	2
Shari Geller	1	0	1
Ladislav Timulak	0	1	1
Sandra Paivio	0	0	0
Jeffrey Magnavita	1	4	5
Hans Strupp	0	2	2
Donald Freedheim	1	3	4
Jeremy Safran	0	0	0
Paul Wachtel	2	1	3

Patricia Coughlin	0	1	1
Total	18	49	67

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Analisaram-se todas as sessões, de forma a comparar os momentos em que o marcador 0 promovia mudanças e os momentos em que não promovia. Foi possível constatar que os momentos em que com o marcador 0 promovia mudança foram muito menos frequentes do que os momentos em que o marcador 0 não promovia mudança produtiva.

## Discussão

O objetivo do presente estudo foi identificar as intervenções dos terapeutas que promovem mudanças produtivas nas narrativas dos pacientes. Depois de analisar 19 sessões, foi possível identificar 15 intervenções mais utilizadas nos momentos de mudança produtiva de narrativa. Das 15 referidas, 5 intervenções destacaram-se por terem contribuído em maior número quando comparadas com as restantes. Essas intervenções foram: a repetição do significado (paráfrase) do que o cliente disse (10), a escuta ativa (31), o encorajamento à exploração do significado pessoal de uma determinada situação ou sentimento (40), o encorajamento ao role-play (44) e intervenções empáticas de acolhimento, aceitação e compreensão (18).

A intervenção mais usada de todas, a “The therapist repeat back to the client (paraphrased) the meaning of what the client was saying” (10), é uma intervenção típica da abordagem centrada na pessoa. Tem o propósito de intensificar a exploração das experiências internas do paciente, é feita uma nova afirmação por outras palavras do que foi dito pelo paciente, seja através de reformulações ou reflexões e sem se introduzirem novos conteúdos é possível focar os pensamentos ou emoções do sujeito (Goates-Jones et al., 2009). Esta é uma intervenção de carácter exploratório, clarificador e reflexivo e que foi utilizada em diferentes quantidades e com diferentes focos (mais intrapessoais ou interpessoais, mais focadas no aqui-e-agora ou no passado, mais focada nas emoções ou nos pensamentos).

A paráfrase (10), promove alguma clareza e permite que o paciente passe de um registo descritivo e externo para algo mais focado na sua experiência interna. Este item foi várias vezes utilizado em conjunto com os itens 18 e 31. As intervenções “The therapist was warm, sympathetic and accepting” (18) e “The therapist listened carefully to what the client was saying” (31) foram duas das mais utilizadas e não se tratam de intervenções típicas de uma abordagem terapêutica, são denominadas de Fatores Comuns. Uma vez que o psicoterapeuta assume uma postura calorosa, simpática e aceitante e mostra que está a ouvir o paciente, isto faz com que este se sinta mais seguro, confortável e este reconhecimento permite que ele possa contar as suas narrativas e explorar as emoções associadas (Anvari et al. 2020).

Outras das intervenções mais frequentes como “The therapist explored the client’s feelings about therapy” (38) e a “The therapist encouraged the client to explore the personal meaning of an event or a feeling” (40) são focadas na exploração de emoções e significados. São utilizadas para focar a atenção do paciente na sua experiência interna e levar à consciencialização das emoções presentes ou de um significado. Quanto mais consciencialização é alcançada maior será o nível de exploração subsequente.

Pode observar-se então que alguns dos tipos de intervenção mais usados foram os processo-experienciais (11, 44, 47), os centrados na pessoa (10, 40, 47) e os fatores comuns (7, 18, 31).

De forma a promover mudanças para narrativas produtivas mais profundas, cada psicoterapeuta acaba por apresentar a sua forma distinta, tal como é referido por Castonguay e colaboradores (2017) que afirma que as intervenções dos terapeutas são orientadas pela sintonia e responsividade perante as necessidades do cliente.

No entanto, Aleixo (2018) verificou que não existiam diferenças no comportamento que os psicoterapeutas tinham em sessão, quando comparando o número de mudanças narrativas produtivas. Mesmo com mais ou com menos mudanças produtivas, a maior parte dos comportamentos eram comuns aos diferentes psicoterapeutas.

Um dos estudos que parece ter resultados semelhantes aos da presente investigação é o estudo de Faria. Faria (2021) observou que a mudança experiencial do paciente foi promovida com prevalência por intervenções como a paráfrase (10), a exploração de emoções evitadas (12), a exploração de significados pessoais (40), incluindo sobre a sessão (38), o uso de intervenções empáticas, de acolhimento e aceitação (18), a escuta ativa (31) e o estabelecimento de um foco num tema específico das relações do paciente (50).

Outro estudo que mostrou resultados similares foi o de Aleixo. Aleixo (2018) observou no seu estudo que técnicas experienciais, como o caso da confrontação imagética, a exploração empática e a técnica da cadeira vazia, mostraram ser transversais aos diferentes modelos teóricos e terapeutas, quanto à promoção de mudanças narrativas produtivas.

Um estudo que não vai ao encontro dos resultados obtidos é o de Duarte (2019). Os resultados obtidos nesse estudo revelaram que as intervenções mais utilizadas pelas terapeutas em momentos de mudança de narrativa produtiva foram intervenções com foco no aqui-e-agora e nas emoções, em particular o explorar as emoções do cliente no presente e incentivar o cliente a falar sobre emoções evitadas, bem como intervenções direcionadas para o funcionamento interpessoal, concretamente ao identificar padrões relacionais problemáticos do cliente, e encorajá-lo a examinar as suas relações.

Foi também constatado na literatura que intervenções com foco nas emoções acabam por facilitar um aumento da experiência emocional e dessa forma também vão melhorar o funcionamento do sujeito (Fisher et al., 2020). Nos estudos de Carpenter e colegas (2016), Boritz e outros investigadores (2014) e Friedlander, (2019) a implementação de intervenções com foco nas emoções e a exploração de emoções mostraram facilitar a mudança de narrativa.

Pôde constatar-se nesta investigação que a EFT é a abordagem terapêutica que tem mais mudanças de narrativa produtivas. Isto pode ser explicado por se tratar de uma modalidade terapêutica com uma orientação mais experiencial ao longo do processo terapêutico e por ser mais focada na reestruturação dos esquemas emocionais do cliente (Levitt & Angus, 1999; Paivio & Angus, 2017).

No estudo de Silva (2021) foi possível observar que a modalidade terapêutica com mais mudanças produtivas foi a PP, seguida pela CBT e a EFT. A literatura demonstra que narrativas produtivas estão associadas significativamente a pacientes recuperados (Angus et al., 1999; Boritz et al., 2016; Boritz et al., 2017; Carpenter, 2017; Khattra et al., 2020). Por outro lado, clientes não recuperados parecem tender a mudanças narrativas não produtivas (Bryntwick, 2016).

Na modalidade CBT pode observar-se um grande foco em perceber os pensamentos que poderiam estar associados ao motivo do cliente procurar a consulta e em explorar a sua perspetiva através da identificação de crenças e esquemas. O psicoterapeuta sugere possíveis mudanças e procura identificar comportamentos e situações específicas. Neste modelo terapêutico procura-se inicialmente fazer a lista de problemas para que se possam modificar queixas externas para objetivos internos. Neste sentido o histórico da problemática será o passo inicial, para que depois surja a análise

funcional e integração das narrativas de forma a se desconstruir pensamentos automáticos desadequados (Fischer & Mendez, 2019; Solomonov et al., 2020). As primeiras sessões deste modelo estão mais focadas na exploração racional do que em explorar a experiência emocional do paciente.

Nas sessões de EFT foi possível verificar que os psicoterapeutas pedem aos clientes para recriarem situações ou eventos imaginados, como falar com alguém significativo das suas vidas. De forma a consegui-lo utilizam a técnica da cadeira vazia, em que é pedido ao paciente para fazer uma descrição detalhada e este é questionado sobre a sua experiência interna no momento, sejam sensações corporais, sentimentos ou pensamentos (Paivio & Angus, 2017).

Já no modelo PP, é possível constatar que os psicoterapeutas exploram padrões e temas da narrativa do cliente e vão intervir de forma a levá-lo a uma reflexão da sua experiência interna. Para além do foco psicoterapêutico, o psicoterapeuta tem um foco relacional, com o propósito de fomentar uma nova experiência interpessoal com o desenvolvimento de diferentes modelos de relação internalizados (Levenson, 2003, 2020).

Não é possível dizer concretamente que as intervenções terão o mesmo impacto em diferentes modelos. Enquanto uma intervenção como o foco no aqui-e-agora numa terapia como a EFT será algo recorrente, que irá mostrar como o paciente se sente no momento quanto às suas emoções, a mesma intervenção numa terapia como a CBT pode ter um impacto completamente distinto. Até no mesmo modelo terapêutico, diferentes terapeutas usam intervenções completamente distintas. Todas estas particularidades causam uma grande variação de resultados no que toca às intervenções, numa amostra reduzida.

Os resultados parecem sugerir que mesmo após as diversas intervenções dos terapeutas, certos pacientes mostram alguma dificuldade quanto à reformulação da sua problemática quando comparados com outros pacientes. A explicação para isto pode ser devido às defesas psíquicas dos mesmos e ao facto de quererem evitar confrontar-se com as suas vulnerabilidades e sentimentos.

Nem todos os pacientes estão aptos para todos os modelos terapêuticos. Por exemplo, um paciente que não esteja apto para psicoterapia psicanalítica não terá o

mesmo número de mudanças produtivas que outro paciente no mesmo modelo teórico, ou noutra diferente.

A psicoterapia psicanalítica é uma terapia que procura levar o paciente a aprofundar e refletir na sua experiência interna. Apesar de ser o modelo com menos narrativas produtivas, é o segundo com mais narrativas produtivas de nível mais elevado. É o modelo terapêutico com menor tempo médio de sessão, portanto é possível que se tivessem surgido na amostra sessões maiores, o número fosse superior aos restantes modelos. Uma vez que é uma terapia que procura as “profundezas” do paciente, talvez isto possa explicar a quantidade de mudanças produtivas.

Algo que deve ser tido em consideração, é o facto da terapia focada nas emoções (EFT) ser uma psicoterapia pouco variável que surgiu há menos tempo do que as outras. Na EFT todas as pessoas foram inicialmente treinadas pelo mesmo terapeuta (Leslie Greenberg) e isso pode ter influência no tipo de intervenções utilizadas pelos terapeutas. Os outros modelos para além de terem surgido há mais tempo, foram também muito mais estudados por outros terapeutas.

Contudo, mais importante que o número total de mudanças produtivas pode ser a qualidade dessas mudanças, ou seja se elas estão num nível maior de produtividade.

A CBT apesar de ser o modelo com mais sessões, é o segundo em termos de quantidade de mudanças produtivas e o que tem menor número de mudanças produtivas de nível mais elevado.

Ainda assim há sessões onde mesmo tendo um número reduzido de mudanças narrativas produtivas, o paciente passa muito tempo em narrativas altamente produtivas. Os pacientes que conseguem atingir um elevado grau de mudança em sessão, podem ser pacientes com elevada facilidade em reformular o problema e manter a mudança num curto período.

Amy Wensel e Leslie Greenberg são os únicos casos onde apenas há mudanças de narrativa produtiva de nível mais elevado. Todas as outras sessões que apresentam mudanças de narrativa produtivas de nível mais elevado, têm também mudanças com níveis mais baixos.

Foi possível retirar ainda as intervenções utilizadas pelos terapeutas nos momentos de mudanças produtivas mais profundas. Os itens 2, 3, 4, 7, 10, 11, 18, 19, 23, 29, 30, 31, 32, 36, 38, 40, 41, 44 e 47 são comuns às mudanças de nível mais profundo (1-3 e 2-3). Os itens 1, 6, 9, 12, 13, 15, 17, 21, 24, 25, 28, 37, 42, 48, 49, 50, 52 e 54 são intervenções que apenas ocorreram na mudança 2-3 e que promoveram a mudança de maior nível de profundidade.

Em algumas sessões há também momentos onde o terapeuta tende a intervir durante mais tempo, levando a um tempo maior de intervenção e mudança (Amy Wensel, Arthur Freeman S1, Arthur Freeman S2, Donald Meichenbaum, Judith Beck, Robert Elliot, Jeanne Watson, Shari Geller, Jeffrey Magnavita, Donald Freedheim, Paul Wachtel) (Anexo F).

Por outro lado, acontece também não serem cotadas intervenções no minuto anterior à mudança de narrativa produtiva (Donald Meichenbaum, Robert Elliot, Paul Wachtel, Patricia Coughlin) (Anexo F).

Ainda assim a metodologia utilizada parece ser a forma mais adequada de cotar as intervenções, uma vez que se procura ver todas as intervenções do minuto anterior à transição e que se inclui para além do minuto anterior, todos os momentos onde haja o marcador 0 (marcador cotado quando a maior parte do minuto é intervenção do terapeuta) a separar uma mudança de narrativa produtiva.

No entanto, poderiam ser analisadas apenas as últimas intervenções, ou escolher apenas focar nas intervenções-chave dos minutos em questão. Ainda assim, torna-se subjetiva a análise de quais são as intervenções-chave, uma vez que todas as intervenções podem despertar no paciente a mudança para uma narrativa produtiva.

Pode ser discutido também se há a possibilidade de em alguns pacientes, determinada narrativa produtiva tenha sido despoletada por uma intervenção do terapeuta que tenha ocorrido em minutos anteriores aos da transição que foi cotada. No entanto, na presente investigação essa possibilidade não foi tida em conta dada a elevada complexidade em perceber quais os momentos anteriores que seriam responsáveis por despoletar tais mudanças.

É discutível se as intervenções dos terapeutas são as verdadeiras responsáveis pela mudança de narrativa dos sujeitos. Em inúmeros casos, a mudança de narrativa pode surgir por associação livre do paciente até a um raciocínio mais profundo, ou até mesmo do desenvolvimento de insight adquirido ao longo do acompanhamento. Isto é possível observar mesmo quando há grandes intervalos de intervenção do terapeuta (o terapeuta intervém durante a maior parte do tempo ao longo de vários minutos) e isso não resulta num desenvolvimento da narrativa do paciente. Por sua vez, acontece em sessão o terapeuta ter uma intervenção de menor dimensão, mas na qual o paciente aprofunda a sua narrativa. Por vezes o paciente tem uma narrativa produtiva quando o terapeuta se mostra interessado e presente, com intervenções como por exemplo “hmm-mmm”, “uh-huh”, “yeah” e “okay”. Estes tipos de intervenções não são cotadas através do MULTI, mas obviamente têm um impacto importante naquilo que é a narrativa do paciente.

O marcador 0 foi um aspeto importante nos resultados obtidos ao longo das sessões, este foi um marcador que diversas vezes promoveu a mudança, ou evidenciou um momento de maior intervenção do terapeuta sem que fosse promovida alguma mudança produtiva.

Foi possível observar que determinadas sessões eram iniciadas com um marcador 0 (No Client Marker) e o paciente apresentava em seguida um marcador elevado. Pode questionar-se o que se deve considerar quando o terapeuta pede inicialmente ao paciente para falar sobre o que sentiu e ele pode ir para além de uma descrição factual dos eventos e fala do que experienciou. Não parece ser correto chamar a isto mudança produtiva, mas ainda assim a intervenção do terapeuta levou a promover um marcador produtivo. Esta intervenção apesar de não ser uma mudança pode mudar o rumo da sessão e deve ter o seu destaque noutras investigações.

Pode questionar-se também se a cotação das intervenções do terapeuta deveria ser feita apenas nas mudanças que ocorriam da passagem entre um marcador 0 (No Client Marker), por estes se tratarem de momentos onde realmente os terapeutas são responsáveis por intervir maioritariamente. No entanto, essa parece não ser uma forma adequada de classificar as intervenções do terapeuta, uma vez que parece fazer sentido considerar todas as intervenções presentes nos restantes marcadores.

Os resultados obtidos quanto à promoção de mudanças produtivas com o marcador 0 podem ajudar a esclarecer isto. A diferença entre haver ou não mudanças de narrativa produtivas quando se estava perante um marcador 0 foi elevada. Foi muito mais frequente o marcador 0 não promover mudanças produtivas do que o contrário.

Os resultados deste estudo são a favor da ideia de que o terapeuta desempenha um papel muito importante em psicoterapia. As conclusões ilustram a eficácia dos psicoterapeutas para além das suas orientações teóricas e independentemente dos sintomas dos clientes.

No que toca às limitações sobre o presente estudo podem apontar-se diversos pontos. Não será possível generalizar os resultados uma vez que se trata de uma amostra reduzida de terapeutas e pacientes e pouco se sabia das características dos pacientes. As narrativas são possivelmente afetadas por variáveis do paciente (como o insight, características de personalidade, motivação e expectativas quanto à terapia), para além das características do psicoterapeuta (e as técnicas utilizadas por si), da relação terapêutica e do modelo teórico.

Outro aspeto que pode também ser uma limitação é o facto de nem todos os terapeutas terem o mesmo número de sessões, as sessões não serem de igual número em todos os modelos psicoterapêuticos e as sessões serem de diferentes ordens (algumas sessões são iniciais, outras não). Dado que a maioria das sessões são sessões iniciais, isto pode ter tido uma influência nos resultados. As sessões iniciais são geralmente destinadas à construção da relação e de um ambiente seguro e confortável para que o paciente possa aprofundar o conhecimento que tem sobre si. Neste sentido, pode ter sido feito um uso maior de intervenções focadas no suporte da elaboração da experiência interna e um uso menor de intervenções confrontativas e desafiadoras.

Um ponto que pode também ser importante de referir é o facto de todas as sessões analisadas terem sido gravadas com fins pedagógicos, o que pode ter enviesado a forma com o terapeuta e o paciente interagiram em sessão.

Podem ainda apontar-se limitações quanto ao facto de apenas existir um único avaliador no processo de cotação seguinte à fase de treino, isto não permite que haja a concordância inter-avaliador necessária para validar os resultados do estudo. Outro aspeto importante é o facto da cotação ser feita no minuto anterior à mudança isto, por si só,

impossibilita que algumas intervenções possivelmente importantes não sejam contabilizadas.

De forma a colmatar as limitações referidas e como sugestões para estudos futuros, pode tentar replicar-se a presente investigação com uma amostra maior e mais homogênea quanto ao tipo de problemáticas, com outros modelos terapêuticos, com maior número de sessões atribuídas a cada terapeuta e incluindo diversas fases do processo terapêutico. Seria interessante tentar perceber quais as intervenções que podem contribuir para que haja uma narrativa improdutiva.

Ainda que com limitações, a presente investigação contribuiu não só para demonstrar algumas técnicas e intervenções que podem ser utilizadas na prática clínica e que podem contribuir para o sucesso terapêutico, como para demonstrar a importância do impacto dos psicoterapeutas no processo terapêutico, independentemente da abordagem terapêutica dos mesmos.

Uma vez que a literatura tem destacado que certos psicoterapeutas atingem de forma sistemática melhores outcomes quando comparados com outros psicoterapeutas (Castonguay & Hill, 2017; Lambert, 2013) e que as diferentes modalidades terapêuticas são semelhantes quanto à sua eficácia (Norcross & Lambert, 2018), é necessário continuar a investigar quais as intervenções destes psicoterapeutas mais eficazes, para que se consigam reproduzir melhores outcomes na prática clínica dos psicoterapeutas (Banon et al., 2013).

Embora a presente revisão se tenha centrado nas contribuições do terapeuta, é fundamental que não percamos de vista o papel igualmente importante que os pacientes desempenham na relação terapêutica e na sessão. A investigação destas interações em sessão pode aprofundar a nossa compreensão da natureza da aliança e das variáveis específicas que a impactam. Uma vez que a aliança já foi estabelecida como uma das variáveis essenciais num resultado positivo do tratamento (Horvath & Symonds, 1991), conhecer os componentes chave que ajudam a construir uma aliança saudável pode levar a resultados ainda mais positivos e a maiores oportunidades de mudança do paciente.

É ainda importante acrescentar que este trabalho permite realçar o lugar central que os fatores comuns têm em diferentes orientações psicoterapêuticas. Desta forma pode dizer-se que a disposição do paciente e da pessoa do terapeuta constituem fatores de cura

comuns a todas as formas de psicoterapia. Ambos os fatores se somam ao estabelecimento da aliança terapêutica que aparece então como o fator central e genérico de mudança (Barber et al., 2012). A forma como foram analisados os dados pode ter contribuído para dar relevo a intervenções que procuram manter a atenção e empatia com o paciente. O estudo centrou-se na quantidade (número de intervenções de cada tipo ocorridas antes de momentos de mudança) mas não teve em conta sequência de intervenções nem o facto de algumas poderem ser mais determinantes que outras para a mudança. Em estudos futuros será necessário estudar sequências de interação como forma mais precisa de identificar os processos de mudança. A investigação futura pode levar esta compreensão ainda mais longe e explorar a forma de integrar estes resultados nos princípios de formação existentes.

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## Anexos

### Anexo A

#### The Multitheoretical List of Therapeutic Interventions (MULTI): Versão observador

##### Observer Version - McCarthy & Barber, 2009

**Instructions:** The following items represent actions that may or may not have occurred in the session which you just observed. Please rate each item using the scale provided. There are no right or wrong answers.

	1	2	3	4	5
	Not at All Typical of the Session	Slightly Typical of the Session	Somewhat Typical of the Session	Typical of the Session	Very Typical of the Session
1. The therapist set an agenda or established specific goals for the therapy session.	T: 1	2	3	4	5
2. The therapist made connections between the client's current situation and his/her past.	T: 1	2	3	4	5
3. The therapist focused on identifying parts of the client's personality that were in conflict, like: <ul style="list-style-type: none"> <li>• one part that wanted to be close to others and another part that did not.</li> </ul>	T: 1	2	3	4	5
4. The therapist asked the client to visualize specific scenes or situations in detail.	T: 1	2	3	4	5
5. The therapist encouraged the client to identify specific situations or events that tended to precede the client's problematic behavior.	T: 1	2	3	4	5
6. The therapist often focused on the client's recent experiences.	T: 1	2	3	4	5
7. The therapist worked to give the client hope or encouragement.	T: 1	2	3	4	5
8. The therapist seemed convinced of the effectiveness of the methods he/she is using to help the client.	T: 1	2	3	4	5
9. The therapist and the client discussed a plan for the client to try to control (increase or decrease) specific behaviors, like: <ul style="list-style-type: none"> <li>• smoking;</li> <li>• eating;</li> <li>• exercising;</li> <li>• checking something repeatedly;</li> <li>• saying or thinking certain things;</li> <li>• hurting him/herself.</li> </ul>	T: 1	2	3	4	5
10. The therapist repeated back to the client (paraphrased) the meaning of what the client was saying.	T: 1	2	3	4	5
11. The therapist encouraged the client to identify or label feelings that he/she had in or outside of the session.	T: 1	2	3	4	5
12. The therapist encouraged the client to talk about feelings he/she had previously avoided or never expressed.	T: 1	2	3	4	5
13. The therapist pointed out times when the client's behavior seemed inconsistent with what the client was saying, like when he/she: <ul style="list-style-type: none"> <li>• suddenly shifted his/her moods or topics;</li> <li>• was silent a long time;</li> <li>• laughed, smiled, looked away, or was uncomfortable;</li> </ul>	T: 1	2	3	4	5
14. The therapist encouraged the client to talk about whatever came to his/her mind.	T: 1	2	3	4	5
15. The therapist taught the client specific new skills or behaviors, like how to: <ul style="list-style-type: none"> <li>• relax his/her muscles;</li> <li>• how to control his/her emotions;</li> <li>• how to be assertive with others;</li> <li>• how to act in social situations.</li> </ul>	T: 1	2	3	4	5
16. The therapist encouraged the client to think about, view, or touch things that the client is afraid of.	T: 1	2	3	4	5
17. The therapist reviewed or assigned homework exercises, like: <ul style="list-style-type: none"> <li>• writing down certain thoughts or feelings outside the session;</li> <li>• practicing certain behaviors.</li> </ul>	T: 1	2	3	4	5
18. The therapist was warm, sympathetic, and accepting.	T: 1	2	3	4	5
19. The therapist pointed out recurring themes or problems in the client's relationships.	T: 1	2	3	4	5
20. The therapist talked about the function or purpose that the client's problem might have, like how it: <ul style="list-style-type: none"> <li>• lets him/her avoid responsibility;</li> <li>• keeps others away from him/her.</li> </ul>	T: 1	2	3	4	5

21. The therapist encouraged the client to explore explanations for events or behaviors other than those that first came to the client's mind.	T:	1	2	3	4	5
22. The therapist made connections between the way the client acts or feels towards the therapist and the way that the client acts or feels in his/her other relationships.	T:	1	2	3	4	5
23. The therapist encouraged the client to see the choices he/she has in his/her life.	T:	1	2	3	4	5
24. The therapist and the client discussed the client's dreams, fantasies, or wishes.	T:	1	2	3	4	5
25. The therapist encouraged the client to consider the positive and negative consequences of acting in a new way.	T:	1	2	3	4	5
26. The therapist made the session a place where the client could get better or solve his/her problems.	T:	1	2	3	4	5
27. The therapist tried to help the client identify the consequences (positive or negative) of his/her behavior.	T:	1	2	3	4	5
28. The therapist and the client worked together as a team.	T:	1	2	3	4	5
29. The therapist gave the client advice or suggested practical solutions for the client's problem.	T:	1	2	3	4	5
30. The therapist shared personal information with the client.	T:	1	2	3	4	5
31. The therapist listened carefully to what the client was saying.	T:	1	2	3	4	5
32. The therapist often explained what he/she was trying to do.	T:	1	2	3	4	5
33. The therapist led the discussion most of the time.	T:	1	2	3	4	5
34. The therapist focused on how disagreements between certain parts of the client's personality have caused the client's problems.	T:	1	2	3	4	5
35. The therapist encouraged the client to change specific behaviors.	T:	1	2	3	4	5
36. The therapist focused on the ways the client copes with his/her problems.	T:	1	2	3	4	5
37. The therapist encouraged the client to look for evidence in support of or against one of the client's beliefs or assumptions.	T:	1	2	3	4	5
38. The therapist explored the client's feelings about therapy.	T:	1	2	3	4	5
39. The therapist encouraged the client to view his/her problem from a different perspective.	T:	1	2	3	4	5
40. The therapist encouraged the client to explore the personal meaning of an event or a feeling.	T:	1	2	3	4	5
41. The therapist often focused on the client's childhood experiences.	T:	1	2	3	4	5
42. The therapist focused on improving the client's ability to solve his/her own problems.	T:	1	2	3	4	5
43. The therapist encouraged the client to list the advantages and disadvantages of a belief or general rule that he/she follows.	T:	1	2	3	4	5
44. The therapist had the client role-play (act out or rehearse) certain scenes or situations.	T:	1	2	3	4	5
45. The therapist tried to help the client better understand how he/she relates to others, how this style of relating developed, and how it causes the clients problems.	T:	1	2	3	4	5
46. The therapist seemed interested in trying to understand what the client was experiencing.	T:	1	2	3	4	5
47. The therapist encouraged the client to focus on his/her moment-to-moment experience.	T:	1	2	3	4	5
The client focused on his/her moment-to-moment experience.	C:	1	2	3	4	5
48. The therapist tried to help the client better understand how his/her problem was due to certain beliefs or rules that he/she follows.	T:	1	2	3	4	5
49. The therapist encouraged the client to question his/her beliefs or to discover flaws in his/her reasoning.	T:	1	2	3	4	5
50. The therapist focused on a specific concern in the client's relationships, like:	T:	1	2	3	4	5
• disagreements or conflicts;						
• major changes;						
• loss of a loved one;						
• loneliness.						

51. The therapist encouraged the client to explore ways in which the client could make changes in his/her relationships, like ways to: <ul style="list-style-type: none"> <li>• resolve a conflict in a relationship;</li> <li>• fulfill a need;</li> <li>• establish new relationships or to contact old friends;</li> <li>• ways to avoid problems the client had experienced in previous relationships.</li> </ul>	T: 1 2 3 4 5
52. The therapist reviewed the gains the client has made while in therapy.	T: 1 2 3 4 5
53. The therapist reviewed the difficulties that the client was currently experiencing.	T: 1 2 3 4 5
54. The therapist encouraged the client to examine his/her relationships with others, like: <ul style="list-style-type: none"> <li>• positive and negative aspects of his/her relationships;</li> <li>• what the client wants and others want from him/her;</li> <li>• the way the client acts in relationships.</li> </ul>	T: 1 2 3 4 5
55. The therapist encouraged the client to think about ways in which he/she might prepare for major changes in his/her relationships, like: <ul style="list-style-type: none"> <li>• learning new skills;</li> <li>• finding new friends.</li> </ul>	T: 1 2 3 4 5
56. The therapist both accepted the client for who he/she is and encouraged him/her to change.	T: 1 2 3 4 5
57. The therapist encouraged the client to identify situations in which the client's feelings were invalidated, like: <ul style="list-style-type: none"> <li>• times when a significant other told the client his/her feelings were incorrect;</li> <li>• situations in which the client had strong feelings that seemed inappropriate.</li> </ul>	T: 1 2 3 4 5
58. The therapist encouraged the client to think about or be aware of things in his/her life without judging them.	T: 1 2 3 4 5
59. The therapist made it clear that the client's problem was a treatable medical condition.	T: 1 2 3 4 5
60. The therapist tried to help the client better understand how the client's problems were due to difficulties in his/her social relationships.	T: 1 2 3 4 5

## Anexo B

### Resumo do Narrative-Emotion Process Coding System 2.0 (NEPCS 2.0; Angus Narrative-Emotion Marker Lab, 2015)

	Marker	Process Indicators
<b>Problem Markers</b>		
Characterized by under- or over-regulated emotional states, rigid maladaptive self-narratives, and content that is abstract, external, or has limited meaning. Thought to reflect processes that maintain presenting problems.	<b>Same Old Story</b>	Expressing dominant, maladaptive, over-general views of self and relationships marked by lack of agency, stuckness
	<b>Empty Story</b>	Describing an event with a focus on external details and behavior, and a lack of internal referents or emotional arousal
	<b>Unstoried Emotion</b>	Experiencing undifferentiated, under- or over-regulated emotional arousal, without coherent narration of that experience
	<b>Superficial Story</b>	Talking about events, hypotheticals, self, others, or unclear referents in a vague, abstract manner with limited internal focus
<b>Transition Markers</b>		
Modes of processing marked by present-centered exploration, the destabilization of dominant maladaptive self-narratives and of dominant approaches to emotional experience, and the beginnings of re-integration of experiences.	<b>Competing Plotlines</b>	An alternative to a dominant view, belief, feeling, or action emerges, creating tension, confusion, curiosity, doubt, protest
	<b>Inchoate Story</b>	Focusing inward, contacting emergent experience, and searching for symbolization in words or images
	<b>Experiential Story</b>	Narrating an event or engaging in a task as if re-experiencing an autobiographical memory or interpersonal scheme
	<b>Reflective Story</b>	Explaining a general pattern or specific event in terms of own or others' internal states (thoughts, feelings, beliefs, intentions)
<b>Change Markers</b>		
Articulating concrete adaptive changes, novel understanding, and meaning.	<b>Unexpected Outcome</b>	Describing a new, adaptive behavior (action, thought, feeling, response) and expressing surprise, pride, relief, contentment
	<b>Discovery Story</b>	Re-conceptualizing, or articulating a novel understanding of the self, others, key events, behavior patterns, or change processes

## Anexo C

### Concordância Interavaliadores MULTI-60 Ana Aleixo e Tomás Tomé Treino Cotação MULTI-60

#### 1. Grau de Concordância K de Cohen por Sessão

Sessões	K de Cohen
1. David J Cain – Sessão 1	14,7%
2. Jeffrey Magnavita – Sessão 2	40,8%
3. Amy Wensel – Sessão 6	73,7%
4. Leslie Greenberg – Sessão 4	87,3%

#### Legenda Grau de Concordância K de Cohen

< 0.40 – pobre

0.40 - 0.75 - satisfatório a bom

> 0.75 excelente

**Anexo D**

**Cotações MULTI em Cada Sessão**

**MULTI: Amy Wensel**

<b>COTAÇÃO Amy Wensel</b>	<b>Cotação</b>
Terapeuta: [00:00:00] Good to see you back after a few weeks.	18
Cliente: Yeah, it's great to be back. It was a long break.	
Terapeuta: I know, I know, but I was taking a look at your questionnaires and it looks like your score on the depression inventory is essentially it down to zero.	52
Cliente: Yeah. I haven't been feeling much depression at all lately.	
Terapeuta: great great,	
Cliente: In those couple weeks.	
Terapeuta: A little bit of anxiety, but nothing out of the ordinary and still in the low side, correct?	52
Cliente: Yeah, especially for the time of the year it is and the academic calendar.	
Terapeuta: Right, right.	
Cliente: Finals next week.	
Terapeuta: Exactly, because you were saying last time three weeks ago that it was ramping up a bit. And so, I needed to do some prep work in terms of coping, but we've been largely successful?	6/30/52
Cliente: Yeah, I've been pretty successful. It's been a lot of work. I've taken couple different exams and couple different courses the past few weeks. Okay, that's successful in some of them.	
Terapeuta: Yeah. Terrific, you sent me a list of some of those successes.	18/52
Cliente: Yeah. We got the success long.	
Terapeuta: Yeah. Yeah. Definitely. What else do you want to make sure we accomplished here today?	14/18/26
Cliente: I mean, this is just the last our last session. So, whatever you want to talk about strapping things up, I guess.	
Terapeuta: sure. Well, you know, there are some other parts [00:01:00] of the homework, so I thought I would check it on some of those other parts as well.	1/17
Cliente: Okay.	
Terapeuta: You know, I wanted to take a look at the goals that we set for treatment and our first visit and really do some measuring and seeing the degree to which we've achieved our goals. Does that sound okay?	1/17/18/32/5 2
Cliente: Yeah, sounds okay.	
Terapeuta: And then I end on I also thought we could do something the technical term for this is called relapse prevention, but it's really just looking at okay. What have you learned, how can you apply this to future stressors? What are some warning signs where it seems like the depression or the anxiety might be reaching a level where you might need to do even something more than practicing the skills like maybe seeing another therapist contacting a mental health professional, where you have all this information in one place so you can consult it when you need it.	1/32
Cliente: Okay. I figured there'd be some sort of closure.	
Terapeuta: Some sort of closure. We will get closure. Absolutely. Absolutely. Should we start with the homework?	1/31
Cliente: Sure. I mean I didn't I did the successful guy didn't keep too many. I keep track of anything else.	
Terapeuta: Okay, okay. Well, would you like me to remind you what I wrote down for homework?	1/17
Cliente: Sure.	
Terapeuta: So, one is a success like so we're on the same page there. [00:02:00] And then you were also going to continue to keep the thought record and evernote when you get when you had automatic thoughts that are upsetting or anxiety provoking, but you said in the email that you lost track of the chart somewhere. So what happened there?	17/40
Cliente: Yeah, yeah, I had written it a couple times down. I'm, I'm full up on 70tretch70 space for my Evernote. Sometimes if you just write stuff down and then it doesn't sink. It appears.	
Terapeuta: Really? Okay. Well that's good to know about evernote. I did not know that. Okay.	30
Cliente: Yeah. Then with a recording of a lecture I had to okay, let's talk about that.	
	38

<p>Terapeuta: Oh, okay. Okay. So, you know well, let me just ask you that in general that, that systematic strategy for laying out the situation thoughts and really evaluating them in from a general perspective. Do you see value in that?</p>	
<p>Cliente: Yeah, I see value and I mean I have, I have some good examples like over the past few weeks of and one of them. Success I didn't put on there is I went to a job fair.</p>	31
<p>Terapeuta: Did you?</p>	18
<p>Cliente: Yeah.</p>	
<p>Terapeuta: And I wasn't going to push you on the job fair.</p>	18
<p>Cliente: Yeah.</p>	
<p>Terapeuta: Okay. Good for you. [00:03:00]</p>	
<p>Cliente: Well, I went to that and I was really anxious about going to that and I like a million reasons not to go to it.</p>	18
<p>Terapeuta: Hm, hm. But you did it.</p>	40
<p>Cliente: Yeah.</p>	
<p>Terapeuta: Can we talk more about that for a little bit?</p>	31
<p>Cliente: Sure, Yeah.</p>	
<p>Terapeuta: Okay. So, obviously the situation is your face with this job fair.</p>	
<p>Cliente: Yeah.</p>	11/40
<p>Terapeuta: The emotion was you're really anxious. What were some of the key automatic thoughts?</p>	
<p>Cliente: Well, I'm always scared of judgment like we recognize that in some of my other stuff.</p>	
<p>Terapeuta: Absolutely.</p>	
<p>Cliente: Like going to a place where people are supposed to be judging you it was like really hard for me to do.</p>	31
<p>Terapeuta: Okay. So, you basically had the idea that you were going to be judged what negatively?</p>	40
<p>Cliente: yeah.</p>	
<p>Terapeuta: Okay, what trap might've fallen into them?</p>	10
<p>Cliente: just like overlooking the positive thinking the worst...</p>	
<p>Terapeuta: uh-huh, uh-huh some mental filtering down on the negative.</p>	31/44
<p>Cliente: Yeah.</p>	
<p>Terapeuta: I'm just clarifying the positive and probably doing some minor eating right?</p>	42
<p>Cliente: Yeah.</p>	
<p>Terapeuta: Do that in the first place. So, how can you start to get some distance from that? How can you really...</p>	
<p>Cliente: I mean it was just I don't know I needed to go just for the practice. I figured I guess I evaluated in such a way that like don't [00:04:00] go looking for a job like go looking like for the practice of getting a job.</p>	10
<p>Terapeuta: Okay, so that's what pressure off of you.</p>	
<p>Cliente: Yeah.</p>	
<p>Terapeuta: Okay.</p>	
<p>Cliente: I wasn't trying to be successful with a job fair, and I probably really wasn't but I want around I talked to different employers there wasn't a lot of people there for my major. It turns out anyway, but my made the rounds so...</p>	40
<p>Terapeuta: Okay. Okay, so. Ultimately, did you view it as a positive experience or a negative experience?</p>	
<p>Cliente: Is a positive experience? Yeah.</p>	23/44
<p>Terapeuta: Okay, when you when you when you looked at it and that alternative way the alternative response saying this doesn't have to be for getting a job. This could just be for practice.</p>	
<p>Cliente: Yeah.</p>	23/52
<p>Terapeuta: How much did it bring down your anxiety?</p>	
<p>Cliente: probably like about half and I'm so anxious about going in there and seeing somebody but uh-huh. I don't know I guess like different companies, you know, you have your more nervous about another company outside of the Social Security Administration guy first like he's for the government. So, it's like, you know what to think very highly of that company. I guess it's easier to be more worried about, you know, like a fortune company or prestigious insurance company or like that. [00:05:00]</p>	23/40
<p>Terapeuta: Okay. Okay. So, when you looked at it as just practice it brought your anxiety down to about half. Do you think that it actually enabled you to go?</p>	
<p>Cliente: Yeah.</p>	
<p>Terapeuta: Okay. So, if your anxiety was double that before do you think you might have put it off or knock on not gone?</p>	23/40
<p>Cliente: I might have just there's not gone at all. I don't know. I've I skipped career fairs in the past I got issues I don't wanna go.</p>	



<p>Cliente: Yeah.</p> <p>Terapeuta: All right, good good. So, here's what else I wrote down for homework.</p> <p>Cliente: Okay.</p> <p>Terapeuta: You know, you were pretty clear that even though the job search was terrifying that you really needed to get start getting on it now rather than waiting until after finals. So, you were going to maybe do a comprehensive list of tasks for the job search and then you said you wanted to be held accountable for submitting at least one resume, right? But or finishing your resume and applying for one job, but if I'm looking correctly at your success log, it looks like you exceeded that.</p> <p>Cliente: Yeah, I apply for three jobs.</p> <p>Terapeuta: Yeah. Oh, good for you.</p> <p>Cliente: I'm all over the</p> <p>Terapeuta: All over the internet.</p> <p>Cliente: monster.com and everything.</p> <p>Terapeuta: Are you, are you? Okay.</p> <p>Cliente: Those watching this tape was to give me a job. I'm probably still looking for one.</p> <p>Terapeuta: No, you know you [00:09:00] were a bit ambivalent when I talked to you last time. I'm on the one hand you were very motivated. You wanted the independence. He wanted to start getting a job, but I think your quote was boy. I'd be president if I actually followed through on all the plans that I had. How did you overcome that get that hump and actually follow through?</p> <p>Cliente: Oh, my girlfriend pushes me a lot. I won't lie, but I don't know. I guess I just easier when you feel good about yourself. So...</p> <p>Terapeuta: So, okay. So, you feel good about salt ...</p> <p>Cliente: There's like some other minor successes in the week that like led up to that</p> <p>Terapeuta: really? So, what those minor success has accumulated that then kind of helped you to have more confidence in together your resume.</p> <p>Cliente: Yeah. Hmm.</p> <p>Terapeuta: Okay. Okay</p> <p>Cliente: Basically, came down to yeah. I just did it like a little bit of time.</p> <p>Terapeuta: Good, you did a little bit of a time. And if you're actually paying attention to the minor successes, it seems like you're no longer not giving yourself credit. You're no longer disqualifying the positives. You're really keeping those in your mind.</p> <p>Cliente: Yeah.</p> <p>Terapeuta: Okay, good, good.</p> <p>Cliente: And my vacancy rate at the property management where I work [00:10:00] at is like a 0 so I get a lot of free time right now.</p> <p>Terapeuta: Oh, okay. Okay.</p> <p>Cliente: Not just me that makes it a zero, but I think I helped a lot.</p> <p>Terapeuta: great. So that's a success in terms of doing your job well.</p> <p>Cliente: yeah, work...</p> <p>Terapeuta: the bonus that you have free time to doing find for jobs</p> <p>Cliente: yeah.</p> <p>Terapeuta: Okay.</p> <p>Cliente: Another thing I guess that I use like the thought modification process for is like I had this lady up and quit on me.</p> <p>Terapeuta: at the property manager?</p> <p>Cliente: yeah on the company, not me, she's not my employee but uh I'm the one that has to train her replacement and work her hours until somebody else comes in.</p> <p>Terapeuta: So, voice that's a stressor that you don't need during this time of finals?</p> <p>Cliente: yeah.</p> <p>Cliente: that was like a week and a half ago we can go.</p> <p>Terapeuta: so how did thought modification help their?</p> <p>Cliente: thought modification helped because I didn't get upset about it and within an hour after the lady quitting because I wasn't even at work that day, I was at GSU studying I had a for wanted ad you know will help wanted ad on Craigslist.</p> <p>Terapeuta: Really?</p> <p>Cliente: Yeah, so...</p> <p>Terapeuta: okay, and what did you say to yourself so as not to get upset?</p> <p>Cliente: [00:11:01] I was just like I don't have time to get upset I just needed to get like a solution I'll just more focus on the solution.</p>	<p>17</p> <p>17/31/52</p> <p>18</p> <p>31</p> <p>31</p> <p>3/40/44</p> <p>31</p> <p>10</p> <p>31/52</p> <p>18/52</p> <p>31</p> <p>31</p> <p>31</p> <p>38</p> <p>31</p> <p>40/46</p> <p>10/44</p>
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<p>Terapeuta: So, kind of like that evaluation question what can I do about it you know sounds like getting anxious ruminating on the implications of this was not going to be helpful.</p> <p>Cliente: Hm hm.</p> <p>Terapeuta: Okay.</p>	31
<p>Cliente: I just did the first thing I could do.</p> <p>Terapeuta: Okay, great great. And that was for about a week and a half. But now you have a replacement.</p>	31
<p>Cliente: Yeah, vacancy rates so close to zero.</p> <p>Terapeuta: So in a vacancy rate still at</p>	31
<p>Cliente: Its like a busy couple weeks,</p> <p>Terapeuta: Busy couple weeks, but successful couple of weeks.</p>	40
<p>Cliente: Yeah.</p> <p>Terapeuta: Okay. Okay. So, how do you keep the momentum going with the job search?</p>	
<p>Cliente: I mean, I just keep I'm applying I just decided to apply to every job and my two related fields within a certain radius in Chicago.</p> <p>Terapeuta: Okay.</p>	31
<p>Cliente: That I can get to from moving to...</p> <p>Terapeuta: Right. And how many jobs approximately is that?</p>	
<p>Cliente: There might be like a hundred of them but some of them like you apply with like one click on Monster some of them you go through the entire company's website. So like two of the jobs, I went to the company's [00:12:01] website and one of them was like a monster. And then I so I mean there might be a couple hundred who knows but I you just keep applying to them until you get one I guess so that's what I'm going to do.</p> <p>Terapeuta: Right, right, right.</p>	
<p>Cliente: And once I move in if I don't have a job, I like the May 20<sup>th</sup>. I'll probably just go to like the accounting temp agency.</p> <p>Terapeuta: Oh sure. Sure. Okay. Okay, so that's something so that'll give you some experience will be making some money.</p>	7/31
<p>Cliente: that's given me like blowing my anxiety about it too...</p> <p>Terapeuta: because you have an alternative.</p>	31
<p>Cliente: Yeah, the temp agency.</p> <p>Terapeuta: Yeah. Yeah. No, absolutely. Absolutely. Okay, and so, you know if you apply the three jobs by now, like what, what rate should you be applying for jobs, especially...</p>	31
<p>Cliente: I could do three jobs a day.</p> <p>Terapeuta: Really?</p>	31
<p>Cliente: It's been busy lately.</p> <p>Terapeuta: Okay. Like what's involved in applying for jobs online and your field?</p>	31
<p>Cliente: Searching the jobs and all the different job search engines applying for the jobs like maintaining your LinkedIn profile, which I don't do, I need to do.</p> <p>Terapeuta: Is that one thing that you're putting off?</p>	31
<p>Cliente: Yeah, definitely.</p> <p>Terapeuta: Okay. So how can you [00:13:01] use the resume experience and apply it to the LinkedIn?</p>	
<p>Cliente: I'm putting it off because I want to get a picture of myself. Like in a suit since I've like lost weight since the summer.</p> <p>Terapeuta: Okay. Okay</p>	18/31
<p>Cliente: I had pictures of myself where I look good enough to use like that . Do you own a</p> <p>Terapeuta: Do you own a suit?</p>	31
<p>Cliente: Yes.</p> <p>Terapeuta: Okay, so could you feasibly put on the suit and just have your girlfriend snap a picture?</p>	40
<p>Cliente: Yeah, I could.</p> <p>Terapeuta: Okay. What would run through your mind?</p>	31
<p>Cliente: I'd be okay with that.</p> <p>Terapeuta: you'd be okay with...</p>	
<p>Cliente: It just putting that whole thing off.</p> <p>Terapeuta: Okay.</p>	31
<p>Cliente: We've been so busy lately.</p> <p>Terapeuta: You've been busy. Yeah. Yeah, so you were busy though when you're putting together the resume.</p>	40
<p>Cliente: Yeah.</p> <p>Terapeuta: Okay, so getting over at hump connection is what?</p>	
<p>Cliente: trying finding something else you avoid doing more.</p>	

<p>Terapeuta: Okay.          Cliente: then doing that instead, I guess.          Terapeuta: Okay. Okay. When's the next time you're going to see your girlfriend?          Cliente: Probably Saturday night.          Terapeuta: Okay.          Cliente: Maybe even though, maybe I'll just take a I don't know. I'm really anxious about finals. So, I'm trying not to be like actually get anything done. So, I said take the weekend off [00:14:01] now see that affects relationship a lot when you think a whole week off.</p>	31
<p>Terapeuta: Okay, okay. So, seeing her on the weekend and make sure I understand what you're saying. That could be good. Not only for the relationship. I guess it also could be good because you'd be seeing her and she could snap a picture of you in your suit, but then it would also give you a little bit of a break from studying for finals.</p>	10/31
<p>Cliente: Yeah, every time I hang out with my girlfriend, I just think that I need to be getting some kind of school work done. You know that feeling that the like something is supposed to be doing once I graduate that's probably gonna go away.          Terapeuta: Exactly. That's exactly what I was thinking of. I was thinking, you know, you're in the home stretch right?</p>	30/31
<p>Cliente: May 8<sup>th</sup> is like my last final.          Terapeuta: Right, right and it actually sounds healthy to me that your of course paying close attention to your finals you're studying but also giving yourself a little bit of a reward in the form of a break and doing something that enhances the relationship. Okay. Okay. So, do we actually have a plan for the LinkedIn picture or is it ...</p>	18
<p>Cliente: No, just something I had to get done. It's not like a problem thing          Terapeuta: It's not like a problem thing.</p>	31
<p>Cliente: I mean it probably is mmmm. [00:15:01] I don't think...depends on who you          Terapeuta: Ah ah ah, ah.</p>	31
<p>Cliente: I should have had it done but It's not a big deal.          Terapeuta: And the only thing that needs to be done as a picture and that's it.</p>	31
<p>Cliente: I need to like set up a profile and everything. But...          Terapeuta: all you need to set up the product.</p>	31
<p>Cliente: I like registered. I just and it's like having a blank facebook          Terapeuta: right. Oh, okay? Okay. Okay, and you know how important linkedin is in your field?</p>	31
<p>Cliente: I've heard that employers check it to see what skin color you have.          Terapeuta: Okay.          Cliente: I don't know how important that will be.</p>	30
<p>Terapeuta: Yeah. Yeah, I mean and I've really heard that it kind of runs the gamut on the for myself as a psychologist and ...</p>	30
<p>Cliente: Yeah.          Terapeuta: was also in academics and what not. I have a lot of connections but it's just mostly for keeping in touch with professionals. But on the other hand, I know some people who are attorneys and who actually drum up business on LinkedIn and so it's actually pretty essential for their business.</p>	30
<p>Cliente: Yeah, probably semi-important.          Terapeuta: Right.          Cliente: We'll see.          Terapeuta: Right. Right.</p>	30
<p>Cliente: Well do better one than sat my linkedin setup.          Terapeuta: Right, right. So so I don't I'm kind of I kind [00:16:01] of have the sense that we're not a hundred percent firm on this that you know, we're identifying it's a kind of like we identified last week with the resume or less time with the resume, but we had a more specific plan in terms of getting that done. So how do we kind of take that same spirit that more that specificity and apply it to LinkedIn especially given this time of year with finals are coming up?</p>	42
<p>Cliente: like it's just try to get it done this weekend. I guess be. It's just a simple thing to do. I guess.          Terapeuta: what you've also told me in the past that your girlfriend you don't does, you know, encourage you pretty strongly to get these things done and Actually didn't view that as a problem. You actually viewed it for the most part as helpful, right?</p>	31
<p>Cliente: Yeah.          Terapeuta: So what if you were to, you know just expressed to her that you know, this is kind of the next step in the job search process and that maybe the two of you together could work on it this weekend.</p>	29

<p>Cliente: Yeah, definitely right, but if I told her that she would be like you're an idiot because I've been telling you this the entire time like that's kind of where it comes from not like she's the one saying you need to get it done.</p> <p>Terapeuta: Okay. [00:17:01] Okay. What's an alternative? You know your situation better than I do.</p> <p>Cliente: I mean I could just use a picture like an old picture of me in a suit, huh? Do that.</p> <p>Terapeuta: and do it and even before the weekend.</p> <p>Cliente: Yeah, and then just wait till I get a new picture to update it.</p> <p>Terapeuta: Oh, I see so you seize the moment you do what me sooner rather than later. But the idea that you're just going to replace the picture, you know, maybe like over the weekend.</p> <p>Cliente: Yeah.</p> <p>Terapeuta: Oh well if you see her then over the weekend and that would be Saturday. Today's Wednesday. What's your what's your schedule looking like over the next couple of days in terms of when you might work this in?</p> <p>Cliente: work. I just work. I mean I gave him wear a suit to work and have somebody take a picture then.</p> <p>Terapeuta: that's a, that's a good solution as well.</p> <p>Cliente: Yeah.</p> <p>Terapeuta: okay. Okay, and since you're at 100% capacity or 0% openings, I mean you're going to have time tomorrow or Friday?</p> <p>Cliente: Yeah, I mean I'm training two people but okay. I'm replacing myself to ...</p> <p>Terapeuta: You're replacing yourself.</p> <p>Cliente: So, there's two people that need to be trained now.</p> <p>Terapeuta: Okay, okay, so might there be you know, when might [00:18:01] there be free time then?</p> <p>Cliente: I mean I could just make one of the new people take a picture of me.</p> <p>Terapeuta: Yeah. So, so, should we make this official that you know at some point when you're working the property management company tomorrow or Friday, you're going to get some picture up on LinkedIn and get your basic profile up.</p> <p>Cliente: Yeah.</p> <p>Terapeuta: Okay.</p> <p>Cliente: It's a good idea. Maybe I'll have somebody take a picture when you launch your own Apartments.</p> <p>Terapeuta: Oh, there you go kind of professional an action.</p> <p>Cliente: Yeah.</p> <p>Terapeuta: Okay. Okay, that's terrific how so what's the likelihood that this is going to happen?</p> <p>Cliente: It's like 85%</p> <p>Terapeuta: Okay, okay. Okay, the other 15%?</p> <p>Cliente: 15% is if like an emergency happened, I don't know.</p> <p>Terapeuta: Okay, and that's just out of out of your control.</p> <p>Cliente: Yeah, out of my control.</p> <p>Terapeuta: So, the Back-up Plan for that 15 percent would be what then?</p> <p>Cliente: Again, it done by Saturday with my girlfriend.</p> <p>Terapeuta: Okay. So regular suit picture.</p> <p>Cliente: right, right. It's a good thing is I my suits pressed and everything so it's not like...</p> <p>Terapeuta: Oh good. So that's ready to go so that okay. Okay. Okay</p> <p>Cliente: salutes and crumpled [00:19:01] up somewhere.</p> <p>Terapeuta: Yeah. So, basically then the Back-up Plan is to do it on Saturday, and you know, maybe you need to give her all the explanation that I was suggesting before to avoid the combat, right?</p> <p>Cliente: No, I mean she'd be glad to help me.</p> <p>Terapeuta: Okay. Okay. Okay. So, that's the next step.</p> <p>Cliente: Yeah. Definitely.</p> <p>Terapeuta: Okay. Okay. Is there any other anxiety associated with finals that we should plan ahead for using thought modification or the sort of time management scheduling approach?</p> <p>Cliente: No there's one final that I need to be like Study for eight hours make no cars and just really just go as hard as I can, and the other finals are kind of like one of those online at home. Nobody getting an A in the class and the other finals important. I'll probably study for but as much as the other one, so I mean like they're all under control I suppose.</p> <p>Terapeuta: Okay? Okay.</p> <p>Cliente: so just like I have time blocked off to study for them.</p> <p>Terapeuta: A time is blocked off to [00:20:01] study for them. It sounds like I'm hearing conviction in your voice that you're going to follow through with this.</p> <p>Cliente: Yeah, all my finals. I did well in the previous test.</p>	<p>23</p> <p>29/31</p> <p>31</p> <p>31</p> <p>18</p> <p>31</p> <p>31</p> <p>31</p> <p>31</p> <p>17</p> <p>18</p> <p>18/31</p> <p>31</p> <p>31</p> <p>23/31</p> <p>31</p> <p>31</p> <p>23</p> <p>31</p> <p>38</p> <p>7/18/31</p>
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<p>Terapeuta: Okay, Okay.</p> <p>Cliente: No, it's done for the next one.</p> <p>Terapeuta: So, in the past, you know, you've had sort of had these thoughts of the sense of impending doom. Like, you know, you're gonna show up and either kind of somehow find out bad news that you're not as in as good of standing in the class as you thought you were or you know, just a test would be really difficult any automatic thoughts like that?</p>	2/40
<p>Cliente: No, but I've been like practicing all semesters by going before I was getting anxious before I even got the class. Right, right you guys in class a lot.</p> <p>Terapeuta: uh-huh. Uh-huh. So, you've just been going you've overcome avoidance in that way. So, it sounds like there's not a lot of danger that some of the old tendencies are going to come back with the finals, right? Okay. Okay. Should we turn our attention to the success log?</p>	1/52
<p>Cliente: Sure.</p> <p>Terapeuta: My favorite part of the homework each time. So, again, you know, we've been keeping the success log now over the course of a number of our visits really, [00:21:02] you know, in terms of our model here kind of, you know, we were kind of going from sort of this. I'm a failure orientation to some of the automatic thoughts that would come up in particular situations where there is a potential to failure, and we wanted to kind of go the other direction right and really create the I'm a success type of court type of core belief.</p>	17/32/39
<p>Cliente: Yeah. Yeah, the having the success kind of core belief is really big in me right now. So, I'm trying to like change how people perceive me that's job interview.</p>	10
<p>Terapeuta: So, right right. So how you carry yourself is important.</p>	40
<p>Cliente: Yeah. Definitely after that mentality.</p>	
<p>Terapeuta: Yeah. Yeah. Give me The percentage now that you believe that you're a success?</p>	31
<p>Cliente: Finally, a sixty, seventy five percent.</p>	
<p>Terapeuta: Sixty seventy five percent.</p>	
<p>Cliente: A lot lower before.</p>	
<p>Terapeuta: absolutely.</p>	31
<p>Cliente: I just got to clench this job that I'm there, you know?</p>	
<p>Terapeuta: Right right. So, you think once you get the job you'll be more around close to a hundred.</p>	31
<p>Cliente: Yeah. I close to a hundred sounds success.</p>	
<p>Terapeuta: Okay. Okay. So that's all I was going to I was going to ask you what that remaining 25 to 35% wasn't it really sounds like a job.</p>	17
<p>Cliente: Just getting a job.</p>	
<p>Terapeuta: Okay. [00:22:02] Okay. So, can we go through this example, I'm so you wrote intermediate a, c, c, t.</p>	46
<p>Cliente: Yeah, animated accounting. Okay, it was got an A in test.</p>	
<p>Terapeuta: So that's what all those you got an A. Okay, you went and you looked at the condo with your girlfriend's parents and there is no anxiety over spending time with her father. That...</p>	
<p>Cliente: No, like we talked about like going to school and stuff which I don't like talking to him about really what I'm looking for in a job, but we talked for like 20 minutes about it. I was fine.</p>	18/31
<p>Terapeuta: So, it sounds like you didn't even need to use that modification because there was no anxiety.</p>	
<p>Cliente: No, I mean I was anxiety. I was like anxious like just like thinking about it.</p>	
<p>Terapeuta: Okay.</p>	31/46
<p>Cliente: afterwards. I don't know.</p>	
<p>Terapeuta: You were anxious thinking about it afterwards?</p>	
<p>Cliente: Like before the actual like we sat down at the bar like across the street from the condo. So, I'd like anxious about sitting down with them. But once we're there is fine.</p>	31/46
<p>Terapeuta: Okay. Okay, when you were anxious about sitting down with him, did you catch any automatic thoughts or...?</p>	
<p>Cliente: it's like what if he asked me like really hard questions, but [00:23:02] I mean he's ever done that before, so...</p>	
<p>Terapeuta: all right, so that's important evidence. He was nothing. Okay, okay another A on your second auditing is and the auditing was a tough class or where you thought that, we're surprised that there was one exam where he didn't do as well as you wanted.</p>	31
<p>Cliente: Yeah, I done bet on the first exam for auditing.</p>	
<p>Terapeuta: Okay. Okay, and this is interesting. I think this is something you're giving you you're really proud of number three student and your balazs at business law.</p>	31
<p>Cliente: Yeah, Business Law</p>	
<p>Terapeuta: class after your third exam you wrote that twice on here...</p>	31
<p>Cliente: did I?</p>	



Cliente: I just figured he wouldn't he would say no.	
Terapeuta: Okay, but he actually says...	31
Cliente: yeah, yeah.	40
Terapeuta: okay. Okay. So, what does that tell you for the future?	
Cliente: Well, I tried to borrow his truck to move and he said that he said no, so...	
Terapeuta: right. Right.	
Cliente: I don't know. I think it's that was a big ask to begin with.	
Terapeuta: Uh-huh. So, I guess the evidence is mixed. I mean, you know, you might have some continued challenges with him, but you're not automatically going to shoot down all of your requests.	10
Cliente: No.	
Terapeuta: Yeah, would you like to have a better relationship with him in the future?	40
Cliente: I have a weird relationship with him. (não consigo perceber)	
Terapeuta: You have a relationship with him. (não consigo perceber bem)	31
Cliente: I'm about to move out of town. So it's kind of like now or never.	10/18
Terapeuta: Uh-huh. So, you took a big step.	
Cliente: Yeah.	
Terapeuta: Definitely a success. Oh, and here's a attended and participated in the GSE job fair [00:27:02] applied to three jobs, move the refrigerator for your Honda.	18
Cliente: Yeah. Oh my God,	
Terapeuta: so that was an ordeal	31
Cliente: Yeah. I mean, I just fit a refrigerator in a jeep.	
Terapeuta: Okay.	
Cliente: Is really hard.	
Terapeuta: Okay, like a full-size kitchen refrigerator.	31
Cliente: I think all the doors off.	
Terapeuta: okay. Okay.	
Cliente: that was, I don't know. It was nerve-racking driving it around with the gate open. So...	
Terapeuta: oh, yeah.	
Cliente: I guess it wasn't that big of a success but...	
Terapeuta: what? Don't, don't, don't disqualify the positive.	18
Cliente: Yeah...	
Terapeuta: I mean, to me that's something that the old Josh would have avoided or you would have maybe catastrophize a little bit more like if all the gates were open like this is going to come tumbling out or cause an accident, right?	18/52
Cliente: Definitely.	
Terapeuta: And I'm not sensing any of that.	18/52
Cliente: No.	
Terapeuta: Okay. Okay. So, you know one of the things that I had suggested in our previous visit was to combining all of these success like to come to see the totality of them or how they've accumulated. Were you able to do that or are they all still in separate files?	17/52
Cliente: It's there in the same file, but they're not put together as one last.	
Terapeuta: [00:28:02] Okay, but they're not together as one last.	31
Cliente: No, no, we're all in the same Evernote, but I'm ...	
Terapeuta: okay because Evernote has files right? So maybe they're on same file but not the file folder but not the same document?	31
Cliente: Some of them. I might have lost some of them. Thank God I emailed them to you because I can go back and get them from there.	
Terapeuta: Right, right. Right. Okay, I mean, and what do you think this idea of combining them into one list? Is it unnecessary for?	38
Cliente: No, I don't think it's unnecessary.	
Terapeuta: Do you remember what my rationale was for it?	31
Cliente: it? Yeah, just like to see the list and I feel more confident about it.	
Terapeuta: Right right. I mean it goes back to that person I told you who had a hundred 30 items on a success log. And I mean, he literally would look at the successful And any could not argue with a hundred and thirty successes. I think I pointed out in our last visit that you've had like five or six of these over the course of time when we've done this.	30/52
Cliente: Yeah.	
Terapeuta: We've been doing this since our second or third visit so and this is more than five or six so you have to have probably like 25, 30...	52
Cliente: Yeah, probably.	

<p>Terapeuta: Yeah, yeah.          Cliente: I've looked back at him to [00:29:02] so ...          Terapeuta: okay.          Cliente: They don't need to be together so...</p>	31
<p>Terapeuta: they don't need to be together. Okay. So, for you they are unnecessary. Okay.          Cliente: I mean, I'll probably put them together since you suggested it.          Terapeuta: Okay, Okay. Yeah, just don't want you to lose them because you know, we have chipped away a lot at that believe that you're a failure and and I get the sense that for the most part, you know, you believe that you're successful or you've had successes and the jobs going to be the icing on the cake, you know, probably realistic we all face stressors or difficulties in our lives where some of those old core beliefs can be reactivated. So, I would like it to have easy access to either one success log or the spool of them so you can go back to all of them and just see how they've accumulated and get your dose of the 130.</p>	3/7/18/30/52
<p>Cliente: Yeah. Okay.          Terapeuta: Makes sense?          Cliente: I mean, I'll probably keep up with a successful.          Terapeuta: Yeah. Good, good.          Cliente: So, hopefully I just I mean if I don't have to give it to you, I'll just probably keep it as one list. I don't know why it separated ...</p>	31
<p>Terapeuta: Okay. Okay, would it be helpful to I don't know be held accountable a little maybe by showing it to your girlfriend [00:30:02] or showing it to somebody else if you and I aren't meeting anymore?</p>	17/29
<p>Cliente: Maybe I probably won't do that though.          Terapeuta: Okay. Okay.          Cliente: I just that's not something I would do.          Terapeuta: That's not something you would do. Well, well the one thing you know about you again, our goal was to overcome avoidance and overcome some of the procrastination and that has happened, right?</p>	31/52
<p>Cliente: Yeah, definitely.          Terapeuta: Yeah, speaking of you know I said I wanted to to go over our progress towards our treatment goals. And you know, this is a perfect lead-in because our number one goal was to overcome avoidance. And you said the way that we would know that you over can't came avoidance was to graduate, attend your classes, stay in classes, completing a financial aid form and doing a resume actually.</p>	17/52
<p>Cliente: Yeah.          Terapeuta: Did you achieve all that stuff?          Cliente: Yeah achieved all that.          Terapeuta: So, what...</p>	52
<p>Cliente: I left my class early yesterday.          Terapeuta: You left your text class          Cliente: ...the attendance I was there.          Terapeuta: Okay.          Cliente: A hundred percent attendance.</p>	31
<p>Terapeuta: Okay hundred percent attendance. That's terrific. That's terrific.          Cliente: They can't miss now because everybody there's like eight of us with a hundred percent attendance out of 40 and all [00:31:02] looking at each other every time because my name you can see it on the board. It's weird.</p>	18/31
<p>Terapeuta: Uh-huh. Uh-huh. Okay. So, what percentage of the way there are you in terms of overcoming avoidance in general?</p>	31
<p>Cliente: I don't know, I feel like you could always be avoiding something. Hmm, so...          Terapeuta: It's maybe not a hundred percent but...</p>	31
<p>Cliente: If you've never, I don't know, maybe like 80 percent.          Terapeuta: You know, I was thinking in the 80 even maybe 90 range, I mean.          Cliente: Yeah.</p>	18/30/31
<p>Terapeuta: You know, so you may have these little instances where you're like, for example, you left the tax class early, but for the most part, you know, I'm seeing you sticking with your commitments. You did the homework, especially when you told me at the beginning that writing wasn't really your style for homework, and you found a way to make that work. So, I think we have a lot of evidence where I work in here that you You've learned to overcome some of these avoidant tendencies.</p>	7/18/52
<p>Cliente: Yeah, definitely.          Terapeuta: Yeah, and then the problem area number two sort of a secondary area was mild depression and that was especially manifest like in the lack of energy and you thought [00:32:02] that we would</p>	52

know that you're making progress on that is if you would like pick up your prescription for your search Raelene what you did...	
Cliente: Yeah, I did.	31
Terapeuta: And if you'd be playing guitar more?	
Cliente: What happen, yeah.	31
Terapeuta: Yeah, and so it happens in general?	
Cliente: hmm.	31
Terapeuta: Okay. Okay, and your depression ...	
Cliente: I actually bought a new amp, I think since then...	18
Terapeuta: really? Great.	
Cliente: It was that.	
Terapeuta: huh? It was I think a couple of visits ago. I don't think it was last visit that we talked about guitar.	31
Cliente: Yeah, I think about absence I said that.	31
Terapeuta: Okay. Playing on your own or with a band?	
Cliente: on my own.	
Terapeuta: Okay.	
Cliente: But, I mean, playing in a band is something I'm kind of looking forward to about moving.	
Terapeuta: Hm, hm. You want to join a different band like and where you live?	31
Cliente: Yeah. Yeah. I want to Part of some kind of band.	
Terapeuta: Yeah. Yeah. Do you have one in mind?	31
Cliente: No, I mean Chicago bands. There's like 30 cover bands. One block.	
Terapeuta: Oh, okay. Okay. Okay. So, you're the location of your new condo is pretty close to some venues.	31
Cliente: Yeah, as very close to that kind of culture where you'd be able to be to...	18
Terapeuta: Oh my gosh, good for you good for you.	
Cliente: Yeah.	
Terapeuta: All right. So that's something [00:33:02] really different that'll be a nice reward to spend the hard work that you're doing with finishing school. And and you know working getting a job that kind of thing.	18
Cliente: Yeah.	
Terapeuta: Okay, so what percentage of the way there are we then in terms of overcoming depression?	31/52
Cliente: I feel pretty good about overcoming depression a lot more so than anxiety. So, I mean, maybe a hundred percent.	
Terapeuta: Yeah, I think a hundred percent. And in terms of overcoming Anxiety is the anxiety synonymous with the avoidance or should we make an estimate of how much of...	10/30/52
Cliente: think it's an ominous with the avoiding.	
Terapeuta: Okay, so still 80% of the way there it's 20% still, you know, you're a bit vulnerable to it. But for the most part, you know you at least are even if you're feeling anxious. You're not letting the avoidance take over.	18/36/52
Cliente: Yeah.	
Terapeuta: Okay. Okay, you know a couple of the other areas. I was just going to check in on you know with the even if they weren't official in our treatment plan will one had actually in my mind have been anxiety around your girlfriend's father. And so that was a nice example that you had just given me.	17/18
Cliente: Yeah	
Terapeuta: anything would Church, you know and discomfort which church or any decisions about what your...	31/46
Cliente: [00:34:02] I went to church on Easter.	
Terapeuta: Oh good. Okay.	
Cliente: what's like the breakfast beforehand, so, I guess I've been okay going back. I've been back a couple times, but...	
Terapeuta: Okay. Still concerns that that you're being judged negatively especially about a people...	19/31/36
Cliente: Maybe. I just, I just don't care anymore because I'm moving, I'm going to a different church.	31
Terapeuta: So, you're going to find a new church in the neighborhood your mom.	
Cliente: Yeah. My mother and I got to go in a different church.	
Terapeuta: Okay.	
Cliente: Probably shop around a couple of them.	
Terapeuta: Okay, Okay, okay in any, you know lingering issues surrounding going to church belonging to a church spirituality that...	46

Cliente: No, I think I just had issues with like some of the people there. I thought like those particular people like we're super judgmental.	10
Terapeuta: So, that was it was really situation specific to that church.	31
Cliente: Yeah, It was situation-specific. Definitely.	
Terapeuta: Okay, Okay, so, you're actually looking forward to joining another kind...	
Cliente: Yeah, that could be the kind of band. I joined it could be a worship band but her to play the bar I think this time.	31
Terapeuta: Right, right. Okay. Dinks craft beer.	18
Cliente: Okay, if my craft beer gain weight again.	
Terapeuta: Well, [00:35:02] it's your bill, isn't it pretty well, you're allowed to have up here in here and there.	
Cliente: Yeah.	
Terapeuta: Yes. It's let me let me give you this then this is that relapse prevention plan that I was talking about. And I wonder if we can just go through, you know a couple of things on this just so we can really consolidate the work that we've done together. Does that sound okay?	17/18/52
Cliente: Sure, you want me to write on this?	31
Terapeuta: Yeah, sure. If you think would be helpful. I mean, I know that the papers, you know, it's not the best way of learning for you. Maybe we can figure out what to transfer to Evernote. You know when you know when you when you finally free up some space there.	
Cliente: Okay.	17/36
Terapeuta: So, I have a couple of spaces there just to write down some, some triggers that you might expect to encounter on a near future medium future that we can think about how to cope with.	
Cliente: Okay. Not being employed.	31
Terapeuta: Okay, so go ahead and write that down not being employed.	
Cliente: And then put a slash on that for money problems.	42
Terapeuta: Okay. So, the incident looks at that other column there that [00:36:02] kind of corresponding column across the page what strategy can help you with that for dealing with that trigger?	
Cliente: applying for jobs?	36/42
Terapeuta: Okay, so actually, yeah, not avoiding. So, acting okay. Anything else that you can do that, you know as a sort of reminiscent of our work in here.	
Cliente: I mean, that's like my main future concerns, who knows what else there will be.	17
Terapeuta: What do you think that underneath acting you could actually just write down thought modifications so you could actually identify whether there are any catastrophic thoughts.	36
Cliente: Yeah.	
Terapeuta: Yeah. That's the thing. I mean, I'm kind of thinking back to like when you were anxious about the tire and you know kind of anxious about some other money problems...	
Cliente: yeah...	
Terapeuta: and I thought you are so balanced in the conclusions that you drew where you were like. Okay. Well, well I could borrow, or I could do some things that you know, you didn't want to do but they were backups. If you add to that reduce [00:37:02] the anxiety, you know, kind of like your attitude now towards the job that if you don't get a job you can do the accounting temp agency and it's not as ideal, but you have it there. So that's real good thought modification. Anything else that you can see being a trigger and the nearer medium future?	2/18/36/40
Cliente: I mean, not really, the relationships gonna get stressful because I'm moving in together, but it's expected.	17/31
Terapeuta: Okay, so what should you write down like maybe getting on each other's nerves a little bit.	31
Cliente: Yeah.	
Terapeuta: You know, what like or adjusting to the transition maybe of living together?	17
Cliente: Another thing is going to be working full-time again after working part-time.	
Terapeuta: Oh, so write that down too. Okay.	
Cliente: I got avoid the anxiety of working full-time if I like my job, but I am desperate for a job, so...	10
Terapeuta: Right, so you might end up taking a job you don't like...	36
Cliente: yeah.	
Terapeuta: So, what'll be a strategy that will help you deal with?	
Cliente: I [00:38min] don't know.	
Terapeuta: Yeah.	
Cliente: ...I don't know....	8
Terapeuta: Okay. I mean, I just wonder whether thought modification would be helpful there as well ...	
Cliente: Yeah, it would...	

<p>Terapeuta: Because you could really acknowledge maybe that it's temporary. You could acknowledge that you're at least making some money that you're getting some experience. You could acknowledge the other parts of your life that are going well, like the fact that you've moved in with your girlfriend, finding a new church, finding a band. So, you're not tunnel-visioned and on how miserable you feel it work if you end up getting a job that you don't like.</p>	18/32
<p>Cliente: Yeah.</p>	36
<p>Terapeuta: Okay, what about strategies for dealing with adjustment sort of growing pains living with your girlfriend?</p>	31
<p>Cliente: I don't know, just not being in the apartment I guess we get on each other's nerves. I don't know...</p>	31
<p>Terapeuta: You think that's avoidance?</p>	31
<p>Cliente: Yes, probably avoidance...</p>	31
<p>Terapeuta: Okay, and you know, the two are good communicators?</p>	31
<p>Cliente: Yeah, we're good communicators.</p>	29
<p>Terapeuta: Okay, you and I...</p>	29
<p>Cliente: We've even talked about like having a long time.</p>	18/31
<p>Terapeuta: Oh, okay. All right. Okay. Okay. So, maybe the strategy is sort of like proactive [00:39:02] communication like kind of nipping it in the bud anticipating some of these things and kind of then doing some problem-solving ahead of time.</p>	18/31
<p>Cliente: My drop that word on her later proactive communication.</p>	18/31
<p>Terapeuta: Proactive communication. I like it.</p>	18/31
<p>Cliente: You know, I was reading a relationship book.</p>	17
<p>Terapeuta: (ri-se) I also have a space there to write like, you know, any other strategies that the two of us worked on together that you found helpful? Just so we have again listed in one place here.</p>	17
<p>Cliente: I mean like I just call it like what's the worst that could happen but like you call that thought modification?</p>	31
<p>Terapeuta: Oh, write down what's the word second half and I think that's fine to put it in your own words.</p>	31
<p>(cliente escreve)</p>	17/31
<p>Terapeuta: Should you also make a note to yourself to review the success log since that was so central to our work together?</p>	17/31
<p>Cliente: Yeah.</p>	18
<p>Terapeuta: Okay. [00:40:05] Okay, you see it the next category or the next set of question I have is just you know warning signs that things might be going in the opposite direction so you can catch it before they overtake you.</p>	31/40
<p>Cliente: missing work.</p>	31/40
<p>Terapeuta: Oh, yes. Yeah, I would agree with that.</p>	17/31
<p>Cliente: ... And stagnating.</p>	17/31
<p>Terapeuta: Stagnating. And stagnating would be defined as what?</p>	10
<p>Cliente: Sitting on the couch, looking at reddit and not looking for a chap.</p>	10
<p>Terapeuta: Okay, write that down. I'm sitting on the couch. I don't know, maybe I was like not being as active like not sticking with your diet.</p>	10
<p>Cliente: I'm going off my diet once I move, I can't afford it...at my one.</p>	31/36
<p>Terapeuta: Okay, Okay, okay, so maybe the diet wouldn't be an indicator, but so the stagnation the set of kind of inertia, definitely missing work.</p>	31/36
<p>Cliente: ... physical healthiness.</p>	31/36
<p>Terapeuta: Okay.</p>	31/36
<p>Cliente: Yes.</p>	31/36
<p>Terapeuta: Okay.</p>	31/36
<p>Cliente: How anxious I am...</p>	7/18/26
<p>Terapeuta: Okay. Okay, and that last question is... what will you do if you notice these warning signs?</p>	7/18/26
<p>Cliente: [00:41:05] Call Dra. Amy Wensel personal cell phone. I don't know...</p>	7/18/26
<p>Terapeuta: Well, actually you're bringing up something important. I would like for the two of us to keep in touch and you have my email because you've been emailing me these homework's. So sure, you know, if you need to touch base. I am absolutely here for that.</p>	7/18/26
<p>Cliente: Okay.</p>	18/29/30
<p>Terapeuta: So, you know, so definitely let me know. We're not going to be able to continue to do therapy long distance because we'll all be then crossing state lines. And that's actually something that's inconsistent with my state boards code of conduct, but certainly to touch base to reach out. You are more</p>	18/29/30

<p>than welcome to do that. And if you needed to you know, I can help you find another cognitive behavioral therapist that's closer to you here in the area.</p> <p>Cliente: Yeah, once I get assurance.</p> <p>Terapeuta: Once you get assurance, sure, sure, there are people on a gate that you can find that offers an EP scales as well. So, should you write down to email me?</p> <p>Cliente: Yeah.</p> <p>Terapeuta: okay.</p> <p>Cliente: [00:42:05] Yeah, contact therapist.</p> <p>Terapeuta: Yeah, contact therapist. Who knows, maybe even with your Jed depending on what type of job you get and what type of company there could be an employee assistance program.</p> <p>Cliente: Yeah. No, I'm hoping to get an assurance plan.</p> <p>Terapeuta: Okay, any other people, you know non therapist but people who were in your support network who would, who could you talk to?</p> <p>Cliente: David, Church and grandmother, my family and my mom. That's assuming that my anxieties with my girlfriend. So, I would be contacting her.</p> <p>Terapeuta: Okay, but otherwise at the anxieties more about job or something different, your girlfriend would be appropriate to talk to?</p> <p>Cliente: yeah, I'm gonna put my girlfriend in charge of my life and I move in with her. Just let her make the decisions for me...once I get a job. I've done my part.</p> <p>Terapeuta: Okay, Okay. So, I guess overall you don't worry about out of time here. It's just you know, I would love to hear just a bit about your experience [00:43:05] with all of this is you know, but form positive anything not helpful?</p> <p>Cliente: It's been helpful and positive.</p> <p>Terapeuta: Okay.</p> <p>Cliente: I mean somebody who has anxiety has a hard time coming until like six of these appointments.</p> <p>Terapeuta: Yeah, exactly. It's a real tribute to, I think your perseverance and your motivation to change some of these that you did this.</p> <p>Cliente: Yeah. I'm definitely on the path of self-improvement.</p> <p>Terapeuta: Okay. Anything that you thought I got wrong or that you didn't do that we wanted to do?</p> <p>Cliente: No. I mean this isn't my first experience. I really have no other way to compare you, so I just had a good experience. So, I guess I assumed you did a good job.</p> <p>Terapeuta: All right. Well good, as long as you found it helpful and that you were able to notice some changes in your life that that's the name of the game.</p> <p>Cliente: Yeah. Definitely. No, I've been I've benefited a lot from coming and I appreciate it.</p> <p>Terapeuta: All right. Well, you know, you're certainly welcome to contact me if you just need a little bit of a boost but also, I would love to free to contact me with some successes, you know.</p> <p>Cliente: Yeah me once I got a job.</p> <p>Terapeuta: [00:44min] Absolutely. Absolutely, once you get a job, so I send me a graduation picture.</p> <p>Cliente: Yeah.</p> <p>Terapeuta: That would be terrific. I would love to hear from you.</p> <p>Cliente: Cool.</p> <p>Terapeuta: Alrighty. Well I have to say has been a real pleasure. So, thank you for just being so diligent with your homework coming into these sessions. And you know, I really think we both benefited from it.</p> <p>Cliente: Okay, great.</p> <p>Terapeuta: Alrighty. Well, I wish you the best of luck.</p> <p>Cliente: Thanks, you too.</p> <p>Terapeuta: Thank you.</p>	<p>29/31</p> <p>31</p> <p>54</p> <p>31</p> <p>38</p> <p>18</p> <p>38</p> <p>18/38</p> <p>18</p> <p>18</p> <p>18</p> <p>18</p> <p>18</p> <p>18</p> <p>18</p> <p>18</p>
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## MULTI: Aaron Beck

COTAÇÃO Aaron Beck (1ª sessão)	Cotação
T: What do you feel about being here?	38
C: I'm very nervous.	
T: Anything else?	14
C: My stomach is turning. I think my palms are starting to perspire a little bit, and I am concerned about how well I'll come across. If, if, if, I can maintain my faculties to communicate, keep a good conversation going.	
T: Now, do you remember having thoughts of that nature? Will I come across well? will I be able to carry on a conversation? Will I be able to perform properly? Did you recall having had those thoughts?	6/46
C: The closer, I got to your office, the more severe, the thoughts got	
T: and as the thoughts got more severe, what happened to your symptoms? The anxiety, the stomach, the sweaty palms?	6/46
C: my stomach started to turn more and more. I felt Lump in my throat, (01:00) I find it very difficult to breathe	
T: so in addition to the stomach you had other physical symptoms such as a lump in your throat and some problem in breathing.	10
C: Yes.	
T: Now, can you see any connection between these fear, fearful thoughts that you had and the symptoms that you are experiencing?	40
C: They they run together.	
T: Hm.mm	
C: They are just, I'm just, I'm almost like jelly.	
T: Yeah, so one of the things we want to look at is to see whether, this type of thinking that you do produces the types of effects both psychologically, in terms of the anxiety that you feel and also physically, the funny feeling in your stomach and the sweaty palms, and the choking sensation, that you get, want to see if indeed the thinking produces the anxiety symptoms. Now, if the thinking isn't reasonable, if it's way out of line, you can correct (02:00) the anxiety symptoms by correcting the thinking, for instance, it might very well be that it doesn't matter how you perform here and if you could be convinced that it doesn't really matter that it's my job rather than your job. Then, you wouldn't feel anxious anymore	18/32
C: That would help. Yes.	
T: Uh-huh. So let's look at it, right now and see if it's true. Whose responsibility is it to carry on the interview yours or mine?	49
C: yours.	
T: Right. And what's your role?	49
C: My role. I'm here to gain knowledge and help me with my anxiety. That's why I'm here	
T: Right, and so your role is simply to be able to answer questions and performance, or being nervous and so on, doesn't it all interfere with giving us information, because nervousness itself is a form of information, isn't it?	49
C: Yes.	49
T: So, the responsibility isn't on you isn't it?	
C: No,	
T: Right. (03:00) And the question of evaluation isn't on you either.	49
C: No	
T: Right. Now, what do you think would be a more reasonable way, to put your role in this particular interview?	38
C: I am to respond to what you asked me but I also have to be honest with you, because if I'm not honest with you then you won't be able to feed it back to me	
T: Right. Now, Does the anxiety prevent you from being honest?	49
C: No.	
T: So you can be honest whether you're anxious.	10
C: yes	
T: Honesty as got nothing to do with performing, performing well carrying on a good conversation, being a polished speaker. So on, You're right. Okay, now that we've gone through that and restructured your role, how are you feeling?	10/46
C: I feel better, I'm still I'm still anxious right but I feel more comfortable.	
T: Now what you can see when a person changes his thinking from something that's kind of exaggerated such as I have to perform well to I just have to do whatever comes my way, (04:00) you can see when the thinking	32/39/40

gets modified, then the emotions do change. So, let's see how this develops now, in terms of your major problems. Now, what is the reason why you're coming for therapy at this time?	1/31
C: I just went through a divorce. And I'm, I'm depressed and I have a lot of anxiety.	
T: Now, first, what I'd like to do is look at your depression itself, is that, okay?	1/11
C: Yes	
T: So let's, let's examine the depression and see, just what it's made up of. Now on what basis do you think you can make the diagnosis that you're depressed?	
C: All right, I have that terrible feeling in my stomach. That I'm just very lonesome and that I will be alone for the rest of my life and at this point in my life, (05:00) no one wants me.	10/53
T: Now, it seems that your depression, then is made up of the fabric of several conclusions. One, is that your lonesome, number two is that you're alone now, three is that you're going to be alone for the rest of your life and four that nobody wants you, So this is the way you see your life situation in a very negative way in terms of you and other people.	40
C: Yes.	
T: Now, how do you view yourself? As you look at yourself, do you see yourself in glowing, positive terms?	
C: I feel good about myself. And I feel that after the divorce, with a new with a new position, with a new company, That I'm ready to get started in life all over again, at age. 47. But it still does not eliminate (06:00) the loneliness of today.	10/50/53
T: So the major thing that seems to bother you is your loneliness	40
C: yes.	40
T: Now, as you look back on the past, how does your past history seem to you?	
C: stinks	
T: and what way, you feel your past history stinks?	
C: Because I was very lonesome as a child, I had no brothers and sisters. My parents were alcoholics. Made very few friends as a youngster. and I felt that from, as far back as I can remember, I have always, had a shell around myself and always kept everyone at arm's length. I would never get close to anyone.	40
T: and in recent years, did you feel that you made a success out of life? Say Last 5 or 10 years?	
C: I made when I got married (07:00) five years ago, I felt it was a tremendous emotional experience for me because I, it was my first marriage. And here was a woman, which I felt at the time was the most wonderful woman in the entire world wanted me and that made me feel very good about myself at that time. As far as I know. But now, we're going back to the divorce again. I'm back having some doubts about myself, again.	40
T: Mmm. And now, as you look back on your past, how do you view yourself?	40/41
C: I view myself as a product of my childhood and it wasn't my fault that I was that way as a youngster	
T: And and how do you feel then this childhood development has affected you say in recent years	
C: As a child, I spent my entire career my entire childhood by myself. (08:00) I received virtually no love as a youngster being an only child and my parents drinking a lot. I had no one to communicate to and there was there was a lot of fighting in our family, with my mother and father, because I would just hide in the bedroom and it, it made me a very very sheltered person.	40/41
T: Yeah. Now, sometimes when people have a childhood like that they reach certain conclusions about themselves and about other people. What conclusions do you think you have now, that my originated back there? How do you see yourself? Now, in terms of the childhood experience,	40
C: after going through some counselling, this last year, I feel good about myself now	
T: And prior to going through the counselling, how do you feel about yourself?	40
C: That I was a goddamn jerk.	
T: Uh-huh. So you got yourself as a jerk and what Ways, were you quote a jerk at that time?	
C: Hooray for me and screw the world. (09:00) I had a lot of anger in me. I looked at it. I didn't try to look at the positive side of people. I always looked at their bad side and I was very negative. And I had an attitude of I'm going to get them before they get me.	10/31
T: So up until you started the counselling, you had a lot of attitudes about other people. It was kind of sounds kind of competitive dog-eat-dog is that right? When there's like, who's Superior and whose inferior?	10
C: Yes,	11/50
T: and I'm going to hold people at arm's length.	
C: Yes.	
T: And at that particular time, the loneliness did not bother you?	31
C: Yes, it did bother me	
T: Even so	
C: it bothered me then, I didn't know any better, I didn't know what to do, where do I go to change to change into being a good human being? How do I get started? I was very, I've been very lonely all my life but I (10:00) either, I was too stupid or I just didn't know what to do. Digging to get started on the right track.	2/50

T: Yeah. Now you think that this kind of standoffish attitude that you had, being aloof from other people set you up for being a lonely person. Like before you started the counselling, you say I'm going to step on these people before they step on me. This idea of seeing people, as an opposition to you, you think of that might have affected you in terms of your relationships with other people?	
C: Oh yes. By all means. Yes sir. I can see, you know, just in the last six months, I can see a different attitude of people towards me, when I go to someone, and I'll put my hand out, and I'll shake their hand and I'll, and I'll radiates warmth and love and kindness, whereas, before it was a, who's got the strongest grip. And don't look me (11:00) [00:11] in the eyes, You son of a bitch because I'll stare you down	40/50
T: Now, how strongly do you feel this other notion, I don't want to hop on it too much but does seem to be at the core of your depression, and you said that you've always been lonely, always will be lonely. Nobody wants you and you never going to be able to find somebody who will want you. How strongly do you believe that?	31
C: I don't believe it at all	
T: So you don't really believe it.	3
C: No	
T: So on the one hand, you say it, but on the other hand, you don't really believe it.	
C: It's when, it's when I'm laying around the the house by myself. I have absolutely nothing to do. I've got nobody to call, And I'm just at Saturday afternoon and I have no date and I've got nothing to do and I just what am I going to? Nobody wants me. I have start feeling sorry for myself.	10
T: I see. So when you're actually in an isolated condition then these thoughts come up. But right now when you look at these very same thoughts, you don't believe them	
C: I don't	49
T: Now, let me play The Devil's Advocate. Why don't you believe them?	
C: Because I (12:00) [00:12] feel now, at my age, I have... I am maturing, and I'm becoming a good person and I have something to offer to society.	49
T: And since you were maturing, becoming a good person and you have something to offer to society. What does this tell us about the probability of your finding somebody that you can be close to?	11/47
C: excellent.	
T: So right now, you still feeling depressed?	11/47
C: No, I'm	
T: at this minute	40
C: I'm starting to feel better.	
T: Okay now, what's going to happen when you lying in bed? It's Saturday afternoon, it's kind of gray outside, nobody's calling you. You're all alone, what are you going to be thinking then?	10/50
C: I there's a real good chance, I'll be depressed. Very good chance.	
T: And You're going to be thinking thoughts, like, I'm all alone. I'm always going to be alone and nobody wants me.	31
C: Yes.	37
T: And what are you going to do about it then? (13:00) [00:18:43]	
C: I've got to call somebody	
T: Okay, one thing is, you can call somebody up.	37
C: Yes.	
T: And what will that, if you call somebody up, and that person responds positively what would that tell you?	49
C: It tells me that somebody cares for me.	
T: That's right. Somebody cares for me. In other words, your belief is wrong. And as that happened that sometimes you had this belief that nobody cares for you, you call somebody up and you got some positive feedback.	10
C: Yes	
T: So you've already demonstrated to yourself. The belief is wrong.	10/49
C: Yes	
T: At times. But one demonstration doesn't do it. One swallow doesn't make a spring, right? You have to keep demonstrating it to yourself. So the next time when you're home alone Saturday afternoon and you get this belief you can test it out by calling up somebody, but suppose that person isn't home, what happens? You just go back the lying in bed?	
C: Then I'm very hurt. (14:00) [00:14] Yes, that's happened. I'm hurt. I'll try calling somebody else. And, yes, this has happened. I'll call three or four people. None of them are home. They're all out there doing something. They're, they're having a good time and I'm sitting at home by myself.	11/40
T: Yeah, and so you feel hurt. And what do you think, what thought makes you feel hurt?	10
C: I think that, that person doesn't care because they're not home and they didn't call me that day.	
T: That's right, first of all, they don't care because if they really cared, they'd be home, waiting for your phone call.	10

C: Yes.	
T: Right. And secondly, if they really, really cared they would be on that phone calling you?	21
C: Yes.	
T: Now, is there any other reason that they might not call you besides your explanation that they don't care? Is there an alternative explanation way person might not call you?	
C: They're busy with their life. And they say (15:00) some of the people that I have communicated with over the last year. So feel that You can only support someone for so long and then they have to do it on their own.	10/32/44
T: Well, they have to take more initiative, but okay. Now let's see. This may be helpful to you because your big problem is these gray Saturday afternoons, when you're alone. So could we do a little bit of a role play? And let's imagine that I'm you, Saturday afternoon and I'm kind of lounging in the bed and I'm having these thoughts and then you tell me what my thoughts should be or see if they're Incorrect and how you might correct them. Okay? Now here I am home all alone, I don't know, nobody has called me all day. That's awful. That means nobody cares for me. How are you going to answer that?	44
C: People (16:00) [00:16] do care for you. You have lots of friends	31
T: I do? Who are some of my friends. I can't think of any, right now.	
C: Don.	49
T; Oh, how do you	
C: Jim, The other Jim. Dennis. Steve. all the guys, you play golf with	31
T: So it's only Don, Jim, Jim, Dennis, Steve's. That's not so many	
C: No, We got two other guys that we play golf with regularly.	
T: What's their name?	
C: The Steve, they give you Steve and there's another Denis, and there to. I know to, I know, two Dennis's and I know two Don's and I know two Jim's	21/44
T: well, if they really care for me, how come they aren't calling	30
C: That's what I asked. Myself too.	
T: I Supposed to.	21
C: Yes I know that's nice.	
T: The so we will go over that again. If they're not calling, is there any other explanation? Why they might not call? (17:00) [00:17]	49
C: They're busy with their own lives.	
T: Right. Now is that reasonable that they're busy? They have lives of their own and that if you want to become part of the lives, you have to take the initiative, is that right?	44/49
C: That's what you should do. Yes, you should take the initiative.	
T: Okay. But I still don't know what to do. I'm lying right here and feel nobody loves me. Nobody's ever going to love me and maybe I'll Go live in a cave and eat worms.	
C: Why don't you? Why don't you put on a pair of jeans and a shirt, brush your teeth, and comb your hair and take a shower and go down to El Torito?	25
T: What you're saying is that there are ways in which you could really counteract this negative thinking that you do, and you just showed an example of this right now. Now, do you think that it's possible (18:00) [00:18] when this occasion comes up again, and it's bound to come up again that you can reason with yourself just the way you've been reasoning with me?	
C: Yes.	
T: Okay. So that's part of what we call cognitive therapy, which is trying to modify people's erroneous views. What turns out, is that the views that you have yourself are erroneous, you do have a lot of friends, I thought, from the way you were talking, you didn't have a friend in the world. Now, I guess, if we pulled various people, we probably find you do have as many male friends, has anybody? And you have good time to play golf with them?	18/32
C: Yes	10
T: And so on. Now the other part of your problem though, it seems to bother you, is that at the present time, you don't have a woman in your life.	40
C: Yes	
T: And evidently having a woman in your life is very important to you. Having a woman means what?	40
C: Having a like a steady girlfriend. Someone I don't have to call up and ask him out every week. She'll	
T: And when you have this woman in your life (19:00) [00:19] what do you think it's going to do to you?	
C: It will give me someone to hold and caress which will make me feel better because I want to express my love Now.	31
T: Am I correct in saying that you seem to believe that having a woman the way described that means that you're going to be happy?	
C: I think that is initial step for me to be happy.	10

T: Yeah. So having a woman means happiness and not having a woman means unhappiness. That seems to be a formula you operate on.	31
C: Yes.	
T: Well, let's examine this and see if the history shows that, now, when's the last time you had a woman in your life? During your marriage, I suppose	
C: my marriage, which was I haven't Connie and I broke up. I had to be a year ago, about approximately a year ago. And since that time, when we first broke up or separated, I had an awful lot of dates. (20:00) [00:20] Lots of dates. Most of them were one or two dates and I couldn't find a woman that I found attractive, or I felt was socially on my same level.	31/46
T: Yeah, so you had a difficult transitional period. Now, how about before you split up with Connie? Well, just like the week before the month before. What were you feeling real happy then?	
C: Np, we were going through a counseling that time and we're at the last year of our marriage year and a half. We were both pretty unhappy.	31/39
T: Uh-huh. So, when least we do know for at least a year and a half you had a woman in your life and you're unhappy. So having a woman in your life, doesn't necessarily equal happiness. Now, let's go back in time and see, there were many years before you were married and were there periods of time before you were married when you do not have a woman in your life?	46
C: Yes.	11
T: And how did you feel that? [00:21] (21:00)	
C: I felt. I was lonesome men.	31
T: Hmm. Did you feel depressed then?	
C: Yes. Yes.	10/23
T: And were there ever any periods when you're neither lonesome nor depressed prior to marriage?	
C: Yes. Yes, they were.	
T: So having a woman in your life isn't an absolute necessity, in terms of being happy, it's not knocking it right. Just saying it's possible to be happy without having a woman in your life.	
C: I can be a whole person myself	10/23
T: Right!!	
C: without a woman	
T: And being a whole person is really what you have to do. You can't be really dependent on somebody else to make you into a whole person. Let's think about that for a minute.	
C: I understand what you're saying. (22:00) [00:22] And I feel I'm on the right track. Now, for the most part, I feel good about myself. I can be a good person. I am a good person without a woman but I miss them.	10/21
T: Missing them is part of human Nature's to miss something that you want but missing them isn't quite the same thing as feeling that they're so essential to your survival that you can't exist without being depressed in the absence of a woman. Now, you just seem to tell me is you can be a whole person without having a woman. In fact, you might get there faster without the woman because you can learn to stand on your own feet.	
C: Yes	10/23
T: Right?	
C: Yes.	
T: So, if one of your objectives is to be a whole person to be independent, to be strong, to be mature and so on, you might be able to get that without having to make a quick commitment to a woman. [00:23]	
C: I went. After I had all these series of dates which I just didn't care for over a period of six months. And if I just quit asking women out I just wasn't interested in any more because I couldn't find what I was looking for. Also one month they're just went up. So some period of time all of a sudden I did feel good about myself, I felt good about myself and I was satisfied sitting home, I wasn't depressed. I wasn't didn't have a lot of anxiety. I didn't I didn't feed feel the need to go out and grab the first chick off the street corner or something like that. I did feel good about myself for about a period of a month. Maybe two months. And this was right before the holidays, which I was kind of proud about myself as I was devastated by the fact going through the holidays with without a without a female friend, I just didn't want to spend. So I did have a period of about 30 to 60 days or where I just really didn't need anybody at all. (24:00) [00:24] But now, the last last 30 days, the old depression feelings, the anxiety, the loneliness that nobody wants me is starting to creep back into me.	10/36
T: So you're able to overcome that belief that you need a woman in order to exist in a happy way. You really would overcome it temporarily but you no longer believed in and indeed you we're happy now, reasonably.	27
C: yes.	
T: Now if you have the notion that in order to be happy, I have to have a woman. What kind of a position, does that put you in?	
C: It makes me a dependent on a woman	27/40

T: Right! And it means that if you don't have a woman that the form is going to have its day and you're going to be depressed, but if you can change the formula around to, it would be desirable and nice and enriching to have a woman, but I can be happy without a woman. Then what does that do to you?	6/10
C: It makes me a complete person. (25:00) [00:25] and, when I do meet the woman eventually someday she will respect me more	
T: Right? And so you'd be more independent in a sense and you'll be in a more mature level. Now, it may be very may be the case though that something's happened in the past month that made you slip, because sometimes that happens. Was there anything that's occurred during the past month that may have slid you back into this negative thinking?	6/54
C: No, I am just I just missed the touch. I want to touch their skin	40
T: Isn't anything, Wasn't there any other relationship that you have, that's being threatened?	
C: No, My grandmother's dying, but I don't, I don't relate that to me. That's two different things. My grandmother raised me, but more for the most part, I was bounced around from one house to another. My grandmother is in the hospital right now and we don't think she's going to pull out of it.	10/47
T: Does that have any effect on you? The fact (26:00) [00:26]	
C: I even though my grandmother is very close to me. I want her to die. She's old	1/11
T: I see	
C: she can't	
T: So, this relationship, it's not really affecting you now	
C: no I don't think that has anything to do with my own personal depression or anxiety at this time.	11
T: Well then we'd want to look at one other thing. That is you said that at times you've gone through these periods of anger. Is that anger still a factor in your life?	
C: Some of it, is I'm still very angry at my wife	10
T: And what's the basis for your anger? What remember, we had some automatic thoughts that you had that seemed to lead you to feeling anxious, like how am I going to perform today, would make you depressed like I'm a loser and never gonna find somebody. What kind of thoughts do you have in connection with your anger?	10/49
C: I'm angry that my wife divorced me when she divorced me. (27:00) [00:27] It took everything away from me that that I got. When we were married.	
T: Now you feel that Connie has taken everything away from you. That's the thought that you got.	49
C: Yes	
T: She's taking everything away, let's examine it. Is there anything left?	
C: I got the barbecue set	
T: okay.	49
C: I have material things. We split the furniture 50/50, I have embarked on a new career.	10
T: Hmm-hmm... How about the children there? Since they were your children	
C: I am, I am going to. She is being very good about that. She has encouraged the children to stay in touch with me, and encouraged me to stay in touch with the children.	10
T: So now as you look at it, is it really true that she took everything away from you? (28:00) [00:28]	
C: She took away the things that were most important to me	10
T: Mainly herself.	10
C: Pardon me	
T: She took away herself.	
C: Yes	49
T: But she still allowing you and fact, encouraging you to have contact with the children.	
C: Yes.	
T: So it's not a total type of take away	40
C: No	
T: The other thing is you make it sound as though this was something, she deliberately did just out of pure cussedness. You think that's the reason why this happened?	
C: No, She did it because she was unhappy and she didn't want to be married to me.	31
T: Yeah. And when people are unhappy often times, they do things that are either damaging to themselves or other people. And one of the things that we don't want you to do anything, that's damaging to yourself because you're unhappy. Have you thought at all of damaging yourself in some way?	40
C: Yes, I thought of suicide.	
T: How often did you thought of that?	31/49
C: It's generally about probably one Saturday afternoon a month (00:29)	
T: Okay now, the next Saturday afternoon, when you start getting the Suicidal Thoughts, what are you going to say to yourself?	31/49
C: I'm going to. Tell myself that people do care about me.	
T: You have to name names, right?	

C: Yes	18/32
T: You can't just say it in the abstract.	1/40
C: Yes.	
T: And...	
C: I didn't think you wanted all the names right now.	
T: No. No. But this is just to instruct yourself.	
C: Yes.	18/23/32
T: You've got to name names to yourself then. And what else do you have to say to yourself?	
C: that people do like me, people do care about me, you don't want me to commit suicide. I have something to offer to society.	
T: Okay. And so what you have to do is counteract the negative thinking with reality, because none of the things you just told me are untrue. They're all true. But you have something to contribute. Now, the final thing you might just want to consider [00:30] is that although Connie did take many things out of your life that were present before, she did not take the most essential thing away from you. She did not take you away from you.	18/30
C: Yes. A year from now or two years from now. I don't know when the time will be after this is all over and I've got both feet back on the ground again, this will be a tremendously good experience for me	18/38
T: I think it'll be a big spirit towards your maturation.	
C: Yes.	
T: Well, we've covered a lot of territory today. Do you have any questions on any of the things that we touched on?	10
C: No, I, I can see myself it. Telling myself convincing myself that when I'm so depressed because I know what it's like to be depressed and you turn you're sitting there telling yourself. Well gee, whiz, I'm really a good person. [00:31] And do you have all these friends and everything and and I kind of have doubts about that.	26
T: Yeah, you mean how it's going to work.	
C: how it's going to work. Because every time I say something, gee whiz, you've got 14 guys you can call and shoot the bowl with, but then I do that, then I'll hit it back with something negative.	
T: Yeah, well this is what I was trying to do. See, I can't answer all of you negative things in such a short period of time but I can teach you how to do it.	17/18/38
C: Yes.	
T: And what you have to do is, get a paper and pencil. Probably even before this depressing Saturday comes on, you thought to put down some of these rebuttal statements that we've had just now. So you can take them out and then when you get the counter rebuttals, that will come up. But if they really like me, why don't they call and so on, then you have to be prepared to use the same skill that you showed here today and answering your re-rebuttals. So work on that and see how it how it progresses. Well I'd still be interested in one thing before we finish for today. How did you feel about what we covered today?	47
C: [00:32] I feel very good about it, because I really have not been trying to combat the situation, When I get depressed. I just kind of lay around the house. Watch TV have a beer, Coke, kind of lay around, lay around, wait for wait till I get sleepy, and then go to bed.	11/47
T: Yeah	
C: and hopefully, when I wake up the next morning, I'll feel better soon.	
T: Well, how do you feel now? The beginning of the interview you said you feeling very queasy and anxious	18
C: Yes, yes.	
T: Which may have been related to the interview itself, but you also did look rather sad. How do you feel right now?	
C: I feel good about myself and I feel that we could continue this conversation for another hour if we wanted to	
T: Right, good. Well, thank you for coming in to see me.	
C: Thank you.	

## MULTI: Arthur Freeman S1

COTAÇÃO Arthur Freeman (1ª sessão)	Cotação
P: Good morning.	
T: Hello. Please have a seat.	18
P: Thank you	18
T: Thank you for being here.	
P: I appreciate that	
T: Tell me your name again.	31
P: Alfred Koops.	31
T: Okay, may I call you Alfred?	
P: you may call me alfred	
T: Thank you. As we speak. I'm going to take notes, just to help me remember things that will be here. Maybe a good place for us to begin is why are you here? What brings you in here?	14/18/32
P: I think a lot of things. In the first place. In the last few months. I'm trying to rearrange my life again. I'm living alone now after her, a relationship of four years, but broke up five months ago. My girlfriend has left me... when she only left one note, explaining just a few things and ... I still don't understand why she left me.	
T: Okay	
P: it's not the first time that a .... relationship of mine broke up ... very suddenly. So I'm starting to work, wondering, Wonder. Will I ever be capable to live in be in a relationship again? I'm.... for me. I know for sure.... I'm not capable of living alone. I can't ...not for a long time.	
T: So your idea is I can't live alone	10
P: Yes	
T: But the question you have is, am I capable of having a relationship?	10/44
P: Yes, because it's the third time. I've been .... the woman, I love the most runs, runs away from me.	
T: When it happened the first time	40
P: Yes	
T: Did you wonder at that point what was going on?	40
P: Yes.	
T: But you got no answer.	10
P: Not really answer	
T: When had happened the second time	40
P: Yes	
T: You wondered again?	40
P: Yes	
T: But no answer.	10
P: No answer	
T: And now it's a third time.	10
P: Yes	
T: No answer	10
P: No answer	
T: Okay. So one of the things that It sounds like you want to do, is see if you can find an answer to why this happens	10/54
P: Yes, Sometimes, sometimes, I understand that...I have some influence of people.... Sometimes people (03:00) seem to be scared of me and... I'm not and I don't know why they're scared of me	
T: But people are scared of you.	31
P: Yes. [00:18:22] [00:19:01]	
T: Maybe we can come back to that in just a bit.... Aside from the relationship	1/14
P: Yes	
T: problems are there other reasons that brings you to therapy at this point?	14
P: ... (pensa) I think that's the main problem, because if I don't, if I don't get, get an answer. If I don't see, I don't see how I will live my life, because I'm not. I've been living with my sister for two months because I couldn't stand to live alone after my girlfriend left. And, and in the last few months, she convinced, my sister convinced me of I'm getting some help, because I didn't see any future for myself, because I've been I've been thinking about maybe I'll be better off when I when I finish it all (04:00)	
T: When you kill yourself?	10
P: Yes.	
T: Is that something that's very active for you? Thinking of killing yourself	31

P: at the moment. I will try to give myself another chance. At this moment. If it doesn't work out, then it's the other. Then it's an option for me	31
T: It's an option.	31
P: Yes,	40
T: When the first relationship broke up. Did you think of ending it at that point? Killing yourself.	40
P: Yes, I had a short period of ... That I didn't know what to do.	44
T: But did you think to yourself after the first relationship ended, Maybe I'd be better off dead?	44
P: I've thought about it.	40
T: Okay, when the second relationship ended did you think of killing yourself then too? (05:00)	40
P: I also have thoughts of ...Killing her because I was so angry. But I could control myself. I left her alone.	
T: Okay.	
T: So, one issue is, that when you lose a relationship, you get very angry. You get very sad.	10/11
P: Yes,	
T: and one thought you have is I might as well kill myself. That's one possibility.	10/44
P: Yes,	
T: but you didn't kill yourself after the first.	10
P: No	
T: You didn't kill yourself after the second	10
P: No	
T: but now you're having that thought again	10
P: Yes, it's the first time third time.	
T: How many times are you giving yourself? Are you saying four times and that's it? Why are you giving yourself a limit on the number of times ...that you'd have relationships?	40
P: ...The last the last few weeks and months. I'm not seeing anyone. I'm not even trying to get acquainted with people. (06:00)	
T: Okay. Let me gather some information for Just so I get to know you better. You're how old?	1/31
P: I'm 40. I'm 40 years old	
T: Okay. You have a sister. And is she older or younger?	31
P: She's younger	31
T: An older sister. Are you folks around, still alive?	31
P: My parents? My parents are still alive. Yes	31
T: Okay, and what do they do? What does your father do?	31
P: My father	31
T: How does he work, does he work?	31
P: Yes, he works as an insurance agent.	31
T: And how old is he?	31
P: My father seven three?	31
T: And your mother?	31
P: my mother 69.	31
T: And what does she do?	31
P: She doesn't do anything.	31
T: Nothing at all?	31
P: Nothing at all.	31
T: Does she cook or work at home?	31
P: Oh, yes. All Sort of things... Clubs.	10
T: So she does things.	10
P: Yes, she does things,	
T: But she doesn't work outside the house. (07:00) Okay. When you were a teenager, did you date you go out with girls?	31/41
P: Yes.	
T: Did you have relationships?	31/41
P: ...I wasn't a very popular teenager, at the time, when I was a teenager.	31/41
T: Why not?	40
P: I don't know. Drop spent time alone. I was away. I was alone. But it didn't worry me. It was no problem for me	
T: Was no problem.	31
P: No (08:00) [00:25:15]	31
T: But you did have dates?	31/41
P: Yes.	31/41
T: Did you have a regular girlfriend?	31/41

P: Not girlfriend, a girl next door, where I grew up a little bit and she was the closest.	
T: Ok. When was the first time, how old were you when you started dating someone as a special person?	31
P: I must have been 22, 23.	31
T: So at 22, 23. And what was her name?	
P: Anna	
T: How long did you go out with Anna?	31
P: About six months. Six months, seven months.	
T: And why did that relationship end? What happened to make it end?	40/50
P: Yes. Yeah, (09:00) I remember she she felt she was only 18 and she feel... she felt too young to be in a steady relationship ..because	
T: Okay	
P: for me. She was I was prepared to ask her to marry me or really, but she wasn't. She wasn't.... She wasn't like	
T: She wasn't ready.	
P: No, she wasn't ready.	10
T: Okay, and after Anna, who was there? How old...	31
P: very...Long time... There was no one, because I was very disappointed. In the girls, and I didn't have the courage to do to start a new relationship.	
T: Okay. So the next relationship was when?	
P: ... I really relate ... a real relationship, because I've dated other girls, but there were just (10:00)	31
T: More casual.	10
P: Yes.	
T: And for the next real relationship. You stop seeing Anna when you're about 23. How old were you with the next real relationship?	31
P: I think I, Kind of a 30, steady relationship for all those years.	
T: And what was her name?	31
P: Her name was Carla.	
T: And how long did you go out with Carla?	31
P: About two years. I think it's two years.	
T: And that, and she ended that	10
P: she ended it,	
T: but she didn't say why.	10
P: She didn't say why	
T: Oh she did?	31
P: No, She, I think she said... she thought I was too possessive and I was trying to fill in her thoughts. She felt that she didn't feel free with me, because I think she was only scared of my, my love, my very intense feeling for her and that scared of a little bit. (11:00) [00:29:04]	
T: She saw your intense love, as being very possessive?	10/54
P: Yes. That's how she mentioned it.	
T: Okay. Did you live with Carla?	31
P: We lived a one year together	
T: one year together?	31
P: One year each other, one year and we lived one year together.	
T: Okay, so you stop seeing Carl you about 32.	31
P: Yeah.	
T: Then, who is next? Who was the next woman?	
P: Saskia?	31
T: And how old were you?	31
P: Then I was, Since I've been so .... It was, I was 45	
T: 35	
P: 35, yes.	
T: And how long were you with Saskia?	31
P: I've been with her for four years she's the girl who left me five months ago.	
T: Okay, and you lived with her?	31
P: We've been from the first day we met. We didn't, we didn't separate after our first meeting. (12:00)	
T: So you're with her for all this time?	31
P: for all this time.	
T: What did she say that? She say to you anything like Carla, said to you, that you were too possessive.	
P: No, Afterwards, I ear some things because five months ago. We went into therapy, together, because she was very insecure and at one point she she she said, she was thinking about leaving me, and, When she saw how	19/54

upset I was, she was giving us and our relationship another chance, and she, she made a condition. Okay, I will stay. Then we go into therapy. And we had a few sessions in therapy and then the therapists in my opinion forced her to to break our relationship. (13:00) [00:32:52]	
T: Let me come back out Alfred to something you said that something about people being scared of you?	1/31
P: Yes	
T: Scared in what way?	40
P: sometimes, it's ... when I trust people and they do... they do something... They treat me nice. in my face and without turning my back, they ...The truth is they don't treat me like... they talk about being a day. Then that makes me very angry. And that's sometimes... I know what I know about myself have been. I'm very angry... Sometimes, it's hard for me to control myself.	
T: But you say people are scared of you?	10
P: Yes	
T: Do you become so angry that you hurt people? Physically (14:00)	11
P: physically...yes ... there's been something... We had we had our fights.	
T: We meaning who?	31
P: Saskia and me.	
T: Okay. How about Carla? Did you fight with Carla too?	19/54
P: just verbal fights	
T: just verbal fights	31
P: Yes.	
T: Saskia although, was scared of you. Is that right?	10/31
P: Yes	
T: You were physical with her?	31
P: Some punch. They were some moments. ...And we had, It's not really a fight, but I held her so closely that she fell and ... that was a, at the end of a relationship and it was just a little incident, but the therapist used it as an as a, they made a big issue out of it.	
T: Made a big deal of it.	10
P: Yes. (15:00)	
T: When you say you held her. How did you hold her? Did you hold her arms or you hold her tight?	31
P: She Try to run away from me and I stopped, and I didn't, but... at one point she just she stopped. I was asked for help asking her things and I was... Demanding an answer and she didn't give an answer and she ran away, she ran away. And then I grab	
T: So, you were asking something of her	10
P: Yeah	
T: she didn't answer.	10
P: No	
T: She tried to leave.	10
P: Yeah	
T: And you said, no, you have to stay and talk to me	10/44
P: Be honest with me	
T: be honest with you.	31
P: Yes, because I had a feeling, she was hiding something.	
T: So that if I'm understanding Alfred, your love is so powerful that it just overwhelms you	10/54
P: Yes	
T: and sometimes if I'm hearing you right overwhelms the women.	10/54
P: Yes	
T: Is that right?	31
P: That's right. Yes. That's right.	
T: And your love is so powerful, that it may even scare them. (16:00)	10/54
P: Yes.	
T: Is that accurate?	31
P: That's right.	
T: Is your goal then to find a woman who's not scared by your love?	40
P: Yes	
T: So the goal, one goal might be to find a woman who welcomes this powerful love	10
P: Yes	
T: and doesn't run away from it.	10
P: Yes.	
T: Does your love overwhelm you? Does it scare you?	40
P: ... Sometimes it does	

T: can you give me an example of when your love would overwhelm you?	16
P: ... With Saskia I had some moments. Sometimes. I had some moments that I, I was sure that I could feel exactly what she felt and think exactly what she thought. Yeah	
T: Just like that.	10
P: Yes,	
T: And did that scare you?	40
P: It didn't scare me at first, but because it scared her, then it's scared me.	
T: Let me ask you a different question Alfred. This powerful love, It's a very powerful emotion (17:00)	10
P: Yes	
T: it overwhelms you	10
P: Yes,	
T: does it scare you to have this, this tremendous overwhelming love? Not just that it scares others. Does it scare you?	10/40
P: hm... not really, but, but I think what what do I do with this love? If other people run away from it? So, what's the use of my overwhelming love? Perhaps I should love a little bit less.	
T: Is that possible? Let me ask question differently. If I turn the light switch the lights go off. If I turn it the other way, they go on, it's so the lights have two possibilities on or off. Does your love have more than two possibilities? Either, no, love at all or totally overwhelming love. Are there just two possibilities? Or is there room between them?	21/31
P: I think when you love someone, you love someone for hundred percent	
T: Right.	
P: And there's no, there's no.	31
T: Nothing in between? (18:00)	
P: No	
T: So if I'm hearing you right, you love someone not at all 0 or 100%. To help me understand, if you were to love 98%, would Saskia still be with you?	21/31
P: ... No	
T: How much would you have to reduce your love? So that she wouldn't be scared away?	40
P: ...60.	
T: Okay. So if you loved her 60% she'd still be with you. Is that your guess? (19:00)	10/31
P: Yes	
T: Okay? But you don't want to love her 60%. You want to love her a hundred percent.	54
P: Yes	
T: But she only wants 60.	54
P: I think deep in her heart. She wants to hundred percent, but she's too scared.	
T: Maybe, maybe it's really scary to love so much. But what are you going to do if you meet a woman you say, oh, this is a very special woman. But like most of us she has fears. And she says, you know, Alfred, I'm only comfortable with 75% and you say, no, I want to give you a hundred and she said, please dear I only that, scares me. I only want 75 and you say, no, you have to take the whole hundred. What do you think would happen if you insisted that, she take a hundred? (20:00)	21/31
P: ... she would be scared I think, she would...	
T: Might she run away?	31
P: She might run, really	
T: Help me understand this. If you met a woman who said 75% is, all I can take without being frightened at this point. And you say no, no, I have to give you a hundred.	10
P: Yes.	
T: That might scare her away.	10
P: Yeah	
T: Let's suppose, idea. Let's suppose I'm hungry a little bit. (21:00) And I go to a restaurant, and I'd say, you know, what I'd like is a starter and a bowl of soup and they said, oh no, here we serve a starter a bowl of soup a salad, an entrée and dessert. I said no, no, I only want soup and maybe a starter. They say oh no here we serve the whole meal or nothing. You laughed? Why did you laugh?	13/49
P: Yeah, because I understand what you want.	
T: Tell me back what you understand. Why did you smile when I gave you that image?	13
P: Because I don't think love is the same thing as appetite.	
T: Isn't it? Is something you need you need, you say you need love, is you need food and but it's not just appetite It's that if I only can take a little bit and the restaurant insists I must take it all. What would you do? Would you sit and eat all the food? (22:00)	49/54
P: No. I wouldn't, I would leave	
T: You would what?	31

P: I would leave	
T: What do these women do?	10/31
P:...I'm still don't think it's exactly the same.	
T: It isn't exactly.	10
P: I think	
T: it's not exactly the same	10
P: deep in our hearts. Everyone. Everyone wants to be loved your right, and everyone wants to give love your right as much as possible.	
T: I agree. I agree with you. I think you're I think you're right. The question I'm raising is if if I'm really hungry and I go to the restaurant and I say, well, let me look at your menu. (23:00) I said, okay. I'm going to have a starter and then the soup and the salad and the entrée and dessert, and they said, that's just what we have here. Perfect. It's a perfect fit. So if I can find, if I have the right appetite, and the right restaurant, it fits. But if my appetite in the restaurant don't fit, we're going to have a conflict, aren't we?	49
P: Yes.	
T: So my question is, one possibility is, you must find a woman who wants a hundred percent of your love. That's one possibility.	10
P: Yes,	
T: is that right?	31
P: Yes.	
T: Okay. Is it possible? And this is an important question. Is it possible that you could give 80% of your love and not have to give a hundred percent? If the woman said this is perfect Alfred, this is the best meal, 80% is a perfect meal for me. Would you say no, you must take a hundred or nothing? (24:00)	49
P: I would wonder why, she would be scared, when where she would be willing to accept 80% and why she doesn't want my 20, 20 percent.	
T: Well, that would be a good question to ask. So, one possibility is to find a woman that must take a hundred percent. But what you said was that these women certainly Carla said that she felt that you would too possessive and I wonder if some women may mistakenly see your love as being possessive.	10/54
P: I think so.	
T: Might they also misunderstand your love to be controlling? (25:00)	10/54
P: Yes	
T: How else might they misunderstand your love? Carla saw it as possessive, so she didn't fully understand your love.	40/54
P: Yes	
T: You have all this great love, but she said, no, it's not love. It's it's Alfred's need to control or possess me.	10/54
P: Yes, when she said that I was, I was thinking, she was deliberately trying to to to, to Twist my meanings by my intentions.	
T: Yeah. Do you understand I'm not trying to twist your intention?	38
P: No, no	
T: What I'm wondering is, how is one possibility? How you could find a woman who will enjoy a hundred percent? But let's suppose that those women are hard to find because they are frightened for various reasons. Is one of your ideas that if I can find a woman who will take a hundred percent of my love that I have to kill myself. (26:00)	23/49
P: I don't know if it's like that because I think perhaps in the beginning. When I met Saskia she was very much in love with me. And then it was hundred percent and I couldn't stand it that it that she withdrew her love.	
T: But we still don't know why she did it. It could be a problem she has.	21
P: Yes, and I was hoping that with a lot of patience with the time. She would, she would. She would learn to give her a hundred percent.	
T: When you think of a relationship is, when you think of being with a woman, what you find yourself, thinking, you say, I must have a relationship because... what do you think about relationships? (27:00)	40
P: Because a man shouldn't be alone. That's what I think. And a pic, I don't think a woman should be alone and I think a man and a woman together are more than two persons together.	
T: Okay. So, one of the things you're saying is no one should be alone. But you're also as part of that saying, I shouldn't be alone.	10/50
P: Yes.	
T: I wonder Alfred when you say I shouldn't be alone if there's something else that's attached to that. I shouldn't be alone because... It is there another piece of that that you might think, believe, feel. I shouldn't be alone because...	40
P: ... I don't know	
T: I don't know if my question is clear. Let me make my question clearer	18/31
P: Yes.	

T: So someone may say, you know, I shouldn't be alone because I need someone to take care of me. Someone else might say, I shouldn't be alone because I need to take care of someone	21
P: I think. My thoughts about a relationship is that there must be some... You must be, there must be someone in your life. You are prepared to give your life for. (28:00)	
T: Help me understand that. I'm not clear what you mean.	31
P: .... I have the feeling when I'm I live alone, and I can compare it to when I was living in with Saskia. My, my life was... More complete more.... my life had a meaning, and now, it hasn't.	
T: One of things I find helpful for me. Sometimes I think in pictures. (29:00) [00:55:10] I have an image. I'd like to share with you, when you speak of the relationship... It looks kind of like this. (mostra um desenho da forma humana com um risco ao meio) Here's your half and here's her half that. When two people together, they become one.	4/10
P: They become one soul, one spirit.	
T: Is this how you see relationships? That there's one figure and each of you is a half of it?	54
P: Yes, because when you're separated you're less complete	
T: Okay, so this is accurate. I'm just talking that, it's accurate on my part, that this is what you see. (30:00)	31
P: Yes.	
T: so the upsetting part is ... when, when your partner... (Faz um desenho de um humano, apenas metade desenhada) leaves.... then there's only half of you left. So that ... that the answer is: I shouldn't be alone because without someone I'm only half a person. Is that accurate?	31/44/50
P: Yes	
T: so that the problem at why It's so upsetting is that when Saskia leaves or Carla it's not just that they have left. It's not just that, you don't have someone to hold, but it makes you think and feel as if you're only half a person	10/50
P: Yes	
T: is that accurate? (31:00)	31
P: Yes	
T: And your idea, then is the only way you can become a whole person is with someone. Is that right?	31
P: Yes.	
T: So without a relationship, you are half a person.	10
P: It's not only what I think about myself. I think that's for everybody.	
T: So, if I said to you, I live alone. If I were to tell you that, would you say to me. Oh, you're only half a person.	49
P: I couldn't say that about you	
T: or about anybody?	3/31
P: No.	
T: Now, you live with your sister	31
P: Not anymore.	
T: No, you did	31
P: I'm trying to live alone.	
T: Does your... is your sister married?	31
P: Yeah, she as two children	
T: She as two children. So she has a relationship.	31
P: Yeah	
T: so she's complete.	10
P: Yes	
T: All right. That your parents have a relationship. They're complete. (32:00)	10
P: Yes.	
T: When someone doesn't have a relationship. Then they're incomplete. Is that your idea? See I don't want to put words in your mouth. I want to understand what you're thinking. This is you without a relationship? Is that right?	31/49
P: Yes. In the moment yes, and I can imagine perhaps when you live alone a long time that it doesn't.... It's a normal situation. So	
T: But you don't want to be this (metade desenho), you want to be this? (desenho inteiro)	54
P: Yes	
T: so the goal is to become a whole person. so, become a whole person, and the only way you're telling me you do that is when I'm with someone. Is that right?	31
P: it's just a strange thought? (33:00)	
T: No, it's not strange at all. It just sets up a difficult situation in life. Why do I say it sets up a difficult situation in life? It's not a strange thought. But it means that you always have to be with someone. Let's suppose I just, Let's suppose. Suppose, I married, because of that, and I have a good relationship. I'm a whole person. And I get a phone call and I hear that my wife was in an accident and now she's gone. Have I immediately become a half person?	18/49

P: No	
<b>T: Why not?</b>	40
P: Because I think that your wife will be part of you for all the time.	
T: Always.	
P: Yes.	
<b>T: So, but wait, I'm confused ... but she's gone. She's dead. I can visit her grave, but she's not there for me. I can talk to her picture, but you're saying I'd still be a whole person, even if she's gone. Why?</b>	49
P: first, I think, because she didn't deliberately leave you, she had an accident and that makes a difference for me. It makes a difference.	
<b>T: And it's different how? and what way Alfred is it different?</b>	49
P: because when I think about saskia, she has left me. She doesn't want to talk to me. She doesn't want to meet me again. so, I think... the way she has left me.... She betrayed those years (34:00)	
T: Right.	
P: Everything that happened. It's not true anymore. She took although she is away.	
<b>T: How could she do that?</b>	40
P: By by...	40
<b>T: How could she take away all those good times? All the warmth, all the loving times. How could she take that away?</b>	40
P: All the warm and loving times. It were, they weren't always warm and love times for her	
<b>T: but we don't know that. You're supposing that</b>	10
P: if they were then she wouldn't have left me.	
<b>T: If Saskia were killed in an accident and now she's gone to you. Would you feel as empty? (35:00)</b>	21/40
P: I think it will be easier	
<b>T: So she'd be just as gone But it wouldn't have been her choice. So, the issue you're raising is because she made a choice to leave you she ruined all the love. Is that right? Okay, so the issue is her choice to leave you. There are several things that we can certainly look at. One is the idea that the only way you could be a whole person is with another person. That as a single person Alfred is only half a person. Is that something you would be interested in exploring in therapy? The idea that I'm only half a person unless I have someone with me. Is that something you'd be willing to explore to look at? (36:00).... That's something you'd be willing to look at it. I think it's important that I point out to you that your idea is not so unusual. If we listen to the radio, there are many songs on the radio that say just this, don't they? Have you heard the song, "you're nobody, unless somebody loves you". Isn't that what you believe? Yeah. So, there's lots of music writers who are saying just what you're feeling.</b>	10/18/31/38
P: Yes	
<b>T: So the problem is not unusual, many people feel it, but it doesn't make it any less a problem for you. Does it?</b>	10/31
P: No	
<b>T: the fact that other people feel it doesn't ease your pain, does it? You're still hurt</b>	46
P: Yes	46
<b>T: And you want to hurt less?</b>	46
P: Yes. (37:00)	
<b>T: So one thing we can look at is how you could be a whole person and still be with someone. It's something you'd like to look at being able to give someone as much love as they're able to take. The idea that it doesn't have to be like a light switch or not.</b>	10/23
P: Perhaps as much as they can take for the moment,	
<b>T: for the moment and maybe that can change but to say, no, you you've got to take it all may scare someone away because they're not ready for it. So, one thing that we might talk about in future sessions, is the idea of being whole without someone but I'd rather be with someone. (38:00) So, I'm not suggesting, we're going to talk about how you can become isolated. A second thing is sharing as much love as she can take now. Would that be a reasonable thing to work on?</b>	1/26/38
P: Yes, but sometimes I think was able to taking more than she did. But she was not.... It wasn't that, she wasn't able.... But she refused	
<b>T: But we don't know why. (39:00) And one of the things it was.... Carla, who said you were too possessive, right? Is that something you'd like to work on therapy being less possessive? Allowing someone more freedom.</b>	38/54
P: But what does freedom mean? Freedom means ... that in my, my opinion..., And Carla wanted Freedom, she wanted to be away.... For me.... That's what definition of freedom was. She could do things without me. So it was for me. It was some proof that she didn't love me enough.	
<b>T: Did you want to do everything with her? Everything?</b>	49
P: if possible is.	
<b>T: Now, this may sound silly but when you went to the toilet</b>	49
P: No	

T: No.	
T: If you would take a shower, you could do that alone?	49
P: it could be two (40:00)	10
T: It could be more fun together, maybe, but you could take a shower alone.	
P: yeah	
T: When you went to work	49
P: Yeah	
T: Did you have to have Saskia with you?	49
P: No, but I... I... Perhaps, that was my fault. When I was at work... I almost thought about her ... and I wanted to know when she wants to. At least I wanted to know where she was.	
T: So, you carried her around in your head	10
P: Yes.	
T: If not in your case.	10
P: And then when I was... I was... I was worrying about it. I was thinking about her, and when I called, and I called it... Perhaps I called her too much. Then.	
T: How many times... (41:00)	31
P: I mean it was not come and it was for me.... It was not controlling or... it was just I wanted to know.... Where she was and how she felt away.... That she was all right, but it was the only reason that, not controlling	
T: To make sure. She was safe and healthy. And how many times a day would you call her?	10/31
P: Most of the time I work at night but in the in the period I worked during the day. Four times four or five times	
T: Ever six times?	31
P: Perhaps Sometimes yeah.	
T: Seven?	31
P: ...	
T: You ever call as many as eight or nine times?	31
P: ... Sometimes I thought I, we had a phone call and I called up five minutes, five minutes later because (42:00) I was scared that she would leave in between.	
T: So you would usually call a four times, but you might call as many as eight or nine times a day.	10
P: Sometimes.	
T: And she would find that to be what?	40
P: ...sometimes she liked it and we talked about everything and it was ... we had a good time ... because I need to... She wanted to know how I was doing.... Isn't the only me... because in the beginning when we met we fell in love and we didn't, we didn't.... (43:00) She went with me to my apartment, and she moved in. It was her too	
T: It was that she didn't she loved you	10
P: No	
T: but over the time, 4, 5 years... Can you think of your jacket? Can you feel your jacket? Does it feel soft? When you brush your jacket with your hand, does your hand hurt?	46/49
P: No	
T: Brush it real fast. What effect does it have?	46/49
P: My hand it keep warm	
T: And what you think would happen if you kept rubbing real hard and real fast	49
P: eventually it rab my in my skin	
T: and it might hurt you?	49
P: Yeah	
T: So a nice touch. Feels nice, but if you start touching a lot, it starts to hurt. I wonder if maybe what happened. (44:00) And I don't know. I don't know you that well, and I certainly don't know any of these women, if initially, what they found so wonderful about you was your warm touch and your warm embrace.	10/54
P: Yeah	
T: But after a while, the touch started to hurt. And it's at that point that they leave. Because Carla two years Saskia four years. So it's not that they look at you and say "uh I don't want to be with you". They stay with you a long time. so, I wonder if part of the difficulty, maybe that the nice warm touch becomes overtime, a painful touch. Is that possible? (45:00)	31/54
P: ...	
T: As possibility, would it be something we can look at? Does the nice touch become painful? I don't know the answer to that, but maybe. Something to look at.	38
P: Yeah.	
T: As we're talking right here in the office. Are you thinking now right here about killing yourself?	40/47
P: No, not all.	
T: Not at all. But that's a thought that does come and go.	31

P: Yes	
T: You think that's something we also have to talk about? The suicidal thoughts	38
P: (abana com a cabeça a dizer que sim)	
T: What I've written so far, there are four things that we've talked about. Being whole without someone but rather being with someone as a choice. Being able to share as much love as the woman can take at this point. (46:00) Looking at whether the nice touch, may over time become painful and trying to look at the suicidal thoughts so that you can stay around and live life rather than leave life. Do those sound like things you'd be willing to work on in therapy? If we could deal with these things, what effect do you think that would have on your life?	38/40/53
P: I think... It would be good, I think (47:00)	
T: We're coming close to the end of our time for this meeting. Can you tell me how you reacted to our first meeting?	38
P: at the moment, that... I feel little bit... because all those things we have to work ...a think in a lot of things.	
T: Yes.	
P: and the feeling from, because... I have to do with all alone in.... Everything that's been wrong it's all my fault.... And I'm wondering what am I doing wrong all the time?	
T: Well, that's a question. Am I doing something wrong? Maybe that's number five on our list. So, as we as I make a list of these things, are you saying, that is so overwhelming? (48:00)	11/31
P: Yeah	
T: Did you think this would be easy coming in and we	31
P: No. No, no, no.	
T: So this is not unexpected?	31
P: No, no, not really	
T: Okay, but part of the difficulty is you have to do it all alone.	10/50
P: Yeah	
T: Are you going to do it all alone? Who's going to help you do these things?	31/50
P: Perhaps you	
T: Yeah, not just perhaps... that can be part of our contract... that these are things, we can work on and I will help you work on these. Does that make it a little easier? Any other reactions to our meeting before we end? (49:00)	18/26/38
P: No, not at this moment.	
T: There's something I would like you to do to help us along you and I I would like you to write some things down. And bring them with you to our next session. Would you be willing to do this?	17/31
P: Yes, yes.	
T: Okay. What I'd like to do is get a small notebook. And when you have thoughts about how awful it is to be alone... I would like you to write them down. Would you be willing to do that? (50:00) And we can then use those in the therapy. So, when you say "I must be doing something wrong to be alone", that's one to write down. Would you be willing to do that?	17/31/32
P: Perhaps we need more than a small notebook.	
T: Maybe a big notebook. I'll leave that up to you. But bring it into our next meeting. I'd like to meet with you at least once a week. Is that possible?	1/31
P: Yes	
T: Is this a good time for you to come in?	1/18
P: Yes	
T: So why don't we then set our next meeting next week at this time?	18/31
P: It's all right.	
T: Good. I'll see you then.	18

## MULTI: Arthur Freeman S2

COTAÇÃO Arthur Freeman (2ª sessão)	Cotação
<p>T: We had kind of left it that you'd be calling and, what prompted you to call. You were going to make a decision about coming back. And what prompted you to do that.</p> <p>P: Well, I last week, it was... a lot of things happened in the last week... and I had a big argument with my sister, because... my sister was... is after, after five months ago when I broke up</p> <p>T: Right</p> <p>P: Almost six months ago now</p>	40
<p>T: With Saskia</p> <p>P: with Saskia, the breakup, and was a difficult time and I, and I spent time</p> <p>T: Right</p> <p>P: some weeks for a few weeks. I was with my sister</p>	31
<p>T: You were with your sister</p> <p>P: and for now for a few weeks and already in my own apartment again, but sometimes, just being in (01:00) the apartment is too much for me, because every, because it's the same apartment that I shared with Saskia</p> <p>T: Okay</p> <p>P: And and sometimes, In the evening, at night, every little detail, reminds me of her, and it's it's getting too, it's too much for me</p> <p>T: overwhelming.</p> <p>P: It's overwhelming and then, I, we had, that my sister Louise, we talked about it and I have a key of the house and there was an invitation, So there's always a bad for you. If it's too much, you can always come to our house and stay. And now all of a sudden this week. It's too much for them.</p> <p>T: Okay</p> <p>P: and all of a sudden, it's too much to to then, affecting their precious little family. So, we, only because in one night, last week. I was, I had a little bit, little much, too much (02:01) alcohol, and I was not, I was not exactly knowing what I was doing, but I fell off the stairs, because I</p>	31
<p>T: in their house?</p> <p>P: in their house, in the night, and woke them up, and they make a big fuss about it, and, and it's, and now, they're telling me, well, you're, you're an alcoholic, and I'm not an alcoholic and a we have argument about it and then her husband, Bob my but brother-in-law demanded that I give back the key. And now all of a sudden, I'm not welcome anymore in the house (03:01) [01:38:09]</p>	31
<p>T: So lots of things have happened in the last few weeks, since we met last, this argument with the sister, the loneliness is still very much there.</p>	6
<p>P: Yeah,</p> <p>T: lots of images of Saskia. You've been drinking.</p>	10
<p>P: Yeah</p> <p>T: Are you also feeling suicidal? (03:00)</p>	11/46
<p>P: ... Well, it's, I'm getting at a point now [00:04:01] that I'm thinking... Well, it is ... even my ... now, even my sister, and even my sister refuses to, to welcome me in the in her house.</p>	11/46
<p>T: Are you suicidal?</p> <p>P: ... I don't I don't see how this will end.</p>	11/46
<p>T: Are you feeling suicidal? Do you think of killing yourself?</p> <p>P: Yeah, I think about it. Think about it, because I'm try and do my best, I'm trying. I'm trying to do my best. Everybody told me, you have a problem. You go in therapy. And now I'm and, I was, I was prepared to, to, to look at myself to work at myself and now they're acting like this.</p>	11/46
<p>T: Alfred, are you thinking of killing yourself?</p>	40
<p>P: If it goes on like this, there's no meaning.</p> <p>T: Are you planning to do? You have a plan? (04:00)</p>	40
<p>P: No, I don't have a plan</p> <p>T: but you're thinking</p>	10
<p>P: but it has to change very soon. That's what I think</p> <p>T: If things don't change very soon</p>	10
<p>P: Yeah</p> <p>T: then, as you said last time, suicide becomes an active option</p>	10
<p>P: I give myself another chance. One other chance</p> <p>T: how much time do you give yourself?</p>	40
<p>P: Only... I didn't think about weeks or days or, but it has to be soon.</p>	10

T: A year, two years	
P: a year, two years is much too long.	
T: So we already know what is too much, but you give yourself more than a week, but less than a year.	10
P: Yeah, I don't think... when I think in time, it's not months, because I don't, I don't want to spend, to spend my life in this way. Like it.	40
T: What would be the trigger, for you saying to yourself, this Is the end? What in your view would be the trigger for something like that?	
P: ...	40
T: What would make it more	
P: I don't know. Maybe, maybe, sometimes I think my life is over, already. When we Saskia and I, wouldn't have broken up, and then we would be together. We would have been married by now. We would be	21
T: If tomorrow.	
P: Yeah.	21
T: Just as an example, if tomorrow, you would meet another woman.	21
P: Yeah.	21
T: And feel very strongly towards her.	
P: Yeah	21/40
T: Would you still be thinking of killing yourself?	
P: No	
T: No	
P: Maybe not, maybe not but, but, but, in the other hand, I think, well, why should I bother at all to start again with a new relationship? If it's, if it's, (05:00) if I made a mess like like, like I probably apparently did	
T: So given you've had several bad experiences one part of it is if I'm hearing you, right if I meet someone who I really like, I'll feel better. But even if I meet someone I like and I feel better it may end like Carla, Sakia, it'll end at some point. Is it possible and we can kind of focus on this, that we can talk about ways, of improving your chances of success? Would that be something you'd want [00:08:18] to focus on? Improving your chances of success in a relationship?	10/38/54
P: You're right, I don't believe, I don't believe that it's possible. Because	26/38
T: would that be worth talking about? (06:00)	
P: Because I can, I can't stand it because my sister is, she's the only one in the last year, who supported me	
T: Right.	
P: And now she chooses for her precious family. Now, all of a sudden I'm too much. And I can understand it, because they told me there is a place for you	
T: There is always a place for you in our house	10/44
P: and now	
T: and now they're saying there isn't	10
P: there isn't.	
T: Okay, what happened? Help me understand because one of the things as I was thinking, when you called me to make this appointment. I was kind of thinking through and looking through my notes of our first meeting, three weeks ago. And there were several things, that seemed very powerful. One, is the idea that you have terrible luck, that all these bad things seem to happen to you. These women leave you. Now your brother-in-law says, give me the key back. Your sister says, stay away. (07:00) So that either you're a very unlucky fellow or is it possible, is it possible, that there's a way that you might to use to improve the way you relate to people? Is that possible?	21/49
P: You're suggesting that, it's my, my fault. That is	
T: No	
P: only my problem.	
T: No	
P: I know, now I'm in therapy and now I'm supposed to only look at myself because	10
T: What I'm asking is a different question, Alfred	
P: A lot of people treated me very bad the last last year, half year.	31/38
T: Alfred, do you hear me saying: It's your fault. Is that what you hear me saying?	
P: No, maybe not so clear like as you say it now, but you	31
T: what do you hear me saying?	
P: .... You were saying what everybody's saying, that you have a problem and you have to work, work on it.	32
T: Well, let me be clear on what (08:00) I'm saying. So that there's no misunderstanding, one is that I think whenever there are two people.	
P: Yeah	32
T: there's an interaction.	
P.: Yeah	31/32

T: you take what I give, I take what you get. Would you agree?	
P: Yeah.	
T: So, so what I'm asking about is, what's your side of the interaction? Because Your sister's not here, your brother-in-law is not here. So we can't speak to them. So you and I can work on what you put out and what you hear. Does that sound like blaming? Am I blaming you?	31/38
P: No, but, but, but I during this argument we try to talk about it, but I say things, they say things and they don't believe me. They accuse me of being an alcoholic, And I'm not an alcoholic, sometimes maybe, sometimes I drink (09:00) a little bit too much, because, it's a way for me, It's a way right now, to relax a little bit	
T: Right.	
P: Just a little bit	31
T: That's one way to relax. How much alcohol do you drink?	
P: Yeah, that's what they asked me	31
T: I'm asking you the same thing	
P: Yeah.	31
T: Do you have a beer? Do you have ten beers? Do you have a drink of wine? Do you have a bottle?	
P: I don't count my drinks. I'm not, I'm not a gross. I'm not. And I'm not, I'm not taking notes of what I'm drinking, but sometimes, I think we should drink a little bit, be miserable. And when I drink a little bit, it makes me more relaxed and sometimes when I, when I go out and try to meet people, it helps me to relax myself a little bit. (10:00) So, I don't see that's a big problem and maybe because of one night I really drank too much. There's only one night. And if it's necessary I can stop right now. I don't have to drink.	21
T: So, there are a couple of possibilities there. One is that they're making a judgment, your sister	
P: Yes. They did. They really	21
T: They make a judgment based on one night.	
P: Yeah and based on their own fear that I will disturb their, their family, because now all of a sudden, their children might be affected by my behavior.	31
T: Is that is, that their major concern?	
P: Yeah	10
T: so that they're more concerned about their children, then about you.	
P: Yeah. Yeah.	31/49
T: Do you think that's unusual?	
P: No, it's not unusual, but they know that, they know, I have, I'm having a difficult time in this period	10
T: and they're not being really understanding.	
P: Yeah. And in one way, that telling me in my face, that I'm welcome all the time, but all of a sudden when they don't like something. (11:00) I am not welcome anymore. Just when I'm kind and nice. And, and when,...	40
T: What would happen when you said you can stop drinking right now.	
P: Yeah	40
T: what would be the effect if you stop drinking right now? What effect would that have on you?	
P: I probably won't sleep anymore, because now I'm already having a hard time to fall asleep.	10
T: So one of the things the alcohol does it helps you sleep.	
P: Yeah. Yeah.	31
T: What else does the alcohol help you do?	
P: Well - I already told you it helps me sometimes to relax	
T: Relax	
P: it is there's when I'm going out and we with people it helps me a little bit to relax myself.	
T: Do you understand too that alcohol also can serve to depress people. When you have too much it makes you also depressed. Are you aware of that? (12:00)	31/32
P: No, It doesn't make me depressed.	31
T: How does it help you sleep?	
P: This is it, helps me stop, to stop my, my thinking, my worried, and I'm laying in my bed, and my mind goes on and on, thinking about all the things that... went wrong.	10
T: So one things you're doing is reviewing a lot.	
P: Yeah	10
T: So that one of the things that the alcohol does then, it quiets your active mind.	
P: Yeah	
T: But would you be willing to take my word that for many people, alcohol also depresses them. [00:17:18] So, in some ways it in the beginning, it picks you up, but later brings you down and makes you feel even worse. Are you aware of that?	32/39
P: But I told you already, I can stop anytime that I choose	
T: but then you won't sleep. (13:00)	10/39
P: ...	31

T: Is that something you willing to give up? Your sleep?	
P: ...	
T: Help me understand Alfred, when you're lying in bed	31
P: Yeah,	31
T: and you haven't had anything to drink and your mind is very active	
P: Yeah	31
T: What are you thinking about?	
P: I'm thinking, I'm thinking about how, how things went, a few months ago. And sometimes I'm thinking about, because, When we, when Saskia left, she was pregnant and she had an abortion during that period. And I'm thinking about, That, if, if the baby would have, lived that it would have been. That would have been. A joyful event next month (14:00) And then, and then I'm thinking, we were already making plans to get married. We were, that's what that, what was the reason that we went into counseling? Because we wanted to work at it and I we had a future before us.	
T: Did you know she was pregnant when she left?	31
P: Yeah, of course. And I know	10
T: And she then said, I'm going to have an abortion.	
P: No, there was, she was doubting about if she was Capable of being up the child. She doubted all about almost everything, you could doubt about, and we talked about it a lot and also in the beginning of the therapy we had, there was talking, and then I had an argument with the therapist because that was one point I couldn't, I couldn't, because they were talking. (15:00) They was telling me to shut up and to give her space to talk about all her doubts and maybe having an abortion. So that's one point that I couldn't, I lost my temper. And I got very angry and then they accused me of being violent	10
T: wait, back up. You lost your temper.	
P: Yeah,	10
T: because the therapist told you to be quiet.	
P: Not only because, yeah, maybe maybe, yeah, maybe. Because	10
T: The therapist wanted you to give Saskia more space.	
P: Yeah,	11/31
T: And that got you very angry. Is that what happened?	
P: No, Not, not only because, because I wanted I was, I was, I was there and we were speaking that to give her space. So it's that wasn't the problem. But the things that she said. And she was thinking and talking about maybe having an abortion and we talked about it before and we had an agreement, (16:00) not to make that an issue in therapy. And she broke our agreement.	30
T: I'm confused.	
P: Yeah	10
T: You and Saskia had an agreement not to talk about the	
P: No	31
T: the abortion	
P: no	31
T: or the baby?	
P: not about, not having the baby, because we went into therapy, Just because we wanted to have the baby. And then she came on again with all her doubt about it. And I was supposed to sit act, very calm and quietly listening to her making plans about killing my baby. So that's the point that I lost my temper and then afterwards. They they were, they were treating me. Like I was getting violented all the time.	31
T: When you lost your temper, did you yell? Did you threaten?	
P: Yeah, and I, and I was standing up and I kicked my own chair. Not to torture anyone. But I, I was I was (17:00)	10
T: And they were scared of this.	
P: They were scared of this, but I didn't threaten anyone. I was only very angry because, and I was and afterwards. I was saying, well, what, what, what is that when you're discussing the killing a baby, it that isn't violent? I thought that was very violent.	
T: But what you're saying is that the therapist and Saskia were scared of you.	10
P: Yeah.	10
T: That they saw your behaviour as potentially violent.	
P: Yeah	10
T: And at that point, Saskia really pulled away.	
P: Yeah. Yeah, and she was supported by that by the therapist	
T: I remember you saying, last time, that the therapist, you believe was the therapist, talked her out of the relationship and kind of talked her into leaving.	10/31
P: Yeah.	

T: Let's look for another angle. Is there anything (18:00) that you did that actually sabotage yourself? If you could do it over again, is there anything you would do differently	21
P: during the therapy? Yeah, just sit calm and like it didn't affect me when I heard Saskia speak about killing our baby. Then when I would have.	10
T: You know that's not realistic.	
P: That's not realistic.	
T: You know that's not what I'm saying	10
P: No. No.	
T: What I'm saying Is there anything you could have done, realistically, that would have made your point without in this time scaring Saskia? If you knowing what, you know, now, could you think of anything different that you might do?	21
P: No, There because, no, no, because Saskia knew exactly how I thought about it, because in the last weeks when we were together and she would thinking about it, at one moment. I I gave her a knife (19:00) and I say, okay, you might. I might have stab, might as well stab me, first, when you think about this, So she knew exactly what it meant to me and still in the therapy, she knew, what, how that would affect me. She knew exactly what she was doing.	
T: What I mean, Alfred, is something different. Let's suppose Saskia is here, she's pregnant and I'm the therapist instead of the other therapist, okay?	44
P: Yeah.	
T: Okay. So we can go back in time. You want to make your point to her. Could you think of making your point in another way, to get your point across without frightening her with your anger.	21
P: I would, maybe, my fault in that time. My mistaken that time is that I let her speak because I now when she should start to speak about it I would remind her of our agreement (20:00)	
T: You'd say oh, no, no talking about that. We have an agreement.	31/44
P: Yeah	
T: And let's suppose she said no, Alfred, I need to talk about it.	44
P: No, it's not her, who Insist on talking about it then, the therapist was inviting her.	
T: Okay, so let's suppose I said to Saskia who we're making believe she's right here. I said, well, why don't you talk about it?	31/44
P: Yeah	
T: You'd say no, no. We agreed not to	10/44
P: Yeah	
T: and I might say, well, I think will be important for her to express her feelings.	10
P: Okay. There is, that's almost like it went, because I mentioned it. I mentioned it.	10
T: So I'm saying pretty much what the other therapist said.	
P: Yeah, but the other therapist was a woman and I thought the other side, this woman therapist was almost from, from the start of the therapy, she was biased against me.	11/44
T: But if I said to Saskia, well, you know, I think you want to discuss your concerns. (21:00) That would be upsetting for you. And you say, no, you and I agreed not to discuss	
P: No, no, because I could understand that. It's important for her to speak about right sense.	10
T: Right. Sure, about having a baby, it's pretty important. [00:28:20]	
P: Yeah, but she was not only talking about her self, was all, the babie also a part of me. So it's, it's good when she talks about herself, but then it's not good to talk. I cannot think about a way that I could sit there and listen to it.	31
T: Could you think of	
P: or maybe I'll leave it. I would leave the room. Maybe maybe. But at that moment	10
T: You were Furious.	
P: Yeah, I was furious and I wasn't ... Prepared to let her talk about because I already knew how she, how she would talk. (22:00) And even because at that moment, I didn't think about leaving the room.	
T: One of the things, that I, that I hear and let me just share with you what I'm hearing is, that, there's something, about the way you interacted with her that caused her to become frightened.	10/54
P: that's the only in this moment because the	
T: But you said other women have been scared of you.	10/19
P: Yeah,	
T: And now you say your sisters scared of you. Scared of how you might affect her family.	10/19
P: Yeah.	
T: Scared enough. After all this time, to withdraw her invitation.	10
P: I wouldn't say she was scared of me, because it, maybe she's scared because she let her husband do the talking.	
T: Maybe. But what you said to me just a little while ago, was she was concerned about her precious family.	10/54

P: Yeah.	
T: People don't become concerned unless (23:00) there's something frightening. You fell off of their stairs. They're concerned about you being around their children. Is that right?	31/49
P: Yeah.	
T: Again, I don't want to put words in your mouth. But I am hearing you correctly?	31
P: Yeah, but but the that's, that's, that's mistakes because I don't have a bad effect on the children that influence. I don't have. I can get, I can, I get, I got along very well with them.	49
T: And I'm not doubting that at all, but let's suppose, let's suppose you were walking down the street	
P: Yeah,	
T: and you pass someone and they say, Excuse me, sir. You look like a duck. You say, well, that's a silly thing. You walk a little further and someone says, excuse me, sir. You look just like a duck and you know, that that's silly. (24:00) But then a third and a fourth, and a fifth person, say to you. You look like a duck. What do you think would be a good idea? Do you think would be a good idea to look in the mirror to see what are people responding to? Do you think will be useful, to look in a mirror?	49
P: Because you're suggesting that everybody's right about me.	29
T: No, I'm suggesting that it would be important for you to look in the mirror, to see what parts	
P: That's why I'm here. That's why I'm	
T: Good.	
P: That's why I'm	
T: are you	
P: I brother at all to, to	31
T: is that something you're willing to do?	
P: Yeah	
T: Because we need to make a plan for our therapy. Are you willing as part of our work to look in the mirror to see possibly what other people are seeing. To see not just what you are seeing but to see what other people see? Is that something you're willing to look at? (25:00)	1/38
P: Yeah, I'm prepared to do that, That's the reason why I'm here. That's the reason why I'm here. And on the other hand, I resent when I think, I don't, I think it's not fair, because ... I'm not the only one who didn't do something, does something.	18
T: You're right.	
P: Did something	
T: You're right. Do you remember what I said before? There's an interaction, things go two ways. But what we can look at, you and I, is your contribution. We can look at your interpretation of what others do. But part of what you and I are going to have to look at, in the therapy (26:00) is to look in a mirror and say, what am I seeing? What do other people see? Now, let me ask you another important question then, Alfred. Are you willing to try to change if you thought it necessary?	32/40/50
P: ...Yeah, but it makes me also makes me angry because why, why must I be the one who has to change? Why must I be the one who has to change?	31
T: What did you hear me ask you?	
P: ... Now you ask me to change.	
T: No, I asked would you be willing to try if you thought necessary? I'm not saying you have to do everything differently. My question was if you thought it necessary. Would you be willing to try to change? If you thought it necessary	21/40/50
P: yeah	10
T: Good. So that's different than, I must change everything I do. (27:00)	
P: Yeah	10
T: If you thought necessary you'd be willing to try to change.	
P: Yeah	1/38
T: Good. Because that will be an important part of therapy. Now, let me set out some ideas I think, that would be important. First. I'd like to meet with you on a weekly basis. Would that be okay with you?	
P: ...yeah	38
T: Do you understand why I'm suggesting meeting on a weekly basis?	
P: No	
T: That one of the things that makes therapy more effective is if there's some regularity, So, it's not we meet then we don't meet for three weeks. Then we meet and we don't meet for two weeks that there'd be a regularity to what we do. Would you be willing to do that? To come in once a week?	31/32
P: Yeah	
T: Okay. The second thing I'd like to do is for us to set up our work, so that we set out some goals. (28:00) Specific things that you and I can decide on. And then work towards. A bunch of small steps. Would you be willing to do that?	1/7/31

P: ... But small steps, I think, my life is a mess and I don't know what's the use of small steps when, I think about my life, I think that a lot of steps have to, Have to make maybe	
T: You're right, but let's suppose, there was a ladder. Do you remember last time we talked about the ladder? And you want to get to the top of the ladder. How are you going to get to the ladder, top of the ladder? What's the best way? Could you jump to the top of a 3-meter ladder? (29:00) Could you do that?	49
P: No. but, I don't like the idea, that I'm, I was on the top, on the leader.	
T: With Saskia	10
P: yeah.	
T: Do you understand that for any of the number of reasons, you're no longer there?	49
P: Yeah, I understand that	
T: And you want to get back to the top. How are you going to get back to the top of that ladder? Can you jump 3 meters?	49
P: No	
T: No, so what's the best way to get there?	
P: ...step by step	21
T: Step by step, but you're saying no, I want to get to the top immediately. But if you were to jump, you would fall and hurt yourself. So it would make more sense to do it a step at a time. One of the first things, I think we need to look at then, (30:00) let me offer a suggestion. Because I think this is a very important part of what we can do. And that is, one of the ways that I hear that you think, is in terms of all or nothing, either things are absolute, or things are zero. Either you love zero or you'll love a hundred percent. That loving, as I remember you saying last time, I think something like if you loved Saskia 60% she'd still be with you.	10/39
P: Yeah.	
T: But you wanted her to take a hundred percent. And that scared her away. That I remember that accurately?	31
P: Yeah.	
T: Okay. So, one of the things I think that would be real helpful for us, is to look at this all-or-nothing kind of thinking. Would that make sense to you? To examine it? (31:00)	1/53
P: Yeah.	
T: What are you thinking right now?	47
P: Yeah, I was thinking and maybe I told you before, because there was a situation that we loved for hundred percent	
T: Right.	
P: She too and then there was a situation that, that in a way she betrayed me.	
T: Where did you learn this way of thinking? To think in this very powerful absolute way? Where did you learn that? Who, who taught that to you? That way of thinking?	40
P: ...	
T: How long has that been your style, your way of thinking? (32:00) Is it this year? 5 years ago? Does it go back to your childhood?	40/41
P: Maybe ...	
T: It's been with you a long time?	31
P: Yeah	
T: At this point, it's part of you. This is the way you see the world. Is that right?	10/31
P: Yeah	
T: Okay. Is that way of thinking? Let's just look at this. Is that way of thinking that all-or-nothing style, over the point, of the course of your life over the last 40 plus years, has that helped you or hurt you? This all-or-nothing thinking. Has it been more help or more hurt? (33:00)	27
P: ... well, There are periods, that it helped me very much, to be to live in this way	
T: Can you give me one example where it really helped you to live this way?	27
P: In the period that, when we live together	
T: Saskia	
P: And then, it was It was, a great experience to be, to be together in that way	
T: 100%.	
P: Yeah	
T: When has it hurt you? When has it hurt you to be thinking that way, to be seeing the world in that way?	27
P: ... I think when Saskia was (34:00) starting to think about to breaking, breaking it up.	
T: Carla was concerned about that too, wasn't she?	19/40
P: Yeah	
T: That you were, what did you say? She was frightened of your love, she thought you were too powerful in this way. So it's not just one person, but others see your absolute view as somehow scary.	19/54

P: Yeah, but I think, yeah, but ... .. I think they did... What's wrong with looking looking at as it like that? Because, I think I've, now,... I think what she was. She was also coward, coward. She was afraid of something in the present, She wasn't afraid of me.	40
T: Is the focus what's wrong with it? (35:00)	18
P: Yeah	
T: Or is it, was in fact, there's nothing wrong with it. I'll tell you that. There's nothing wrong with it. My question for you is a different question.	27
P: Yeah.	
T: Has it been more valuable or more harmful, overall, in your life? Has it been more valuable or more harmful? Not whether it's good or bad	
P: Right now	
T: for you	31
P: right now, it's too harmful.	
T: It's harmful.	27
P: Yeah	
T: Has there been other times in your life, have been other times in life when it's been harmful? This very demanding perspective, the hundred percent view, have there been times your life that it's also been harmful? (36:00)	
P: ...Yes, Times when you remember, when you, when you notice that, there's not a lot of people who wants to live for a hundred percent and then it gets very lonely.	27
T: Right. So, rather than you and I looking at is good or bad because it's neither good nor bad but looking at it specifically to whether it more helps you or more hurts you, which is the bigger load? The help or the hurt?	27
P: ... But now it hurts me, now It hurts me too much.	
T: But overall, in your life. Has it been overall, more helpful or overall more hurtful? I know what it is now.	10
P: Yeah, but this is the result of the rest of my life.	
T: So, overall, it's been more hurtful.	
P: Yeah.	
T: Okay. Alright, we'll have to come back to that because I think that's something we're going to have to look at several times Alfred. (37:00) The idea that what you ask of yourself and of others, and you may be right, that the reaction is a lack of courage. You may be right, but overall this way of thinking is more hurtful than helpful. Okay. So that, what I'd like to help you do, let me be very clear on this. Clearly, you don't want to live alone, right?	1/10/31
P: Yeah	31
T: You want to have a relationship. Is that correct?	
P: Yeah	31
T: You want to be with someone? You want to be with a woman and have a relationship?	31
P: yeah	
T: You want that relationship to last, forever?	31
P: Yeah	
T: Okay, is that accurate?	
P: Yeah	
T: so that what you and I have to talk about, are any contributions and I'll be very honest with you. If I see things, I'll point them out. Any contributions. (38:00) you might make to in any way injure your potential for success. Would that be okay with you? So that our goal is, how can you have a successful long-lasting relationship? Is that a goal you would agree to?	1/26/38
P: Yeah	
T: You don't sound really convinced.	
P: No, because I think about, how we, how Saskia and I met. It was like, yeah	
T: Magic.	
P: Magic, yeah, you know, is not something you do. It's something that happens to you, is something that that it's given to you.	30
T: You know, that scares me. That scares me. Do you know why It scares me?	30/31
P: No	
T: It scares me because it says that you have no control, (39:00) that either magic happens or it doesn't. Now, do you know anything about magic?	
P: What kind of magic do you mean?	
T: Well, any kind of magic. Card tricks, magic is an illusion, isn't it? It's not really true, People can't make things disappear. It's an illusion. So I'm concerned that when things happen that are magical, it says they're beyond our control. And what I'd like to help you do is take control. So you can take control of trying to establish relationship. So you can take control of developing the relationships.	10/32/42
	31/42

P: That is Another thing, the other that, it's the opposite, They said that I had, I had to be less controlling.	
T: Well, I would like to help you gain more control. (40:00) Would that be okay with you?	31/42
P: Yeah	
T: Because I want you to control these things. I want you to be able to control how you think, I want you to control how you feel. I want you to control how you act. Would that be okay with you?	10
P: Yeah	
T: Not less control, but more control.	
P: Yeah	10/18/31
T: So that when you meet someone, you don't have to hope for magic. You can help to make things good. Would that be okay with you?	
P: Yeah, that's It would be okay.	1/38
T: Would that be a reasonable goal for therapy?	
P: Yeah, but you have to believe in that I think	10/47
T: And you're not so sure right now.	
P: I'm not so sure right now. No. That I can reach that.	1/18
T: You know what? I can't give you a guarantee. What I would ask is that you be willing to agree that we meet for ten sessions. (41:00)	
P: Yeah. Okay. Yeah.	
T: I'm not saying I'll only meet with you for 10 sessions, but we're going to meet for 10 sessions once a week. And we're going to set some specific goals for each session. To see how you can start to gain more control, control of the drinking, control of your sleeping, control of relationships, control of your temper. Would those be things that you'd agree to?	1/31/42
P: hmm hmm	
T: Would those be things that you would see as valuable?	31
P: Yeah.	18
T: We're getting close to the end of our time for today. Let me just check is this time a good time for you next week	
P: Yeah	18
T: So we can meet next Friday at the same time.	
P: Yeah	
T: Okay. (42:00) Now, something that would be helpful for us, and to allow you to get control more quickly what I'd like you to do, I'm going to make a list of the things that we mentioned. So I'm going to label this control, okay? One, of sleep two, of anger, three, we want to get control of relationships. Four, control of your thinking. Five, control of your feelings. Six, control of your thoughts. What else should we put on that list of control?	1/7/42
P: ... (43:00)	
T: Or do you think that's enough for now?	40
P: I think so.	
T: Okay. Now, I'm going to give you this. What I'm going to ask you to do Alfred, is I would like you for you to take these six. Forget these numbers. I would like you to put these in order of what you consider the most important, second most important, third, so we'll know where to begin. We'll start with the most important piece. You be willing to do that?	17/26/31
P: Yeah	
T: So	
P: I've ordered, last time you told me to start a notebook about tonight.	
T: Thanks	
P: but I have the notebook, but I didn't start to note anything.	7/17/31
T: Okay. So it's going to be real helpful for you to do the homework. The more you do between sessions, the faster we'll get up to the top of the ladder. Is that okay with you?	38
P: Yeah	
T: Okay, I'll give you this. How do you react to this second session, any thoughts about the session? (44:00)	38
P: ...	
T: What's your reaction to it?	
P: I like, I think it's good to, to, ... I still, I still wonder. Will it make me feel better? Will it make me that helped me understand?	26/42
T: My concern is not just you're feeling better but you're getting better. Do you understand the difference? Feeling better happens now, then it goes away. I want you to get more control.	
P: Yeah.	
T: Okay.	
P: Yeah, that's, that's I think that's, that's good.	38

T: Did you find this session useful?	38
P: Yeah.	
T: Tell me in a couple of sentences. What you're taking home with you today.	31/38
P: from the session?	
T: Yeah, from the session (45:00)	10
P: That maybe there's a way to get control, of some, some, some things in my life that maybe it's possible	
T: and you'd be willing to try.	38
P: Yeah. Yeah.	
T: Did I say anything today that upset you or that you're taking with you any upset or anger about anything we talked about?	
P: No, I was thinking that you would just just suggestion that that was doing... Only, I have to be the one who needs to change... But	32
T: But what you and I are going to work about is you.	
P: Yeah	10/32
T: We can't work on these other people because they're not here.	
P: No, but I think about them makes me angry again. (46:00)	18
T: Yeah, and we're going to talk about getting control of that. Okay, our time is up. I'll see you next week, same time.	
P: Yeah.	

## MULTI: Donald Meichenbaum

COTAÇÃO Donald Meichenbaum (1ª sessão)	Cotação
T: Beverly, is it okay,if I call you Beverly?	18
P: Sure	
T: First of all, I want to start off by thanking you for coming in and agreeing to do this project. Perhaps we could begin by having you tell me a little bit about what brings you here? I can be of help?	14/18
P: Well, I've been suffering some anxiety. I haven't been able to sleep at night. My thoughts are going wild, some nervousness and fears. I just missed a lot of it and on edge a lot, you know, and it's an interfering with like my schooling and things like that.	
T: Of these, where should we begin? Where do you... help me understand what you're	31/38
P: well, I could tell you a little bit about probably the main cause of it.	31
T: Okay, and whatever	
P: my history a little bit.	
T: Okay	
P: my father is a manic-depressive and he's been that way since I was about 13 years old. We never had any kind of help or support during that time. (01:00) So we pretty much just lived with. It could have kept it within the family. I used to feel it was my fault a lot, that he was the way he he was... I blamed myself a lot and he's been off and on that way for most of his life since then and he has the Cycles. I never really got to know who he was, you know, as a father as he's always been kind of a stranger to me, about a year and a half ago my mom passed away. She was his primary caretaker... She finally had to put him into a nursing home because it was just too much for her to handle, after she passed away, I had to become his power of attorney and take over all everything, the responsibilities, and become his caretaker.... It's been really hard because there's a apart of me that just can't. (02:00) Doesn't have all that love to do that. You know, I mean, it's a mechanical thing. I'm going through a lot of times. He's still very abusive on the phone. He calls and tells me he's going to cut me out of his will... There's never any real appreciation. There's never any thank yous, and I just got so much so much stress... and my brother and sister are out of state and they're pretty much staying that way out of sight out of mind.	31
T: Are they younger or older?	
P: They're a couple years younger. I'm the oldest.	
T: So, so the burden the responsibility.	10
P: Yeah, and it's every day. I can never get away from it, because there's a lot of bills. His medical spent expenses are really easy that had pneumonia. I'm you almost died this year. It's not, you know, I don't mind I had... I was the only one that could take it over last year, this power, of attorney and everything, because I was able to, I'm the one in state, but it's caught up to me last year.... I don't know if I was in shock so much that I was going (03:00) through the emotions this year. I'm feeling more emotional than real stressed and... I'm sometimes feel like going to have a nervous breakdown.... I just want to run away	31
T: what you mean by "on edge all the time"?	
P: Well, I on edge because of him. I haven't dealt with a lot of this past. I'm afraid of him still. There are a lot of terrible things that happened when I was growing up with him. He threw things. He was a real abusive verbally, he's had a lot of sexual... things going on. I guess a lot of bipolars have that. So I still have a lot of that fear for him, even though he's older and he's weaker, and he's in a wheelchair... I'm terrified he's going to get out and he's gonna maybe come and get me.	
T: Yeah	
P: So it's there's so much Terror that just hasn't been resolved and all seems to be coming up now, from there.	
T: Well, it's quite a story.	18
P: Yeah, so (04:00)	
T: you've been through a lot and it still impacts on you now.	10/47
P: Yeah, it doesn't ever seem to be getting any like better... It just something. I don't know. Just day after day. I don't see any resolution or anything. You know, I get hopeless about that sometimes.	10
T: So, not only do you have all the mixed feelings of caring for him.	
P: Yes. I do. I'm, there's a part of you that knows. He's my father and wants that love, but I never hear it from them. I never hear anything.	10
T: No appreciation.	
P: Or anything. And maybe I wanted to take care of him because I never got that, and maybe I wanted to see if I could get that from... I still have it.	1/36
T: We're going to come back to all of that stresses that you're dealing with and what you've been through. I am	

kind of also curious about the other parts of your life, you know, in terms of who you could share this with who do you turn to how, what, what the rest (05:00) of your...	
P: I have a few friends in school that I can talk to... my husband I talked to him a lot. I try to talk to my sister and brother about it, but they seem to be thinking that... They just they're not there to see the everyday to do with the everyday stuff, the phone calls for him... And so they think that I'm just ... Not doing my job, not being the daughter or something, you know, the responsible one, and I'm just tired of being, they're responsible person, but I don't have all that.... I've tried to look for some support groups and things and I'm trying to get into some therapies and stuff, but...	31
T: And tell me a little bit, if you feel comfortable about the whole business with your husband. How does that	
P: Well, he's real good and he's real understanding. He's a been through a lot of it. He's almost been a replace for my brother and sister he comes out and deals with my dad. He's heard a lot of the stuff. (06:00) He's dealt with my dad, some of that abuse. And then I feel bad because I don't think it's right that he has to be burdened with it too. And that's where I met lately. I feeling really bad about burdening the people around me that I shouldn't have to be that, go through that.	36
T: And in working with him or with others, what kinds of solutions, if any what kinds of things have you been able to bring on to cope with all this? Give me a sense of where you're at in terms of...	
P: Well, I tried to do everything I could for my father, when he requested things T: Okay P: But I was just getting beat up by him, anything, nothing I did was ever ride or anything or appreciate it. So lately, I've been distancing myself from him when the phone rings. I don't answer it. He's getting more and more aggravated because of it. I'm thinking, maybe if I just don't (07:00) be so accessible to him, maybe he will stop it because he's a mentally ill. You know, he forgets a lot of things I've said, or he brings up	40
T: So, when he calls and is demanding in a abusive... can you remind yourself that he's mentally ill that this is the illness speaking?	
P: I have a hard time with that and I don't know why. I can, I mean, I think when I was growing up, my mother used to say, she couldn't believe that he was always that way she used to say, was putting on an act. So I think there's a that voice, I still hear that and I wonder about that myself and I can't separate because I never know who he really is. I don't know who if he was ever in Normal. And so, I fight that I do. Go back and forth between, yes. He's my father. And I and I need to care for him. But yet, then he's a stranger too (08:00)	41
T: Tell me what it was like to grow up there during that whole period	
P: I was very lonely. I really shut down. I was always in fear. I didn't feel like I could reach out to anybody. My mother worked a lot and he wasn't working. So he was home a lot. So we would have to deal with him. My sister, my brother and myself, or call her up and tell her different things, or she'd call home and check	31
T: And you were the oldest.	
P: I'm the oldest.	31
T: So, did the responsibility, more of the responsibilities fall on your shoulders, then too?	
P: Is possible because I stayed home or longer than the other kids. They left it about 20 and I stayed for a while longer thinking I could help out. Help my mother, I think try to be supportive and it was never change (09:00) I started doing things for her that she wanted done, like, I'd take clothes to him at the mental hospital things. She didn't want to do, call the police a couple times.	18/31
T: You used, you mentioned something before and talk about it only, if you feel comfortable.	
P: Okay	31
T: You said something about his sexual.	
P: Yeah, it's the way he would talk. He had magazines around ... that were like he would just leave it laying around... One time I was in the room and he came in the room and he shut the door with me in there... And, and I, you know, I don't think anything happened. I always wonder if I go back sometimes. And I just start thinking, you start wondering how if there was something really traumatic that really bad to happen, but my mom came and hit the door so hard. I guess she almost broke the door down and nothing happened. I don't think. But it was so frightening (10:00)	31
T: How old were you then?	
P: about 15 or so 14.	31
T: And how old are you now?	
P: 44.	11/46
T: And did you, as you think back on it, feel threatened or did you, I mean what was going on then?	
P: I was always afraid. Yeah, I was always on edge. I never relaxed. I don't think I was always waiting, could because he was manic. You're always watching to see.. what his moods are going to. Because it's, you know, I just kept getting worse and worse. And my mom never wanted to get help really, or just different. It was so bad. So we watched it, you know, get worse, and worse	40
T: Was he aggressive with people in the home? Did he hit people in the home?	
P: In the home where he's at now?	31

T: With the family.	
P: Yeah, couple times. (11:00) He's he slapped my brother and he's through things. I think he hit my mom, once maybe threw her down	31
T: And toward you?	
P: not that I remember just very, very loud and screaming and stuff, but I never knew if he was going to, I was so scared. I never knew what he we're doing next. So I always lived in fear...	41
T: And are there other kind of incidents that you remember during that time?	
P: Well, there are just so many things. I mean, just kind of was a blur. You know, t's hard to separate	31
T: One right after another?	
P: Yeah, they never seem to ease up. He would go the other way, then he would get real withdrawn, and then he would shut himself off from everybody to that way. So then you had the opposite, he would become very remote. (12:00)	40
T: And what do you think lingers from that? What has been the impact on you of all of that, that kind of experience?	
P: I don't know, I try to think of a good time, and that's what I sometimes, my thoughts are because I want to hold on, that he's not all that bad. So from when I was very young. I remember those good times and I guess I do that because I just don't want him to think that he's not so terrible.	10
T: So you gotta remind yourself of the good times.	
P: Yes, but now it's getting harder and harder to do that. And now I'm just, I've always put up in a wall again, I think.	40/46
T: I'm curious... What impact this has had... On you and other areas besides just dealing with your, with your dad. How does this affect you and other ways? (13:00)	
P: for a long time, I had a real problem with authority figures, you know, and males I could never have a relationship. They were just very shallow, you know, I could never. I was afraid to show my feelings, I think... I also... I've been told I'm pretty smart, but I kept that real quiet and I played dumb... I'm not sure why I did that... I guess he criticized me a lot... He was real sarcastic with me	40/41
T: and when you grow up with that kind of criticism... Growing up with being afraid and having to be vigilant... I'm wonder what impact does it have? When? What, what goes on from the constant exposure, to that criticism? (14:00)	
P: I'm afraid to open up, sometimes I think I'm afraid to trust people... I'm just starting to get better at that... But for a long time, I was just really distant, want to even try to reach out to people at all... Because I was afraid they'd hurt me, I guess... or criticize me.	10
T: As a result of all of that exposure, and criticism... Do you ever get a sense that you've become your own critic in any way, I mean, is that does that concept...	31
P: Yeah, my voice my head's always say.. yeah, I think that's	
T: tell me about your head when you say that.	
P: Well, I can't accept a compliment really... (15:00) I always have to twist it around and say no, no, no, you know, or, or either it's that or I just don't believe that people are being sincere or something... So I guess there's some negativity there... But I'm not good enough, you know, I do well in school, but it still doesn't seem like it's good enough. What's the use? You know, when I am doing good,	40
T: And then, does the criticism, being your own critic show up in other places besides taking compliments and hiding your own intelligence and...	
P: I don't know, It probably is in a some way, always there, in the back of my mind. Sometimes it's just not... As I don't notice it as much it. Maybe it's a habit.	38/54
T: I have a notion and I'd like to run it by you and see how... how it sounds to you and that is I wondered... if when it comes to caring for your dad. If you're a critic of yourself there as well... (16:00)	
P: Probably because it's not working out... I'm not getting any closer with him... Nothing has changed... I'm kind of a failure... Yeah, I guess so.	
T: So, what's the picture? I mean? I mean, give me the sense of if you were dealing with him, and you weren't criticizing you what I mean... What would that look like? I mean, what do you think you should be? What kinds of feelings do you think you should be having when you're dealing with your dad?	40/46
P: (de forma reflectiva) I should be happy with myself... I don't know because I've never really had those. I don't even know how it feels. Because I never learned.	
T: I mean, given (17:00)... what you've experienced with him over the years... Given the lack of appreciation... Given the absence of support from your siblings... If you didn't have mixed feeling some ambivalence about caring for him... I would be deeply concerned... I mean, you're still getting the criticism from him even though you're doing a lot...	10/18
P: Well, I feel really bad in a way because I feel like he lost his wife too, you know, and and I lost my mother and I feel bad that he's a lonely, you know, and and that's why I struggle because I would really like to be with him and talk to him and just bond or something, (18:00) you know, and talk about what we've been through our	

<p>loss the loss and we can't even do that... And so there's like, I don't know how to communicate with them. I can't.</p> <p>T: This is our only session together, okay, and if we had subsequent sessions, let me give you a sense of where are we going and get your reactions to this. One thing that I would explore with you. Is the stress you're experiencing with your dad and these other areas of your life and how you can perhaps cope with that more effectively, whether there's anything to do with the siblings, (19:00) when there's a way that you could share feeling, so it isn't a burden to your husband, the way in which you might be able to bond with your dad, the way in which you could remember... The good times and the mixed reactions... So a lot of what we would do is sort of here and now problem solving, around that to find out what you've done and so forth... And I would like, to make sure that your interactions with your dad or informed with your understanding about what a bipolar disorder is about. Okay, you know. And and and understand what the biology of that event is the mood swings so that you can better understand this. I mean, you're a student and even though on the one hand, you're emotionally attached to your dad there's another point, that is the smarts that you about (20:00) that... could observe this and almost view his behaviour through the prism of a scientist and saying, look, there's the mood swings one's going. What's the trigger? Look, how long the pause... I mean, we can get you to understand a lot more and then make efforts and see if you can handle it. So that would be one area. Before I get to the other areas, let me... I suspect you've done some of that already.</p> <p>P: Probably a lot, I've probably actually focused a lot on the reading up on the bipolar, but it's almost weird because it makes me feel so disattached to him. And what I want is the emotional of, you know, the love, and I tended to enhance that</p> <p>T: and my concern is I don't want you to have unrealistic expectations. If you set your goals, so high. (21:00) So it may be small steps towards that attachment. It might be small moments of appreciation instead of saying look he called and is accepting. The other point that I would like to discuss with you, and maybe we can even take some time now.</p> <p>P: Ok</p> <p>T: Is the impact of all of that childhood experience. And I thought you were really, quite insightful and articulate to talk about the way it showed up and impacting in terms of trusting, twisting compliments, hiding your smarts, having difficulty in relationships with others, trusting others. I'm curious, how many of those things still go on and how we could together work on that? (22:00)</p> <p>P: Well,.. I think I just want to feel good about myself, you know, that I can do what I want to do and not have to feel like everything is him. But that's where I get torn because you know, there's this a little guilt comes in that. I should like be there for him more but I have no energy left, you know for him and when I focus so much on him, I just don't care about myself and it's nice. I just want to drop out of life. You know, I like what's the youth? Just want to have more energy. I think for me, you know,</p> <p>T: Tell me about this dropping out of life. What is, what is that?</p> <p>P: feel like hopping in a car and just drive it away. You know, I'm just leaving everything behind</p> <p>T: Have you thought about hurting yourself or committing suicide or anything like that, or is it just?</p> <p>P: No. But I do get, you know, I can get depressed at times where I just don't want to get up or, you know. I mean not lately or anything more (23:00) so, when I was like, in my early 30s, I was going through some very depressed times.</p> <p>T: Are you concerned at times about being, having a similar kind of condition like your dad?</p> <p>P: I've wondered about it. I don't think I get that ecstatic high and that he gets, but I can get, you know, get down to the low, Sometimes</p> <p>T: you can see yourself being depressed?</p> <p>P: Hmm hmm</p> <p>T: Have you ever been on medication from the depression?</p> <p>P: No</p> <p>T: Have you seen any one of them for the depression in terms of therapy?</p> <p>P: I've seen people in there for therapy but never like for the medication?</p> <p>T: No. No, I mean just to deal with the depression. Have you seen anyone to talk about that?</p> <p>P: Yeah, I've talked to some therapist.</p> <p>T: Is that helpful?</p> <p>P: ... Yeah, it's basically been just like, it's a release for me, (24:00) but it's, I mean, I don't know if I'm looking for answers or something, sometimes, you know, how to get out of it. What I do is just talk the whole time and that person listens. So, it's a release.</p> <p>T: But have, they talked to you about ways that you can cope with the depression</p> <p>P: not really</p> <p>T: Notice it, the way in which you often engage in "shoulds", and the impact of that should?</p> <p>P: Not too much. They usually just kind of repeat. Pretty much don't come.</p>	<p>23/32/36</p> <p>1/7/10</p> <p>38/41/53</p> <p>40</p> <p>40</p> <p>31</p> <p>10/11</p> <p>31</p> <p>31</p> <p>31</p> <p>31</p> <p>31</p> <p>36</p> <p>40</p> <p>1/12/35</p>
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<p>T: Well tell me about the shoulds...because you know, you should bond, you should have positive feelings towards him</p> <p>P: I shouldn't feel be feeling angry at my father</p> <p>T: Right</p> <p>P: I should love him.</p>	18/35
<p>T: Yeah, come on give me the list. Get it. Get it out.</p> <p>P: I should, shouldn't be depressed. I should be happy. I should love life. I should have all these friends. I should be out doing things. I shouldn't be sitting home.</p>	10/35/44
<p>T: I Should have high energy. Come on. I should get in the car and go.</p> <p>P: Right. I should just yeah, I should just be happy and have a smile on my face all the (25:00) time</p> <p>T: Right</p> <p>P: And get along with everybody and and socialize with everybody and always be interacting with everybody and not shut myself out of the world.</p>	40
<p>T: What do you make of that list?</p> <p>P: There's a lot</p> <p>T: Right.</p> <p>P: There's a lot.</p> <p>T: Yeah</p> <p>P: and I know I hear those a lot. I say those a lot.</p>	31
<p>T: You say those a lot, to yourself</p> <p>P: Yeah</p>	40/46
<p>T: and when you say those things to yourself... How does it make you feel?</p> <p>P: There's something wrong with me.</p> <p>T: Hmm, hmmm</p> <p>P: I get more depressed.</p>	11/46
<p>T: And when you get more depressed, what happens?</p> <p>P: That I start thinking more of those thoughts</p>	40
<p>T: And when you think more of those thoughts</p> <p>P: More depressed</p>	40
<p>T: when you get more depressed...</p> <p>P: more thoughts.</p>	10/19
<p>T: So it's just a vicious</p> <p>P: And it just it, once I start thinking it the thoughts, don't stop. And that's why I have trouble at night, because I just go up one side... And the next thing I know my whole life,</p>	31
<p>T: Right. Because the first thing that you said, was you had difficulty sleeping, right?</p> <p>P: Right. (26:00)</p>	10
<p>T: and part of difficulty sleeping is turning this CD on</p> <p>P: Right, It just comes on. I'm relaxed and everything and I think I'm okay. And</p> <p>T: So</p> <p>P: an hour I'm just freaking out.</p>	21
<p>T: So what can you do about that vicious cycle between the list of the shoulds and the feelings and all?</p> <p>P: I don't know. Just not think, think good thoughts</p>	31
<p>T: what else?</p> <p>P: But I try, I try to do this</p>	21/44
<p>T: No, no, but what else? How about the possibility of saying "I have a right, to feel this way".</p> <p>P: To feel bad.</p>	11
<p>T: No, to be angry.</p> <p>P: Ohh, to be angry</p>	44
<p>T: Okay, "I have a right".</p> <p>P: That'd be nice.</p> <p>T: I mean</p> <p>P: But then I would probably be really angry. (27:00)</p>	18
<p>T: Okay. Anger is good.</p> <p>P: Yeah, I've always stuffed my anger.</p>	40
<p>T: Hmm, tell me about the stuffing of the anger. What do you mean, you stuffed your anger?</p> <p>P: I don't feel like it would ever do any good. So I just kept it all inside and just, stop them, because I feel like I would never win with him. He was more powerful.</p> <p>T: One of the techniques that's sometimes used in therapy, and I don't know if any of your other therapists have done it, is there's a kind of strategy that sometimes use almost like an empty chair. It's like a Gestalt thing. We</p>	32/44

<p>put your father that and then you tell him even in this Imagine scene, how you feel. What the anger is. (28:00)</p> <p>P: I could do that. I think I could do that. I'd be afraid. Probably.</p> <p>T: will try, to imagine. I can't get out of the empty chair because of the cameras that would imagine that he was here. What would you say to him? Try it</p> <p>P: I was just saying you were never there for me and you expect me to be there for you now? You never loved me. You never wanted me. You just treated me like shit, my whole life. All you cared about is yourself. You never cared about anybody else, you know, your wife died because of the stress you put her through. So, you know, and yet you're always coming out smelling like a rose. And we're always looking, you know, we're always crap. And I just I'm just tired of it. I'm just tired of the way you are, you know, and I think you're hiding behind that illness sometimes. (29:00) You know, sometimes I think that's a cop-out and that's why I can't believe in the illness sometimes.</p> <p>T: And how does that make you feel? Tell him how it makes you feel?</p> <p>P: Makes me feel good?</p> <p>T: To say that?</p> <p>P: I don't know. It's hard to get to this thing with the anger.</p> <p>T: No, no, tell him to, stay with the anger, tell your dad, just how angry you are. What was it like to grow up there when he closed the door, when your mother was banging on the door and you were in there, when you were being vigilant?</p> <p>P: It just felt awful, you know, I was just so lonely and so scared and you just shut me out, you know, you just didn't care and you didn't care what you did to anybody. You didn't care if we were crying or we were screaming or you just didn't care. You just kept it up more and more, you know, and it's just like, I just felt like you did it on purpose, sometimes. (30:00) Like that was really who you were. That you were just were a mean person, you still are. You're not changing. You want everybody to feel sorry for you? And you don't care about anybody else and it's like anything nobody does what you want. You just cut them off. I'm just had it. I'm just tired. I've tried to I've tried to be somebody for your daughter or something. I just can't even see his being my father. There is no father there. You just hurt me my whole life.</p> <p>T: Am I still hurting you?</p> <p>P: Yes, you still are.</p> <p>T: Tell me about the hurt that you're now feeling.</p> <p>P: I don't know, I just, You just treat me like I'm a stranger. Like, I'm not your daughter. (31:00)</p> <p>T: And how does that make you feel?</p> <p>P: It just makes it feel like you're using me or something, you know. But you never cared and you never will, I thought you would care. I thought you would change. It looks like you're never going to and I just I'm just tired of trying.</p> <p>T: So, if I'm not going to change -your dad-, tell me how you're going to change?</p> <p>P: Well, I just feel like I'm just kind of like right now. I'm just running just cutting the cutting myself off from. Yeah. I'm tired of doing for you and you're not doing anything back. I don't know if it's always got to be a give and take but it's always been a gift from me to you. So, I just feel like I have to give it back to myself for a while (32:00)</p> <p>T: and tell me what it means to give it back to yourself.</p> <p>P: This Love of myself.</p> <p>T: And how would that show up? What would you have to do to love yourself?</p> <p>P: Just be happy with who I am. Accept myself the way I am, and not feel like I have to change for anybody.</p> <p>T: How can you go about being happy with yourself? How can you accept yourself? What's involved in doing that?</p> <p>P: I don't know, I like to start, don't have to worry about what anybody else thinks.</p> <p>T: Hmm.</p> <p>P: Just not feel like I have to be a certain person for other people. Just be free and not have to not ... have any expectations from anybody. I feel like I've always had to live up to some, everybody all the time.</p> <p>T: And are you're saying now?</p> <p>P: I'm feeling better about that and feel like I'm more (33:00) focused on myself, you know, I'm trying to love myself more but I'm just feeling so much more emotions that I don't think I've ever felt when I was growing up and I think that's why I'm having such a hard time now because</p> <p>T: And allowing yourself, giving yourself permission to feel those emotions. Is that part of the growth process? Is that part of the healing process?</p> <p>P: Is just a so hard though. They're so intense. I can get so scared of them, sometimes it's you know, I know you could drink or something, you know, and sometimes I wonder if that wouldn't be such a good idea, you know, just because I didn't realize how intense emotions can be and why people try to escape them. It's hard.</p> <p>T: Yes</p> <p>P: and so that's why I don't sleep at night. You know, I'm just feeling so much.</p>	<p>44</p> <p>44/46</p> <p>31</p> <p>11/41/44</p> <p>44</p> <p>44/47</p> <p>46</p> <p>35</p> <p>40</p> <p>40</p> <p>40</p> <p>31/47</p> <p>18/40</p>
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<p>T: I'm wondering if it would be helpful for you to find someone you were comfortable with in therapy, to help them, join you in the journey of going through these emotions. (34:00) I think you're absolutely right. That there is a great welling up of these emotions that you've had. And then it's painful to deal with. But that there's some value in doing so with someone who's understanding and supportive, who's non-judgmental and so that you could put into words those feelings. I would really encourage you to allow yourself to find someone, not only someone who will just listen, and allow you to talk but that will help you focus in on that. Does that make...</p>	7/29
<p>P: Yeah, I guess I've been struggling with that because I don't know if I need because you know, the therapies and stuff like that. I don't know what (35:00) I need to trust somebody, you know, they has to, but I also do need help to get through that because I'm afraid to be alone with that stuff, right? Sometimes now</p>	29
<p>T: And sometimes it's harder to just do it all in your own head, because when you do it in your own head, there's another part to the CD that comes out and that is the long list of shoulds. If you are in the business of accepting yourself, you got to let the shoulds go.</p>	23
<p>P: It's true. They've been with me a long time.</p>	29
<p>T: I mean... you can be more selective and which ones you want to keep operating. Okay?</p>	29
<p>P: but I don't have any... I don't know how to get the other ones?</p>	29
<p>T: If you deal with the feelings. You have such a long list. You said said one of the things about caring for yourself was that you had to accept yourself. (36:00) Well, you can't accept yourself on the one hand and have an arm full of shoulds on the other.</p>	31
<p>P: Yeah, that's quite such, it's a burden it hurts sometimes.</p>	31
<p>T: It hurts</p>	21/29
<p>P: Yeah, It's such a wait for me.</p>	21/29
<p>T: You have been criticized long enough that you don't have to continue the process, okay? So when you catch yourself criticizing, you say, "Oh, Dad said that one already", okay? "I've done this one. Been there, done it". Okay? Now, that's not going to be easy because the feelings will come back.</p>	21/29
<p>P: The feelings are so connected to my thoughts to him. That's what happens is, thought the feelings just come out and</p>	7/30
<p>T: They are two sides of the same coin, and there's a real need for you to continue what you were doing here. I mean, just sitting in this chair. I could feel the emotions that were (37:00)</p>	7/30
<p>P: I just can't...They're just like so overwhelming like all the time, you know, and I have to like all these put on some kind of a face or something, you know, to everybody, that's what's so hard you know</p>	18/26
<p>T: In therapy, if I was seeing you there's no need to put on a face. That's what therapy is about. I can see the welling of the tears.</p>	18/26
<p>P: I can I help me, like at night. I mean, how can I change my thoughts, or how can I go to sleep?</p>	15/29/32
<p>T: Well, I mean, there are certain (38:00) strategies that have been used. One of the strategies that some people have found helpful, is that when they are lying in bed and their see themselves, ruminating in this fashion they get out of the bed so that in your room or in another room. So you don't disturb anyone. You have a chair that's called the critic's chair. Okay. So if you're lying in bed, okay, and you find yourself criticizing yourself going through this vicious cycle. You need to get out and go in and sit in the critic's chair, okay?</p>	15/29/32
<p>P: Okay.</p>	15
<p>T: I mean it may sound crazy, okay? And the chair shouldn't be all that comfortable, okay? But if you lie in bed and just ruminate, okay, then the whole bed and everything and then you going to disturb your partner, you're going to feel badly about that. So, you can call it the critic's chair.</p>	15
<p>P: Okay (39:00)</p>	15/32
<p>T: So that you can start to bring this under some kind of better control. That's one kind of way, okay? The second kind of way, okay. It's the recognize the feelings that are going with it and give yourself permission to share that, okay. And to understand that you have every right to have those negative emotions. It's only when you're fighting the emotion of being angry at your dad and when you trying to stop something, what happens? You just think about it more.</p>	15/32
<p>P: That's what happens. Every time I try to change my thoughts to good thoughts. It just keep come near me.</p>	15/18/38/41
<p>T: So that that's a second strategy. The second strategy is to catch that vicious cycle and to start to do certain kinds of things about it. (40:00) I mean if we were going to see each other continue, there are a number of specific behavioral things that you can do to handle that. We have a few minutes left. So let me give you a summary. Okay, and then get your reactions to me... First of all, I want to thank you because, you have reminded me and those who watch the film about what is the impact on children of people who grow up in homes, when they are severe mental illness, and what lingers from that. And the portion of the tape that we didn't get to, in terms of your story, is what you've been able to accomplish in spite of growing up in that home. Okay, in terms of your marriage, in terms of your smarts, in terms of your schooling, and I would want to (41:00) explore how you able to accomplish all that you did, and have the courage to make this take in spite of that, and that's the portion that we didn't get them... Let me get your reactions to how...</p>	15/18/38/41

<p>P: I felt good. I felt real emotional, because I didn't think, I would feel emotional because I was thinking it would be so cognitive type thinking it would be rational and stuff. But I was able to feel real emotional and I felt real safe with you.</p>	18
<p><b>T: That's important</b></p>	
<p>P: and I didn't know how I would feel with with with a male person because I've got a real problem with that. I was thinking about that before I got here. Trusting authorities and especially males. So that was good. I'm glad that I was able to deal with that. It's kind of a breakthrough, I think.</p>	
<p>T: Yes</p>	
<p>P: And Just to tell my story was good. (42:00) And I just need to cut</p>	38
<p><b>T: And how did this role-playing with the dad, kind of thing, how did that...</b></p>	
<p>P: It's kind of scary. But I probably have a lot more inside. I could have really proudly really, I was holding back I think, but it was a start, I think. And I think that maybe if I keep trying it without with just a totally empty chair. I think I need to do that. I'm afraid of it. I'm afraid of my emotions. I'm really afraid because I knew,</p>	
<p><b>T: And the more you of work to fight that fear, the more difficulties you have. It's important for you to recognize because I know you're a student that cognitive behavior modification is as much preoccupied with your feelings, as it is with your thoughts and the connection of the two. I want to thank you.</b></p>	18/32
<p>P: Thank you to.</p>	18
<p><b>T: I really appreciate your coming in.</b></p>	
<p>P: I appreciate you. Thank you very much.</p>	

## MULTI: Judith Beck

COTAÇÃO Judith Beck (1ª sessão)	Cotação
T: Well, and thanks for coming in today.	18
P: I'm glad to be here.	
T: What I'd like to do first is to tell you what, I'd like to cover today and then see if you have anything else you want to add. Is that okay?	1/14/32
P: Okay.	
T: So in a few minutes, I'm going to ask you just for a few sentences about your dieting history. And then I'm going to ask you about what a good day is like when you diet and what a bad day is like. And then I'll start teaching you some skills that I hope you'll start being able to use at least one of them today and tomorrow and, and I'll also be taking notes that I'll send home with you. So you can remember. But most of the things that I'm going to talk about today are in one of the books that I've written. Have you read any of those?	1/31/32
P: have not.	
T: Okay, that's that's perfect. But I want you to know that you don't have to memorize anything we're talking about today. You can go back to the books and you'll have the notes. This is a consultation. So I'm going to try [00:01:00] accomplish a lot today, much more so than if I were going to see you say, you know, 10 or 12 times on an ongoing basis, so we'll cover a lot, but you'll have resources to go back to, all right?	7/18
P: Okay	
T: So, can you tell me maybe in about four or five sentences about your diet history?	40
P: history starting from childhood?	
T: Yeah.	
P: I had it, ... Let's say a challenging childhood and through being adopted in put it in an orphanage in that adoption and then living with a family that was really expecting me to earn my keep... I found myself, hungry a lot and in really even having to steal	
T: yeah	
P: to get	
T: Wow. [00:02:00]	
P: food, So it was quite a precious commodity.	
T: Yeah.	
P: And threw... it into high school when I became more outside of the home... I found that, I would have some outrageous diet practices, like, you know, dill pickle, And	
T: I see	
P: you know, just you know, I'm going to lose 10 pounds in two weeks and nothing just the roller coaster,	
T: right	
P: But battling the weight and, and then in places where I could be well-fed, just like, can I hold on to, you know, get a little extra because I don't you, that, that old story of will there be enough? They're going to be a times	
T: Is that still in your head now do you think?	40/47
P: it pops up. I recognize it from time to time. Will there be enough?	
T: So one of the things I'd like to talk about today is hunger and looking at it in a different way [00:03:00]	1
P: That is another thing, the hunger.	
T: Yeah	
P: One time. It's important in all this, this has been an ongoing challenge to, to maintain is it's been up and down and over now,	
T: Right.	
P: But one period of time, I discovered, I realized for myself that, I wasn't hungry, so I decided to stop eating. I felt myself not very disciplined about the whole thing, you know,	
T: Right	
P: Shame on me. So I just know, I'm going to stop eating until I'm hungry again. I went 15 days without food.	30
T: Wow	
P: with just water	
T: That's really something	
P: and tea and I still wasn't hungry but	
T: But you lost weight.	10
P: Oh, yeah. Less 25 pounds	
T: And then you put it back on?	31
P: not right away. Yes.	

T: Yeah.	
P: Came back and more. [00:04:00]	
T: Yeah. So about how many times in your life do you think you've dieted?	31
P: oh, Lord,	10
T: Tens of times, dozens of time.	
P: thousands of times. Yeah	
T: And...	
P: it has been like a marathon. My doing. Okay. I'm going to lose this.	
T: Yeah	
P: and then not have the way to maintain a not do it with balance. [00:05:00]	
T: So have you had the idea, "Well, I'll diet in kind of a strict way and then I'll lose weight and it'll only be for a period of time and then I'll be able to eat more?"	31/44
P: very much... for a lot of years It was that I'm going to get down and then I'll be able to eat.	
T: Yeah	
P: like you know, where are you won't have to sacrifice that?	
T: Yeah	
P: desert or, you know, then I'll be able to have it back.	
T: Yeah	
P: but when we recently there's been a little more. No, I really have to change	
T: do it in a balanced way	10
P: Yeah	
T: I'm so glad that you've discovered that	18
P: it's not going to work.	
T: Yeah	
P: so now I'm I'm doing something a little different	
T: You know, if you think about it, if let's say you lose weight at 2000 calories and then you start to maintain your weight. You maintained your weight for months, at 2000 calories, the minute, you go up to 2,100 calories is the minute you start to gain weight back	32
P: Oh, yeah.	
T: So, if you lose at a certain calorie level and you want to maintain your weight, you have to always eat at that level.	32
P: paciente abana a cabeça, a dizer não	31
T: I don't know if that had ever kind of occurred to you before?	
P: Oh, sure.	
T: Yes.	
P: Where it won't stay.	
T: Yeah, exactly. So one of the really important things to do is to figure out, how you can eat, what foods, what quantities that you can eat, that, you can keep up for the whole rest of your life.	32/42
P: And you've also hit on another very important point for me. I've never been willing to count calories, yappers just don't work with, so that I can have a half a cup of this year. I can have one of those and I can, I can exercise more. [00:06:00]	
T: Yeah	
P: I can stop eating. But after seven o'clock, you know, I can do those things and not have to count, you know, calories	
T: Right. And in fact, counting calories doesn't work for everybody. And in the complete Beck Diet for Life, I have a diet in there where you... [00:07:00] It's very straightforward. You choose a protein from column A and a vegetable from column B and things like that. And at first, you do have to measure your food so that you can make sure you have the right portions, but you never have to count the calories	32/42
P: That's great. I keep measuring cups. And	
T: Yes	
P: you know, that sort of thing.	
T: The other important thing about the diet is that it says you should have at least one of your favourite foods every single day.	18/32
P: uhu!	
T: So for example, a lot of people like candy. And they have candy, you know, about 250 calories worth or something like that every single night. Now, that's the only junk food they have during the day. But all through the day, they can say to themselves, (07:00) "No I think I won't have those cookies that you know, someone brought into the school because I would much rather be able to eat my candy bar tonight." So whatever diet, you end up with, you're right, it has to be well balanced, but it also has to have your favourite foods	18/32
P: I'd like that	

T: Okay. Now, before I ask you about a typical day, I'd like to point out to you, that it's not your fault, that you've had trouble losing weight or keeping it off in the past. You just never knew how, did anyone ever teach you how to motivate yourself every day? How to get yourself to eat everything slowly [00:08:00] and enjoying every bite? How to stick to your plan? How to get right back on your plan if you make a mistake? What to do when you're craving? What to do when you're hungry?	9/18/31
P: not really	
T: Nobody ever taught you that. And that's, these are the skills that I have in the Beck diet solution. And a really important part of the book is learning all of these how to diet skills before you ever really change your eating very much. It's too hard to follow a diet and to learn all of these skills at the same time. So at the beginning, for example, one of the things you're going to learn to do is to motivate yourself every day. And you're going to master that skill before you move on to the second skill, which is eating everything sitting down, and you're going to master that skill before you move on to the third skill, which is learning how to give yourself credit for these things	7/9/32
P: You know, in order to hear the hard one, sitting down. So my life is so full.	
T: We're going to get we're going to get to that, then. Definitely we're going to talk about sitting down to eat. But you learn all of these skills before you change your eating.	18/26/32
P: what a great idea and never thought of that	
T: And it's not your fault that you've had trouble. No one ever taught you these skills before. So	18
P: That is true	
T: Okay. Can you tell me very briefly what a typical good day of eating is like for you? [00:09:00]	31
P: Actually not skipping breakfast.	
T: Okay, and what would you have for breakfast, then?	31
P: Typically that the quick and easy for me is, is a portion of non-fat yogurt.	
T: Yeah.	
P: And half a cup of blueberries.	31
T: Okay, anything else for breakfast?	
P: No	
T: And then do you have a on a good day to have a snack between breakfast and lunch?	31
P: No	
T: Okay	
P: that's something along the way you said I shouldn't snack.	1
T: Okay, so we'll talk about that later. It's quite possible that you should snack. Okay.	
P: I had a trainer who said I should have five small meals a day, but I could just never fit them in because I'm in the classroom and I might going to eat in front of the children.	
T: Right. Well we have to figure out what works with your lifestyle too. Now how about lunch?	26/31
P: Lunch would much a good day would be my husband treat me to a spinach salad with, with the grilled chicken. (10:00)	
T: Yeah.	
P: Get that for me	
T: And what else?	31
P: Just that	
T: Just that. Okay, and then, do you eat between lunch and dinner?	31
P: abana a cabeça a dizer não	31
T: Okay, and what on a good day what's dinner like?	
P: on a good day, there's what our favorite restaurant in town has salmon and steamed broccoli,	
T: uh-huh.	
P: And either half of a big potato or, or I just double broccoli and a cup of vegetable soup.	
T: Okay	
P: and that's it	
T: And then on a good... Okay, on a good day. What do you eat after dinner?	31
P: Usually don't, on a good day	
T: Okay, that was great. So now a very brief descriptive description of a bad day of eating	18/31
P: bad day, no breakfast.	
T: Okay	
P: sometimes no lunch.	
T: Okay	
P: and then really, really hungry at night. (11:00)	
T: Yeah.	
P: and then eating too late and too much	
T: And so what's a typical dinner like on kind of a bad day?	31

P: Well. Fast food, you know, like...	
T: And what would you eat beside the fast food? Would you eat until you went to sleep?	31
P: When... I've gone through periods of depression, I've I will you know, popcorn	
T: Okay.	
P: Ice cream is my downfall.	
T: Okay	
P: I don't have it now in house because I know	
T: Right.	
P: I Probably want to eat it, you know the little cups.	
T: Yeah	
P: eat the whole thing myself	
T: Right.	
P: Instead of sharing it	
T: Right.	
P: Yeah. That's that's my weaknesses ice cream.	
T: And so in the long run, what I'd like you to be able to do, is after you've mastered these skills and after started to change your eating is to bring in single-serving portions of ice cream into your house and have one every single night. (12:00) If you want. It might mean if you can't find a single serving portion that are just one is either making yourself or you know, go to the grocery store by the box throw out all of them except for one and just bring one home if you think that, you be too tempted to eat more than one. But then you'll gradually will learn how to be able to have ice cream at home and be able to limit yourself. But that's that's kind of a later skill. Okay. So, you're on a good day of eating, it looks to me as if you're probably not having enough calories.	18/32/42
P: Since the thought is you have to have less calories if you going to lose	
T: You do still have to eat fewer calories. That's true. But what I'd like you to do is to start with as many calories as you possibly can and still lose on average about half a pound a week. Now, It's different for everyone but for you, it might be 2,400 calories a day. And this certainly doesn't look like 2400.	32
P: I, I know there were times when I was counting calories and I could go down to 500 calories a day.	
T: Yes	
P: and still not lose weight.	
T: Yes.	
P: And not lose	
T: and for how many days did you keep up 500 calories?	31
P: Two, three weeks before it would start and	
T: Before it would kick in. So 2400 may be too high for you. (13:00) On the other hand, if you have 2400 calories or let's say 2200 or 2000 calories, but you do it day after day, after day, month, after month, after month. Then what I'm hoping is that you'll see this very, very slow, but steady weight loss.	7/10
P: Yeah, I would certainly need to work on patience	
T: Yeah. Yes, right	18
P: I have no patience at them. I'm going to lose, I want, Severide program. I put myself on November 1st. I've lost nine pounds.	
T: Hey	
P: and I bicycling five to seven miles a day. Five, five to six days out of seven. But the more exercise that being sedentary.	
T: Yeah	
P: it has been really, really difficult before. I was very active and more muscle mass.	
T: Yeah.	
P: And so I was, you know, like in for my 60th birthday, I climbed Mount Whitney in one day	18
T: Wow, fantastic	
P: Because I trained for it and I, you know, focus on it and and I was eating, you know, the way the trainer said and everything else. But but you hit the goal, and then Then don't maintain	
T: exactly	
P: the program.	
T: So what I wrote down for you and (14:00) what I'm writing down are notes that I'd like you to read every single morning. And perhaps every single afternoon. We'll talk about that later. Losing weight should be slow, losing quickly has never worked for me. Is that true?	17/31
P: It's true.	
T: So if you keep on trying to lose quickly what's likely to happen?	31
P: it'll keep coming back	
T: Just keep coming back, right? So we already know that doesn't work.	10/31
P: Yes	

T: We got to try something different.	10
P: Sometimes there's this thing about, you know, keep doing the same thing and expecting different results.	29/31
T: Exactly. Exactly. Okay. And the other thing I said was exercise every day at least a five-minute walk. I want you to have. And are you already exercising every day?	
P: Well, as I say I bicycling five days at five or six days out of seven.	
T: Wow	
P: and I live up 17 steps. Well	
T: That's great	18
P: force so, you know, I force, I tell myself, to take them as a aggressively as [00:19:24] possible.	18
T: Terrific. Okay, in addition	
P: steps	
T: In addition to that, (15:00) I'd like you to have a lifelong habit of at least taking a five-minute walk every day. If you're not already bicycling or doing some other exercise	17
P: and if at least	
T: At least five minutes, and that's fine. It's just that to have in your mindset that exercise is essential and you need to do it every day. Even if it's only five minutes you need to do it every day. And I think that helps people get away from the all or nothing exercise. Well, I didn't exercise today. So, you know, I'll have to start again tomorrow. And then tomorrow is when I don't kind of feel like it today or whatever.	18/32
P: Yeah	
T: So we get you in this lifetime habit	10/17
P: Is this the thing, isn't it?	10
T: The habit, is the whole thing. Yeah	
P: and, and you've actually hit on something important because I'll think, oh, if it's not a half an hour, it's not enough	
T: Right.	
P: So, I don't do the five minutes	
T: Exactly.	
P: Got it.	
T: So, this gives you that permission at least a five minute walk every day. Great. And five minutes is so much better than 0 minutes. Not in terms of (16:00) of losing weight and not necessarily in terms of	10/18
P: cardio	
T: or cardio or anything like that, but in terms of establishing the lifelong habit. So I better add that to it, to establish the lifelong habit.	10
P: It's really to find something that becomes so habitual that it is, my lifestyle.	
T: Exactly. Exactly. Okay. So let's start talking about the first skill which is all of the reasons you have for losing weight. So can you rattle off some to me?	1/40/42
P: Well to be more vital. More energetic, I believe you know with weight loss.	
T: Yeah	
P: I'll be more comfortable in my body.	
T: Yeah	
P: more presentable.	
T: Yeah	
P: I have work to do, I really need to get out in the public to do, and it's that would be of benefit to just feel better in my body.	
T: Yeah, so benefit my work	10
P: and I also know that it's harder (17:00) on the organs and so on. I really want to live comfortably for as long as possible.	
T: Yeah, So that's "be healthier".	10
P: Yeah.	
T: Live as long as possible in a healthy way	10
P: the quality of life.	
T: Yeah, with good quality of life. Are there some situations that you now avoid doing?	31/40
P: Oh yeah,	
T: for example?	31
P: swimming.	
T: Okay. What else do you avoid?	40
P: ... Well, wearing sleeveless clothes.	
T: Yeah	
P: certain styles that I might want to but	
T: yeah certain styles of clothing	31

P: So I, kind of hide in my clothes	
T: Are there some situations in which you feel self-conscious because of your weight?	11
P: I would say, yes (18:00)	31
T: for example?	
P: ... When I am doing even exerciser, you know, going to the gym,	
T: Yes	
P: little girls in there, you know, size zeros, and	
T: Yep.	
P: They're out there.	10
T: So less self-conscious when exercising at the gym	
P: and generally being in public like going to a party or something. I find myself looking around to see if I'm the biggest one in the room, you know	
T: Yep, so not noticing if I'm the biggest one in the room. Okay. This is a great list to start. And what I'd like you to do is to continue this list at home. And think of as many reasons as you possibly can to lose weight. (19:00) The other thing I'd like you to do is to break down big reasons like "I'll be more energetic" and ask yourself, "Well, if I were more energetic, what would I be doing differently?" or big one is, be less self-conscious as we were talking about. So if you were less self, in what kind of situations would you feel less self-conscious	17/18/40
P: there's things that I won't give myself. I don't buy new clothes	
T: Right. So you'll be able to... that's another one	31
P: Because I have to get into a certain size before. I'll buy new clothes	
T: Well I'd like you to start buying clothes this minute. As long as you're starting this program of reading this list every single day, then you deserve to and you really need to feel good about yourself along the way. Because it takes a lot of psychic energy really to do this. Well, I can see the little tears In your eyes.	7/17/18
P: Yeah.	
T: You have a hard time being good to yourself sometimes?	10/40
P: Yeah	
T: Okay, so buy new clothes. I'm going to put this as a homework assignment. Be good to yourself. (20:00) Buy clothes now. Yeah	17/18
P: What would	
T: to feel good about yourself along the way	7
p: When I get down to a certain size I want to get Leathers. My husband and I have his and hers Harleys.	
T: Oh, really?	18
P: And I have not been willing to buy myself Leathers because I want to be	
T: Yes	
P: sharp looking in at	
T: Buy new clothes now, to feel good about myself all along the way. Can get rid of clothes when they get too big	7/17
P: Oh, yeah, big closet.	
T: Yeah but it's okay.	18
P: I want the small close that I'm going to get back into, that I always	
T: See, I'd like you to have the formula that once you are mastering these skills and using them every day then that's the point to buy yourself new clothes. Don't wait for the weight loss. Let's concentrate on the behaviours. (21:00) You don't wait to lose weight. You give yourself credit for learning the behaviours. And that's going to be so important. How does that sound to you?	7/32/40
P: It's the hard part.	
T: It is the hard part. Do you think you'd be able to? Let's maybe, we'll talk about a few behaviours that you could learn. Do you think that, once you mastered these behaviours, you could go out and get the leathers that you want?	31
P: Oh, I would	
T: Would you? That's great. So it's not going to be determined on the number on the scale. It's going to be learning the behaviours.	10/18
P: Yeah. It's, it's always been, I have to earn that treat your that, that	
T: Well, I would like you to treat yourself, but we're still talking about earning it. We're talking about earning at by doing the behaviours	7/10
P: Yeah, that's this is a whole different way of looking at. It is just really, very interesting.	
T: Well, that's good. Because if I was telling you to do all of the things that you've already done (22:00) your whole life, then I would say, "Well, gee, I'm not sure that this way would help". But it does sound like these are some new things to think about.	10/21
P: Yeah	

T: Great. Okay. So we have this great list, starting list of reasons to lose weight. Now do you think you can read it every morning?	17/18
P: Yes I can	17/31
T: Okay. So, how are you going to remember to read it?	
P: I ... would put it out the night before by my bed. So like this the first thing I do when I get up,	
T: Okay	
P: go off to do everything else.	
T: Yeah	
P: make it a first.	18/21
T: Okay. That sounds great. What might happen, that would prevent you from reading it?	
P: Forgetting to set the alarm or just, you know, running suddenly later an emergency. But other than that, there where I should be, I can't think of a reasonable to (23:00)	
T: One of the things I'd like you to do after you make the list is to read it and to time yourself to see how long it takes to read. My guess is it will take well under a minute.	17
P: Oh	
T: So what I'd like you to have in your mind is "Even if I'm running late. This is this is so important, right? I've got a minute. And so I'm a minute later. So, what?"	17/44
P: yeah	
T: Right? Okay. So are you a hundred percent sure that you'll read this every morning?	17/31
P: ... Yes.	
T: Okay, Now a lot of people have an interfering thought, which is, I don't have to read it because I know what's on the list. Do you think you might have that thought?	17/31
P: it might get to the point where I'd feel like I'd memorized.	
T: Okay. So let's talk about that for a minute.	1
P: Okay.	
T: One of the things that you can do is to take the list and put each reason on a three by five card or on a business size card. You get blank business size cards at the office supply store. (24:00) And then you can shuffle them. And so then there are different order and there are other things that you can do and this is in the Complete Beck Diet for Life. Other things that you can do are to go through the deck and pick out the three most compelling reasons to you that day and put them on top. So as you're going through you have to think to yourself, "Well, how compelling is this one? How compelling is this one? It really makes you think about it. And there are a number of other strategies in there so that you can try to keep the list fresh for yourself.	17/29
P: I like those ideas.	
T: Okay.	
P: Yeah	
T: Okay. So now, usually it's helpful for people to read this list at least twice a day. Is there a time of day when it's the, if you think it's going to be the most difficult for you to stick to an eating plan	17/31/32
P: oh yeah, I know exactly when that is	
T: When is that?	31
P: the end of the day when I make the transition from Take off into the administrative hat. (25:00)	
T: Yes	
P: and and start to come home. Then is when I go back into. Okay. Am I going to eat something before dinner?	
T: Yes.	
P: My problem isn't after dinner so much is	
T: Right	
P: is eating already eating before dinner?	
T: Yes	
P: You know, because I'm hungry.	29
T: Okay. I have two solutions.	
P: So, Right then would be the time	
T: So, it's while you're still at work then	10
P: I actually live in the same place where I'm working.	
T: Oh, I see. Okay, so	18
P: so, that 17 step commute and then I say I'm by the refrigerator	17/44
T: So every morning and as soon as I enter the kitchen.	
P: when i completely the day	
T: Oh or maybe should it be as soon as you enter the kitchen, or should it be before you go up the 17 steps that you read this list?	17/31
P: Actually, before I start up the steps	
T: Right. (26:00)	

P: Yes, and I should keep them in my office.	
T: Yep, and	
P: because I've already made the decision before	
T: At end of... Exactly. At end of work day. Before I go upstairs. Okay. What I want you to do, though, is to have in mind exactly what snack you're going to have when you go upstairs. You're hungry. You should have a snack. Do you have any ideas of what snack you'd like to have?	17/31
P: What I'd like to have, I do have a favorite other than ice cream.	
T: Yes.	
P: Now before dinner	
T: Right.	
P: Even me. No, never did. There's there's sweet and salty [00:34:08] Trail bars.	
T: Okay, so you're going to have a trail bar. And I would like to have you have it like an optional fruit. Do you like fruit? (27:00)	31
P: I like fruit. I've been, I've been told with my type. That I should minimum, Eat minimal fruit.	
T: Okay	
P: just stick more to vegetables and	31
T: Okay. Do you like raw vegetables?	
P: Oh, yeah. I like carrots.	
T: Okay. So plan a snack to have immediately when I go upstairs.	17
P: May I ask a question?	
T: Sure.	
P: The, the office also there's there's a kitchen area in the facility. I could do that before I go up.	
T: Absolutely. Whichever one you think works best. So I'm going to put	18
P: because my stumbling block is get up ther and I go. Okay. Now. Well, I'm, you know, thinking about fixing something or	
T: Yeah	
P: or waiting until we're going to go out and have a dinner. And right there, so if I avoid that.	
T: So I'm going to put experiment with having the snack, (28:00) downstairs versus upstairs and just see which works better for you.	18/26
P: Yeah.	
T: Okay. The other thing is you have to have the snack ready though.	17
P: Yes.	17/31
T: So, can you get the snack ready every morning or every night for the next day?	
P: I'll be waiting. Yeah.	
T: Okay. So I'm going to put snack must be ready. Okay. Now you don't have to to make this change in your eating right away. If you don't want to, because I really want you to focus on the skill of motivating yourself every day, of reading this list of reasons. If you want to Institute this change right away, you can but you don't have to. The more important thing are the behavioural skills.	17/42
P: Let me ask you this, since the inconsistency has been my downfall	
T: Yeah (29:00)	
P: my concern here is that my I felt in myself, I'd say okay I want to start, Well, what if then I don't continue?	
T: Yes. I'm going to say, don't make this change until I've mastered the skills.	10
P: And how will I know that I master them? How I know when it's time for me to start?	
T: In the, both in the Beck Diet Solution, and there's a workbook that goes along with that or the Complete Beck Diet for Life there are daily checklists that lists all of the skills. And so after you've been able to learn all of the skills and you are practicing them faithfully for a week. So you're now practicing every skill for a week. Then you'll know you're ready to start making some changes in your foods.	32/42
P: Oh, it doesn't have to be a long time, just give myself a week to do	
T: Oh, it's going to take, it's going to take you at least a couple of months to learn all these skills.	10
P: Oh	
T: So you may not make any changes in your eating for quite a long time. Some people it takes a couple of months to learn all these skills. Some people it can take many months to learn all of this these skills. (30:00)	7/32
P: Okay	
T: The important thing is to really master them before you change your eating so that what, the changes you do make in your eating, you can make them very consistently	10/42
P: Yeah, and I think yeah,	
T: That's really the key.	10
P: I'm going to assistance.	
T: So don't make this change until I've mastered the skills. I'm going to say see checklists.	10/17
P: Thank you	

T: At the back of the book. And and this is repeated in the book too. Okay. So we talked about making this list of reasons, we talked about reading it every morning. We talked about reading it before you go upstairs. Even	17
P: I'm going to keep it in two different place	31
T: You're going to keep in two different places, don't you? Should I write that down? So keep the list of reasons, did you say in the office. You're going to keep that	
P: Yes	
T: "reasons in the office" and I'm going to say, see book for how to keep list fresh. (31:00)	17
P: Okay	7/32
T: and this change with the snack, you're not going to make until you've mastered the skills. So that once you do change you can make it really consistently.	
P: Okay. It sounds like the things here are their safeguards kind of to keep me from having to fall back on. Oh, I wasn't ready for this or exactly.	
T: Exactly	
P: it makes it so easy.	
T: Yeah	
P: because yeah, I've got a minute,	18
T: right. That's right. That's it Exactly.	
P: And I'm always will have got a half an hour. I don't have an hour to go ride or I don't have any, you know, so but something you can do that's a minute	
T: Right.	
P: That he could make this big of a change. Yeah goodness.	
T: Yeah. I want to... the next skill, really is learning how to eat everything sitting down, but I also want to get to hunger and well, maybe we'll try to get both of those in. Okay. (32:00)	1/42
P: Hunger is, as I said that I've struggled with, like, I wasn't hungry this morning. But	
T: Yeah	
P: I'll make myself eat it because once I'm eating it, then I realized, oh, there is a feeling there.	
T: Yes	
P: but, but I've got myself into believing that the hunger was here (aponta para a cabeça), not here (aponta para o estomago),	
T: Right.	
P: And that I shouldn't eat when it's just, the hunger is in my head. I should not eat ya hungry, until the stomach is growling.	40
T: Yeah, and how well has that been working for you?	
P: It's living in confusion and	
T: exactly. So let me, let me relieve your mind.	7/18
P: Okay.	30/32
T: What I found is that most people never get really good at telling the difference between hunger and non hunger. We tend to call everything hunger. Even I mix it up. So I know...	
P: I want something so that I'm hungry for it.	
T: Exactly.	
P: Oh No	
T: even I mix it up. (33:00) So, you know, I might have a really nice dinner and have my snack. And then half an hour later I might think, "Well, I'm hungry for ice cream." And then I have to think to myself, "How does your stomach really feel?" And I have to really consciously think of that and I and when	30/32
P: is my taste buds wants	
T: exactly.	
P: But the stomach if	
T: If it's coming from your mouth and your throat, that's just, that's the desire to eat. That's not hunger. So because people most people with a weight problem will never get good at differentiating those two things. That's why it's going to be important to learn how to just eat on a regular basis.	32/42
P: The other thing I did want to put in was my husband and I will go out and and I dessert just once a week and so we'll split.	
T: Yes	
P: you know, will with two forks in it will split	
T: Right	
P: his favorite, you know, chocolate cream pie or something,	
T: Right.	
P: And so that I'm having less of it.	
T: Yes	
P: still get (34:00) [00:42:12]	

T: What a good idea, so that can be your treat for that night might be that.	18
P: Yeah	
T: But if you really like that kind of dessert again, you could plan to have it every single night if you want it in a smaller, you know, in a reasonable portion. So I don't want their ever to be foods that are completely off your list. They can be but you just have to plan them in advance. Okay. So what, what most people, what works for most people, but we'll have to talk about the timing of this is to start out with breakfast. Snack, lunch snack dinner snack. It might not work for you. And what you find that you might need to do, is breakfast lunch snack after work, dinner, snack	18/32
P: and after-dinner snack?	
T: Oh, absolutely.	18
P: Ohh,	
T: I think it's really important for many people. Not for everybody. But for most people	30
P: I won't feel like I'm dieting, If I do that,	
T: That's it, exactly. You know, you can have a treat every single night (35:00)	7/18
P: Wow	
T: for the rest of your life.	7/18
P: Wow.	
T: So it's the art of the possible. What some people do, which I don't think will work for you, is breakfast, lunch and dinner, and then have two snacks or even three snacks after dinner. But I think you really need one before dinner.	7/32
P: Yeah.	
T: Okay. Let's talk about Hunger for a minute. Now, most people are really concerned with being hungry. Even if they have no background, like the one that you you've had, they're concerned about being hungry. And what I have them do just for one day, if it's okay with their doctor, is to go from breakfast to dinner without eating. So if I say that to, you does that for you? But you skip breakfast and lunch sometimes. Right? So it doesn't sound like you have a fear of hunger.	1/30/32
P: Not a fear of being a hunger.	
T: Yeah,	
P: not so much. I know that I use, as a child. I was stealing food	
T: Right.	
P: You know my hoarding.	
T: Yeah.	
P: If I could, but I don't feel the hunger. (36:00)	
T: Yeah	
P: So	
T: Now because you mix up, because you're like everybody else hunger and the desire to eat. You might sometimes have the thought, "Oh, I'm really hungry for this. I have to have it." And what might be helpful for you to remind yourself is hunger is never an emergency. You know, unless you have a medical condition.	32/44
P: Oh, the going through and somebody has sent in goodies for the teacher. you know	
T: Yes.	
P: I want that.	
T: Yes	
P: I want, but I want it here (aponta para a cabeça).	
T: Exactly. And so what you might want to do is to take it and wrap it up really well and save it to eat for your nighttime snack.	17/29
P: Oh	
T: You can always do that. That's what I do. People bring stuff into our kitchenette too	30
P: Yeah	
T: And if there's something that I really liked better than the candy I have waiting for me at home, I just take it with me.	30
P: I can have it, just not right this minute.	
T: Exactly. That's it. Exactly. So I'm going to say, save treats for end of day. (37:00)	17/18
P: So instead of just denying myself, I could just say "Yeah I can have it."	
T: That is right, just not now. So but this is for later. This is for once you start changing your eating. You don't have to focus on that now. Okay	18
P: there's this Impatient me that wants to go do it now because it sounds like such a good idea.	
T: Oh, you can, but you have to remind yourself, "I may not be able to do this consistently and that's okay.I don't have my goal is not necessarily to do it consistently until I get to that point."	7/18
P: I need to be clear about that because I	
T: yeah	

P: I'll be hard on myself.	
T: Yeah	
P: if I mess up.	
T: Yes,	
P: and I don't do it.	
T: Oh, I better put down, I should make mistakes, because, I'm because I'm human. And I've gotten pretty good at this whole dieting thing, and I still make mistakes. So, you should make mistakes. (38:00)	7/18/30
P: It's very free.	
T: But one of the skills that you need to learn, is how to limit a mistake	32/42
P: Yeah.	
T: And how to get yourself right back on track when you make a mistake. So you'll be reading about that in the book	17/32/42
P: Because, (chora) when making a mistake feels like failure,	
T: Right. Exactly. Instead of just	10/18
P: That is devastating	
T: instead of just humanity	10/18
P: Yeah	
T: you're going to make lots of mistakes in your eating, you're going to make lots of mistakes and learning these behaviors. Because how could you otherwise? You know, I give people the example of if you wanted to learn how to play the piano and you never played the piano before, you wouldn't expect yourself to sit down and be able to play a beautiful piece of music, right away, right? You know that you had to take lessons and you'd have to practice and you'd have to make mistakes and you learn from those mistakes. And eventually you'd be able to move on to the next harder thing and the next harder thing and the next harder thing. It's exactly the same thing with dieting. (39:00) [00:49:10] There's this set of skills that you need to learn and of course, you're going to make mistakes along the way, but you're going to learn one skill like learning how to read your the reason to lose weight every single day until you've mastered it., till it's easy, to get yourself to read it, twice a day. Then you're going to move on to the next skill, which is eating everything sitting down, and you're going to learn that skill and get really good at that, before you move it, then move on to the following skill. And if you want to make some changes in your eating right now, that's fine. But I'm going to write down, something you have to read, "If I make changes in my eating now, don't expect to be perfect. Don't expect to be a hundred percent consistent until I've mastered, all the we'll call them pre-dieting skills (40:00)	7/9/17/18/32/42
P: One of the things that I have learned in in other arenas is to set myself up to win.	
T: Yes	
P: meaning, rather than I'm going to do the seven days a week and you know, and then if I ever don't do it, I failed I haven't kept my word	
T: Right.	
P: I if I say six days, out of seven, I've given my Subspace to be human.	
T: Yes	
P: and make mistake without feeling That I failed	
T: And I'd like you to see it a slightly different way because the skills that I'm teaching, you are skills that I do want you to do seven days a week.	10/39
P: Yes (41:00)	
T: But when you make a mistake, is for you to say this isn't failure. This is human nature. And I'll start, you know, I'll start right now, to get back on track. So there are things that I do want you to have the overall goal of seven days a week but allow yourself to make mistakes.	7/18
P: Okay	
T: and then learn how to recover from them.	7/18
P: Okay.	
T: So let me summarize some of the things that we talked about today. We talked about in terms of eating that you're not going to make lifelong commitments and changing your eating, until you've mastered, the basic skills. You can try to make some changes is now if you'd like, but you're also going to practice the skill of talking back to your thoughts that say, "oh I'm a failure".	9/32
P: And what?	
T: I'm a failure	
P: Ohh	31
T: So maybe I better write that down if I have the thought, "I'm a failure", (42:00) tell myself "That's not true. I just made a mistake." You know what? Doesn't this sound a little bit like Montessori where you work? Well, mastering the skill	17/18
P: You did a mistake, do a retake. You know	
T: I love that. I may steal that from you.	18

P: Feel free T: mistake P: do retake T: Do a retake. Perfect. Oh	18
P: I don't want to T: oh, I'm going to blog about that one	18/30
P: I don't want to focus on what wrong here, but what did you learn and where do you go from here? T: That's exactly the essence of my book. That is it exactly. Exactly. That is it exactly.	18
P: So, I teach it to the children now, I need to get myself permission T: Just to apply it.	10
P: I live it myself T: And you just, and you're going to have to practice it. Now I've written down a number of things for you here, and I'll give you the notes. And I'd like you to read these notes every single day for a very long time. Because what we have to do, is to set you up for the difficult times. (43:00) And that's why, again, we don't change your eating right away. We're not on a large scale basis because we want you to master these skills. Now, you don't need to read all of the reasons to lose weight necessarily every single day, but we don't know what days you're going to need it and what days, you're not. So that's why you have to read them every single day for a very long time.	17/18/32/42
P: We don't want to make, when you step into your day, You don't know what it's going to. T: Exactly, exactly. So, you have to prepare yourself. Today could be a difficult day so I better practice my skills. I better read these notes.	17/44
P: Kind of getting mental muscles and T: That's it. Exactly. It is. It's developing the mental muscles.	18/31
P: Yeah T: That's it. So one of the things you're going to do is to read this list of reasons, twice a day. Another thing you need to do is to read these notes twice a day. Another thing that you're going to do is to be gracious to yourself about making mistakes. You're also going to work on, being good to yourself. So as you're mastering the skills, that's when you're going to start buying yourself new clothes. (44:00) And there are a number of other skills that you'll see in one of the books and you're just going to do one skill master it before you move on to the next and when you make a mistake, you're going to take a retake. How does that sound?	7/17/31/32/42
P: I like it. T: So is there anything we talked about today? That doesn't sit right with you?	38
P: ... The only place where I felt that anxiety of moving towards something that feels really good. And then, and then having that this a little bit of concern just that... What you've been very good about about picking up on that I, that I shouldn't set myself up to, to have to do it perfectly.	
T: Yes P: for it to work because it moving in that direction. Even if I have some mishaps along the way. (45:00)	
T: Yeah P: I can still get there. T: Exactly. So you might think to yourself, "What would I tell my kids?"	7/18/44
P: Yeah T: And then apply that to you. And you're going to make some mistakes along the way, because sometimes you might forget to do that or it might be hard to do that. Just like your kids. But what happens with with them? They practice day after day after day and then eventually some things become automatic. And this will for you, too.	7/18
P: like the little one, you see that just learning to walk and they were gonna get up. T: That's right.	18
P: They get up. T: That's right.	18
P: Quit T: Exactly.	
P: They just have that, that drive but is enough of the right reasons. T: Yeah P: can keep me focused. T: That's right	18
P: on, I'm moving in that direction and it seems to me and I'm looking forward to reading your book and getting further.. clarity about exactly how to go through the steps and the checklist, but it seems like this approach is kinder. (46:00) T: Oh, absolutely.	
P: Than, other things that I tried many Types.	18

T: Yeah, right. And I think that's one of the problems you've had in the past. And again, it's not your fault that you've had these problems. You just didn't know the formula.

P: Yeah.

T: Anyway, I'm so glad you came in today. It's really a pleasure

18

18

**MULTI: Arnold Lazarus**

COTAÇÃO Arnold Lazarus (1ª sessão)	Cotação
T: Hi, first of all, I want to thank you for filling in this inventory. What was your experience, candidly, when doing it?	18/46
P: I thought it would never end.	
T: Did you try and do it in one sitting?	31
P: Yeah, I did	
T: You did?	31
P: Hmm hmm	
T: I often said, do it in dribs and drabs because this is a lot of information. We've got 15 pages here.	30/31
P: Right	
T: And and I wanted to ask you something. I got an impression from looking at things like this. And, and this is like, why is this guy pissed off or what? I mean, what was the story there? Were you getting getting irritated with this or what?	11/30/31
P: yes. Yes. I was actually. Yeah, the answer is yes. I sure was	
T: And my question is is this symptomatic of something in general or just this dummy exercise?	31
P: I think yes to both both questions, you know, I can tell you for one thing, for example, I'm taking the GRE subject test in literature the Saturday, And I've done several practice tests, the past two weeks. [01:00] First one, bombed terribly, because I've never been to a canonical type person anyway, and I was like, at the 53rd percentile was horrible. The last practice test, I took, is that the 77th percentile? Okay, everything is starting to come back. You say, what's the sestina It's a villanelle and all this and that. What is the value of that? I never knew that. That would be a matter of Trivial Pursuit. That's all it is rote memorization. That disgusts me. What does that measure? you know, what does that measure? It's not indicative a anybody one's ability, You know, that's mistaking the map for the landscape, I always hit it off and when I read this and sort of doing that, well, number one is just going to overload it with that anyway, kind of thing, but I thought, you know, you know, it's got to be helpful in some way that the tool, you know, it has to be helpful, but I said "jeez".	44
T: You said in one part here. You said: Where is this leading?	44
P: Where is that leading?	
T: And in fact, it was leading to something very important for me [02:00] in trying to gauge something about you. The whole idea about this is it just speeds things up. You see, instead of my taking routine questions you go through this in your own time, not in one sitting,	32
P: Ok	
T: but then then one gets an idea. And I kept up with some impressions, which we can double check in a moment, but the thing I'm most interested in is: today, what kind of an issue you would want to try and address? Because I'm what the third or fourth therapist you see? And I'd also like to know how the other experiences were for you and what was helpful, not helpful, memorable, not memorable. That gives me a clue and how to be with you see.	14/30/38
P: Issues right now, I think I just dumb, I feel strangely. I don't know. Yeah, I haven't become any more rude, but I feel like it's okay if I do and I'm not as delicately balanced [03:00]. I think, you know.	
T: Did you say rude?	31
P: Yeah, I haven't become more rude, but I think it's okay. If I do, I think	
T: And rude mean, is what expressing what you feel being straight for shooting from the hip.	11/31
P: All right	
T: as opposed to kind of pussyfooting around?	11/31
P: right.	
T: And this was added as a result of the other therapy, kind of got you going in that direction. I'm going to say what I mean?	31
P: haaa, I can't really avoid, you know, at one point. I was really,... there was a one-person existentialists therapist or something like this. And that was really strange. Of course, I was coming, I would have from a strange point at that time. And that was interesting because it, I felt like that person presented something to me that I have missed along. It was a nice connection and I thought that's interesting, but I couldn't exactly what it was but that feeling persists because I left thinking there's, there's a weird Clarity there. [04:00] So,	10/31
T: So that was good? There was some connection with some kind of inner feeling force. Is that what you are saying? And it's difficult to articulate, but it's there.	10/31
P: Yeah, okay, to not get lost in my head, the carnival of my head in terms of words all the time and... there is something good about that. I don't know what it was. So,	
T: okay.	

P: But I remember that feeling.	31
T: And tell me about the others, what was different?	
P: the, The one person it was, it was just like doing a survey, I felt as if I were an in Lincoln Mall or one of the shopping malls in the area is doing a survey on now types of shoes, I prefer or this or that cologne she did what the heck was it called? It seems so implicated, and it's like, you know pregnant women get a day then they shoved out the door. You have the baby, go to the hospital and this woman process, It was the same kind of place. I can't drive through therapist. Was awful. It was just it was just ratchet. I thought it was. It was she was, what do they call it? [00:05:00] Brief, it was brief, therapy was in the call, brief therapy and I guess I understand it if you're overloaded and but I thought God, you know, what a shame and I was going to healthcare and stuff. I get I don't know. I just didn't like it at all. I thought what a shame if this is what some people are given as opposed to something much more rich and	10
T: So you didn't feel that this was somebody cutting to the chase.	10/44
P: It was a band-aid, was band aid, it was a charade, It was terrible	
T: and now you weren't "rude", enough to say, "hey let me share with you how I'm experience this"	
P: haaa, It was really weird. I know, but that I was coming in with a different mood at that time too, and of the that the by that point I wasn't into third person. I'd say fourth person, maybe and It's like, you know, different flavor its flavored. I didn't like, I didn't like that flavor. She was giving, and it's just weird.	31
T: So, ok, you liked the existential, didn't like the brief, what else have you had that you've liked or disliked?	
P: Oh, one guy [00:06:00] was really genuine really sincere and I didn't think he was at all helpful, except he was very human and.. I liked I that's what I needed at that time. I was having a one of those... I follow the Thorns of life. I bleed moments, you know? And and it's more that studying, right? So the bet that was otherwise, he wasn't really helpful at all, so, I'm not quite sure what I look for when I come in to be sessions, you know	
T: So the issue of helpful... I would want you to take part of the responsibility, that If somebody said to you, did you find our interaction helpful? I would want the answer to be yes, because you're going to help me help you	10/32
P: right.	32
T: You see as opposed to having me second guess and then decide the sky is really all wet. Because one can't be a mind reader. So that's why I want to zoom into something like what is issue that you and I might try and tackle.	
P: Oh, [00:07:00] I don't think, I don't know if I'm getting more satisfied with things, like are finally blew up. So I went out and I bought a but I knew pick up my first real major purchase, right? So as I was just beginning to get out of debt, paying off my undergraduate, credit loans, this in that blah blah, things are going well with my mother and her the hateful situation with her previous employment. Anyway, so then you're moving along I've graduate with my masters found. It was a big sticking point of that. The time and it looks promising. I really think I'm going to find a back door into a program by next fall. So	31
T: A program meaning a Ph.D program?	
P: Yeah, and you know, and I said it before and I don't know when it's supposed to feel, feel and maybe that's why I feel more Cavalier. I don't know when the heck that's supposed to get more... More satisfying... I don't think it's I don't think it's, you know, I think what is important, you know, I, I think what is important? I think [00:08:00] it's and I think it's important to tell someone to get it if it's like an appendage being an appendage point, You know, that's ... It's idyllic to really think people give a damn, you know, they really don't.... And mostly, you're an appendage.... You're a line on a budget. Your face floating above a desk there, answering phones.	
T: Interesting, because what you're saying now ties into many themes that were reiterated in here, and that is a kind of an idealism of the one hand that smashed by the harsh reality, that you've experienced, great anger of disillusionment to that at times back to: Well, it can't be all that bad back to: Well, it's worse than that... I mean that that's what a circularity, you see. And if I could jump right in there, I would say, I think that the cynical view is an accurate one because this is not a world of kindness happiness, Etc. But there is a way through that [00:09:00] maze, where you decide what it is that you want to do and pursue it for your happiness, not because of the Glamour, the glitz, how it's going to appear to others that kind of... How do you feel about that little speech I've just made?	32/38/49
P: Hmm, I didn't can't believe I put it in there, but apparently, I did, I think that's true. I feel like I feel a lot of anger. I couldn't sleep last night, you know, I woke up at 7, and which, for me is very early. So I got the final to sleep, and I couldn't get back to sleep and I've been really irritated lately. Nothing in particular. Can't explain it. So, I don't know. Yeah, just been really irritated	31/44
T: But okay, the impression here was "this fellow I'm about to meet has a short fuse." Is that right?	
P: Yeah, I do think I have a... I think I'm quick to judge on..., Think I'm harsh... I don't think I'm on.... Can, you [00:10:00] know? Short fuse, you know, but I don't release it... I never really switched because if I do,... it's like a mushroom cloud, you know, it's Orishima because that's very rare. I've almost never let that go.	31/36
T: So, what happens? Do you just kind of bottle it up, clam up and say nothing and feel really bugged?	

<p>P: A lot of time, yeah, I don't know how much that, except for last night, gets in the way. You know, I really think people, Yeah, people need a good kicking and kicking the rear sometimes. Why don't they get it? I don't understand. Do I keep it bottled up? I guess but you know, you got other things, other things to get onto the things to be irritated with, anything about so, I don't know. She's... how is that all translate, [00:11:00] you know, tire of my job, still love my truck though. I don't know how the program is going to turn out, or commitment. I know what I don't want to grow up, which is why I'm going into that, I think the university is the one place where you can just stay, man, irresponsible for ever. Really.</p>	
<p>T: You've just hit me with about five things. Let me tell you what they are. It's sort of: one, do I really want to pursue this thing or am I doing it for ulterior motives? How committed I am I to it? How good an idea is that meaning the PHD. PhD in what, by the way?</p>	10/31
<p>P: I really don't care. I think the back door is going to be something in American studies, or cultural studies as opposed to English, which I think is Custodial it's a custodial discipline.</p>	
<p>T: Okay, the other part is, if you've got a kind of a judgmental harshness to others, chances are, it reverberates onto self? So that you are tough on one, if you see what I'm saying? And none of these things [00:12:00] are helpful. Because one of the things you want to do is not have a short fuse, develop what we like to call High frustration tolerance</p>	10/32/42
<p>P: ri-se</p>	
<p>T: and you don't give a damn. And are reality based. I mean turn on the news, there's enough things to get bug about after the first 10 minutes in this world. But that doesn't help, you see, getting riled up over that doesn't help. So what we do instead is pretty much proceed with the proceedings. How do you go through life harming nobody in the process but getting what you want. That's the philosophical question. I mean, how is your reaction to that?</p>	10/32/38
<p>P: yeah, you know, I figure Oh shoot. I suppose it'll all turn out. I really do. I think it'll all turn out. I don't know when but hum,</p>	
<p>T: I don't like "it'll turn out," I'll make it turn out, I'm going to take the [00:13:00] initiative. I'm going to take control. I'm going to be the choreographer of my own life.</p>	10/30/44
<p>P: And I think I'm doing that more than I used to. I don't want to work. Never did. I'm just, you know, I don't know how satisfied people aren't doing things anymore. You know, I don't see, I take pride and respect, you know, my father's accomplishments, my mother's accomplishments, my niece's accomplishments means things like this or other people you need to depending if I value that they're people, I respect in the time. Yeah, but I don't know. I, you know, I don't really believe. I don't believe in the substance of things. I guess these days. I really don't. I just don't the closer I get to realizing, you know, economic freedom, adulthood whatever. That means the PHD, which is supposed to be some kind of Pinnacle of academician. Whatever. What a fantasy? that is just all... [00:14:00] all, So, it's in Fantasy</p>	
<p>T: It's not a pinnacle. It's an entry point, as I see it. It gives you opportunities that's what it does period. But you said something earlier I want to go back to about Vesuvius that you will sit on your feelings because if you express them, there's going to be like world war three, Pearl Harbor, and what have you all at once? The mushroom cloud.</p>	10/36
<p>P: Yeah, real, Great.</p>	
<p>T: Now, what I want to suggest is: what would happen, if what you did, was you released a little bit at a time? You see, does it have to be all or none? Is that the fear? I mean, just take the cork out and pow, everything goes. Let's just keep it well, well, corked.</p>	21/29/36
<p>P: I think people do that all the time, a little bit of time. They give themselves permission to be rude or whatever they call it. You know what, I was having a bad day. I don't value that, you know,</p>	
<p>T: I am with you. I'm with you. [00:15:00] I'm interested in the word "rude" that comes up because my favourite term is the one that we often use in the profession, which is assertive, assertive is not aggressive. And the whole thing of assertive means one is polite, one is courteous, one is tactful but one is into TNC, which stands for "take no crap". And you can do that dedicatedly finally, philosophically and that's it. "I don't take crap." What's your feeling about that?</p>	32/38
<p>P: I think I'm starting to get to that, I'm sort of thinking that's okay, you know. taking no crap, you know, I I can't worry anymore. I really can't worry as much about how someone perceives me. You know,</p>	
<p>T: That's great</p>	
<p>P: you know, can't do it, and and I still reserve the right to decide when someone is... Utilizing their own version of tea and say well as being plain rude playing rude. Plain selfish plan on [00:16:00] giving, you know, just dead wood and and, you know just a drags to drag on a system, you know, just to wait on the line. I reserve that right to make that distinction, you know</p>	
<p>T: Do you agree with me that one can be assertive, direct and at the same time not rude?</p>	31
<p>P: ...Yeah, yeah, you have to have good reason for doing it. You know, I think you have to have clear lines. You couldn't be anything frivolous. Like, well, I had a bad day or gee. I'm just not myself without my coffee in the morning</p>	

<p>T: But that's the rude part. That's the rude part. Look, the assertive part is something like this: "Do me a favor. Can you just turn down the stereo a bit? See, that's quite assertive. That's not rude. Now why? you having a bad day. You haven't had your coffee. That's why you'd like that stereo down but look at your style. So I think style is so important. You haven't said something rude [00:17:00] like "you inconsiderate nincompoop. Can't you see I" But that's not the style, the style is: "do me a favor. I'm sorry to intrude, but would you mind turning down the stereo? I've got a hell of a headache" or "I need some coffee, then you can turn it up." You see, how does that sound? Because I have a feeling you don't do that very often.</p> <p>P: I used to I, you know, at least I tell myself, I used to, I don't really... People tell me I used to do that, In fact, I don't really remember. I always thought I was kind of a I read a lot and kept myself, but I do know this there was a time when I when I was a kid in high school, I can go and elevators and just make the people would part. I don't know what vibe that was. But I remember that distinctly going into rooms and just you know, people grabbing their pursus as and things</p>	21/32/44
<p>T: And what did that feel like? I mean was it good or bad, indifferent?</p> <p>P: I couldn't cared less. Maybe that's what it was. I just didn't care and, You know, so I know I did something there. I I least I like to tell myself. I arrested that in a way. [00:18:00] I really no desire to go back to it... I have a capacity</p>	40/46
<p>T: Not decide to go back to "It"? What's "it?" I didn't get that. You said you "have no desires to go back to it"</p> <p>P: Go back that way? Yeah, I guess... go back to that.... What do you know?... You can't force insight into people clearly. And you can't make them understand you. You know, when you're a teen youngest, and you can't, You can't do that. I couldn't force my poems of poets, my parents to read them, you know. Spencer, I couldn't force them to do that, when it happens. It's not about.</p>	40
<p>T: Does it matter?</p> <p>P: Oh not anymore. You know, that's I guess that's when you grow up, but the time, I thought jesus, you know, alright that was frustrating but... uh, But it still is, you know, there's so many people who run around and they're being praised move so mediocre. [00:19:00] And they must know what I mean. You're not fooling me. And you know, I hate when that I'm dr. this. I'm dr. that that's what frightens me to dr. this doctor that, you know, some people are in the medical professions and I respect that as a doctor, but if you're a PhD in music phd in that you're not a doctor, you know, I hate was, you know, I'm Doctor. I'm dr. So-and-so. Well,</p>	40
<p>T: Well, it has been argued that because Ph.Ds, have put in more hours than your MD.s they're entitled to the accolation. I mean, there has been that argument, but you don't sort of use it in a grandiose sense. But it's interesting to me. You've got a tremendous concern, it seems about what other people do and think and feel. There's a lot of this issue of "how genuine are they? How caring are they?" And I would say to you're probably not very much of either. But so what? There are some pickings there are some nice folks out there, you see. But it comes back to you, human being, what do you want to do? And I don't know why I just got this intuitive sense that this assertiveness thing is a big one. Meaning that if you got into the habit of [00:20:00] stating what you feel, not rudely, but assertively. It's like stopping right now and saying, do that with me. Here we are in the middle of our first meeting, we never set eyes on each other and here I am in this capacity trying to be helpful. And am I being helpful? Am I being a pain in the ass? What's happening here? You see, be honest.</p>	10/32/38
<p>P: I have a GRE this Saturday and when I focus on things like that, I really don't know what you know. it did Things become very routine and very fall into a pattern and You know.</p>	
<p>T: That's an answer to my question about how I'm doing? What's my GRE so far, 500?</p>	31
<p>P: No, you know, yeah. I know. I guess that's where my focus is right now. I really don't have</p>	
<p>T: So, you're concerned as hell about these forthcoming GRE's?</p>	10
<p>P: sure.</p>	
<p>T: I mean and and it is, it's a dumb kind of thing is no question about it, I [00:21:00] know the GRE game. I've often argued that we admit students whose GRE's were not off the scale, and sometimes I wonder they've been the finest students. I've seen others with seven hundreds and everything and hey man, it's not the answer. But again, you're going to do your best and see what happens. But your life shouldn't hinge on that.</p>	7/10/30
<p>P: You know, I while I've staked it on there, I've no doubt about that... That's a, That's where it is. You know, I need to know that I'm going somewhere by next fall because it would be safe... I think I could do it... It's easy, you know unsatisfying, but you have to think too much about it. Occasional glints. occasional glints, but it would be a nice recluse for three or four years, just a nice way of postponing things.</p>	
<p>T: And then, but you see you need a pattern</p>	10
<p>P: training in the space</p>	
<p>T: Lets give you your PhD in whatever it is, then it's a matter of being "the perennial student", if you like and becoming a professor. They also are in sheltered employment</p>	10/21
<p>P: Right</p>	
<p>T: and are able [00:22:00] to maintain their youth, youth is a big thing in here too. I mean, you are an old man of 30.</p>	10/21

P: Yeah, I feel it. I feel it. I was getting younger for a while. I was old. All about how we service about 20 and then I got really young until about twenty six, and then I'm old again.	
T: I see.	
P: So goodbye.	
T: By 35 You're going to mighty young. It's going to sort of hit you, right?	31
P: One of the other. Yeah, the other perception these days. Yeah. I feel old, a little 30-something.	
T: Tell me what you said about the GRE's. The first test, was a kind of a bomb, the trial. You hit, what?	31
P: Oh, is was wretched? It was like 55th, 53rd percentile, something like that.	31
T: And then you jump up to 70 <sup>th</sup> some?	
P: 77th, as of the last the third attempt	
T: and today is Wednesday, there's another practice or two in there.	31
P: hmm, hmm	
T: Okay. Yeah. So I put my money on that being okay with you is my guess. But that seems to be a big, big thing right now that almost seems as though you can't quite [00:23:00] focus on other things because that's riveting your attention.	10/18
P: Yeah, I'm really going to time. I waited too long to do it anyway, but I didn't, you know, I check out that book of the library, it didn't bother to open it. Never occurred to me It would simply be multiple choice rote memorization question. I had no idea, that's what it was. So I said, Jesus, you know, when's the last time I read Canterbury Tales? When was the last time I read Ray Pollock? So clearly, I can't go back and shove that all down my throat again, but..	
T: This is for the verbal GRE's?	31
P: No, this is for the subject test.	
T: Subject test. I see.	31
P: So. And the creepy thing is, you know, It is working. You know, you start, it's just Trivial Pursuit. So I'm starting to remember. Oh, yeah, this all we have course obvious, And what does that have to do with anything? It's terrible, but I'll do it to get in.	
T: Well, unfortunately, there are a lot of hoops, one has to jump through. I find that, I teach at Rutgers University and I'm in the doctoral program training people to be shrinks as it were [00:24:00] and there's so much garbage they've got to learn. I've often wondered about that, but that's the way it goes. It's you bite the bullet and do It, you see, which, which is fine. And I'm sure our students are mighty resentful. They have to be about a lot of the garbage. I know I was when I was a student.	10/30
P: Yeah,	
T: But the notion is there is this theme in your life:" So what do I do afterwards? That's a big one.	10/19/44
P: Yeah.	
T: What is this?	31
P: I'm getting hungry. I think it's, I'm sure. You know, I always want to be insurance. I thought it'd be insurance	
T: An insurance?	31
P: people say, oh you got your Masters big deal, you know, but if you say that, that is a cultural currency and then I'll take it will	
T: "People say" we get into these "people say"	19/31
P: well, you know. I don't, I'll tell you what, you know, I don't think it's going to stand up inside me like some Armature or It'll be external but I'll take it to, you know, there's a professor of [00:25:00] .... Oh, you know great. You know, I'll take that shielding. I'll take that... filter, whatever you want to call it. You know, I'll take it. And leave me alone, I guess. And I can go about my business, you know, so getting to that point, do I look forward into that point? I look forward to get to that point. I suspect it'll be, it's not going to be difficult and be fun. I think I think lecturing to be a lot of fun	
T: Seems to me that there are two components here: the one is, "does it mean anything?" And on the one hand: It sounds like it ought to be momentous. I mean clouds should part, thunderbolts should be zooming around. And it doesn't mean a thing. And I guess both are wrong. It's like, you know, it does have meaning, as I said before, it's a key, It's an entry point. If I hadn't bothered to go on for my PhD, I couldn't have gained entry into the work that I've been doing which I found rewarding. I just needed that. And [00:26:00] let me tell you, I hate my alma mater. I come from South Africa where there was a battle of wits and my feeling was I won. In getting my PhD I won. The institution loss you see? I hope our students don't feel that way, but I think some might. However, when it comes back to it's worth something. It is a key. What you make of it, then is up to you. It is the sense. So, but again, you were shaking your foot which makes me feel, you are feeling impatient and uncomfortable.	3/10/13/30
P: Well, you know, yeah, I don't know when. Yeah. What does it's a silly? Isn't it doing seems to me? It's a silly. It's just ... Chef, I guess that's when you start looking for, you know, things of deeper meaning, I can't imagine either find, 9 to 5, I can't imagine, I mean, I agree with what you're saying. [00:27:00] I agree. It's all	

<p>right, but you know, sometimes it just such a drag having to to do things just to get up and do anything. You know, it's not really</p>	
<p>T: True.</p>	
<p>P: You know, I do what I like and you know, great, but It is. It's not really a problem. It's funny. Something probably, I think it makes me an underachiever. It makes me procrastinate. Makes me many things, makes me regretful of them being those things too. And we're, I'm stuck now. I feel like I'm really in a mire, but...</p>	
<p>T: But yet you persisted. You have achieved, you have not dropped out. You have in fact progress. I mean, I think that's important. And if past behavior is the best predictor of future behavior, that's what you will do. But you don't want 9 to 5. You don't want to be stultified and all of these things, I can resonate with. Had I won the lottery 10 or 20 years ago, I would have had a different trajectory I promise you. But I didn't, and I stuck with what was the best that [00:28:00] I could do, given the circumstances. So that's what happens. So it is a matter of I almost feel that part of what you would need, would be "career counselling" or some kind somewhere along the line. Strange be this far ahead, but career casting of a different kind. What you want to actually do. How do you want to parlay your training education into something that's satisfying for you? That kind of a direction seems to be important.</p>	7/29/30/31
<p>P: That's a mystery to me too, I don't know how people do do it. I don't know how people find jobs, honest. I don't know if people do interviews. I know how to make selections. I participate in all that I said, I'm hiring. You know, we're going to hire this endeavor. Would you like we're going to hire someone with severe, as well as participating to find? But yeah, I know what I'm looking for strangely enough, but in a candidate, but... Hell, I don't know. It's, let's get back to being an appendage. That gets back to. [00:29:03] Yeah, it's being a talking head, really? Damn, you know.</p>	
<p>T: Explain that to me. An appendage in that sense, versus what if one was not and appendage? What would one be?</p>	31/40
<p>P: You would be necessary, would be indispensable, or at least valued you would be, you know, human it to someone else.</p>	
<p>T: Ah Ah. Ok. I'm getting a clue. Interested in my clue? My clue is that there's again a tremendous amount of emphasis on what others think. How valuable am I. To be indispensable, almost nobody ever becomes indispensable. Therefore what's the emphasis? Are you enjoying it? Is it meaningful to you? Are you having fun?</p>	10/31/40
<p>P: Only that? I see people. I see people at the, at that they supervisory level what not treating others like not just myself, you know, just like I said, I hate that. I got you despise that I think it's terrible. You know, of course, this is my mom. Again, you know, you're 64 [00:30:03] and someone you know, some creep comes along and You know, you just, you can't trash people like that. I used to think of everything I do.</p>	
<p>T: I'm not following that. Your mom is 64?</p>	31
<p>P: Yeah, but she's employed again, and we're still pursuing this</p>	31
<p>T: And what are you saying? Some creep comes along</p>	
<p>P: Yeah, this new person in the workplace? Yeah. I'm here. I am thinking that, of course we wouldn't, but the story but, you know. Anyway, so this guy comes in. He's a real creep, a little hound... They hound you out the door. You know, how they do. They Hound, you out the door. Why do they wanted it to just be, they take a disliking... people's irrational situation and as if this person couldn't wait the year until retirement, the nine months is if this person couldn't ...See of they call circulation of social energy within a community. You know, this is this is a closure for This Woman's life, you know, as if you didn't know the odds, if this wasn't the population that you were being given federal grants to supposedly serve, instead [00:31:03] of your fired, people like their sheep, you know, getting angry</p>	
<p>T: And justifiably</p>	10
<p>P: I, disgust me. We have no idea how much I I used to tell myself and I'm glad, you know, I'm glad I would last a person I was with the first When I was, I was nuts, I felt like like a six-foot tall rabbit with a watch thing. I'm late. I'm late. I'm glad I put myself through the wringer and and took on all that because we're giving those people the biggest run. I think and great ulcers, you know, and I I can't tell her and I'm thinking reverse mortgages and things I can't tolerate anybody doing something. Sometimes they need a particular. If someone can't speak for themselves. Does that give you the right to come and throw your full weight against them? You know you mediocre thing even though you're such an authority and stuff, you know, I used to tell myself that. I guess it's protection to [00:32:03] you know, II want to know that I can handle myself, either verbally or by position by a PhD by whatever, you know, and and protect things. But people</p>	
<p>T: so you are talking about the tremendous unfairness, the kind of ubiquitous negativity and how it gets one done and my feeling, there is "hey you did right" I mean, one cannot say your perceptions are off, they're right on: but what to do about them? I'm reminded of the boxer in the ring, and as you may be able to tell from my proboscis, I was into boxing. Obviously I didn't do as well as I wanted to. However, the point is that in the ring, this guy is pounding you, you feel the blood running down your mouth. You want to knock his block off. You are angry. You're in trouble now, if he's half of fighter. You lose your temper. You bring your hand back to</p>	10/29/30/49

<p>knock his block off. You just open yourself up and he's going to lay you out. Therefore, the trainer's always said, [00:33:03] "Keep cool. Keep cool. Keep cool, strategize." Now here's a situation where some bimbo goes and turns your mother out. The guy could wait, 9 months, when the lady turns 65 and the whole playing field changes, but oh no. And you are justifiably mad. But you were in the ring. Keep cool. Keep cool. No point in getting mad. What are you going to do? Are you going to jab? Are you're going to hook? Something's got to be done. You see, now that that kind of a metaphor has held me in good stead. I shared with you for what it may be worth</p> <p>P: No, that's good graphic and accurate. I, you know, by carrying it... I mean - the unavoidably so, I mean she's in there battling, you know, I told her, you know, that to, I'm glad I did.... I'm glad that I've been beat up a lot because that really got us through these silly meetings and silly.... We did fantastic. Those people were so aggravated and they were so sorry., They did this and I hope they'll be sorry you're still [00:34:04]</p> <p>T: (imperceptível por ser interrompido pelo paciente)</p> <p>P: Okay, have to learn to cover up. You have to learn to write cover up your right. And do not lose your cool because they will press your hot buttons and don't, okay,.</p> <p>T: Now, we come to buttons, and to me buttons is a very important concept. My ideal is there ought not to be a button meaning that we disconnect them all, that buttons are things that people set off, very often by words. Does it seem realistic to you if I say, "I would like to see you as a person where someone would say to get this guy riled up, you've got to get up really early and work very hard at it, because he's buttons have been switched off." They could say anything to you and you don't have to give them the power of reacting. Does that seem human, feasible, desirable?</p> <p>P: Hmm. I don't know. I don't know if I like that. You know, why? Because I see other people do, that's a diplomatic reptility, A lot of people</p> <p>T: A diplomatic reptility</p> <p>P: an [00:35:04] elegant violence, and a lot of people you can see it sometimes you can see little, you know, little shiny things almost coming at you and... It's impressive. You know, I think gosh what craftsmanship. But ... you know, you know.... I mean, a knife is a knife, I don't care how much you polish it, and</p> <p>T: a knife is a knife, but words are not knives. This this comes maybe for my profession. But in the course of my therapy, let's say one of my patients, turns to me and calls me the biggest "nerd, turd" in the world. If I take exception to this, if I'm hurt blown away, I'm not very good. I have to be philosophical and try to understand what this person is saying. Now, you don't have to be a therapist in a office to do the same thing. If somebody comes and thinks, "how can I insult this guy? Shall I say something negative about [00:36:04] his mother or about his age or?" and the answer would be, "these are not knives. So what the heck you like. You're showing yourself up to be a jerk to the other person". That's what I mean that's what I mean by knocking off the buttons.</p> <p>P: Well, I think I have that I control your right. Maybe I don't I haven't disconnect the buttons, but I don't let it show. If that button is pressed. Maybe that's the cork things</p> <p>T: But you're still feeling inside.</p> <p>P: Yeah, sometimes. Not as much as I used to. I used to a lot more.</p> <p>T: Why has it changed? What has been the helpful thing there?</p> <p>P: It happens enough. I mean it happens a lot that has</p> <p>T: So you get desensitized?</p> <p>P: Yeah, I get desensitized, I don't want to be entirely desensitized</p> <p>T: No, No</p> <p>P: But like I say, when it's a genuine when it's undeniably real</p> <p>T: And what's undeniably real?</p> <p>P: a wrong, you know transgression... man. Yeah. It's hard to</p> <p>T: Well, here is my strategy. An undeniable wrong has been committed. [00:37:04] Juan, this is a pretty nasty piece of work. Now, what are we going to do about it? This is the cool calm... Shall we throw jabs, punches or do we sort of come in here with a little stick of dynamite? What's our tactic you see? But one his at all times cool and calculating in those contexts. Does that sit well or not sit well?</p> <p>P: Yeah, but it's still a, it's hateful.</p> <p>T: It's hateful</p> <p>P: is distasteful. I guess, I mean, what, you know, what? A drag, what a drag that you have to do that.</p> <p>T: Yeah</p> <p>P: it's smart. And and I do, remember I had a professor in history, they were all Marxist weren't they? But he says, you know, he says, you've got to learn to cover up. He says you're such an easy target. Do you know that? And so, I've been trapped trying working on that for a while. I think I've gotten very good at that, then just conventional unconventional means of protest. There is using a mirror. You know, and you do something by way of object lesson, which stood was [00:38:04] over the hands of so many buffoons. So, You know, then your Spin Doctors. Now I'm content... I think, as far as as I've learning to deal with these people I'm content. I like my anger and I look forward to to a nice resolution with those people, who have, you know, if someone</p>	<p>21/30/31</p> <p>31</p> <p>21/30/31</p> <p>46</p> <p>40</p> <p>31</p> <p>31</p> <p>23/38/49</p> <p>31</p>
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<p>doesn't know me, I can put up with more, don't do it to someone else. You know, that really upsets me. I think I can take it more than the other person, you know</p>	
<p><b>T: Are you tougher or what?</b></p>	40
<p>P: Am I tougher?</p>	
<p>T: Yeah.</p>	
<p>P: I can deal with it, but I really can't thought of it, you know, and it happens now, you know, your family or your friends or people you don't know. I just wow. I can't tolerate that. How does it what? You know, that seems like it's so all over the place. I don't know. You know, I don't know what keeps me being 30 and only not going into a Ph.D program. I think, I think it's a love-hate relationship. [00:39:04] I think I've always wanted to do those things. You know, ideals aren't stereotypes. I made a comment once there was some kind of weird GSU underground, meeting here. With staff Administration and professors are what not get together and try to think of ways to fix the community. And I made a comment that, you know, whether right or wrong, a lot of people really first-generation. I don't care how old they are, where they're coming from. We'll come into a school and by myth or what expect this place to, they do sort of resonate exactly what you expect more of someone, don't you? Not quite a priest. But if that's, I guess that the road is made, when you graduate, right? But you expect more of these people is when we allow ourselves to have bad days, you know</p>	
<p><b>T: That's interesting</b></p>	18
<p>P: ourselves.</p>	
<p><b>T: You expect more of these people and then we are finding out that more and more people in the most delicate high offices are people. They are fallible human beings, they are all fallible. And therefore, you don't expect. [00:40:04] You strike me, as a candidate for what we in the trade call, rational emotive behavior therapy which consists of a way of really and truly looking at expectations and answering the question, "Can I really expect that? Course you can only expect what you can get. If you can't get it, don't waste your energy, chum. Use it somewhere else, you see? So were we to move into a second session from this one my game plan would be to sit down with you and say one, "this is where I want to head". Does this make sense to you? I want to double up on the assertiveness. I want to make sure that this becomes part of a repertoire that you're comfortable with, that you won't endure a session with me or anybody without saying to the person, "you're bugging me". And you wouldn't be rude about it, you're entitled to say that. Number two: that when these injustices [00:41:04] occur and they always occur that you will deal with them, very coolly and rationally and effectively. Not unemotionally, but not to the point where you become, you know, blown away by it. Thirdly, that you are going to expect less and that I think is one of the big things. I find you talk about, you know, maturity. My horizons have come down as I've grown older. I expect less. What does that mean? I'm not disappointed as often. I just didn't expect more. Now that hasn't turned me into some horrible cynic skeptic, you know, miserable. No, no, but it's reality-based. How does that sit with you? That's a long speech</b></p>	1/10/30/31/32/38
<p>P: if, it sounds like more of a key that I have now, so I'm a flexible person, I'm willing to try something that would make me, I think more productive. I prefer passion I think, to emotion. I don't think I'm confusing the two. [00:42:05] I don't know if I even want to tinker with that, you know, but and I think I don't want to be, I think it's you know, is why perpetuated why perpetuate that that culture of reptility, you know, just So</p>	
<p><b>T: I'm not advocating reptility or cabbages or anything of the kind. It's a hell of a different modus operandi and vivendi and it is not without passion. But it is without blind emotion that just disables one. I mean, that's the thing</b></p>	10
<p>P: Okay, I wouldn't mind that. I like being enabled. I know something keeps... me that one. Then I focus, you know, like, for the Saturday thing, I'm focused, you know, which is a matter of actually going to the point committing sending in my checking how much that it's expensive. And it's saying, [00:43:05] oh my God, I have two weeks. I guess I'd really better start. and then, That's not very effective. But, but I wish I could focus like that more</p>	
<p><b>T: It could be worse, there is one thing I want to come back to, to end with. And that is the question of self-criticism, self-judgment, self-abnegation. The sense of "boy, you get down on yourself", that you are at times, like a fascist yourself.</b></p>	1/10
<p>P: Okay,</p>	
<p><b>T: And it's like saying, "wow, that doesn't help." You wouldn't want to see anybody else treated that way. Now if I see you treating yourself abominably, it's horrible. Of course to me you're another person. I couldn't care who's treating you badly. If it's one of these jerks out there we've been talking about or if it's you. It still is horrible. So I'd want to work on that you see. No self-fascism.</b></p>	1/10
<p>P: That's funny. [00:44:05] I think I've gotten better at that to I'll tell I think he's be like worst and certainly it's I don't verbalize it as much, you know, people always make those self-deprecating remarks. I don't do that as much anymore in session, right, but ...</p>	
<p><b>T: My sense of you is that you are launched on a positive trajectory. That, there is going to be momentum and that there are many things that you used to do that you don't do anymore. I think that's very true and that's going to continue but my notion is: don't sit back passively just waiting for it. But you want to think, "How can I</b></p>	7/29/30/38

<p>expedite what is already started.” So that's what we would need to think about. I've got to get a quick grading for today before we end. Do I get an A-, a B, a C, an F. What's the feeling at this stage? You can change your mind later</p> <p>P: I was just thinking about that, as you spoke it. [00:45:05] I was thinking to myself, this first general, whatever you want to call it. Like I say, I. I feel something's happening. Boy If it doesn't, if I don't go somewhere by next fall, we'll be back to square one, but it's further along and marking. Marking that with the first session, right? As a starting point was making coincidental. Yeah. I would say it's helped.</p> <p>T: Okay</p> <p>P: Today, I would say it's it's more than I thought it would be quite honestly, this this was such a turn-off but I you know, it's all. I've been doing stuff like this.</p> <p>T: The timing was bad: to give this to a guy about to do his GRE's. The timing was bad</p> <p>P: yeah, and we have just in the middle of a fight.</p> <p>T: Anyhow, I think it was helpful because it did give me some clues as to what it is all about. A pleasure and the best if I may say so [00:46:05]</p> <p>P: Thank you.</p> <p>T: Take care.</p> <p>P: Okay.</p>	<p>10</p> <p>18</p> <p>18</p>
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## MULTI: Robert Elliot

COTAÇÃO Robert Elliot (1ª sessão)	Cotação
T: So Peter, I'm going to imagine a kind of bubble around the two of us so that we can turn our attention away from the cameras and everything in the situation.	18
P: Hmm	
T: And because I want to be completely focused on you as possible during this time. Okay?	18/26
P: Yeah,	
T: okay. So we have these 50 minutes and I know almost nothing about you and I don't know where we will go. It's always an adventure, but I'm excited to do this work with you and to meet you. And so where would you like to start? What's, what do you bring today?	14/18
P: Yeah, I've been putting a bit of thought into what to bring today and... I think the thing I wanted to share with you was (01:00) about my parents	
T: your parents. Yeah	31
P: particularly, my father	
T: Okay, okay	
P: had a difficult relationship with both my parents and my mother was particularly, Hold on me.	
T: Okay.	
P: I'm very critical of me	
T: So, your mom was hard, is the one, that was hard on you.	31
P: Yes	
T: Critical, but your father's the one that you are bringing in two dots	31
P: That's right.	
T: To work on	31
P: That's right	
T: okay	
P: and the reason for that is that I felt that, by the time my mother died. We had come to some understanding and ... I had come to a point where I felt I, I liked her,	
T: Mmm, in spite of all that had happened. And you'd been through with the two of you had got to the point where you were able to like her. Actually.	10
P: Yeah.	
T: Before she died, so that somehow (02:00) feels resolved for you.	10
P: Exactly, exactly. That feels resolved.	
T: Right. But your father...	31
P: my father, I would describe as we ... never really connected and .... I am in my 60's.	
T: okay.	
P: And he died in the 1990s at the age of 80.	
T: Okay, so, it's been 20 years or something since he died.	31
P: That's right.	
T: Okay. I mean, you were in your 40s.	31
P: Yep.	
T: Okay. Okay	
P: and he was a man of his time. He was born in 1913 just before World War one, stars. And so my upbringing really my early upbringing. I was born in 1946. Am I early upbringing was in the Late 40s and 50s. And it was that type of household. Where ... children were seen and not heard, and where children we're seen and not heard and where (03:00) .... Big Boys, don't Cry	
T: Sure.	
P: And my father, I think he was unusually... I don't know what the word is to describe him .... blank ...	
T: Blank. Okay, like a blank slate or oh	31
P: yeah.	
T: Poker face or some	10
P: poker-faced. Everybody described him as Poker Face.	
T: Okay.	
P: He had a good sense of humor, but it was a poker face sense of humor.	
T: Got it, a dry humor. When	31
P: yeah,	
T: Maybe you couldn't even tell whether he's joking or not	31
P: you could usually tell he was joking.	

T: Okay.	
P: Yeah, it was it was I suppose plays on Words. That was that his idea of humor.	
T: Okay	
P: so it would be fairly what you might call forced humor, but it was humor.	
T: Okay.	
P: And very talented man.	
T: Okay.	
P: Played the piano, had come back from World War II. (4:00) Haven't been wounded. Maybe traumatized. He didn't talk much about that.	31
T: You never heard, right?	
P: No. And as far as, I have my two brothers, which was the family	31
T: so, you're...	
P: I'm in the middle	31
T: you're in the middle.	
P: yeah.	31
T: of Three Brothers.	
P: Exactly	
T: okay.	
P: So as far as my eye and my brothers were concerned, He was a rather distant figure, He would be brought into force, If we were naughty during the day, that would be, you know, so special ceremonial beating.	
T: Okay	
P: With our trousers down	
T: Got it.	
P: So it was, it was very, very formal guy his way, was harassing his his his way of	10
T: and he, mostly, if there was a problem, he be brought in to administer punishment or something.	
P: Yes. That's right. Yeah.	
T: Okay.	
P: And so I really, I don't know whether this follows, but I felt that I did never got to know him. (05:00) He was always at a distance and I'm trying to I'm trying to think back to	31
T: Right now. you're thinking back.	
P: yes, exactly. Right now. I'm trying to think back to the earliest days	31
T: and earliest memories of him.	
P: My earliest memories of him, exactly, and I can't really remember very much.	31
T: hmm, hmm, He's kind of a blank.	
P: A bit of a blank, yeah.	31
T: A bit of a blank okay, okay.	
P: Yeah. I mean he had his, he had his things that he would bring to the party, so to speak.	
T: Okay.	
P: I mean, he was very musical. Wonderful pianist. I think I mentioned that already, he was full of a wanting us to be successful together with my mother and they were, they were, they were	10
T: encouraging, pushed you.	
P: Yes, they were pushing us to be successful.	40
T: So, what feels unfinished with him? What, what's the thing that? (06:00)	
P: We never, very seldom talked about, how we felt about each other.	
T: Okay, so you never told him, never told him what how you felt about him? And he never told you how he felt about you.	10/31
P: Very seldom	31
T: very seldom.	
P: Yeah. I remember going and remembering, well, I do remember something, when I was a young man or a teenager. I can't remember. I had a lot of problems at home. I was seen as the, the clumsy one, the difficult one.	
T: Okay, Okay	
P: My older brother, was the clever one.	31
T: Got it. Okay, there's a clever one. And then the younger one	
P: younger brother was seen as ... the well, I felt he was the loved one.	31
T: Got it. Okay, the one that everyone showered, their affection on it.	
P: That's what I felt.	
T: That's how you felt. Okay, and somehow you were in the middle and you were lost out on both love and cleverness.	10/31
P: Yes, exactly.	
T: And felt like, somehow you were always the one who's in trouble and got, maybe got punished more. (07:00)	10

P: Yeah.	
T: Okay.	
P: Yeah, so why, when I went to prep school as it was called the age of seven or eight.	
T: Yeah,	
P: Why was I the one who is naughty? I don't know. I don't know why. I was the one they had a system whereby you, you you lost conduct marks as if you were given at the beginning of each quarter of the term. I think it was called a hundred conduct marks,	
T: Okay.	
P: And why was I the one who you were supposed to have 50 at the end of the quarter	
T: Left. Okay.	31
P: Left, to prove that you hadn't gone into, decline.	
T: Okay, moral decline, right? Okay	31
P: from the, exactly, moral decline, from the conduct point of view. Why was I the one who ... went down to zero? Sometimes even it went negative	
T: Negative. So your brothers, they would get, you know, good marks for conduct? (08:00) [00:23:45]	31
P: Yeah	
T: and you didn't get ... They would have their 50.	10
P: Yeah. or more	
T: Okay, okay, but you would go down and down and down and even into the negative territory.	10
P: So the must have been something I'm saying this now, there must have been something wrong with me at the age of 7 or 8 when	
T: 7 or 8 when you went away.	31
P: Yeah,	
T: so you were carrying something that wasn't right in your life. Something that was bothering you.	10
P: Yeah, and I just don't know what it was	
T: as you're telling me now, you're kind of thinking about that and seeing. What is that? What was that?	40
P: Yeah, exactly.	
T: Yeah. And with... your and your father is in there someplace?	31
P: I mean, life, Well, I wouldn't say that's just my father. That's my father, and my mother and the family situation, and the fact that I felt. I felt as if that I was the, the silly one because that's what I was always told.	31
T: The silly one, okay got it.	
P: It's really why I'm here. Yes, and also my mother was very concerned about my appearance (09:00)	
T: Okay	
P: and, she would say, sit up straight Peter	
T: She would make you sit up straight.	31
P: Yes, and oh God, you poor thing. You've inherited my weak chin. That was what she has to say. That's what she also said to my one of my children. She said, oh dear. Oh you poor thing, you inherited my tiny nose. She was into appearance	
T: appearance	
P: is my mother.	
T: So there's the stuff with your father and something feels like, this...There's a disconnection or connection you never got with him. And now you're thinking about remembering something about like, what was it me in the family and being the one who was always getting in trouble, getting marked off, being clumsy, or silly, or be having, visit my parents, or having your appearance fussed over, right. So, there is something about your position in the family to you, kind of thinking about.	10/54
P: Yeah.	
T: Okay.	
P: That's right.	
T: Okay. It is that connected to your dad? or Is it? (10:00)	31
P: I think that honestly it's connected to both my parents	
T: Both of your parents. Okay.	31
P: Yeah, yeah probably more directly to my mother, because she would be explicit about things and I've to not, I given you a couple of examples. Where is my father? Just had a perpetual sort of frown on his face. And I think he was seen by my mother has somehow, not a success. Ultimately	
T: Sorry I missed for a minute there, who was not a success?	31
P: My dad,	
T: Your dad. Okay, got it was your dad. Okay, so he went around the frown on his face and and somehow this the sense people in the family had was that he was not as successful as he should been	10/31
P: in my mother's eyes	

T: in your mother's eyes. Got it, she looked at him, and could see, looking at him and, and sort of judging him or something. (11:00) He wasn't quite up there and In here now is, you're remembering all these things.	10/31
P: That's right. Yeah, and as far as his relationship with me is concerned, he didn't seem to exist. Although, as I say he would be invoked.	
T: Yeah,	
P: to punish us.	10
T: He was a invisible other than that	
P: yes.	40
T: Invisible dad, right?	
P: Yeah.	
T: Okay, and how does that sit with you that sense of his invisibility and the lack of connection that I guess went for you, with their life.	40
P: I Feels. If there's something missing	
T: something is missing in your, do you Know.... Where do you, can you capture that sense of them something missing and you?	31/40
P: I don't know. I suppose I would describe this pain	
T: pain.	
P: Yes	
T: Where would where do you feel and	46
P: I am more likely to feel the pain in my head.	47
T: Okay. All right. So right now, you can kind of feel (12:00)	
P: I can feel a headache	
T: a headache coming on.	47
P: Yeah	
T: Yeah, it's just a sort of soreness that you feel in your head about your dad?	10
P: ...I'm not sure whether it's just about my dad	10
T: Right, okay because we've been talking about	
P: yeah.	
T: Other things in your family too, so somehow, it's a pain of all of that.	10
P: Hmm. I just feel in the case of dad that there is something missing. We never really apart from just one or two occasions, make contact.	
T: What's missing is that sense of contact? That's what you still. After all these years. He's been dead for 20 years. Something in you still wants to make contact	10/40
P: Yeah	
T: wishes, you could make contact with him. Would that be something you'd be willing to work with a little bit here in this?	24/38
P: I could try	
T: Could try that. I mean, we'll see how it goes (13:00) its almost an experiment to see I mean, it would be involved. Have you actually kind of imagining him in this other chair here, that be something that you said feel? I mean, you hardly know me. So	31/32
P: right. Yeah, I'm willing to give it a try.	
T: Give it a try? Okay. So I'm going to do is I'm going to pull the chair up here and maybe you could turn your chair a little to face him.	31/32
P: Yeah	
T: Because we want to help you. Okay. Making contact with him. Yeah, you're drinking water. Yeah. So can you picture and is this distance Okay for?	4/18
P: yeah, is fine.	
T: Okay, not too close, not too far. Can you picture him there? Picture how he would sit, how he would look like, the expression in his face, maybe his clothes	4
P: Well my most recent memory of Dad	
T: Yeah, okay	
P: it was awful. It was really really terrible.	
T: This was when he...he was...	31
P: when he was old (14:00)	
T: old. Is that the image of your dad that you want to work with you or is it is that the dad, you miss? The dad you miss contact with?	40
P: It's the dad I'd like to have helped.	
T: Okay. Okay, actually you here, Even as you're thinking about that. So actually that's the one, you want to. That's dad you want to put there.	10
P: I wish I could have helped him. Yeah	

T: Okay. And you feel that right now as you sit here.	10/47
P: Right	
T: So what's that feeling that comes up and you, when you picture him as old and unwell.	40
P: It is just so sad.	11
T: So sad. You feel so sad, right?	
P: Yeah.	
T: Can you actually ... what would you what do you wish you could have said to him when he was in that state?	24
P: I wish I could have.... I wish I could .... have. Taken away some of his troubles.	
T: Yeah	
P: because by the time he died, he had I suppose.... Well, he was diagnosed with depression (15:00) clinic, clinical depression and he went into a down spiral	
T: Got it. So, what did, you, what we mean, you actually just say, can you say: I feel so sad for you or what? Is it?	31/44
P: I feel very sad for you Dad.	
T: Okay. Okay	
P: and I just wish I could help you get out of this.	
T: Yeah, I just wish I could help you get out of it. Yeah, because I see you're going down, just spiralling down into that depression. And yeah, I want to... what you Wish you could?	24/44
P: Yeah, I mean, it's very difficult to know what to say to you Dad because you are.... You've got to this state now....	
T: Yeah	
P: where... You're almost silent, staring into space.	
T: It's almost too late for you, almost too late to make contact with you.	10/44
P: Exactly.	24/44
T: But I sure wish I could.	
P: Yeah, I think the last time I saw him I asked him (16:00) a bit about his, his earlier days and he'd had some electric shock treatment by this time and was able to communicate again.	10
T: Okay, he'd come back out a little bit.	
P: He'd come back out a little bit.	10/44
T: So, The last time I saw you, we were able to talk a bit	
P: the last time I do I feel this is, this is difficult to, to do	47
T: Right now	
P: right now, because if I say something like, the last time I saw you, then that means I'm talking to, you know, the person who took the late, my dad	
T: and somehow, something in you doesn't actually want to let go	10/50
P: Yeah, that's already. Yeah, so it's hard. Sorry.	1/44
T: Tell him it's really hard to.	
P: Yeah, so it is very hard to talk to you now dad because you're not there and (17:00) I just wish I had been able to ... communicate with you and ... make contact with you, earlier on. We had some... superficial.... Quite superficial contact.... The last couple of times, we spoke.	
T: Yes	
P: and I tried to, .... Probably very candidly and ignorantly tried to cheer you up	24/44
T: You wish you could have done better. I wish I could have done better for you	
P: I wish I could have done better for you.	
T: Yeah, maybe go back to that situation. You're in your, in your memory and imagine he's in that situation. He's had some of the ECT and he's able to talk a bit. What's that you wish you could ....	4/24
P: I wish I could have told him I loved him.	18
T: All right. Yeah, if it would be okay to try this.	
P: So what... (18:00) I'd like to tell you Dad, and it's very difficult because we never talked about feelings together. But I'd like to be able to say to you. That I love you.	
T: Yeah. Say this again.	1
P: I love you. Dad.	11/44
T: I love you Dad, and what? It's so painful for me to see you suffering at all.	
P: It's difficult that, and the other thing, the other thing that's hard is that, I know that if I say something like that to you.	
T: Yeah,	
P: it's awkward. It's slightly awkward for me. But from what you've always said to me. It's particularly awkward for you. Because	
T: I can see how awkward you are with feelings. But how much I want to reach out to you. I guess...	10/44
P: Yeah, it's all awkward for me.	



T: Okay, so you and your friend?	
P: Yeah, I got it.	
T: Okay, and so then and so waited sort of in terror for your father to come home?	31
P: Yeah, that's right. And I can't remember what the punishment was.	11/31
T: Yeah.	
P: The school was punishing us anyway	
T: right	
P: putting us in detention, you know every every day	
T: get a lot of demerits for that one.	
P: Yeah. That's right. Yeah. Contact marks, although it was a different school by this time, but I did have an interview with my father that evening one-on-one.	10
T: Yeah	
P: and I said, well, I'll tell you what all this is about, Dad. You don't love me and you never have loved me. And for the first time in my life (24:00) I, he, he burst into tears.	
T: Wow	
P: He actually wept and said, of course, I love you. How can you say that? So, perhaps I don't know whether I would have wanted to reminisce about that with him with him.	
T: Right.	
P: If he was in a maroon tie half, the time, well, it was a very important moment, because for once in his life, he did break down	
T: right	
P: And told me he loved loved me and went, now I think about it, telling you about it	
T: good.	
P: I don't think I don't remember telling me I loved him	
T: right	
P: Because perhaps I I wasn't very good at that	
T: right	
P: He's what I'm saying.	
T: I guess. I would. You were so angry at the time.	
P: Yeah,	10/11
T: and I guess I'm picturing you, kind of scared and angry scared about what's gonna happen to you	
P: Yeah, yeah, yeah	10/11
T: angry about the whole thing. (25:00)	
P. And why did you do this Peter? would been, would been his approach, because that's what parents say.	
T: Yeah. That's what you're expecting from him.	10/11
P: Yes, and he was saying it. Why did you do it? It just don't understand.	
T: Yeah	10
P: and maybe it was a sort of Last Resort thing for me to say. Well, I'll tell you why, it's because you don't love me.	
T: So, remember the time was putting back there.	
P: Yeah,	
T: remember that time when, when	44
P: I, well, I	44
T: I skived of school for, for a long time and you, when you asked me why I had done it, I said, because you don't love me.	
P: Yeah.	44
T: Remember that time you burst into tears.	
P: Yes. So if I were to say that to my dad, I now, I will say it because, because you're suggesting that I do. Dad. Do you remember the time when I was just 14 or 15 years old and I skived off school for all that time and I was you, were exasperated. (26:00) You'd, you'd for a few minutes, You'd come out of your your shell.	44
T: Yeah. Yeah	
P: that you occupy.	
T: So I saw the real you in that moment	
P: Yeah, I saw the real you and you said to me, why did you do this Peter? And I said, I don't know whether ... what made me say it, because I'd never said this to you before.	10/44
T: I wouldn't have dared, right?	
P: Yeah. I said, but it's it's perhaps, it's to attract you. It's to attract your attention.	
T: Don't you know, I was just trying to get your attention, right? Okay	10/44
P: and I've only, just realized that as I say, right now,	
T: Oh right now? okay.	10/44

P: Yeah, it was to attract your attention. Yeah, and to plead with you to show me some affection. T: Yeah	31
P: Because frankly I don't think you love me. You don't love me. T: Yeah (27:00)	
P: and what you said dad was I do and you burst into tears. T: Yeah.	
P: Well, I'm very, very seldom seen you bursting into tears. T: What was that like for you? Remembering that moment when he burst into tears	
P: what's that like for me now? or was it like for T: What was like for you then and now, we will start with then	40
P: what... starting then? I don't know. Maybe it was some sort of relief, some sort of, relief T: Yeah, something in you, just really relieved. He actually, he does love me.	1/40/47
P: Yeah, It was a bit like the relief. you get if you've got a boil and it bursts. T: Yes. Yeah	10/44
P: really T: Painful.	
P: Yeah, painful. T: Okay, okay, and I got a sense of relief, it hurt but it was like, I knew that you did care.	
P: That's it. That's it. T: That's it. I knew that you did care. And I saw this glimpse just for that moment. (28:00)	10/11/44
P: Mmm. T: Yeah, yeah.	10/31/44
P: But the things that I do feel sad about T: Yeah	
P: is that .... you seem to get lower and lower and lower as you got older, and then you had... what my mother called a nervous breakdown, which is you, went, .... you sat in the sitting room and stared into space and she couldn't get a word out of you. T: Yeah	
P: and she phone me. I'm not sure whether ...she phoned me because... As opposed to one of the other brothers, because I'm the nicest of the three of us, or whether it was ... because I was geographically slightly near and she said, you've got to come (29:00) T: You've got to come	
P: and something gone wrong with Dad. I can't cope. And I... and I did and I got into the car. And by the time I got there. He was... Just about Okay, he was, he was T: By the time I got there you'd come, you started to come out of it, I guess.	31
P: Yeah. By the time I'd got that it started to come out of it, Dad and what you did was a very strange thing, you started doing a Handover of all your finances T: Right, to me, to you?	10/31/44
P: to me. Yeah, you ... you said this is where I keep the electricity bills. This is where I keep the information about the house, and, and, this is what I keep different other papers. T: As if you've decided, it's time for you die or something	31/44
P: yeah exactly. This if this is this is my guide to my filing system later. T: Okay	10/44/50
P: and also I remember you handing over (30:00) a little obituary about yourself T: That you had written. Okay.	
P: Yeah, Is that you'd writing, an autobiography a smaller autobiography, your life story and he said I thought I thought you'd be interested. This is my, my CV and So, I, I took this on board. I feel I wasn't as, I feel guilty because I wasn't as helpful. I was probably a bit facetious. T: Okay, you didn't, I didn't take you entire entirely seriously	31/44
P: exactly. I didn't take you entirely seriously and I can't remember the details, but I'm sure I wasn't sympathetic and kind and I feel guilty about that. If things T: So, you are right now. As you're talking, you're feeling that, you remembering, and feel this guilty	10/44
P: Right T: What is it you wish you could have done for him then?	11/47
P: I wish I could have been kinder. T: Okay, right, like what specifically, be specific (31:00)	
P: I wish I could have. I wish I could have sat with your dad. T: Yeah	24
	40

<p>P: and .... tried to find out how you were feeling and why you were wanting to do this hand over, why mum had, had found you, in such a state, rather than batting away... What you were saying... I remember you saying something like, well, I've given up work, now. This was at the age of 80.</p> <p><b>T: I've given up.</b></p> <p>P: I've given up work. This was really what Dad said.</p> <p>T: Okay. Okay</p> <p>P: I've given up work now... and our finances are going to be in a complete mess. So that was the root of your worries. you're worried that... you weren't going to be able to make ends meet.</p> <p>T: Right</p> <p>P: Which was rubbish. We found out later. But</p> <p><b>T: Yeah but somehow</b></p> <p>P: I bat his away</p> <p>T: Yeah</p> <p>P: don't be ridiculous. You'll be fine.</p> <p><b>T: Okay, and now you regret that (32:00)</b></p> <p>P: I regret that.</p> <p><b>T: Yeah, you wish you had.</b></p> <p>P: I wish I'd sat there and and listen to what his worries were.</p> <p>T: Yeah</p> <p>P: it might have Helped, because what happened then... is that I went back home and the next morning mum phoned and said, well, he wouldn't come to bed. He starts staring into space.</p> <p>T: Yeah</p> <p>P: I called the doctor and they've taken him away,</p> <p>T: Right okay.</p> <p>P: I didn't know much about these things then, I'm actually being put into strait jacket and, and I'm being,</p> <p><b>T: So, I wasn't there for you. When you really needed me.</b></p> <p>P: I wasn't there for you, Dad</p> <p><b>T: I wasn't there. I wasn't able to like..., take you seriously, and... Help you open up and to find out what's really going on and then you just got worse and worse.</b></p> <p>P: Yeah, it's funny. I'm I'm finding it difficult to to get out of the habit of going into third person narrative, (33:00) rather than first second person.</p> <p><b>T: We kind work with both</b></p> <p>P: communication.</p> <p><b>T: I mean, you're also telling me the story too</b></p> <p>P: yeah</p> <p><b>T: and we're trying to work with, you know, you have an image of him that you kind of is this is the dad you've carried around your head all these years and this dad that you let down when he was, you know... doing so badly and needed you, right? And so piece of the disconnection, I guess. Is this guilt.</b></p> <p>P: Yeah.</p> <p><b>T: You not having been there.</b></p> <p>P: Yeah.</p> <p>T: Yeah</p> <p>P: I'm sure I could have helped him</p> <p><b>T: Tell him.</b></p> <p>P: I'm sure I could have helped you Dad. And I wish I had.</p> <p>T: Yeah,</p> <p>P: and I'm sorry.</p> <p><b>T: I'm sorry. Yeah. So I really wish I could, I wish, ... I had, I would have it, I could have and I wish I would have</b></p> <p>P: exactly, right, because the next thing that happened is I came to see you in hospital.</p> <p>T: Yeah</p> <p>P: just an unbelievable sight, even at this early stage in your illness.</p> <p>T: Yeah</p> <p>P: Because it was see, took you three months to die. But even at this early stage (34:00), you were just lying there, staring into space. You couldn't, the only thing you could say, was .... I was talking to you, And the only thing you could say, was, yes. Really weird sort of strangled sound coming out of your mouth. It was the word yes. But you said, yes, yes.</p> <p><b>T: Yes. Yes. That's all he could say, right?</b></p> <p>P: And we're all</p>	<p>31</p> <p>31</p> <p>10</p> <p>24</p> <p>10/44</p> <p>10/44</p> <p>32</p> <p>18</p> <p>10/45</p> <p>10</p> <p>1/44</p> <p>24/31/44</p> <p>31</p>
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T: and what do you wish you could you said to him at that point? when he was in the hospital and doing so badly and	24
P: I wish I could have held his hand.	
T: I wish I could have held your hand.	24/31/44
P: So, yes, it's the physical contact that I mentioned earlier	
T: right.	
P: We never had a	
T: Can you actually imagine. Reaching out to his hands and I don't know if you want to take my hand, or what would you	4/18
P: yeah, I just wish I could have held your hand like this dad, (35:00) I never did.	24/31/44
T: I never did. I wish I could have held your hand and... just been there.	
P: Yeah.	10/44
T: In physical contact.	
P: Hmm.	
T: That's what I wish. Yeah, I really feel sad that I wasn't able to do that.	11/24/44
P: That's right.	
T: Good, good	
T: Now, If you were to go over and be your dad, could you do that?	31/44
P: Yep.	
T: Okay. What's his name?	31
P: Tom	
T: Tom. Can you come over and be Tom? (paciente troca de cadeira) Responding to Peter. So Peter has come to see you and he said, he's sorry, and he's reached out and taking your hand. Then is, I guess apologized. (36:00) What do you?	40/44
P: So, this is, this is a hard one.	
T: This is a hard one. Yeah, yeah.	31
P: Because, I feel.... Just so desperate.	
T: Right.	
P: And so	
T: As your dad now, right as Tom, I feel so desperate	31/44
P: and so low that	
T: okay.	
P: It's... I just want to go	
T: I just want to go, I just want to die.	10/31/44
P: Yeah, exactly.	
T: Just want to die	10/44
P: and, and.... Thank you for trying, making the effort.	
T: Yeah.	
P: And holding my hand. That... (37:00) But, I've had enough.	
T: I've had enough. I don't want to be alive anymore.	10/31/44
P: No	
T: Yeah, it's time for me to go.	10/44
P: That's right.	
T: Yeah, Yeah, Right.	
P: and, .... Starting to have really strange feelings as well.	
T: Okay	
P: About... about the world. It's not a place I want to be in	
T: I don't want to be in this world anymore, not this kind of world, you know, so I just want to go and what I want you to let me go. I want you to... what do you ...what is it?	10/40/44
P: I suppose, That's what it is. Yeah. For example. If we... move forward ...a couple of months, and I'm still Tom.	
T: Yeah. (38:00)	
P: and... I've stopped eating. And... I just want you to let me go. I know you mean well .... and I know your mother means well, she's been wonderful. These last few weeks. But I just want to go.	
T: Yeah.	
P: and I want.... I want mum to have enough money to live on	
T: Right. Okay	
P: and I just want to go	
T: Right. I don't want any more... money spent on my care.	10/44
P: Exactly.	10/44

T: And I want to let go and I just want to go ...and I'm tired of living in. So, let me go.	
P: Yeah.	
T: Change (muda de cadeira). Can you go over and be Peter again? These are really powerful things here, (39:00) life and death. So what what do you say to him?	1/40/44
P: Well, I feel like saying.... That's all right.	31
T: That's all right. Yeah.	
P: Yeah. And we'll all remember the good things.	
T: Yeah.	
P: about you	18/31
T: Remember the good times. The good things your sense of humor your piano playing.	
P: Yeah.	10
T: How you were before you got fell into a hole.	
P: Absolutely.	10/18/50
T: And it's okay for you to go now.	
P: That's what I feel like saying. Yeah.	
T: Say that.	1/44
P: So yeah, if you feel it's time for you to go. Although, you've got the doctors there, fighting.	
T: Yeah	
P: to keep you alive. And I know that right at the end of your life during the pneumonia you were on some sort of (40:00), I don't think of the life support system. It was it was something. I know what it was. It was it was a drip.	
T: Yeah	
P: To try and keep you alive and you pulled it out, so, sometimes I know you feel, you're fighting to be allowed to leave you, but I understand everybody comes to the end, you feel this is your time.	10
T: Yeah, they deserve to choose their time or they deserve to	
P: Yeah	10
T: to go when they're ready to go.	
P: Yeah.	
T: Is there anything else, we're going to need to end in a few minutes, but is there anything else, that you want to say or... to him?	14/40
P: I think you are very good person. Okay.	
T: I think you're a good person (41:00)	31/44
P: and I think you .... Were always loyal.	
T: You were loyal	31/44
P: And brave	10/31/44
T: Brave, okay. Even in the war, maybe you were even traumatizing in the war. But somehow, you're a loyal Brave person, a good person.	
P: Yeah, and I know you've had .... Ups and downs with Mum, but she really does love you.	
T: She does love you. Okay, so your love. I love you and she loves you.	10/31/44
P: Yeah.	
T: Yeah. And even though you want, you feel ready to go and you need to go now. I want you to know that, as you go that we love you.	10/44
P: Yeah, that's what I'd like to say to you dad.	
T: Yeah.	
P: All the people around, love you	
T: You are surrounded by people who love you	10/44
P: They respect your decision. (42:00)	
T: Yeah.	
P: To act.	
T: Maybe just say that again, right.	1/44
P: I just wanted to remind you Dad.	
T: Yeah	
P: that you are surrounded by people who love you and that means me and Mum and Richard and Lawrence and all all your family.	
T: Yeah, So it's like you go surrounded by all this love.	10/44
P: Yeah, and if it's your .... wish to leave the world now, that's ... that's your privilege to be able to do that. it's not for us to hold on to you and keep you behind, and tug at you ....	
T: Anything else you need to say to him right now? (43:00)	14/40
P: no that's it	
T: Okay, maybe say goodbye then is that	

P: yeah so now it's time to say goodbye and let you go.	44
T: So it's like I let you go.	31/44
P: Yeah. ....	
T: Is it okay to come back, maybe turn your chair around, so we're facing each other again. And okay, it's been a couple minutes just seeing where you are right now. It's a big process. (46:00)	18/47
P: It's yeah	
T: quite deep, right?	31
P: Yeah, quite quite deep as you say.	
T: What do you experience right now?	47
P: So, we well, I did feel (44:00) as if it was happening, as if it was really happening here.	
T: Yeah	
P: So now I'm feeling as if, I don't know whether the word is .... catharsis, as if I've let something go that I hadn't let go before.	
T: Okay, this is out fit. I feel like I've let go.	31
P: Yeah. Yeah.	
T: Okay it does. Okay. What's that like? How does it feel in your body?	46
P: a little bit... Little bit of. little bit of relief and release.	
T: Okay. Where do you feel that?	46
P: Just a bit more relaxed (passa as mãos no peito)	
T: Into your chest	31
P: A bit more free	
T: Okay. As if you could breathe more easily or something.	10
P: Yes. That's right.	
T: And the headache what happened?	31/46
P: The headache is still there.	
T: Okay, okay, does the headache need anything right now?	18/31
P: .... (45:00) It probably just needs for me to sit quietly and do some breathing	
T: do some breathing. Just have some space.	31
P: Yeah... I don't know whether there's time for that now.	
T: Hmmmm	
P: there's the okay because I I'm, I'm not conscious of how many, how many minutes we've have.	
T: Oh, yeah. We've got a couple minutes.	18/26
P: Okay	
T: Would you feel right just to take	18
P: Yes.	
T: A moment just to kind of you have your feet on the ground as you do and sit	18
P: Exactly, yes and just close my eyes.	
T: Yeah, okay. Close your eyes	31
P: I'm don't think I'm going to lean backwards.	
T: Okay, whatever. Okay, It feels right to sit straight up. ...Yeah... (46:00) I guess just feel that sense of relief and release... And you're breathing out and in... Right, letting all the air out. .... Just taking some time	18
P: (Respira fundo) That was helpful.	
T: It was helpful just to come back to yourself. And	31
P: yeah	
T: and come back into the present moment and	31/47
P: exactly.	
T: Yeah, so that's been really, really (47:00) powerful and I want to thank you for ... going there with me and did some things that were quite painful, and, and, deep, right? And I just feel very moved and touched by what you've been able to bring here and that whole process. .... can recognize that from things in my own life, and I'll, since I've been really a privilege to be able .... Go on that Journey with you today in this time	18/30
P: Thank you.	
T: Thank you.	
P: It's still with me and will remain with me	
T: It's still with you. Okay, and sometimes these things take a while to just kind of process and work themselves out. And yes, maybe you'll, I guess you will be carrying that with you and reflect on it more. But is it okay, if we end now? (48:00)	18
P: Yes, thank you.	7/18/31
T: Thank you.	
	18

**MULTI: Leslie Greenberg**

<p><b>Cotação Leslie Greenberg – 4ª Sessão</b>  <b>Terapia Focada nas Emoções (EFT)</b></p> <p><b>Instrução: cotar todas as intervenções do terapeuta excepto "hum, hum", "ok, ok" "yeah", "right", "I see"... Colocar a negrito o que foi cotado, agora nos primeiros tempos para podermos depois discutir melhor quando necessário. Por a negrito as intervenções que cotas, separar por / quando cotas diferentes frases, com números diferentes.</b></p>	<p><b>Cotação</b></p>
<p><b>Terapeuta: [00:00:03] So we're where are you today? How are you doing?</b></p>	<p>18</p>
<p>Cliente : Well about the same actually. I've made a couple of decisions that unfortunately I'm going to probably act on is not really working out for me.</p>	
<p><b>Terapeuta: But so it sounds like actually you further along than I mean cause you've made some decisions. So you want to tell me about them or ?</b></p>	<p>6/10/33/46</p>
<p>Cliente : well, basically I'm ready to leave but at the same time I have no place to go right now. So the timing is not right, but at the same time my heart my soul and just everything involve I'm ready to go and then I have some outside attention that you know that I would like to act on but at the same time I can't.</p>	
<p><b>Terapeuta: yeah, yeah. So then [00:01:03] it's sort of like you've come to a kind of clarified decision that really I want to go. I'm going to go.</b></p>	<p>10/44/50</p>
<p>Cliente : Yes, eventually.</p>	
<p><b>Terapeuta: right so emotionally it's like I'm clear it's not will I or won't I right and yeah, I mean, I understand that seems to be you know, the course you've been on right but it takes time to but you're saying so emotionally I'm decide, but still situationally I can't leave because I don't have anywhere else to go.</b></p>	<p>10/50</p>
<p>Cliente: Yes.</p>	
<p><b>Terapeuta: I see. All right, right. So then where does that leave you I mean ?</b></p>	<p>18/46</p>
<p>Cliente : In a state of limbo, basically.</p>	
<p><b>Terapeuta: Yes, yeah, but is it is a distressing or is it more a relief that you've made the sort of internal decision and now it's just a matter of waiting or how is it?</b></p>	<p>46</p>
<p>Cliente : Well, I can't say that it is a relief but then at the same time [00:02:04] having to interact with my husband always wondering what type of personality he will have some days. He's really great other days. He's you know, everything I do it's always something negative and then it's just the relationship is basically non-existent. and I just feel that.</p>	
	<p>10/40</p>

<p><b>Terapeuta: So, it's the tension of the daily kind of living under this relationship condition isn't very easy, but I mean. Does he know who that you've sort of?</b></p> <p>Cliente : No, I don't believe he has a clue. But because I'm working that does take a little of the sting out of it and I'm busy all the time. I'm you know in the morning I have to have you have myself prepared for work and the children need to be up in given breakfast and prepared for school and daycare. And he [00:03:04] really doesn't do anything as far as help me. So basically emotionally I my feelings are not there, but I'm just there because right now financially I must be there.</p>	18/46
<p><b>Terapeuta: Yeah, I understand. And you're sleeping okay? I mean you're at peace with?</b></p> <p>Cliente : yes, I sleep very well and fortunately at night he goes out and he may go and take the car to get gas or something. But I don't worry about it. Whatever, you know, he's doing I'd it doesn't concern me but it's what every night is this basically the same thing because he is self-employed. He doesn't really have a schedule. So, therefore, when I go to sleep he can you know, go, do whatever and then I'm still sleep. So by the time he comes home, he doesn't come into our bedroom. He will be in my son's room. So, I'll never know when he when [00:04:04] he came and left and came back. But right now I really don't care.</p>	31/46
<p><b>Terapeuta: Yeah. So how did you come to this decision or I mean, I'm just asking that out of interest, I don't know if you .</b></p> <p>Cliente : the mental abuse, the constant abusing, the constant degrading. the constant aggravating and and just never being able to please the situation whatever it maybe if I like say for instance, my son loves to eat a certain thing every morning and he wants to get up and I say well, I need you to help me with the children in your way of helping us to fix breakfast, but I don't need you to fix breakfast. What I need you to do is physically help me, read a book or you know, do something constructive positive, but you want to do something that's totally not even on the program, but [00:05:04] I've learned to deal with that as unfortunately. I don't really want his help because he's not going to give it to me the way I'm requesting. He'll do something other than what I am requesting.</p>	1/14/26
<p><b>Terapeuta: So how do you want to use this time now? And I mean what can be of most help to you?</b></p> <p>Cliente : Well, basically, I think just talking about the situation and being able to verbalize my feelings which is a big help and it's very unfortunate that he feels that you know, everything is the same and the treatment, you know, the way he treats me and the mental abuse he I don't think he is recognizing it as mental abuse or I wouldn't really be surprised if he's doing it to see how much or</p>	

<p>how far I will go or how much I will take. I don't know maybe he wants me to leave but [00:06:04] at the same time he doesn't want to just verbally say that to me but through his actions. I mean.</p>	10
<p><b>Terapeuta: it's almost like he's engineering it that I leave right.</b></p>	3/34
<p>Cliente : and make it be my decision or pushing me to that point.</p>	
<p><b>Terapeuta: you know, the last time we had this dialogue between the two parts, the two voices. So now the two voices in harmony? I mean, or is this still doubt or as they stole this other voice ?</b></p>	
<p>Cliente : You know that I believe they're in harmony due to the fact that I wouldn't be the first person to end my marriage and I do feel that there would be life after divorce and that I think that's the part that I look forward to. I really do.</p>	10/34/50
<p><b>Terapeuta: So you've really have taken a shift right? Because last time you know, you were still struggling with two voices and almost needing to you know, you were still needing to justify to yourself. [00:07:04] that it was but you're saying I'm clear now that it's this mental abuse. It's really just isn't there in the way I won't need him to me until I'm clear.</b></p>	
<p>Cliente : exactly because I just I don't I don't see myself dealing with this situation for the next 10 or 15 years being in a relationship where I'm just you know, you're telling me everything that I'm doing wrong. And you're perfect. And you know, I really can't do anything right but then there are moments of clarity where you want to maybe take the children and I can do something but then the next step, the next moment, you're telling me how bad of a housekeeper I may be or the fact that I didn't do this or the clothes have been in that same spot for x amount of days, but then you continue to bring things into the home and you know, we don't have any place to put them.</p>	31/44/50
<p><b>Terapeuta: So, if I'm understanding you are also saying [00:08:04] I don't want to let any of the times when you seem to do something helpful or kind of what I want obliterate, you know that there's so much bad and that I know it'll always turn bad again. So I don't even sort of hope when there's a little bit of good. I don't want to let that lead me astray, because I know it's basically just not good.</b></p>	
<p>Cliente : because if I do then my heart, my emotions become involved and I don't really feel once I gave you my heart and unfortunately, he didn't know what to do with it. He misused it. Now I have my heart myself and you know, he might say something derogatory or say something degrading or or just say something that's just very inappropriate. But at the same time I'll hear it. And it'll just you know.</p>	31/57
<p><b>Terapeuta: bounce of now.</b></p>	31/44/46

<p>Cliente: Basically.</p> <p><b>Terapeuta: because I've taken my heart back, so I'm not [00:09:04] opening myself to being wounded right? So I've withdrawn and I've put up this pretty this barrier between us because that's what I need to do.</b></p> <p>Cliente : Yes and having a job has been so much of a help. Yeah. I was just having some place to go always having something to do as far as the kids are concerned maybe a play group or just a speech therapy session or something to do. It's just it's been really really helpful.</p> <p><b>Terapeuta: Yeah, so it's both taken me, It has given me an opportunity to be away from him and it was a given me something it's given me things to do and I'm occupied and yeah, yeah, I can understand. Yeah big so that mean the big big change in your whole situation has been going out and working and it's given you something else to focus on to. [00:10:04]</b></p>	<p>31/44/50</p>
<p>Cliente : Yes, it's also given me the courage and I guess the I just needed to I guess know that I am still the same person even though that I've been at home for the last six years being a housewife and a homemaker working has given me the the edge to know that I'm still that same person, I'm vibrant.</p> <p><b>Terapeuta: Yeah, so to able to myself in the world again. So, I've really I almost got oppressed in the home or kind of trapped, you know, but I lost sense of my own confidence my own abilities and now being out in the world I really know that I am the person I knew myself to become. Yeah. So that's been a very important piece.</b></p> <p>Cliente : Yes, and also just the attention of being out in the world the lets me know that that even though when I come home, you're you know derogatory [00:11:04] and you're degrading and and just saying all these mean and hurtful things to a person that you allegedly love but then I can go out into the world or to the workplace and people compliment me. You know, they might say, oh that's you know a nice dress or yeah, you know, I like your hair or they'll say something and then here it is my husband the person that I live with, he won't say anything. He won't notice anything. It's always negative negative negative.</p>	<p>31/44</p>
<p><b>Terapeuta: negative, yeah. So the contrast is really helped me clarify how negative it really is, but I'm just living with the negative only it sort of gets inside or you know, it can damage my view of myself. But now that I've got positive feedback and really I mean, it's wonderful, right? I know that I'm a good person and that I am likeable and confident and so so on and then to see the contrast.</b></p>	<p>18/31/44</p>

<p>Cliente : Yes, I know [00:12:05] I am worth. I'm I have self-worth and I realized but then the same time unfortunately, it's gotten to the point where I don't even want you to come home. And when you do come home, you can come home as late as you want. And when you come home, I want to have the kids in bed and I could be sleep because I have early morning and then having to get the kids ready before. I go to work then, you know my my evening is basically automatic. You know, I have a routine I come home. I made fix something for the children to eat. Let them take a bath and then put them to bed.</p>	<p>31/44</p>
<p><b>Terapeuta: So we're living under the same roof, but we're apart right we're together, but we really are a part and that suits me fine. That's what you said?</b></p>	
<p>Cliente : Well, it suits him, so it's automatically going to suit me because I voice my opinions before and it's like it doesn't matter. So why keep you know saying [00:13:05] what I want when you're not listening,</p>	<p>19/44</p>
<p><b>Terapeuta: it's no good knocking my head against the wall repeatedly, right?</b></p>	<p>44</p>
<p>Cliente: Yes.</p>	
<p><b>Terapeuta: right. So basically I've withdrawn and decided to leave because really you just didn't listen and support me in any way,</b></p>	
<p>Cliente : But if I didn't know any better, I would really think that he was trying to make me...</p>	<p>31/44</p>
<p><b>Terapeuta: Yeah that right. Right, right. Yeah, and so, you know, I imagine that the two things are how do I continue to live under the same roof? And you know with the knowledge that I'm not going to stay there and then also eventually what's going to happen in the future. I mean, those must be the two things you're having to sort of figure out how to deal with, right?</b></p>	
<p>Cliente : Well, you know what is getting easier because I know the end will be inevitable. Yeah, so [00:14:05] it's just basically only a matter of time if I had an opportunity to go and then still be in the place where I am now for my children to complete the school year in in my daughter complete her daycare semester then It will be very simple and just be a matter of you know, taking one of the vehicles so I can have transportation and just starting over.</p>	
<p>Basically, it would be that simple. But right now just living under the same roof because of the job because of I have responsibilities. It makes it much easier than to just sit back and just wait for him to come home. He's out of the house all day. I'm in the house all day. So now we're both out and I know he probably can look at me and see that I'm changing but at the same time I think he wants me to change and I'm not sure [00:15:05] if you wants me to just you</p>	

<p>know, just stay in this abusive relationship or he's basically trying to push me away that I'm not really sure.</p>	31/44
<p>Terapeuta: Yeah.</p>	
<p>Cliente : But I do realize that he's doing something.</p>	
<p><b>Terapeuta: Yeah. Yes. This is see you sort of puzzling about really what's going on in him and you've said a number of times. Yeah, you know, maybe he's actually trying to push me as far as he can but also sort of manipulate almost the situation by getting me to kick him to leave. Right. That's like maybe he's really not wanting to be in this.</b></p>	
<p>Cliente : you know that that's a great question. I'm not really sure but at the same time just with his actions, [00:16:05] you know, you don't treat someone the way you know, you always verbally saying something negative to them or never as having a positive work to say or you know, the I love you stop like what's for five months ago. I mean he used to tell me he loved me every day and we'll call me two and three times a day that stopped and then he just started. I really feel because I gave up my job and</p>	
<p>Independence and stayed there in the home for six years. He really became comfortable and then unfortunately when he lost his job that kind of really set a chain of events in motion.</p>	31/44/50
<p><b>Terapeuta: Yeah, but I had it coming throughout you know how badly treated I felt and I was maybe lost sight of how mistreated I was being by going out. It's [00:17:05] really helped me clarify, I mean, that's still the hurt and the anger understandably that you feel about how he's being so critical and unsupportive and ...</b></p>	
<p>Cliente : but you know, I'm really numb. I'm numb it because it's like he's done. I guess I cried much years ago. So now there are no more tears. It's just I know I need to be strong for my children. But then at the same time, I'm just going through a situation that I'm sure many people go through and unfortunately the hardest thing to do is to end a relationship, especially a marriage.</p>	
<p>Terapeuta: Yeah. Yeah.</p>	3/31/44/50
<p>Cliente : you have children involved it, I think they've can drag on.</p>	
<p><b>Terapeuta: You are saying the tears of longing God, right and I'm quite I mean, you know you were talking about last time the stronger voice said she'll be ready to act and that's where you are now, [00:18:05] right? I'm ready. And but you're saying it is a very difficult situation. It's one of life's big decisions and moves.</b></p>	
<p>Cliente : Yes, be given the opportunity even if things weren't right. Given the opportunity, I think I still depending on the opportunity I might really think about leaving sooner than later.</p>	7/31/44
<p><b>Terapeuta: Yeah. Yeah. Yeah, so I'm really looking for the right opportunity and as soon as it comes.</b></p>	31

<p>Cliente : Basically. Yeah.</p> <p><b>Terapeuta: So you've really come to a much stronger clearer decision.</b></p>	<p>10/44/50</p>
<p>Cliente : Yes, because is no sense of living this way, you know dysfunctional not really having a relationship. Having a roommate but we're married. I mean, I mean, it's really a waste of time.</p>	
<p><b>Terapeuta: I've come to see so clearly how really dysfunctional it is.</b></p> <p>Cliente: It really is.</p>	<p>10/54</p>
<p><b>Terapeuta: It is foolish to just keep hoping and holding on.</b></p>	
<p>Cliente : because I feel that I deserve more and if I were in [00:19:05] not so much another relationship, but just a friendship situation where maybe I would go out with a gentleman and you know, maybe go to the show or to dinner or something and just have a friend. So, I want to talk to you know pass the time when I have a little extra time between taking care of two kids, you know, that would be nice. Yeah, you have to a life.</p>	<p>31/44</p>
<p>Cliente: Yes</p>	
<p><b>Terapeuta: have a sort of a companionship will be really good and it's like I deserve this. I have a right to have it.</b></p>	
<p>Cliente : Yes, and unfortunately being married I can't have that. I can only be in this situation where I'm being mentally abused and not ever being able to please the the other person. Just always doing something wrong negative and every single day. It's always something. Yeah, so I don't even pay attention. I just listen and don't listen.</p>	
<p><b>Terapeuta: Yeah, So, you know, one of the things in leaving a relationship [00:20:05] is sort of trying to understand like how I got myself into it or what I don't want to get myself into in the future, right? And one of the things I'm sort of hearing is almost like I took too much misuse and abuse for too long. You know from a little we talked about. My sense was maybe it's because you know, I kept wishing for and hoping for the family I never had the father I never had and to give my children the things I never had but somehow for that reason I was willing to take more abuse than I really should have before I mean, I don't know if that's ...?</b></p>	<p>24/31/44/ 50</p>
<p>Cliente: You know, basically, it's not really good to stay in a relationship just for the children, because they're going, once they get a little older, they're going to realize and understand there's [00:21:05] tension there. They're going to realize that mommy and daddy are not as close as they used to be or not. Just like they used to be they're going to see that and it really unfortunately doesn't make a difference for us to still live in the home when we're going to be distant and we're showing our children.</p>	<p>10/18/50</p>

<p><b>Terapeuta: Yeah, and before it was almost like you will almost like willing to compromise your own happiness and just to stay together, but you're saying now really you've got to be happy and it has to be a harmonious home, is not good holding together a home that isn't really loving and supporter.</b></p> <p>Cliente : Yes, because then the children unfortunately the parents are the children's role models. And if they see that then they accept they accept that type of behavior in the world, and I don't want son or my daughter thinking that when you're in a relationship, there is no intimacy. There is no closeness. There is [00:22:05] no family unity or anything. I don't want them to think that.</p>	10/44
<p><b>Terapeuta: yeah. Yes. I don't want to provide that role, as sort of a negative role model and somehow before I wasn't that sure of that. I mean, it's just what I'm sort of focusing on that somehow before there was the sense of doubt.</b></p> <p>Cliente : Yes, before I felt that maybe he would change or maybe things would change or maybe because I was just starting to work again that things would change and he would you know, act a little better, but unfortunately, he didn't change, he's just you know, he's I guess basically he was someone that I met but then as the marriage progressed the real true nature of his character came out and [00:23:05] this is the person I'm living with now.</p>	31/40
<p><b>Terapeuta: Yeah. And what I'm trying to get a sense of his what you can carry away with you. For yourself, so that you don't get into repeating it or you know, I mean, it's like what, what can you learn from this about you?</b></p> <p>Cliente : Well, what I can learn from this experience about me is it's a very unfortunate situation, but when we met I think I was just too eager to settle down because we met I was in my mid-30s and I just felt that you know, he was the first to ask to marry him and I just felt that I said, yes, but I really didn't know him. I didn't take the time to get to know him or anything. We basically knew each other maybe a couple of months and then [00:24:05] we ended up getting married at the end of the year. So...</p>	18
<p><b>Terapeuta: I see so that's really the important part, right.</b></p> <p>Cliente : to get to know someone to find it and that's so much is to live with them because if you live with them then you're giving up the commitment and the right to say that I'm worth more than just living with you.</p> <p><b>Terapeuta: I see what you say. Yeah. I had to really get to know somebody and not jump too quickly and to marriage, right? And that's what I really want to take from this.</b></p>	31/44/51
<p>Cliente : Yes, because that is a lesson learned. Like I said, unfortunately, he was basically the first the first person to asked me to marry him and I don't know why I felt that he was my last chance. But at the same time he was very nice. He did everything</p>	18/31/44

<p>right and he wanted to be very supportive of me and he just did [00:25:05] everything right.</p> <p><b>Terapeuta: Right, right. So, really he seemed right, that also I was concerned, I wanted to get married, settle down and so I sort of took it on a it would have been better had I really got to know him better or something along that line.</b></p> <p>Cliente : because I think had I gotten to know him better. I probably wouldn't have to marry them because then I would have saw things that I didn't like and accept because he feels that he can still have female friends. But if I have male friends then there's a problem.</p>	<p>10/31/44</p>
<p><b>Terapeuta: So he wasn't really, he didn't have a level playing field or wasn't equal and there would things I'd begin to see about him.</b></p> <p>Cliente: Yes, because of his employ. He felt that he could, you know have female friends because of what he does and women may need his services, but then at the same [00:26:05] time, I don't think you should call people after hours just to talk to them or another thing that I really really cannot stand is if we have a problem he goes to a female friend outside the the relationship to ask them what they would do versus...</p>	<p>10/31/44</p>
<p><b>Terapeuta: I see, he talks about us with another woman who I don't feel, so they were all these things that we're going on that you're sort of saying is part of the abusive, I think, but somehow, I just kept tolerating it'll kind of enduring it, because I wanted to hold it together. I just hope to make it work?</b></p> <p>Cliente : Well, I feel that I am doing it because not so much is to hold it together, but I think because I felt that maybe because of the job situation that he would change because I wasn't working [00:27:05] for the past six years and I just started working. I felt that maybe he would you know respect that and maybe act a little differently towards me but then as the week's progressed, I noticed that there wasn't any change if anything, you know, he changed sometimes you know, he might say something "Oh, this is good", but then here comes five other insults, so the good thing actually is buried under the five of the insults.</p>	<p>10/31/50</p>
<p><b>Terapeuta: yeah. yeah, yeah, yeah, but I'm wondering also, you know because you see it like now going out and finding that people do find you attractive and interesting and confident that some of your own self-worth, you know, firstly it's been it was damaged in the marriage by him putting you down and insulting you but also the feeling like it was your last chance and somehow they're your own self-worth was all involved [00:28:05] in all of this and that that's the important thing for you to know that you are valuable and you are</b></p>	<p></p>

<p><b>valued and you have this other friend now who is there for you and supports you so that somehow within the marriage you got into the position of your self-esteem yourself worth being really eroded because of some maybe vulnerability and you, you know, some doubt in you about you that let you get involved in that. I mean, I don't know. I'm just asking that.</b></p> <p>Cliente : Well, actually, he manipulated me financially basically, is like because I didn't work everything I might have wanted, he decided if I could have it or not. Say for instance. I wanted to go out and maybe go shopping or maybe have my hair done or my nails done. If you felt that that wasn't that wouldn't be [00:29:05] something that we would need to do or we need to pay a bill or something then it will his decision.</p>	
<p><b>Terapeuta: So, he would sort of take control but also he would start depriving you of things or sort of some it. Does this relate at all to your own childhood, to your own? You know, I mean, that's somewhere you learn that it wasn't easy to get the respect and value you need it? And I'm just trying to help understand which is part of the issue of therapy, right, of trying to learn more about yourself so that you don't get into it again. It was there's something about your own childhood and upbringing?</b></p>	31/32/41
<p>Cliente : Well, I think basically unfortunately because my father wasn't there that I really didn't have a stable father figure and I think because of that relationship wise [00:30:05] when I did go seeking relationships, I really didn't have a template to actually.</p> <p><b>Terapeuta: Yeah, to know how it is how I should be treated. But so then is it like I let myself I took too much because somehow I kept... Why didn't know what a good relationship should look like or ?</b></p>	31/44
<p>Cliente : I think my first mistake was leaving my job and staying home. That was my first mistake. When I had the first child. I think if I had stayed home, maybe a year, two at the most, then I think our marriage wouldn't be on the the ground that it is on.</p> <p><b>Terapeuta: Yeah, so, why did you stay at home that along or how did that happen?</b></p>	40
<p>Cliente : Because he manipulated the situation and he wanted me to stay at home and plus he was working and working on a outside job and he had a full-time position. So,he had more than enough money to have me stay at [00:31:05] home. I didn't need to work.</p> <p><b>Terapeuta: Yeah, so how did you let yourself be manipulated or what? You know, what in you lead you to be manipulated or... I understand, it was, you know, it was difficult, but how come that happened do you think?</b></p>	18/40
<p>Cliente : well, I think the fact of the matter was that financially I didn't have any money saved.</p>	10

<p><b>Terapeuta: So you were kind of powerless in a way.</b></p>	10
<p>Cliente : Yes. Unfortunately, I let too many things go as far as him talking to other women whether it be business or just having female friends.</p>	
<p><b>Terapeuta: So that was starting to upset you. You noticed it, but you would let it go.</b></p>	
<p>Cliente : Yes, actually it upset at me, it upset me probably two weeks after we were married she had a friend who every time you would look around she's calling him [00:32:05] my car broke down or I need this fixed or whatever and one time she called on I think it was Christmas Eve or something and you know,</p>	10/44
<p><b>Terapeuta: I see, so I started to feel like he really start to putting his attention in other places and even on Christmas Eve, but somehow I lit it go because....</b></p>	
<p>Cliente : I wasn't working, I was pregnant and basically we were I think we're at that point we were still in the growing stages of being married, unfortunately.</p>	31/40
<p><b>Terapeuta: So first I was quite dependent on him. And so we were in the growing stages of being married and that meant that, what?</b></p>	
<p>Cliente : well, I think that's basically what his plan was to marry me, have me quit my job and be totally manipulating.</p>	10
<p><b>Terapeuta: Keep me at home, in the kitchen so to speak [00:33:05] and dependent and then just do whatever he wanted.</b></p>	
<p>Cliente : Yes, go come home whenever he wanted and then if I questioned it then it's like oh, well, I'm out working. What are you doing? You're not adding anything to the the household expenses. I'm working 12 15 hours a day...</p>	18/31/46
<p><b>Terapeuta: But then that must have eaten away at your own self-confidence. I mean if you live in that kind of environment you keep getting that criticism. It's difficult, right? Did it...</b></p>	
<p>Cliente : those that, those were the early years like I think the first probably to two years. It was like that where he was critical, but then he would always snap back and apologize or I would go on a trip or you know, he would do something.</p>	10/44
<p><b>Terapeuta: So this kind of the push-pull but it's part of the abuse almost you know, it's like treat me bad and then treat me good, when you treat me good. [00:34:05] then I sort of forgive and I try to work it out. But what you're saying is now I won't be fooled by any kind of good science because I know there's so much more bad than there is good.</b></p>	
<p>Cliente : Yes, exactly because I know that basically as I stated, I really feel that you're trying to railroad me out of the door, but at the same time the kids he's he loves the kids, but the kids will go with me because he can't take care of them. He can't get them</p>	

<p>together in the morning. He can't do anything for them. So I will be totally responsible for them. Now he can come and see them. But other than that, he wouldn't have any he couldn't do anything with them.</p>	
<p><b>Terapeuta: Yeah, I understand. So, you know, we've talked about different facets of this and all of it. Why don't we try something different [00:35:05] now, which is to have you maybe just slow down a little and if you're willing even close your eyes if you want, but go inside to that place inside you where you feel your feelings, right? You know and they're all these pieces of it and so on but what are you feeling about it all right now? What's most, what's the clue the most important thing right now?</b></p>	<p>32/47</p>
<p>Cliente: Leaving</p>	
<p><b>Terapeuta: yeah. Yeah, I'm leaving. And you are very... you can actually feel like sort of inside of you where you feel your feelings right?</b></p>	<p>47</p>
<p>Cliente : leaving, starting over, receiving what I need and not being mentally abused on a daily basis.</p>	
<p>Terapeuta: Yeah. Yeah.</p>	<p>31</p>
<p>Cliente : I've basically wear [00:36:05] that on my sleeve. I don't have to go inside.</p>	
<p><b>Terapeuta: Inside. Yeah. Yeah.</b></p>	
<p>Cliente: I know exactly what I want and I'm not receiving it.</p>	
<p><b>Terapeuta: Yeah, and so you're saying it's just so clear for me, right? It is just on my sleeve. I don't even have to go in there to sort of ask myself. Yeah, and I am feeling, I mean they're going to be real world complications, or you know complexities to deal with but I'm feeling clear, right? That's the message you are sending and you're feeling, right?</b></p>	<p>10/44</p>
<p>Cliente : Yes, because I mean what what can you do to me? I mean you can fight for custody, true enough. But if you fight for custody we can have you know, you can have partial custody, but you can't do anything with them. You won't be able to take them to school, pick them up or do any of that so you just might as well just leave them with me and then you can see them from time to time and that's that but [00:37:05] at the same time I just feel that just to continue to have this type of relationship year after year. It would force me to go outside of my marriage to look for comfort and and up some security, it really would.</p>	<p>31/44</p>
<p><b>Terapeuta: Yeah, I really hear that to have this year after year could just be you know, you're saying it's an intolerable situation. I won't tolerate it anymore. Yeah.</b></p>	
<p>Cliente : No, because it's very like I said as far as I'm concerned it's just a matter of time but as you know, I really don't understand</p>	
	<p>10/34</p>

<p>why he is playing this game because It's been like this for a while, you know.</p> <p><b>Terapeuta: There's such a strong sense of having been manipulated and being manipulated which is so much the opposite of what you really want to need which is to be understood and to be valued and respected. Is there a manipulation [00:38:06], is the worst thing, right?</b></p> <p>Cliente : Yes, it can be, because I feel that you're being disrespectful when you manipulate me or say things to me thinking that oh, well, she doesn't have a choice. What is she going to do? She doesn't have any place to go. So, she just has to you know continue to take this and I think one that day does come where I can say that I'm leaving and I have enough money saved financially or have a place to go then I think he really will be shot. Yeah, because he will not expect it and I don't understand why he wouldn't expect it.</p>	<p>31/44</p>
<p><b>Terapeuta: But also have the sense of almost this sort of triumph from you. I had breaking from not going to allow myself to be manipulated anymore and I'm no longer dependent on you.</b></p> <p>Cliente : No, because sooner or later the job that I have now, there is [00:39:06] room for advancement. So therefore, I could turn to be full-time or be in a position where I'm making more and having more responsibility, so I'm really looking forward to that.</p> <p><b>Terapeuta: Good. Right, right. So, we will need to end off in a few minutes. Is there anything more you want to say before we end up for today? I mean, I'm hearing this a lot of clarity and you know, it's a real progression since we last met over the last few times where you've been struggling with the decision.</b></p>	<p>1/7/14/52</p>
<p>Cliente : Yes, but I think I was just timid basically, but as I stated that the job has given me so much, so much incentive is like a rebirth of my whole being because being at home for the past six years and being day [00:40:06] in and day out and the redundancy of just having him come in whenever he wants to and then I'm just there and then you only give me so much money and whenever I spend anything you want to know where I spend, what I spend it on and this that and the other ...</p> <p><b>Terapeuta: You were kept in a dependent position. Right, so that would job is being really a breath of fresh air and opened up new possibilities. Yes. Yeah, so it must actually feel wonderful.</b></p> <p>Cliente : Yes, to be able to go and and if I want to have something done for me I can say okay. I can go to the bank and take some money out and go have something done for me without his permission, but then he still wants to be manipulating of my money or whatever and you know now it's gotten to the point</p>	<p>18/31</p>

<p>where he doesn't want to know how much I make and I really feel that if by us being married it shouldn't be that [00:41:06] way. I shouldn't have a bank account. You have a bank account. I don't know how much money you have. You don't know how much money I had.</p>	10
<p><b>Terapeuta: You're saying this is just a symbol of s not really being together.</b></p>	1/18
<p>Cliente: Together, right.</p>	
<p><b>Terapeuta: Ok, so, well' see where you are with this next week, you know, it's an opportunity to sort of check in again and see that this is I'm sure it will be you know, but that you still feeling this clear and this solid.</b></p>	18
<p>Cliente : Yes. Maybe I'll graduate by next week.</p>	
<p><b>Terapeuta: Right, okay good. So, thank you.</b></p>	18
<p>Cliente: You're welcome.</p>	
<p><b>Terapeuta: Alright, good.</b></p>	

**MULTI: Jeanne Watson**

<b>COTAÇÃO Jeanne Watson (1ª sessão)</b>	<b>Cotação</b>
T: Hi, Michelle, how are you?	18
P: I'm doing well. How about yourself?	
T: Fine. Thank you. Good. So, what brings you in today?	14/18
P: Well, I don't really know exactly how to deal with my emotions. I find myself to be emotionally distant to pretty much everything that seems to be what works out best for me to get through my day to day	
T: do you feel a little disconnected kind of cut wool.	11/46
P: Yeah	
T: people around, things around you	10
P: Yeah, it's, I guess it's easier for me to just disconnect and distance myself from people than to try and deal with it directly. When I do try to do that I feel like I really don't get anywhere and I just kind of go in circles (2:00)	
T: So, it's somehow frustrating and you try to deal directly and something goes wrong or doesn't feel right.	11/36
P: Yeah, exactly. I've probably been this way since I was maybe. 13 14, 15 years old. So I just I haven't I mean I have emotions obviously and you know, I do try to connect with people and I do have instances where I feel connected to people but when they're not around and I'm kind of with myself and my own thoughts. I just I feel very disconnected and I don't really know, especially, with things that certain like experiences that I've had in my life that are considered maybe traumatic or you know not good experiences to have. I definitely feel very disconnected emotionally from those. (3:00) [00:15:39]	
T: Uh-huh.	
P: And that seems to be the best way that I can handle it, but I feel like there's just so much Building inside that I just don't know really how to let it out and express it.	
T: So as part of you sort of sounds like you've kept a lid on your feelings	10/36
P: pretty much	
T: And even sounds like you say, a lot of bad things, very difficult, things have happened.	10
P: Yeah,	
T: And that's been one way of coping with them, is to shut them down.	10/36
P: That's probably the best way that I've been able to. Yeah,	
T: But you haven't sense it might explode. Just that it's hard to keep that lid first down.	10
P: It's it's mix a lot of like other things that you experience in life to be even more difficult than what they are. That's what (4:00) [00:16:39] I found. You know, when something doesn't necessarily go the way I want or there seems to be a problem with something, it's not I don't necessarily react to just that problem. It's like, everything kind of comes out and I react to everything. And I overreact, because I don't necessarily know, like, I understand how, you know, you can deal with a problem and kind of work through it. But the one thing that I've never been able to precisely understand is the, Let Go part and kind of deal with it part, like people say it. It's time to let go or it's time to deal with it. And the actual process of that is where I just get lost and it's just easier just to kind of not think about it.	
T: So so one way you cope is just to kind of push it aside, but I don't even see if I understand (5:00) [00:17:39] what you just said that that sometimes our little things or things that happen in your daily life can trigger you and it seems like to you that your reactions is maybe bigger then the little thing might call forward. But somehow it's hard to bring it down. Is that... have I understood correctly?	31/36
P: Yeah, I would say that's pretty accurate, you know, like, for example, like relationship problems. You know, I understand that in all relationships, you know, lying is a bad thing, but there's certain Little White Lies or certain things that are best kept quiet, for the sake of the relationship.	
T: Right	
P: And even though in a normal relationship, I don't know something as silly as (6:00) [00:18:39] I'm not going to tell my girlfriend, that I went to this restaurant with my last girlfriend, you know, it's and it's normal for people to kind of keep that secret. Or it's not even a secret they just don't mention it. But for me, something like that. can be a very big trigger to well now, I can't trust this person at all. So it's something that should be a small problem. And I know that it's it shouldn't even be a problem at all. I tend to overreact and it's it just makes me like completely distraught because I feel like they're lying to me or they're, you know, I feel like I can't trust them too.	
T: So having people be truthful with you. It's very, very, very important	10
P: very much. So This	
T: So there's this part of you that's very sensitive to people not being trustworthy, betraying you (07:00) [00:19:39].	10/11

<p>P: Yeah. I'm very sensitive to people betraying me. I find it very difficult to trust anybody. I'm not a very trusting person at all. I mean, in my life I've even like the core people like family. You're supposed to always be able to trust your family. That's been proven to me time and time again. That that's not even really the case. So it kind of comes up with me in the sense of well, if I can't even trust them and I'm supposed to be able to how can I trust anybody? I feel like it's really hard to trust,</p>	10
<p><b>T: So somehow the people you really supposed to be able to count on have somehow let you down.</b></p>	
<p>P: Yeah. Yeah, everybody except for my father, everybody (08:00) [00:20:39] in my family at one point or another is completely betrayed me and left me for really no reason. Nothing that I did. My sister's stopped talking to me when I was about 15 years old and they didn't start talking to me again for about eight or nine years. And, I didn't really do anything to deserve that abandonment at all.</p>	10/31/50
<p><b>T: Right, so they just suddenly cut off stopped calling. Were they at home?</b></p>	
<p>P: They're about 10 years older than I am but I grew up in a very close family.</p>	
<p>T: Yeah.</p>	
<p>P: I grew up in a huge house with my two sisters. My mom, my dad, my uncle lived there and there was an attached house to it that my grandparents lived in. So, you know, growing up. I had (09:00) [00:21:39] very strong, family connection, and as time went on. Everybody just kind of left me, but it's not in the sense that they're going on with their lives. And, you know, they get married and they move out or something like that, but they just, Completely abandoned me and my mother, even, I remember she used to run away from home all the time. My parents didn't have the best relationship</p>	
<p>T: Right</p>	
<p>P: but</p>	10
<p><b>T: They had had a difficult relationship. It was rocky.</b></p>	
<p>P: Yeah, it was but it wasn't like she was being abused or anything like that. She just for some reason. I don't think she ever even wanted to be a mother. I think she just wanted to be an 18 year old. Party all the time.</p>	10/31/50
<p><b>T: Oh, you sense she didn't want to be a parent and it was hard for her to parent you. So that meant that she was, you say running away?.... She would just take off? (10:00) [00:22:39]</b></p>	
<p>P: Yeah, she would run away and my dad would have to try and find her and he would find her, you know, at a bar or something like that, which I never knew my mother to be that kind of person. You know, my mother was always kind of like, You know, Susie Homemaker, you know, she was always really nice and motherly, but you know, my she would she would run away and she'd be drinking doing drugs and things like that. My dad would have to go save her</p>	10
<p><b>T: And you knew about that. I mean you'd know about her running away.</b></p>	
<p>P: Yeah, I remember days where she would drop me off at school and the hugs would be longer than usual. And I would feel odd about it, and I'd call. In the middle of the day and say I had a stomachache or something and my grandpa would come pick me up and say, yeah, your mom ran away again.</p>	10/19
<p><b>T: So you even got to the point where you would know when was going to happen. (11:00) [00:23:39]</b></p>	
<p>P: Yeah</p>	10
<p><b>T: you would... her behaviour would let you know.</b></p>	
<p>P: Yeah.</p>	40
<p><b>T: So what was that like for you?</b></p>	
<p>P: I guess it. I don't remember necessarily how it felt at the beginning because it got to be such a consistent thing. I mean it wasn't like every week, but it happened so often to the point where it just because I got used to it and I was like, okay. Well that's just her doing what she does again. And I guess I accepted it that that's how she is but I never really thought about how it affected me.</p>	10/19
<p><b>T: So, that is just the way it was. It's sort of became the norm.</b></p>	
<p>P: yeah</p>	40
<p><b>T: So was there any... There was nobody there for you in sense of helping you with that?</b></p>	
<p>P: Well, my my dad was always there (12:00) [00:24:39] for me. And, you know, he would be the one to sit me down and say, do you want me to go get her if you want me to, I'll go get her, you know, and it always kind of became he wanted to try and keep everything together for my sake, and my sister's sake. So, he kind of sacrificed his own feelings in that sense. And the one place that I could really go to and I didn't have to think about any of that stuff was my grandpa and my grandpa was probably the most close to</p>	31
<p><b>T: You were close to to him?</b></p>	
<p>P: very much. So,</p>	31
<p><b>T: this is your dad's?</b></p>	
<p>P: Yeah.</p>	
<p>T: Father</p>	
<p>P: my dad's father.</p>	
<p><b>T: Oh, so you'd go to him for comfort or support.</b></p>	10

P: Yeah. Yeah. I was always next door at my grandpa's house. And he was my favorite person to spend time with and he died in 2005 and it was very unexpected.	10
T: It was a shock.	
P: It was very (13:00) [00:25:39] much a shock and it's something that I still find difficult talking about and I don't think I've really dealt with, I haven't really accepted that because it's a different kind of abandonment.	
T: Sure	
P: So	10/50
T: You can't go back and bring him back.	
P: Yeah,	
T: You've mentioned a number of things. You've talked about your sisters kind of cutting off and not speaking to you. For about 10 years. You mentioned, your mom taking off. And Dad asking you, if you want to, if you needed him to go back and get her. You've also mentioned your granddad and how you don't feel that's finished. You teared up a little. I'm wondering. Would you would you, do want to work with Granddad today? (14:00) [00:26:39] Would you want to? We could try an exercise where you imagine him in a chair. And maybe, say, express some of the things that you didn't get a chance to say to him. Because I'm imagining, you said it was sudden, right? So he was there one day and gone the next. Would you? Would you want to do that?	31/32/44/53
P: The thought of doing that, kind of like makes me feel kind of scared and kind of back away ish.	
T: Yeah.	
P: I mean, it's really difficult topic for me. I'm willing to try it but I'm just letting you know that I'm very hesitant about	
T: You feel hesitant about it and you feel scared about it. (15:00) [00:27:39]	10/16
P: Yeah	18/31
T: But would you like to try and we can stop at any time that you want to stop?	
P: Yeah,	18
T: We don't have to	
P: I guess it's one of those things where, I never, really show my real emotions with things, and so when, it comes to a point, where there's a chance that I can actually show how I really feel, it's kind of scary.	31
T: Of course, It's scary.	
P: So	10/19/31
T: You're used to keeping those down and hidden, right?.	
P: Yeah, But we can, we	31
T: do you want to try?	
P: Yeah.	
T: All right. So, what I'm going to do then, is that we do move this table, and I'm going to bring that chair, because I'm going to put myself out of the way, and bring this chair up for us so that, we can see what happens, right? So what I'm going to ask you to do is, can you imagine your granddad here?... (16:00) [00:28:41] Can you give, ...me a sense of what he looks like? Give me him, so, I can maybe see visualize in there, too.	4/44
P: He was... he Use really, old-fashioned.	31
T: He was old-fashioned?	
P: Yeah, so he always had dress pants on.	
T: Yes	
P: like a button-down dress shirt.	
T: Yes.	
P: It was a very Italian.	
T: Ahhhh,	
P: So	
T: Okay	
P: he had a big gold chain.	
T: Yes	
P: you know, big cross.	
T: Hmm.	
P: And he always had very stylish shoes,	31
T: stylish shoes...	
P: And he, the last man I've ever known to polish shoes.	31
T: So he polished them...	
P: Yeah,	10/18
T: So, he was very, very well smart, stylish.	
P: He was very stylish.	
T: Yes.	
P: And	31

T: And what did he, what did he look like, was he a tall man, (17:00) [00:29:41] was he medium height? What did he...	
P: He was he was probably, Like around five six or so,	31
T: Yeah, five, six, slim?	
P: Yeah, he wasn't terribly skinny	
T: No	
P: it was pretty average	31
T: He was average in height and build.	
P: Yeah. He was really strong.	4/31
T: He was strong. He was very, very strong. And if you imagined him here, what's the expression on his face when you see him with you?	
P: he's crying.	31
T: He's crying. What's he saying? What's he crying about? He's sad to see you?	
P: he's sad to see me, because he misses me.	31
T: He misses you	
P: He knows how much I miss him.	11/40
T: Yeah, I see that you teared up about him. (18:00) [00:30:41] So when you see him sitting there, crying as he's looking at you. What's happening in you? Are you feeling sad or?	
P: I just feel absolutely distraught.	31
T: You feel distraught.	
P: Yeah	11/40/44
T: So what do...you want to say to him? What do you want to say to him? Why did you go? What what's the distraught feeling?	
P: When he ..., he went in for a routine routine, procedure to... look inside of him for something that was wrong, and ... Before he went in	
T: Yes	
P: you know, he, he used to go to the doctor all the time for those sorts of things. So, it kind of was no big deal. I think it was a big deal. But before he went in, (19:00) [00:31:41] he started to cry and he told me not to cry, not to be sad. And that was... the last time he was really conscious with me, and he was in the hospital for a while. Just being kept alive, trying to kind of forgetting his strength, but he was he was kind of left unconscious and... his last words, were he came out of unconsciousness, for just a little bit, just to say my name, and call for me.	31
T: So he called for you before he died.	
P: Yeah	31/44
T: so, what do you, what did you want to say to him? You... "I didn't expect you to go. I I didn't realize it was serious." What did, what are you saying to him? "I thought this was just a routine procedure."	
P: I, I, really, wasn't ready to lose you, at all. (20:00)	31
T: Noo, not re...	
P: I didn't expect to lose you.	31/44
T: I wasn't expecting to lose you... such a shock.	
P: I just wish I had spent more time with you.	24/44
T: I wish it had more time with you. Mmm. I wish I'd had more time with you.	
P: It's just one of those things were you really you think that you are going to have more time, ... you know, but people can go in any moment. They really...	
T: People can go at any moment. So what are you saying It's "you made me realize how fragile, how, how someone can be snatched from me"? What are you saying to him? (21:00) [00:33:41] I Wish I'd had warning.	24/31/44
P: Yeah. Yeah, if he showed up that morning.	
T: What would you have done if you did? What would you, what would you wish you have said to him? What would you want him to know Michelle?	24/31
P: I want to know.... That he's always going to be my favorite person.	40/44
T: You're my favorite person. How come he's your favorite person? What did he give you?	
P: He always loves me unconditionally and... I mean, he always, he always tried to give me everything I wanted.	
T: Yeah	
P: you know, it's it was something that, I, I know that he would, I mean, he would go through, and he would max out credit cards to get me something that he knew I really wanted. And it was never something that I took for granted. I always appreciated that it and I always felt really bad taking gifts from him because I know, I know he didn't have much. (22:00) [00:34:41]	
	11/31/44

T: So, I felt, that, did he know that? I used to feel so bad, taking the gifts that you would seek and hunter out for me because, because I knew you couldn't afford it. But, but you made me feel special. I really, really do, you loved me.	
P: I really did. He always tried to give me the best things and, ...I really appreciate it.	31/44
T: So I really appreciated. What did you call him Grandpa?	44
P: Yeah. I called him grandpa.	10/44/54
T: I really appreciated it Grandpa.	
P: I really appreciated it Grandpa.	
T: I knew how much you loved me.	
P: I definitely knew how much you loved me. (23:00) [00:35:46]	31
T: What else do you want to say him?	24/40/44
P: I don't know. I just I just felt like I had more time.	
T: I wish I'd had more time with you. What would you done with the time? What did you want to do it?	
P: I would have spent more time playing cards together.	24/44
T: I wanted, I wished we had more time to play cards together. I wish I had more time to hang out with you	
P: Yeah, I wish I had more time to hang out with you. He... I suffer from insomnia pretty bad. But anytime he was near, I would lay down and he would rub my head and I would fall asleep instantly.	44
T: So, I remember those times. I remember those times when I couldn't sleep, and I would, be close to you and I would rub my head and take care of me. (24:00)	
P: He could always make [00:36:46] me fall asleep.	31/44
T: You could make me fall to sleep. You could chase the way my cares.	10/31/44
P: He made me feel very safe.	
T: You made me feel so safe. And they weren't many safe places. So, So, I trusted you.	
P: I very much trusted in my travels. I never had to question him leaving. I knew he'd never leave.	10/44/50
T: I knew you wouldn't leave. So, it was a shock when he did	
P: it was, and I know he didn't want to	44/50
T: Of course you do, but it was a shock. I always trusted you'd be there. I didn't expect that you'd be taken away.	10/44
P: No, I didn't expect it.	
T: I miss you.	
P: I miss you terribly.	31
T: I miss you terribly. Yes. (25:00)	
P: I just wish there was something that I could have done, because, [00:37:48] he still had so much time, and I know how much he wanted to say. But there's nothing I could have done. I didn't have any control over it.	24/31
T: So I wish I could have, what you would, you wish you could have done? What do you what do you say when you say, I wish I could have done something. Wish you could have healed him? What do you say?	
P: I would have gladly sacrificed myself so he could live.	10/24/44
T: I wish I could have helped you to live, I wish I could have changed. What happened to you? I would have given you my life.	
P: I Would've, I would've. I, I always prayed. (26:00) From as early I can remember. I remember that one prayer was to God if anything needed [00:38:48] to happen to anybody. Let it happen to me. I didn't want anybody else to have to go through anything.	10/44
T: I never wanted harm to come to you and never wanted you to be in pain. I always wanted to take on the pain. Hmm...	
P: Very much.	31/44
T: So I'm sorry you're in pain, is that what you saying to him?	
P: Yeah,	10/44
T: I'm sorry. It was painful at the end.	
P: I'm sorry. It was so painful. I wish I could have done more. I wish. it would have it taken more seriously and not just another routine.	24/44
T: I wish you had realized how serious it was. I wish I'd known how serious it was and not just seeing it as something routine and treated it so casually. Mmm, (27:00)	
P: how he keep even knew how serious was or what they were even looking for. He was hard of hearing and ..	
T: Say...	
P: nobody went with him to the doctor.	31
T: Nobody went with him to the doctor.	
P: Well, he would go all the time on his own, but he never, you know, he never wanted to bother anybody. So he would go to the doctor on his own and it's not like he could really hear that well, so, who knows if he even knew what was wrong with him?	44
T: So, I don't know if you even knew what was wrong.	

P: I don't think he knew what was happening and he didn't even have time to prepare.	
T: I don't think you had time to prepare. So, ... Can I ask you to come over here? ... What is, what does Grandpa's say when he hears Michelle's saying I (28:00) I miss you so much. You you were the one person who could make me fall asleep. You're the one person who made me feel safe. I just wish... I just wish. We did more time together. What do you say to her?	31/44
P: I would say, don't cry. Everything's going to be okay.	31
T: Everything's going to be okay	31
P: And I'm always going to be with you.	
T: Haaa, I'll always be with you.	
P: I always told you if there was ever a way... that... I'd come back and haunt you.	31/44
T: So, what are you saying I'm watching over you?	
P: Yeah, he is watching over me	1/44
T: So tell him I'm watching over you.	
P: I'm watching over you. I'm watching over you and I love you very much.	
T: Yes. (29:00) I'm watching over you and I love you very much. Mmm-hmm.	31
P: And, even though I'm not here physically. I still haven't left you.	10/44
T: I haven't gone away and maybe, my body may have gone, but my spirit is here with looking out for you.	10/44
P: Yeah,	
T: and I love you. Mmm.	
P: Yeah.	11/40/44
T: Come here (a paciente troca de cadeira). How does it feel to hear, when you hear him say: I love you very much. And I'm here looking out over you.	
P: It feels very comforting.	31/46
T: It feels comforting inside?	
P: Yeah, it does.	18/44
T: So that's good to know. I'm glad you there.	
P: Yeah, I'm very glad to have him.	
T: Yes.	
P: I know. I've, I've felt him.	
T: Yes	
P: since he's been gone. (30:00) I know he's there. I know he loves me.	
T: Yeah	
P: And I'm trying to be strong. You want me to be.	31/44
T.: So I know you want me to be strong and I'm trying to be strong.	
P: Yeah, I'm trying to be strong. I just find it so hard to ... not be able to see you every day.	10/44
T: I miss you so much. Is so hard not seeing you every day.	
P: It's so hard not seeing you every day...	24/44
T: So I wish, I wish I could see you.	
P: I wish I could see you, I do. But I know that you're here with me,	31/40/44
T: But I know you're here. How do you know (31:00) he's here with you?	
P: I can hear him and... so many different ways.	
T: So you have his voice. You hear his voice. Yeah, so I remember all the things you told me, all the things you told me, is that what you're saying?	10/31/44
P: Yeah, I remember everything that he taught me.	
T: Yeah.	
P: everything that, You know, he told me I should have certain standards. To try and be happy and	
T: So, I'm trying to be happy and, and I'm holding to your standards?... I'm trying to trying to live up to you standard	10/31/44
P: I'm trying to live up to your standards, And I hope that you're proud of the decisions that I've made. And I hope you're proud of what become.	31/44/54
T: So I want to make you proud and I hope you are. I hope you're proud of me. (32:00)	
P: I hope you're proud of me.	
T: Mhm. Okay. Come here. (pede para troca de cadeiras). ...What does he say? I hear you and I try to live up to your standards, and I really love you and I hope you're proud of me. What do you say to her?	40/44
P: Of course I'm proud of you.	31/40/44
T: Yes, of course I'm proud of you. Mmm-hmm. What are you proud about it? About her?...	
P: I'm proud that you always stick to your guns.	
T: Hmm. So she's resilient, strong, she says what she's going to do? Stick to her guns.	10/31
P: Yeah, she doesn't...	
T: waver.	

P: No, she doesn't take anything that... she doesn't want.	
T: Yes	
P: doesn't take... if she's not happy with the answer, she tries to find an answer she is happy with. (33:00)	10/44
T: Uh-huh. So you keep searching, you persevere, you look for the right answers.	
P: Yeah.	10/44
T: And I'm proud of you about that.	
P: I am proud of you.	
T: I'm proud of you (pede para trocar de cadeiras) ...So, how does it feel when you hear him saying: I am proud of you?	31/40/44
P: it feels very comforting.	
T: Mmm-hmm. It's,	
P: you know, I'm doing the right thing.	40
T: It feels like you're doing the right thing?	
P: Yeah,	
T: uh-huh. What that's happening in your body Michelle? How's it feeling in there now?	40/47
P: I'm feeling a sense of relief.	14/31
T: You feel a little bit of a sense of relief. Is there anything else you want to say to him before? (34:00)	
P: Just how much I miss him and love him.	
T: I miss you so much and love you so much	31/44
P: very, very much	31
T: very, very much.	
P: And you'll always [00:46:50] be with me	31/44/47
T: and you'll always be with me... (Terapeuta volta para o lugar do inicio da sessão) How was that? How are you feeling?	
P: I do feel a sense of relief and I feel a little lighter.	31
T: You feel a litter lighter	
P: Yeah	10
T: Because you know, you can carry him and hold on to him.	
P: Yeah, he's always been a very hard topic to talk about.	10
T: It's been hard to talk about him (35:00)	
P: very much.	31
T: How come?	
P: Just because I loved him so much.	18
T: of course you did.	
P: and I wish even, I had at [00:47:50] the hospital more. I was right next to him with especially when he when he died.	
T: Right. So you wish you could just see more when he was in the hospital.	10/24
P: I wish I could have been there to comfort him, when he died	10
T: Oh so, you'd like him to know that too.	
P: Yeah, so, you know, it's, he just was a very big part of a happy time in my life.	
T: Oh	
P: So	24/44
T: I'm going to move back here (a terapeuta volta para a cadeira do meio, para deixar a cadeira em frente da paciente livre). So can you tell him that? I wish I'd been at the hospital more. I wish I had been there when you were going through all that pain.	
P: I wish you. I wish you didn't have to go through all that alone. (36:00) I know Dad was there with you, but I should have been there too.	
T: I wish I had been there with you too. I know Dad was there, but I wish I'd been with you in those last days at the hospital.	24/31/44
P: I should have been with, there. Should have been with you there. And, I'm	10/44
T: I'm sorry, I wasn't there.	
P: I, terrible sorry that I wasn't there. I just wish I was there.	
T: (pede para a paciente trocar de cadeira). What does he say when you say: I wish I could have been here. I wish I'd been there to hospital in his last days with you, I wish I have been able to comfort you?	24/31/44
P: I don't know what he would say. (37:00) I think he would say that I was there even though I wasn't	10/44
T: I knew, so I carried you too, you are saying you were there with me.	
P: And he would say that I was there with him	
T: You were there with me. I carried you, just as you carrying me now. Hmm.	10/44
P: Yeah	40
T: Do you or do you not feel badly?	

P: Don't feel bad because, you were with me.	31/44
T: Mhm. Don't feel badly. You were there. You were with me so I know you loved me.	
P: Oh, he knew I loved him.	1/44
T: Tell her	
P: I know you love me, as much as I Loved You.	
T: Hmm.	
P: And still do.	
T: Mmm-hmm. So there's no need to be regretful or (38:00) [00:50:31] sad about that. You were with me.	10/44
P: There's no need to feel sad about it.	10/44
T: I knew you, loved me	
P: I knew you loved me, and I knew you were there.	40/44
T: Mmm. (pede para trocar de cadeira). How is that to hear him say, I know you love me and you were there with me at Hospital?	
P: It makes me feel better. That makes me feel better.	
T: That makes you feel better. There's a little relief there.	31
P: Yeah, there's relief....	
T: Mmm. (39:00)	
P: ...(silencio reflexivo) I know he's still with me. I, can feel his presence with me every day.	10
T: Right. So, you know, he's there every day with you.	10
P: I do	10
T: feel his presence and you carry him with you.	
P: Yeah. I do.	10
T: hmmm, hmmm, He's been very, very important for you.	
P: Very much.	1
T: You're going to have to be ending in about 9, 10 minutes.	
P: Okay.	47
T: How are you feeling right now?	
P: I don't feel that ... scaredness or distance that I did. (40:00) We first started talking about it	
T: Right.	
P: I do feel like a sense of resolve.	
T: Mmm. Does something feel shifted or something when you say a sense of resolve?	31/40
P: Yeah	
T: Yeah.	
P: Yeah. I mean, it's still a lot of strong feelings inside, but, I feel like I can at least talk about it now.	31
T: Hmm. You think you might be able to talk about him now.	
P: Yeah, because I mean, it was hard for me to even like tell people about it	31
T: So before it was hard before to tell people	
P: Yeah, I meant	31
T: You just kept quiet?	
P: I wouldn't elaborate I wouldn't talk about anything really. I would try and keep (41:00) it very simple. I didn't want to go into too much details because it just hurts so deeply to talk about it.	
T: Sure	
P: But what I'm doing in there is, I'm not keeping his memory alive when I don't talk about.	
T: So, that's the cost of just pushing the pain down. It seems he was disappearing from you. You want to be able to talk about him. You want to remember the good times with him and all the good memories because he was the happy part of your life, right?	27/31
P: Yeah.	
T: Yeah, so you were the happy part of my life. I need to talk about you, so that you are with me every day.	10/44
P: Yeah, I need to say it out loud and not just keep it to myself by... little scrap of paper that he gave me or something like that.	
T: Mmm. I want to stop hiding how I feel or stop hiding (42:00) my sadness. I want to talk more about you. I want to remember you more. Is that what you're saying?	31/44/54
P: I do. Yeah	
T: Yeah	
P: I do want to remember him more. I haven't even been able to visit his grave. It's, I can't even physically make the drive there. But someone should be there.	
T: So it's been so hard to go to your grave. It's just been so painful to visit the graveside, but, someone needs to go, someone needs to remember you, is that what you say?	31/44/50
P: I know my dad goes but	
T: Dad goes	31

P: But i think anybody else does	31
T: nobody else goes.	
P: I should be there to help support my dad, (43:00) and I should be there to help remember my grandpa	40
T: do you want to?	
P: I wish I could go, Yeah,	24/31/44
T: so I wish I wish, I wish (aponta para a cadeira vazia) could go to the gravesite. So, to remember you and to comfort dad. You think you can go or you not sure you can go?	
P: I mean, I'm very close with my dad, too, but I just, feels uncomfortable being this vulnerable in front of him.	10/44
T: Oh, so it's hard to let dad see how sad I am.	
P: It's hard to let anybody but especially my dad. I just, I don't know.	10/44
T: I'm not sure if dad could handle it. So I've been going, not going to the grave with dad because I didn't think he could handle how vulnerable I was. But I want I want to try to think about it. (44:00)	
P: Yeah, I do.	10/44
T: Okay, so I am going to see if I can do that. I'm gonna see if I can see if I can go to the graveside and and be with Dad.	
P: Yeah	1/40
T: We have to end in five, but I'm wondering do you really think it would be too hard for dad to see you sad about his dad, because your dad must be sad too.	
P: Oh, he's terribly sad too.	21/31
T: Don't think it would be okay to be sad together about Grandpa?	
P: It should be ok. Yeah, it's just it's hard for me to be vulnerable in front of anybody	10
T: In front of anyone, even dad.	
P: Ya.	10
T: Okay, so something to think about.	
P: Yeah, I think I'd have to go to the Grave by myself first.	31
T: You have to go to first by yourself.	
P: Yeah	
T: Uh-huh. (45:00)	10
P: and then...	
T: And then maybe you'd think about whether it's possible to go with dad or somebody else	10
P: Yeah	
T: But you want to visit him alone, first.	10/44
P: I do	
T: So, what is it you're going to say to him here. I'll visit the grave. I want to come and see you.	31
P: I'm gonna to come visit you, mmm. That's what I'm going to do.	
T: I'm going to come and visit you.	
P: I'm going to come visit you.	
T: Okay	47
P: yeah.	
T: There are more small tears in there.	31
P: Oh, there's a lot.	
T: There's a lot. Yeah	10/11
P: yeah,	
T: there still a lot of grief and missing, but	31/47
P: I'll, go visit him and (46:00) [00:58:46] I'll share that with, with him.	
T: You will share it with him, Okay.... (terapeuta troca de lugar) So, where are you at right now?	
P: My chest hurts a lot,	10
T: Of course, is tighten still	
P: yeah,	10
T: It's all tears there are still, captive in there.	
P: Yeah, they are.	
T: Hmm.	
P: But I feel like, I'm a step further than I have been in past couple of years, to, to really being able to come to an acceptance. (47:00)	7/10
T: It feels like a little step along the road that you've taken.	
P: Yeah, it really does.	
T: Okay, yeah.	
P: I think once I can really come to terms, with it I think that can contribute to a lot of other things in my life. And I think that could be opening for me to help them deal with other things too	10
T: how, so, coming to terms and dealing with his lost, might open door to dealing with the other things.	

P: Yeah. Hmm, I think so.	30/31
T: I think so too	
P: Yeah. I mean, it's never going to be an easy thing. That was somebody	10/18
T: Of course not it's, because is someone that you love that much. No.	
P: Yeah, he just mean the world to me. So (48:00)	10/18
T: Of course he did. He gave you a lot.	
P: Yeah.	
T: Hmm.	
P: I think it's a step.	7/10
T: It is the beginning. This is the beginning. This journey	
P: It a start.	10/18/31
T: And you know that you make him proud, and he loved you?	
P: Yeah,	10/18
T: And he lives with you. And he's giving you God posts.	
P: He is my guardian angel.	31
T: He's your guardian angel.	
P: Yeah.	
T: Mhm.	
P: Yeah, I know. He'll always be with me.	1
T: Okay. So we going to end soon	
P: okay.	
T: Okay (49:00)	
P: I wasn't expecting that crying at all.	31
T: You wasn't expecting to cry all	
P: No, I wasn't. I'm not a crier. So, that's kind of surprising, but he's sore topic.	10
T: Of course it is and it's a topic that does bring tears.	
P: Yeah.	10/31/53
T: Hmm. It's not so disconnected from your feelings, just not sure other people can be there, right?	
P: Yeah.	10
T: Your safety, you need safety for them (tears)	
P: Yeah.	10
T: It's important to have, for our feelings.	
P: Yes, it's important to not be so distant, when they can't leave at any time.	10/31/36
T: haa, So you'd like to find a way of being able to express them? Because you don't know how long you're going to have them? (50:00)	
P: Yeah,	10
T: So there's some people you do want to share those feelings with.	
P: Yeah. Yeah. That's something I'm going to have to work at. I really don't want to be so emotionally distant anymore.	10/18
T: No, you want to be more open and you want to be able to share them. Yeah, you're going to work on that.	
P: Yeah. I'm going to work on that.	10/18
T: Mhm. Okay, so that's another resolve.	
P: Yeah	
T: Mmm.	
P: Yeah. Yeah, sounds good.	
T: Okay, okay.	

**MULTI: Shari Geller**

COTAÇÃO Shari Geller (1ª sessão)	Cotação
<p>T: Hi Julie</p>	18
<p>P: yeah</p>	
<p>T: Well thank you for coming in today</p>	18
<p>P: sure</p>	
<p>T: So maybe you can tell me what brings you in and how I can help you today</p>	14
<p>P: I'm under stress I'm just trying to maintain a good mental state. I recently divorced, I have a son who's 3, I'm in school here GSU part-time and I also work full time just to find a steady balance to maintain that without getting too depressed or overwhelmed. I also dealt with going out without a father coming up and now I know what my son is in for and dealing with the same thing in my own childhood now that I'm divorced. I also dealt with being an only child which I hated and I only have one son now who no we didn't get on to having that second child due to the divorce when I would probably have gone and had the second want to be pregnant now (01:00) and now my son most likely will be you know a child. The thing is like I have a half-brother and sister who are my sister's eight years older than me my brother is 10 years older me for my father's first marriage I will fall myself fall in that same situation where if I ever do you get remarried by the time I do have children if I have children his brothers and sisters will be so much younger than him that it's like he grew up with like you know a child just like myself</p>	
<p>T: Yeah so you're seeing a lot of kind of his life in your life and you're concerned about both finding your own balance. Because there's so much you're dealing with as a single mom and the school but also seeing your son you know as an only child and worried about him growing up with other father and if he does have other siblings then the gap. And not wanting him to have the life you had it sounds like</p>	10/19
<p>P: exactly I see it's like it's just history repeating itself</p>	
<p>T: Yeah so it's like you're seeing this kind of happen again and somehow wanting it to be different for him (02:00) of course. And also for your own sense of balance there's a part that's feeling overwhelmed with everything that you were dealing with as a single mom and student and all the responsibilities that you have</p>	10/11/19
<p>P: okay yeah</p>	
<p>T: Yeah and your son is three you said, is that right?</p>	31
<p>P: yeah</p>	
<p>T: So he's little</p>	10
<p>P: yes I don't think he understands what's happening right now like why he has to go see daddy only on the weekends why is he going to see daddy at Grandma's house where he's staying there until he was out because he gets removed after the divorce no I don't think he gets any of that</p>	
<p>T: Right. So yeah there's a lot of pain you're feeling and seeing his kind of confusion and not understanding these big changes that have gone on and why he's visiting daddy only on weekends or living somewhere else sitting where you know you look at what he's going through and you know there's a lot of worry and sadness you're feeling (03:00) and seeing him go through that</p>	10/11
<p>P: yeah</p>	
<p>T: And at the same time it's reminding you of how you got brought up</p>	10/19
<p>P: yes</p>	
<p>T: So both kind of parts are going on inside</p>	10
<p>P: (acena com a cabeça)</p>	
<p>T: Yeah. And you were seeing too that there's a lot of overwhelm and dealing with the stress of life and all these different ways</p>	10/36
<p>P: yeah I just it's just hard sometimes to not fall into like why is my life the way it is right now. I'm 33 I thought it'd be different at this age at this point in my life trying to look up to finishing school say I can't start off on your career in speech pathology that's something that keeps me motivated. So I should have find things that motivate me to stay positive and positive for him. I don't want him to see me depressed so he you know he's looking at her mother like she's not happy. Children are smart they can sense if something is wrong</p>	
<p>T: Mmm-hm</p>	
<p>P: I don't want him to sense that in me something is wrong with mom (04:00) you know why she always had all this all of a sudden you know</p>	
<p>T: So you're kind of wanted to stay positive for him because you know he is so - kids are sensitive and he's so sensitive and he's gonna pick it up</p>	10/36
<p>P: I know that a lot of times you start to put you first sometimes even as a mother I know if I'm not happy and I'll see that he won't be happy right</p>	

<p>T: So that's you know you're worried that kind of what you feel is going to funnel down and be in him, but there is a lot of sadness inside and</p>	10/11
<p>P: It is. it's hard to focus sometimes because I it's like you know she won't your life but you have all these distractions something always comes up that puts off what you want to do that you get caught up in it</p>	
<p>T: So the distractions kind of take away your focus on some level that kind of takes you off your path and what you want to be doing</p>	10
<p>P: yeah</p>	
<p>T: But also you know I get the sense it's kind of there's (05:00) a heaviness that you're really kind of experiencing and going through emotionally even as you're talking about this and like I don't quite know how to break through that</p>	10/11
<p>P: it's just been so long going to that's the thing about it divorces even though that's when it ends on the paper sometimes the marriage is over way before that</p>	
<p>T: Yeah</p>	
<p>P: that's just when the divorce finally goes through with the court to me to me our marriage was over like four years ago</p>	
<p>T: So you've been dealing with this a long time</p>	10
<p>P: yes I think that's why it's been weighing on me because it wasn't just overnight it just kept getting worse and worse and worse he kept getting more or some more some more as he's an alcoholic I tried to help him get through that get better go to counseling doing counseling he's got his own counseling. He'll say things don't remember the next day ignorant mean things do things just say oh I'm sorry I think all I have to do is apologize he's sorry and like it's never happened. I'm just supposed to go back in just accept his apology and go right back to as if nothing (06:00) ever happened so him tonight with that and to him being arrogant at one point cuz he was making a lot of money and now he's not making any money more and I he's actually unemployed. So when people I see they used to be the one that's making more money than you and all of a sudden they're not working that's like it ego issue that they have they are dealing with</p>	
<p>T: And what I hear you saying is this cycle has been going on for a long time</p>	10/19
<p>P: right and I think part of that is my fault cuz I let it go on for that long I should have left a long time ago I should have broken it off a long time ago and said you know what I'm not gonna keep dealing with this I tried to make it work as long as I did for my son's sake</p>	
<p>T: So part of you is kind of upset with yourself for not</p>	3/10
<p>P: right</p>	
<p>T: But at the same time you were motivated by wanting to time make it okay and hope that you can make it okay for your son</p>	3/10
<p>P: right I thought he could change I thought maybe I stick it out and try - it was worth trying to make it work (07:00) because of my son I wanted him to have a two-parent home that I never had then I said wellif he always sees his father drunk if he sees his mother isn't happy this two-parent home was worse than just having the single parent home</p>	
<p>T: Yeah, yeah. It's like you believed that maybe it could be different</p>	10
<p>P: right at least this way maybe I said maybe he doesn't he just see his father if he's an alcoholic he could get physically abusive even maybe so I don't want him hurting him physically</p>	
<p>T: Right that's part of the fear right? It's like I want him to have a relationship with his dad but and at the same time</p>	3/31
<p>P: but if he's a bad influence then he shouldn't be in his life to me. Because he's never been physically abusive to me but sometimes words are just as bad, verbal abuse, emotional abuse</p>	
<p>T: Yeah of course</p>	18
<p>P: mental abuse that's all still abuse. Someone saying you're not the same as me, you don't make any money I contributed to the household income I made enough to sustain my part did matter. (08:00) And I was the one who was getting our insurance as far as health coverage so to me yes I do bring something to this household and the amount of money I make does not determine my self-worth. And he of course all I'm sorry now I'm sorry now but you want before trying to put me down if you are above me and if you're so much better than me then why would you want to be married to me?</p>	
<p>T: Mmm-hmm so just a lot of kind of anxiousness you're having in some way around to protect your son because it's like you see all this patterns the way his dad is</p>	10/11/19
<p>P: right</p>	
<p>T: And the kind of emotional abuse that you see and all the difficulties you both experience and at the same time what it's like how do I make it okay for him. You look tired</p>	10/18/47
<p>P: I just well today at work it was a rough day at work today of all days my principal had a heart attack a few weeks ago 3 heart attacks in a row so he's been out so the school I work at the high school, it's been hectic. My co-workers (09:00) out this week all this week saw him by myself and it this week at work was just really tough, Im a little bit more tired than normal. Normally I'm not this tired versus even with school</p>	

<p>T: Yeah it's like there's already a tiredness in dealing with everything but this week's been pretty hectic with everything</p> <p>P: right I mean I do feel like I have enough energy I don't feel like one of those people who says oh I'm only thirty something and I feel like I'm 50 something I feel like my age is in that stage is like how I feel about myself my confidence. My thing is I've learned to just look at myself and say all the things I'm thankful for the blessings that I do have and the things I have that a lot of people don't or they take for granted I have my health lesson is itself and I do have a roof over my head and I have you know accretion I've have a job to go to which (10:00) a lot people wish they had right now which I have which people take for granted</p> <p>T: Yeah. So you are grateful for all that you do have</p> <p>P: Right. I don't always just dread and say this but I don't have I don't have anything or my life is just horrible I'd look at the bright side of things a lot of the times and say this is going well for me school is going well for me because a part of my issue after I had my son I did gain a lot of weight that took a toll on me just with my own self esteem. Regardless of the ignorant comments he said just you want to feel good about yourself and all of a sudden you have a baby so I had gained a lot of weight which most of up I've lost back off but you're still your body. You've had this baby so you know your hips are moved you know pouch you didn't have before so you've changed as a woman dealing with that along becoming a mother so now your life is no longer yours your life you are responsible for this baby</p> <p>T: Yeah</p> <p>P: your mentality should change and that's what I don't get with him it's like his mentality did that change he still thinks he's the single guy out there (11:00) doing whatever and not a father</p> <p>T: Yeah</p> <p>P: I was the sole custody or the sole provider and person there for this baby even and oh he was living in the house it's kind of like you know he was living the house he never saw his father anyway</p> <p>T: Yeah it's like so you were together all that time he was living in the house but there's also the things that are still - you've been dealing with a lot alone even when he was there, there was a real aloneness and there was so much that changed even in your own body and having the birth but there's and there's a part of you that still really angry at him</p> <p>P: yes I am because but I'm also angry at myself too because I shouldn't have put up with that crap the way that I did. I mean he wouldn't come home to the next day several times that asked him to stop doing it oh I can consider your feelings of I'll stop doing me and not even a week later do the same thing again</p> <p>T: So you give yourself a hard time also</p> <p>P: yeah for putting with it as long as the idea most women you know you do that a couple of times they would have been through he did that for four years</p> <p>T: Uh-huh (12:00)</p> <p>P: I think that's some of the reasons why I'm so angry with them alive through with them it's because I could see it you only did a couple of times you might be willing to work with the person but after so much of you saying I won't do anymore it's like sure you want you've said it a thousand times why should I believe you now. I won't drink anymore you've said it so many times I don't believe you anymore</p> <p>T: Yeah, I mean the gift of it going on for so long what you're saying is that now I'm clear, like I see that this wasn't going to change</p> <p>P: You're clearly not going to change and even if you do, you need to change for yourself not for me</p> <p>T: Yeah</p> <p>P: or change for your son I don't want you want to be bothered with you anymore like that anymore</p> <p>T: But it's like a part of you has been beaten down by going through it for so long at the same time</p> <p>P: yeah</p> <p>T: And then on top of it I get the sense you beat yourself down</p> <p>P: I'd rather be by myself or meet someone new than be with him someone would just have to have a man in their life yeah I'm at the type of woman where you know they just can't go without having a man her boyfriend her husband I'd rather be by myself and put up with his crap and not be dating anyone or if I do dedo ever again I'm certainly not gonna be by out there with the things I put out with him</p> <p>T: Yeah it's like you're comfortable being alone</p> <p>P: right (13:00)</p> <p>T: You'd rather not put up with him, but there's a part of you that's just angry and upset for putting up with him for so long</p> <p>P: yes</p> <p>T: And I get the both with him in putting you through it but also with yourself and having gone through it and I wonder you know there's some ways we could work with that at the same time because there's still so much here right? All it all means so much so much anger and so much hurt that you're still trying to get through and you're fine being alone you gotta deal with it but you're exhausted by it. Like I see your tiredness and I don't I don't know just about today or throughout</p>	<p>6/10</p> <p>10</p> <p>10/36/50</p> <p>10/36</p> <p>10</p> <p>10</p> <p>10/36</p> <p>10/50</p> <p>3/10</p> <p>10/11/31/47/50</p>
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P: you know there's just something that looks on you there's just that moment where something happens and it's just like oh I'm done I'm not sure anymore it's like a switch it's on it's on and finally it's just it just took that one last straw to be like not being bother with you you know	
T: And so that part feels final in terms of your decision of not bothering but there's still the residual effect of having put up with him	3/10
P: yes (14:00)	
T: For so long	10
P: and now I see how when I meet men who may show interest in me how I automatically see certain things because of him or think about certain things because of him and I'm gonna bring that baggage from that marriage into anything. I meet with any other new guy	
T: Yeah, it's like you can see the triggers right when you meet someone new	10/19
P: yeah that's the biggest fear I have or thing I want to try to make sure I don't do is to compare whoever I'm going out with to him	
T: Yeah	
P: compare anything they do to him because that I could see that causing relationship so every time I meet a guy always comparing him to him	
T: And that's part of the biggest struggle right? Is that you want to be clear of that baggage because in some ways when you're meeting new people you're seeing him in them and you know you don't want it you want to be able to be clear of him emotionally inside	10/19/31
P: Yes	
T: And I wonder you know sometimes there's some work we can do directly and trying to (15:00) kind of express some of the anger and hurt to the imagined him and being here just to kind of get rid of some of that baggage that you called it. Would you like to try some of that right now?	4/32
P: yes	
T: Okay so want you to almost imagine him sitting right here, okay, getting a picture of what he looks like and what he might be wearing and the smells associated with him maybe even look over here kind of imagining him being here. The look on his face, do you have a sense of him as you do that? Okay let my hand kind of represent him for a sec. What do you feel as you see him there?	4/47
P: I feel like he's sorry for what he did but only on his terms like it doesn't take 4 years (16:00) to realize what you're doing is wrong now that he realize I'm not being bothered and done with him since he would always say what do you want to get a divorce do you want to get a divorce now that you see that I've gone on and moved on I guess you didn't think I would you keep saying that thinking all she's not and that she finally does	
T: Right, so you see him kind of maybe feeling sorry for it, but at the same putting through, but I'm wonder for you	10
P: I think he didn't think it'd actually be through with him finally one day	
T: And he never thought you would kind of give up	10
P: right and now that you see I am you have a whole changed attitude	
T: What is his name?	31
P: Evert	
T: Evert. So what are you feeling as you see Evert with this kind of change?	47
P: I mean I just feel happy to be free of him in that way	
T: Tell him, tell him what you feel. Imagine him sitting right here what would you like to say	1/4
P: I know that hatred can consume you I don't want to be bitter forever those women who are bitter done bad by a man and that and he did them wrong and they're just these bitter evil women. (17:00) I want to be happy on move off my life, maybe meet someone new.	
T: It looks like you want to be happy, you don't want to be one of those bitter women	10
P: I'm not gonna be you know	
T: I'm not gonna let you take over	10
P: right I don't want you for the rest of my life take over the rest of my life I want to be would have a pleasant conversation with you when I see you because we do have a child together to raise and that's it and that's all. We are just now parents we are no longer a couple	
T: Yes, so that's what you want from him but what are you feeling towards him even in this moment?	47/54
P: I think he's sorry finally for what he did and real is that what he did at this point was just beyond repair	
T: So you can see kind of his remorse. And what about you Julie, just check-in what are you feeling as you see him?	10/47
P: I see a man who will be a great husband father to someone else who I no longer feel close to you that way you want to be with that way	
T: So, it's like I don't want to be with you anymore, you might be good to someone else, but I need to be rid of you	44/50/54

P: I think that he wants to try and be a good father to his son (18:00) which he didn't seem like he wanted to before (suspire) and umm	
T: What's that breath?	47
P: I think he wish he didn't have to be an alcoholic	
T: So it sounds like you can really see his remorse and his wish for it to be different. And I'm kind of wondering what you are feeling as you see him, is there anger or hatred?	10/11/47
P: oh there's a lot of anger there's a lot of bitterness there's a lot of hatred I hate him	
T: Tell him what you are angry for	1/11/44
P: I'm over the hard part	
T: It's the anger	11
P: it's just now it's just like oh I wish I had to deal with you where no my son wants to see you I'm doing this for even the friendship part not just for him	
T: What are you angry about?	11/31
P: just all the times he took advantage of me that he had time for everybody else besides me - every time everyone else besides his son how I could have been with somebody who treated me the right way	
T: So imagine telling him, (19:00) I'm angry at you for all that I've given up for or how you treated our son. Imagine him here, what else you're angry?	4/11/44
P: I'm angry how his selfish actions ruined our marriage when our son's opportunity to have two parents the same I wish he had and grew up with what the younger sister that he said is not gonna get to have his stay and lifestyle now because of what he has done	
T: So, I'm angry of how you grew up and kind of how it's impacted our family and our son	10/11/44
P: And that's phrase like you know you never know what you have until it's gone. Now I think he realizes that	
T: Yeah. So, it's like too little too late	10
P: Pretty much. Pretty much. And you keep working with some and finally just you just have this cutoff of feeling at one point	
T: Yes, so it's like I have this feeling I just want to kind of - I knew when I was done it was just enough	10
P: Yep. (20:00) There's nothing you can say to change the way I feel	
T: Yeah what's happening inside right now is you're talking about this?	47
P: I just wonder how my son is gonna deal with this when he realizes that his father and mother don't live under the same roof, what several of his friends do and then he won't be the only one without a father. Because when I was growing up most of my friends had their father if not in the same roof or on the weekends every other weekend and I saw my father very sporadically. I think his intention is to see Dylan you know regularly with some type of set up visitation. But I know he'll always compare in his life to his friends who got their parents under the same roof	
T: Yeah. And I wonder if that's part of what you're angry at Evert about, right, it's like putting Dylan through this and Dylan growing up without a father and will he ever get his head around that and you're worried about when he realizes	10/11
P: and that's why I put up (21:00) it with it so long because I wanted that for them but that's a while I can't keep living I can't do this for another 15 years, the experience from 15 years, no way. And then have another baby too it's even longer than 15 years, Because he was always putting pressure me I want to have any other child I'm like look at the way you treated me and I was pregnant the first time. I would I have another one the ignorant comments about my weight the ignorant comments are just selfish things that you did so why would I have another child? Well the first one you were never here for the first one then he said to me once why need incentive to come home having another baby and you being pregnant with another baby would be incentive to go home. I said you shouldn't need incentive to come home. The feeling that you have already should be incentive for you to come home	
T: Yeah	
P: and he didn't have anything to say after that	
T: Yeah, it's like for you it's not enough a baby having a scent of you want him to be able to want to come home, but also what I'm hearing from you is like, actually you needed the four years to come to the place to be able to be clear. And you took that time (22:00) because it was important for you to get to the point where I have no more doubts.	10/18
P: right I didn't want to just jump to conclusions and say you know what I wish I had or regret, some people say they wish they didn't get their divorce. Oh you shouldn't get a divorce you try and work it out, I did that	
T: Yeah	
P: just got even worse every time so I'm done	
T: Right. So, it's like sometimes we need to kind of go through those different times again and again until we get to the place where it's done	10/19
P: yeah	

T: And so, I wonder if a part of you, can kind of recognize maybe I gave it the exact time it needed to be given for me to come to that conclusion, because I wanted to give it some space before that	10/44
P: maybe I should stop beating myself up about putting it with so long	
T: Yeah what happens inside when you say maybe I should stop beating myself up?	40/46
P: I thought about that when I was looking at what... look at what you actually have the appreciative that you have a job you can support your child you can you know go to work every day you have your health each other's health you have a reliable car (23:00) to get to work every day	
T: Uh-huh	
P: You're able to get groceries, etc. I do have a supportive family they've been very supportive with me. Even his family was some more support to me than he was. They said that after all what you did, your fault, we support Julie and we want our grandson in our life, like you're a wrong man. If we had to pick our grandson over you. I mean even his own family said everything he's done is wrong	
T: So you have a lot of support from his family, from your family and when you can kind of encourage yourself and see, you know what, you have a lot in your life and you've done well with what you have.	10/18/23
P: right	
T: It's a little bit easier	10
P: I know people say that saying everything happens for a reason but I guess certain things happen for a reason too and something tells you to cut it off like it's done	
T: Yeah, it's like there's a voice inside that just knows clearly this is the moment I need to cut it off or maybe that's part of the reason. (24:00) So, there is a part that can trust yourself	10
P: yes	
T: And trust at that moment is exactly the right moment to have left	10
P: yeah	
T: Do you believe that?	40
P: Yeah I think that was the best thing that could have ever happened as far as because he was taking all of me you know people just take, take, take, they never give anything back	
T: Yeah	
P: I take all this crap of him he gets whatever he needs and then doesn't do it in return and I said I will never let someone use me like that again	
T: Uh-uh. So, you took a real stand for yourself?	10
P: mm-hmm	
T: And there's a part that really kind of came in and protected yourself and said I won't let anyone treat me that way	10
P: right (25:00)	
T: Yeah. And again there's a lot of tiredness for what you've been through. I don't know if it's	10
P: It is tiring especially when you keep having the same arguments, you keep going through the same discussions and then you go into the same thing and you run to the same thing again. So it's just I'm through with that	
T: Yeah	
P: Or even his driver's license. He has had his driver's license messed up for eight years always getting a call I need you to come bail me out of jail I was pulled over. You're grown man you can't keep a driver's license. You have a time for all this other stuff you have to money for all these other things but she won't pay a fee to straighten it out, you keep getting DUI after DUI. You always have some infraction on your license that suspends it I'm tired of it yeah	
T: So it's like you feel you've got to the place of I'm not doing this anymore you're a grown man you can take care of it and I need to take care of me and I have to take care of Dillon and make the decisions that are right	10/36
P: yeah because I said to myself if he sees his mother always saying don't do that you just say I'm sorry you're doing it again what are the what examples that's it from my son (26:00)	
T: Yeah so it's like making this decision to leave	10/50
P: it wasn't just on me - it was gonna in his consideration too but finally you have to say well my son I want him to be in a two-parent household his father's never here anyway comes home and goes as he pleases	
T: Yeah	
P: there's no point when I can be with me in who makes me happy or even fun by myself	
T: So, it's like before you were saying the worry about how Dylan would be, but actually what I hear you saying is maybe he's better off	10
P: hmm	
T: You know even though he doesn't have a father raising him he also doesn't have, he's not with a father that's kind of drinking and being neglecting	10/18
P: So, really your father isn't there if he's always drunk	
T: That's right. That's a recognition that he might have been physically there but he really wasn't there	10

P: right exactly and that's when he was even physically there	
T: Yeah, yeah, yeah. So, in some ways (27:00) you've given Dylan the opportunity for a different kind of life	10/18
P: yeah	
T: How do you feel as you kind of recognize in some way that this might be a better choice for Dylan?	23/46
P: Yeah I do and I'm just glad he'll be in a situation where he won't be the only one where everyone else has their father there except for him	
T: Mmm-hmm. That's part of the worry that you have yeah	10
P: yeah	
T: Is that what it was like for you growing up?	41
P: Yes. Yeah. So, I think a part of that when you have certain things of your childhood you bring that into your adulthood and that affects the way you raise your children	
T: Yeah	
P: Well, it can affect your relationship, but to me	
T: So, what was it like for you?	41
P: I grew up with a single mother. (28:00) She was a schoolteacher. I saw my father periodically I usually around my birthday and he wants around Christmas and my birthday is in June and Christmas is obviously in December so that's about every six months being a father for a weekend every six months it's not being a father	
T: Mmm-hmm. So, you barely saw him. You really didn't have much of a dad	10/41
P: right it was just financial contribution yeah he paid his child support but I did not physically see my father. And my thing was even though my ex was living in the house with me you're never there. So, it's the same thing he doesn't have a father	
T: So, there's an anger too with your dad for not ever being there. You might have given financial support but you weren't there	11/41/44
P: Yes, yeah. I think that is how I brought I brought a lot of that into a relationship with my son and him his father	
T: You say you brought a lot of that in meaning the anger or? (29:00)	31
P: After well it was kinda like what was the point of me putting out with this you're never here anyway he's gonna be one of those kids who said even though I knew my dad I feel like I don't know he was never there. All you did was go on party and do this and that so if that's the case I don't have to put up with this. You're not gonna be there for your son either way I could be with a man who I want to be with and be happy and who's a positive influence on my son and it's like the excellent stepfather because the dad was a loser	
Y: Yeah, yeah. It's like you can kind of open up the opportunity by making this move, there's an opening up of an opportunity for Dylan to have a different kind of father	10/23
P: exactly	
T: And a different kind of life	10/23
P: Yes. And for me too, not just for Dylan but for me I want to be happy. I want to be in love and so on and not just be settling with someone because I feel like I have to put up with that I don't	
T: Yeah so this is you know not only for Dylan, but for you to have the kind of life that you really want. (30:00) Which just to have someone who's present there for you and for your son and to be in a relationship in a family that feels healthy	10/24
P: yes	
T: Yeah. And so there's a part of you that can see that possibility to be able to have that for Dylan, for you, for all of you.	10/24
P: I just thought I'm keeping you for years now son who our life is too short	
T: Uh-huh. So, there's a part of you that's kind of	10
P: not even four years, the first four years were fine it was the set low at the second set of other four years that he was a jerk. He wasn't like that when we first got married	
T: So, there is last time, there's sadness or grief around last time and anger around this time, this past the second four years. It felt like I just gave it away to you	10/44
P: Yes. I've got only bright side of it is I have my beautiful son (31:00)	
T: Yeah	
P: feel like god wanted me to have Dylan for a reason	
T: Yes	
P: That I'm going to think about my son. I love my son	
T: Yeah, you clearly have a lot of real closeness and real love for him and it's like if there's one gift from this it's Dylan	10/18
P: yes	
T: Yeah. What's happening for you right now? What are you feeling right now in this moment?	47
P: I'm happy I finally decided to move on with my life	
T: Yeah	

<p>P And I felt more peace I feel appreciate it now people always seem appreciate you when you don't want that when you don't even bother with them anymore when they realize what they had</p>	
<p>T: So you took that breath like at the sense that this just more kind of relief at being able to feel appreciated and to have a different kind of life for yourself and the happy that you've left and made that move even though it was difficult</p>	10/23/47
<p>P: Yes. (32:00) I am open to I mean I was always kind of outgoing and just like going on having a good time with my girlfriends not reckless he doesn't know how to go and have a good time without being reckless having to get to drink so you get drunk. You can't just have a couple of drinks in to drink - you're drunk had to be wasted all the time and it's one thing who has an accidentally drunk once too much in their life I had to get a ride home or had to have them friends how about maybe when they were in college or whatever. But when you get drunk every day and have to get wasted all the time I've bailed you out so many times I can't keep track of literally I've lost track after the eighth time that I've bailed you out I don't know how many times that go throughout anymore something's wrong</p>	
<p>T: So there's a lot of anger still at him right?</p>	11
<p>P: There is and I see that's I don't want to be around him because thinking about him makes me angry</p>	
<p>T: Yes</p>	
<p>P: It makes me angry. (33:00) So if I don't have to speak with you that means have to be as angry it's like helping me just not even have to do with you. Because I don't even speak to you well I got speak to your mother so like through you and she's like our key like the three-way communication because I didn't want to speak to you anymore</p>	
<p>T: Yeah that's how angry I am with you. I don't even want to speak to you I don't want to be around you and it just brings up so much of what we went through</p>	11/44
<p>P: Yeah, it's always about his convenience when things are convenient for him well I'm through with that</p>	
<p>T: What did you need from him?</p>	40
<p>P: I needed him to be the father there for my son, I needed him at one point financially when we were working financially together to pay the mortgage because he was paying the mortgage is this financial contribution to the household. I needed him always so I could say like with the rest of my friends made me out of Facebook you know I you see them happy married couple with the child and look at the home and fulfilling (34:00) that that I had succeeded in what you're supposed to succeed in with life with getting married and having a baby and living in the suburbs and having that lifestyle versus when I grow up I grew up with a single mother in an urban City you know without a father and with a father who was there financially but not physically. I can't say my father was a complete deadbeat didn't do anything as a father however there were things that were definitely like here in our relationship that I thought she that should have been there</p>	
<p>T: Yeah</p>	
<p>P: and I looked at it like he's doing what his father did back then you brought home the bacon that was what I mean I was supposed to do and you pay for things and that's what the man did the man want to work the woman stay at home. That's what his father did his parents got divorced so when he was three I thought was ironic that doing and I never died his father we separate when he's three (35:00)</p>	
<p>T: It's like the same patterns. You needed him in some way to make it different, to be different from the patterns he had, but I also hear you saying you know there's still a lot of hurt and anger towards your own dad and you also needed your dad to be were present for you</p>	10/11/19
<p>P: Yeah. That's I was so afraid to leave I'm thinking that if we get a divorce he would not be there he turned to my father he did I do mine ever saw he would not do what he was supposed to like a lot of fathers do even though they get a divorce yeah and I had that big sure that's why I needed him to knowing that wants to get a divorce he was gonna have a father like I had</p>	
<p>T: Yeah, it's like the fear of leaving. Why I took part of the decision taking so long as you didn't want him to be completely gone for Dylan after the divorce</p>	10/23
<p>P: Right. I was fine with him being gone for me</p>	
<p>T: The way you, right. But the way you kind of grew up as a child</p>	10/41
<p>P: but I didn't want him to be gone from Dylan's life and</p>	
<p>T: And what I hear you saying too is that he wasn't really there even when he was there</p>	10
<p>P: Exactly. (36:00) That's why I said to myself sometimes physically being the heir always drunk all the time you're not really there. And if you're always beside yourself because you make so much money, you're not really that you're all arrogant, thinking we're doing you a favor. And you claim you wanted a child and now that he's here, you're still acting like a single bachelor. And so even the physical part he still wasn't even physically there literally you don't come home</p>	
<p>T: Yeah, yeah</p>	
<p>P: So it's just like he's been growing with the dad to me its whole life you just lived there if you were a roommate who came away that his father</p>	

<p>T: Yeah. I really hear still there's a lot of anger for just kind of how he was even when he was there</p> <p>P: right and now that he's not there I think that anger of what he did when he was there is still</p> <p>T: Yeah</p> <p>P: I was talking to a friend of mine she said you know you're not over here when I stood done with him here cuz everything other word you've mentioned has been about him (37:00)</p> <p>T: Yeah</p> <p>P: even though you probably haven't even realized it and she's divorced twice so she knows what it's like to be a divorce</p>	10/11
<p>T: So you are recognizing kind of from what she said and even being here that there is it doesn't mean you want to be with them that's done</p> <p>P: right</p>	10
<p>T: But the hurt and the anger aren't done</p> <p>P: And just even having to be friends or parents with him is not done, because I'm gonna have to deal with him because of my son. My son says I want my daddy when he's mad at me he can't get his way like a lot of kids they're the parents they're when they said they want the other parent okay</p>	10/11
<p>T: Well yeah, there's a co-parenting you're gonna do for life and every time your son kind of gets upset he wants his dad. So, there's a certain way you always have to deal with him</p> <p>P: right</p>	10/32
<p>T: But you may not always have to have the anger and the hurt that you're feeling</p> <p>P: that's what I'm trying to get moved fast</p> <p>T: Yeah</p> <p>P: so I can be a good co-parent with his father because right now I cannot. I don't want to see him again, and I don't want to speak with him again, even talking about him outside of therapy. I don't want to talk about him cuz I don't want to my my mind. (38:00) And not only that it's like you always say you're ready to move on and then he does something else to tick you off, makes it far, makes it even worse. And for my son it's like when he says oh I want my daddy of course you're always mad about something you can't get your way or it's at night when you're used to having him there when he was actually there, when he was laying on the other side of you. And finally once it was the week of Thanksgiving he says I just I want my daddy it wasn't cause he was mad and it wasn't at night and I said to myself that's gonna be hard for me when he realizes that we won't be together like that anymore. I don't think he realizes that Mommy and Daddy aren't together anymore when I read him a book this week this Sunday or Monday the mommy and the daddy were laying next to each other in bed. And he's looking at the pictures and he says mommy and daddy how he used to see us that way. (39:00) I don't think he sees this not that way anymore nor there is no mother and father can be like that anywhere anymore. And I was taking him over to my in-law's house in the weekends and I was staying the night but I was staying in a separate bed one day he would always be pointing to the rooms that he'd say grandma granddaddy's room daddy's room mommy's room. So he realized that we don't sleep in the same bed anymore. I said it may be confusing for him to me even go there without staying the night anymore when I was trying to make things work for us before it was finally done. But you know, what that makes it more confusing for him I need him to realize that he's just getting dropped off here and then he'll is gonna be with daddy and his grandparents mommy he's not staying anymore</p>	11/21
<p>T: Yeah I mean there's a lot of sadness and worry kind of around somehow he's going to realize, and it's going to shock him in some way and he's going to go through that. And at the same time, what I hear you saying is that if you can work through (40:00) some of your anger and hurt that maybe you could be there for him in a way and have another relationship because that stuff won't get in the way that will give Dylan a different kind of life</p> <p>P: yes I think he's if you're always willing to work at something to be friends with someone you've realized that the romance is not there anymore you're just gonna be a parents but if they're never willing to work in anything even when at one point you are still trying to be romantic they're not will you work at it. And then you realized that's never going to happen you're just trying to be friends. If one person is always willing to change and think these through and talk about things and the other one isn't it. There is no point in the other one doing it. And that's how I felt. And he kept going around the cycle oh I'm not gonna drink anymore then you go drink you just say I'm sorry, the next second you go back to the same thing the next day and act like it never happened. Oh I'm not gonna be a jerk anymore after that cycles so many times it's like okay I'm done</p> <p>T: Yeah</p> <p>P: that's pretty much it was just like the last drop</p>	3/11/23
<p>T: Okay and that's what I'm hearing, you know, we need to finish up in a couple minutes, but you know, just getting the sense that there's a real clarity from you (41:00) that leaving the relationship happened exactly when it needed to happen in the sense that you were done and you hit the last straw that we are done</p> <p>P: Yes, sure</p>	10/50
<p>T: But emotionally there's still a lot of anger and hurt to work through</p>	10/11

P: yes	
T: And there's a part that's still kind of going through that and worried about Dylan, but also there's still a lot of anger and hurt not just around kind of everything he put you through that time but also there's also some unfinished kind of business or issues with your own dad and what you went through. And being left alone, and not having a dad who was there emotionally at all, or physically. And you know I get the sense that there's a part that can see a different kind of life with a different partner. But there's this hurt and anger on both with Evert and with your dad that needs to be really worked through so that it doesn't interfere with a new relationship (42:00)	3/10/23
P: definitely	
T: Yeah. So, you know I think there's both the real possibility of hope and a different kind of life and some work to be able to help some of that anger and hurt even in the clear decision, some of the emotional anger and hurt around both Evert and your dad	7/10
P: yeah	
T: You know, well I know we need to kind of close up in a couple minutes. I'm wondering if that resonates for you and how you're feeling right now in this moment?	38
P: I feel like I'm ready to kind of release that anger with my father I am NOT as angry as I was a teenager there's definitely difference in what I see myself and I was back on myself as a teenager especially as a preteen at 13 versus now 33	
T: Yeah.	
P: There's not as much anger when you won't speak to the person you always have a nasty attitude	
T: Yeah	
P: I definitely have matured a lot	
T: Yes	
P: since then especially when you leave and you come back and then you kind of want to come back and out (43:00) at that age and at that age you're going through adolescence so yes you're gonna have different emotions and you're going through puberty and all that. So I don't have this much hatred as my straight hate for my father but I just always kind of look at my childhood it's like it could've been a lot worse but they just it took I told me they did a lot warned me that people say like they don't see you're so spoil your spoke right you hear whatever you want well if he buys me things that's not the same as him being there	
T: Exactly	
P: people try to make up with money or just put their apology or buying you certain things so I can do whatever they want and that's the same thing my ex-husband did oh I'm sorry this but I'm the one who pays the mortgage oh I can do whatever because I'm the one who pays for this so he kind of in a sense did the same thing is my father	
T: Right	
P: not physically there well you are there you're drunk or you're a jerk just because you're paying for things	
T: Yes. (44:00) So you know what's important for you and for Dylan is to have someone who's there. They are connected and emotionally there	10/18
P: right	
T: And in order to you know we'll be able to open to that there's part of it as being able to work through even though it's a lot less with your dad than it was, and it's not even with him particularly, but within yourself working through some of the anger and hurt and with effort so that you know you can be able to have that life with Dylan and with someone	7/32
P: Yeah. And if I can just get him to realize that you know he needs to move on he stopped trying to you know get me back it you're wasting your time. Stop trying to blame everything else, but what you did, stop trying to put the blame on me now because I've haven't given you so many chances which i fairly give me when I'm done he thought he was just finally go down one time again come with the same mess again he found out he was wrong	
T: So, part of it I mean we need to finish up in a minute, but it's like you want him to be free too	10
P: yes he seems to realize that there's a relationship there that's not there anymore (45:00)	
T: Yeah	
P: That I'm not the forgiving person and the warm and fuzzy person I used to be	
T: Yeah. You want him to realize you're not coming back	10
P: Exactly. And soon as he realizes that we can move on too. He has to move on	
T: Yeah it's like you both, you need to let go to move on, but you want him to let go to move on . And I wonder if those will happen in tandem as well	3
P: I don't think it is. I think he's still realizing that thinking that there's something there that's not because he did it so many times before which was partly my fault because I put up with it so many times before	
T: And maybe that's what the change will be Julie as kind of as you let go some of the anger and hurt. No matter what happens for him whether he lets go or not it won't bother you quite as much	18/32

P: right	
T: Because you'll be free of him	10
P: I don't want to give him any more time or energy than he already has taken	
T: Yeah	
P: that's what I was trying to figure out how to do to move on happily and so that my son is still happy	
T: Yeah. And my sense is you know again we need to finish up but that really kind of working through some of that anger and hurt within you. (46:00) You can't master him, can't do anything for him, but you could be free in a way that will kind of be able to free him and free you from kind of the chains of how he's still hurting you	10/32
P: I finally given up on trying to do anything for him with therapy	
T: That's right	
P: I just like this isn't going anywhere I have to do what's right for me	
T: And doing what's right for you is also creating a different life for Dylan as well	18/23
P: right	
T: So, thank you for being here and for coming today	18
P: thank you	
T: And is there anything you want to say before we close?	14
P: I guess that last time you may really helped, that you know you can't free him, only he can do that. I can only free me	
T: Yeah, yeah. And my hope for you is that you kind of take the time and really free yourself because that's where you do have the ability to be able to make a difference	7/18
P: okay	
T: Yeah. Okay, thank you (47:00)	18

## MULTI: Ladislav Timulak

COTAÇÃO Ladislav Timulak (1ª sessão)	Cotação
<p>T: So Bob we have about 45, 50 minutes.</p>	32
<p>P: Okay.</p>	
<p>T: So we had brief chat, as you might know I mean if you were to, if you are to focus on something today, what would you want to focus? We touched on some possibilities so see what you're in touch with: And kind of what's emotionally salient sufficiently</p>	38
<p>P: My concern would probably be about my feelings. Sometimes the lack thereof, sometimes I feel like I don't react probably like I will use the word normal person. When everybody else is kind of going off the deep end I'm just kind of just like oh it's like questioning why are you doing that</p>	
<p>T: Mmm-hmm</p>	
<p>P: but I really started to realize that's my feelings which is not normal</p>	
<p>T: Yeah</p>	
<p>P: I'm really calm a lot more than probably normal. (01:00) So sometimes I got to the point I would question my feelings</p>	
<p>T: Yeah kind of questioning</p>	31
<p>P: what's the appropriate feeling that sometimes I don't know what that has an impact over a relationship with other people</p>	
<p>T: Yeah. Okay, okay. And so you get somehow this feedback from others or you also observe is it?</p>	31
<p>P: yes some people have made that comment you are real calm, you just never react, and sometimes where it seems like it's appropriate to react to something I don't</p>	
<p>T: I see, I see</p>	31
<p>P: I don't know people sometimes I take that province a negative</p>	
<p>T: That it could be sort of a barrier between you and others. And I mean if you if you pick a let's say a particular moment or memory or situation where you were particularly aware of it is that my emotional reaction inside or expression is different to others, anything comes to mind? (02:00)</p>	4/10
<p>P: well I admit once before the passing of my sister which you know I mean this I didn't I mean it's just it's like it just happened or and I didn't react like you know what I wasn't emotional and me and my sister were very close</p>	
<p>T: Yeah</p>	
<p>P: and you know I guess no people would see that as man you really should be distraught over to say but I would it didn't hit me until a couple of years later that I was just kind of sitting by myself and I started thinking about it then I really got kind of emotional about it but I just you know here over the past few years I've kind of looked back and now I've started questioning some of the things that I've done and how I felt or did not have any feelings about it</p>	
<p>T: Yeah I see but you're saying that with her this was like an example, but there are other situations where you're kind of distinctly aware that you're too calm for the situation or you're not very particularly emotionally expressive or aware of what's happening inside or do things do not dwell up? (03:00)</p>	21
<p>P: yeah well I've had, I've run some programs been a national leader as a program. And we've had some things that have come up and some of the time-sensitive yeah and everybody was just going absolutely nuts and I just was not you know</p>	
<p>T: You were kind of casual about it</p>	10
<p>P: I got it, this is going to work and lucky everything worked out like I said but then even though it was good that had being calm about the whole thing I still questioned it because I'm looking at everybody around me some people that I have a lot of respect for they reacted I wasn't reacting</p>	
<p>T: Yeah</p>	
<p>P: and it still makes me again question that that feeling thing and like I said I think a lot of this came from some training I had when I was in the military</p>	
<p>T: Yeah</p>	
<p>P: okay and it's carried forward. (04:00) And you know I think in a combat situation in an environment where you know you could probably save your life that's all good</p>	
<p>T: Yeah. You need it there.</p>	10
<p>P: now I'm back to the regular world regular life and you know it's like I need my feelings back</p>	
<p>T: Yeah, yeah. So you were trained to suppress them or put it push them aside which was very appropriate for the army but somehow it still continues and it's now many years ago but it still is in your life and you can't detrain or put that aside. And somehow it's not such a big issue but then you have a sense that I'm somehow different</p>	2/36

<p>P: right so I've kind of I've gotten to the point that I feel like it's abnormal</p> <p>T: Yeah</p> <p>P: and I've had conversation with some people their thought process is therefore their thought process yeah it's low you know you probably could do more</p>	<p>10</p>
<p><b>T: Yeah, but they give you a feedback from outside</b></p> <p>P: yeah yeah</p> <p><b>T: Ok so we'll try to I mean maybe I mean this is therapy that focuses on feelings and so I will have a look at it. (05:00) But if you were I mean what you mention your sister passing is it I mean it's this or or what comes to mind that you have a sense that there is some emotional response to but it's not coming to?</b></p>	<p>32/40</p>
<p>P: yeah well yeah I was just thinking about something that's where you talk and I talk about a situation that occurred in Vietnam with a couple of people who I was responsible for going through an area</p> <p>T: Ok</p> <p>P: of course they got killed and I thought about you know now that I think about this feeling thing I did react to that</p> <p>T: Ok</p> <p>P: which under normal circumstances probably I mean I was I was really bummed out about the fact that these two guys went to my area which I had given up specific instructions or certain things not to do and end up getting killed</p> <p>T: Yeah (06:00)</p> <p>P: and the fact that it happened and then they mowed the rest of the day and almost like a couple of days I was just like out of it I just and I don't know whether that because I had always been in that mode of suppressing my feeling I reacted there and that reacts I couldn't explain I really couldn't explain my... I advise the Vietnamese army and my counterpart had a difficult time even communicating we would be during the time</p> <p>T: Okay</p> <p>P: because I didn't want to talk to him okay and but say anyway so just kind of putting now that I was think about it relating that</p>	<p>10/11</p>
<p><b>T: So you were impacted and shocked and your reaction was very strong back there</b></p> <p>P: yeah</p>	<p>10</p>
<p><b>T: That it overrun any training you are getting because you were it was just something so horrible that had happened</b></p> <p>P: yeah yeah</p>	<p>10</p>
<p><b>T: And you were so impacted by it yeah</b></p> <p>P: yeah I felt from the trauma of that and I noticed out of the year sometimes I wake up in the middle of night and I still think about that situation. (07:00) And I think about my not reacting to a lot of things and being calm about but that one particular situation I was</p> <p>T: Yeah</p> <p>P: and I don't know with what am i it's my mind playing a game with me on this thing why did you react to that things that have occurred you just I can never put that together so that's played with me along</p> <p>T: yeah</p> <p>P: I even tonight that's happened a long time ago</p> <p>T: yeah</p> <p>P: that's still on my mind</p>	<p>4/10/19/47</p>
<p><b>T: Okay, okay. So, but I don't know whether it's that situation or some other if we were to focus on something today isn't you say somehow to get in touch with how you feel because you have a sense of a little bit disconnection from others or you have a sense that that particular incident perhaps left the mark or scar on you, how you are with your emotions or that there are things around in there, unfinished that they're somehow coming back or something. If we were to pick one of those, what comes to mind now as at this moment, right here, right now, as sufficiently salient or fresh? (08:00) You know the kind of warranting to focus on are for us to spend time you know in a way</b></p> <p>P: well I think that I would like to get my arms around how I feel about working with people and that how people see me and I think that you know since I started having problem with my legs I've always stood question and you know it's almost like I have this feeling of like being around people but not want to be bothered</p> <p>T: Yeah</p> <p>P: and that happens awful lot and sometimes people look at me and I you know I guess maybe I'm putting a lot of things together probably in my mind. (09:00) Because you put yourself in a handicap situation. I've never been in this situation before. And I'm putting all that together and I might be I'm building this thing up in my mind that I'm really concerned about</p> <p>T: Yeah, yeah</p> <p>P: and that's where I questioned my feelings</p> <p>T: Yeah</p>	

P: I questioned my feelings, should I be more sensitive to people more outgoing more whatever versus going into almost like being a recluse pulling back	10
T: But it's somehow	10
P: and it really bothers me	10
T: It's somehow linked all of it it's somehow linked	31/40
P: yeah	31/40
T: You say people. I mean who, who comes now as you think like a particular person or particular people that you know you start to wonder what do they think or what comes through their mind?	31/40
P: I worked with a lot of people I I share the Fatherhood and mentoring nationally and worked with a lot of people that talk to a lot of people and then I see how like people react to me sometimes. (10:00) I also have you know it's almost like I'm reaching out to help people out a lot but then sometimes I feel like even though I'm doing that I still feel isolated	31/40
T: Okay	31/40
P: I feel like like I said it's just weird I mean at it it's difficult to explain but it's a feeling that even though I'm working with a group I'm not a part of the group. It's just strange I mean I like I said I just feel like I got trained in this mode I got in this feeling and my feelings are jacked up and I've had a conversation I don't understand am I right or am I wrong	31/40
T: But it's somehow you say I'm part of the group but I'm not at the same time	44/57
P: right	44/57
T: And it's like something makes me very distinct maybe it's the, you know injury	44/57
P: yeah	44/57
T: Or disability or something. (11:00) But it's so difficult because I feel isolated partly in and partly out, but not really in. Isn't somehow out	44/50/57
P: Yeah, right	44/50/57
T: If we picked in a kind of vivid example where you have felt like this or feel like this just to bring it to you say you are doing things with the groups about fatherhood it may be that but it may be something else but what were, what distinct reference point comes in mind where you feel like this? If you check inside	31/40/57
P: well I've had a couple situations where in the process of putting the program together I will express my feelings about certain things and I'm kind of dogmatic about here's where we're going, this is the direction we're going in and then when somebody disagrees with me (12:00) I will push back real hard	31/40/57
T: Yeah, okay	31/40/57
P: and that push back real hard as called other people who look at me real funny like you know	31/40/57
T: Okay I see	31
P: you a callous you know. And then I wonder about am I you know am I coming back to you or am I coming off too hard	31
T: Yeah. Who is it? Pick that, who is the person you have in mind? We don't have to name them or anything but just pick	18/40
P: there's some people that I've worked with on my committee	18/40
T: Yeah okay. So who in particular now at this moment I understand it's a plural it's more people, but pick one of them to almost represent them in your mind. We don't have to name them or anything	18/40
P: okay well that's less like my co-chairman	18/40
T: Yeah co-chairman. So if you picture is it him or her, the co-chairman? It's a him?	4/31
P: mm-hmm (13:00)	4/31
T: You picture him here for a second	4
P: okay	4
T: almost look at him there	4
P: all right I'm looking at him	40/44/46
T: See what's the sense inside as you look at him. See how you feel inside when you look at him there	40/44/46
P: all right, do I express how I feel? My feelings are my my opinion should be respected to the point that you understand where I'm coming from and even though I'm having that conversation with him	40/44/46
T: you	40/44/46
P: I'm still have a question to me which is	40/44/46
T: We'll get to that as well, but first of all I feel like I want to be respected it's like I don't feel respected by you you're saying	1/10/44
P: yes	1/10/44
T: But then somewhere inside I have some doubt am I not coming across as too opinionated or something (14:00)	10/44
P: am I coming across that to opinionated or am I coming across strong enough to make sure you clearly understand where we go try to take this thing	10/44
T: I don't fully trust or something like what's the right balance	10/44

P: right that's the question	
T: And you say something about I feel disrespected or something. What's the sense about feeling disrespected if you touch on that you can go inside?	10/40/46
P: disrespect it not from the point of not respecting the the subject matter but respected from the point of how you see me as an individual	
T: Yeah	
P: forceful or not forceful enough	
T: Okay	
P: and sometimes I think that there's this feeling that I should be more forceful	
T: Okay	
P: I can see a situation where I think that I can get things done in a calmer situation versus being in a dogmatic drive (15:00) you will do this I because I that's just in my mind don't I don't have to do it that way I can get it done but that person feels like I should come across stronger and	
T: Okay but somehow it's like I know myself and I know that I have the talent or something. But somehow have a sense that you're doubting me or you're criticizing me	44/57
P: That's it.	
T: And when you criticize me. How does it feel inside when you see him criticize?	40/44/46
P: well I really I really don't like it be honest with you I don't I	
T: Tell him you don't like it	1/44
P: I don't like it because I think that I really pride myself and understanding people and to motivate people and I mean my actions have been proving out to success so what I've done and so I really don't like the idea that (16:00)	
T: Yeah. But somehow you take away from me what I'm good at	10/44/57
P: yeah I guess the state will be just because I'm calm doesn't mean I'm weak	
T: Yeah. But it's also like I'm not weak but all also you take away my real gifts or something you don't see them or you don't recognize	10/44/57
P: that's it	
T: Tell him	1/44
P: yeah	
T: Yeah, it's difficult. This is about expressing the feelings	10/36
P: Yeah, yeah, yeah. I really don't feel like you really appreciate what I bring to the table and as a result of that it causes a disconnect between the two of us in the process of executing what has to be done there are things that there's a lot of progress that can be made by us working together understanding me	
T: Yeah	
P: I reach out is for you to better understand who I am and what I bring to the table and my approach, because my approach is different from everybody else	
T: Yeah and I mean I know what my approach is. (17:00) And I want it to be recognized by you by others.	10/44/57
P: Yeah	
T: If you touch inside and I know it's difficult because you're trying not to as you were saying, and that this is the difficulty, but being disrespected or something or being not seen the talents you have or the skills is, does any kind of particular memory comes when you felt like this? I mean outside of this chairman	4/10/57
P: yeah there have been many occasions where I felt like the respect were there and but what's really interesting in almost every situation it's been proven that I was right every time	
T: Which makes it even more difficult then. They just disregarded or something	10/57
P: and and I guess my take coming across as individual who I respect this individual also but at the same time I want that respect returned back to me. (18:00) Because it's important it's important that I be able to show you my skills leadership wise and though I might not have any emotional reaction like you think everybody else about how I should go at the people that's just not my style	
T: Yeah yeah yeah it's like I need to have it in my own style or something yeah	10
P: now can I explain something now	
T: Yeah, yeah	
P: there's another side. Now even though that person challenges me, I challenge him	
T: Yeah I know we will get to that	1
P: we will get to that exactly	
T: Because you're not sure as you're saying as well so if you go and see a particular memory when you think you know and a pivotal memory you know so it may be quite far back. A pivotal memory where you felt disrespected and maybe part of you also felt maybe they are right or something. (19:00) Please don't take, just pause for a second just see what comes so it's really the pivotal	4/10/40/57
P: well yeah I could think about a couple things. My approach to the president of our organization the thought process is that I should be more aggressive with that person	

<p>T: Yeah okay  P: and because I'm not real aggressive with that person  T: Okay  P: we don't make progress  T: Yeah I see Bob. And maybe we'll stay with that but just first check you said a couple of them. I mean pivotal in a way almost like shaping you as growing up or something. Kind of pivotal memory I meant some so important that you think shaped you or when you were growing up or maturing or even later in life. (20:00) But you think that this was the one were feeling disrespected it's actually something that sticks or it stays with you. Take a moment maybe and check inside  P: I've had that experience when I was working because of again you know I'm not not going to think about this it's almost like establishing a pattern because of that feeling thing and being calm I mean I had from it I used to be in sales okay and a very aggressive sales person but in my own way. I didn't come at people progressively I mean even I was aggressive, I didn't come at people aggressively and I was able to get stuff done but my manager assumed that I should be more aggressive and of course he and I definitely didn't look eye to eye out on stuff  T: Yeah (21:00)  P: and that was a I really started to take a look at me in fact I started questioning me it has to change my approach but that was not me  T: Yeah  P: how I felt and how I relate to people brought about to me a more trustworthy relationship</p>	<p>4/40/41/57</p>
<p>T: So when you were a little boy yeah because you think yeah I mean sometimes we have memories either from school or from home or from you know peers you know. When anything comes that somehow I'm not being you know I'm being told I'm not I'm too timid or something. I'm not too forceful or enough forceful or angry, what happens?  P: I think when I was in the third or fourth grade every day when I would come from school my mother would dress me up for school (22:00) and for whatever reason this young kid or this young person in my class he thought I was the punching bag so every day after school he would proceed to kick my behind every day  T: Okay  P: and so I would go home with my clothes torn off and my mother crying, what's wrong but my father was home one day and I came in like that and my father my father said to me, you're coming here one more day with your clothes torn off it's gonna be me and you. That changed my life because the next day I beat that board down the sidewalk, down the street, down I mean and that I had a whole different change in my thought process from that day forward  T: Okay  P: I mean that and I'll tell you what I talked about changed I think they did have a change my man because from that time forward it's almost like my temper I noticed my temper of a man and that might have something to do with my feelings (23:00) to my temper got real I just have a bad temper as I was growing up I even all the way up into college</p>	<p>10/31/41</p>
<p>T: Yeah okay so be that small Bob now that comes from school, I imagine it had to be very terrifying yes being beaten up by that bully, be that small Bob inside almost get in touch with you young younger you, maybe picture your dad here. How was it to see him coming with the clothes that was destroyed. How was the feeling, you see you're dad there, what's the feeling inside  P: my feeling was based on you know you know it's when your mother says want something that's one thing but when a father says something I had a different impact  T: So when I see you, when you see your dad. what do you see in his face, like how is he?</p>	<p>4/41/44/46  40/44</p>
<p>P: I used to see him very very serious and taking anything from me (24:00)  T: Okay so I see, what that you're firm?  P: firm, very firm and very resolute in his direction to me  T: And judgmental or what? Like you should be strong  P: yeah judgmental all about in other words he basically he was saying you need to man up  T: You need to man up. So he's giving you that message you need to man up. Now so you go almost back then what's the sense what happens when you hear that you need to man up, this is unacceptable you have to be much stronger you have to look after yourself, this is not how you come home. What's the sense inside when you get this</p>	<p>31/44  31/44  31/40/41/46</p>
<p>P: my sense was I need to make a change I mean and you know that in fact, after I had talked to him I went in my room and I got real quiet start thinking about what do you see it and in my mind I'm saying okay I got to come up with a game plan to do and deal with this  T: So what is it? What's happening is it like I'm terrified I'll let you down that time  P: no there was probably more and more fear (25:00) you know I could say when the father speaks to you, I, you never make it I never wanted you know I would just not gonna go against my father</p>	<p>11/31</p>

T: Okay but it's even more than fear? or it's like there's no	11/31
P: I call it healthy fear	
T: Okay	
P: yeah it was fear	
T: Okay. So look at him and say it to him be almost that you know whatever age you were third fourth grade years it's like I don't question you, it's like it's beyond being afraid, it's like there's no room or something. Tell him, speak his dad boy how it feels inside to see him like this	1/44/46
P: Okay I felt I feel that I understand what you said and I will definitely find a way to not come back here with my clothes torn off again and I respect what you're saying from the point of view I know you're my father and you're looking out after my best interest (26:00) but I do, I don't want to say I fear you but that was I feel what	
T: You're scared to tell him	10/11
P: yeah yeah	
T: Say it to him, I'm scared	1/11/44
P: yeah, I'm scared	
T: And I'm terrified	11/44
P: I'm more afraid of you then I am him.	
T: Yeah. That's the point yeah that's why I rather put up with it but I'm more afraid of you then going back to the bullying	10/36
P: Then going back to that bully and of course you know in the long run what knew after was all over what you told me and what you did you inspired me to do something I probably wouldn't have done normally done	
T: Yeah. So it kind of worked out I mean it found some I did something	10
P: right	
T: With that. But if you stay with that I see it's really uncomfortable you know you want to laugh it off almost. So how is it to feel that fear is because this is what you're trying not to feel. How is it to feel that fear in front of your dad? How is it? Just stay with that for a second (27:00) to see and try to feel it yeah that fear, how is it?	31/46
P: I guess that's interesting from a kid's point of view to look at a father who just gave you some specific directions about how he feels and what he expects and of course	
T: Tell him how it feels inside it's like I can imagine it it's so unpleasant to be so terrified, it's like I feel it's a rock and a hard place or something. And it's I'm so scared of you did I rather face the worst bully though	1/11/44
P: it's kind interesting to try to put words to this because it's a fear that is it's just from a father's point of view our Father when a father speaks to you you you hear what he's saying clearly and not gonna counter it and you expect that you know when he says I expect this to be done you expect what he's wasn't what you saying I'm expected to be done and the idea of not coming back in with my clothes torn off (28:00) was got to you know just basically ready to follow instructions. That fear is I can't feel I mean I cannot fail to comply what he's what he said	
T: I can't fail you, tell him	1/44
P: I can't fail, I can't fail what you what you what you asked me to do and so when I come back I will definitely have a better answer response to what the situation is	
T: My biggest fear if I failed you. What's my biggest fear if I failed you?	16/44
P: I would get punished	
T: Okay and this is my fear. That I would be kind of in pain, I mean physically he would punish you	16/44
P: right	
T: This is my fear that I would get punished	16/44
P: yeah	
T: And I know how it feels, being physically punished I think and it's just it's just terrifying and painful it's physically and psychologically (29:00)	11/44
P: yeah yeah but you know that's why I put it in the category and I use the term healthy fear because sometimes I think parents provide a certain amount of guidance and direction and that direction is helpful to cause you to form and formulate who you really are and I mean at the time I what I'm explaining and saying now I probably would not be able to say that to him or even understand it to express it to him but now from the point of you and I made a Swiper why I'm having a difficult time having this dialogue with my father because I understand the value in it	
T: Yeah	
P: I understand what it does I understand what it did for me because it means definitely put me in a different frame a man	
T: Yeah, but it's like I understand and it formed me but it was still terrifying (30:00) it was still terrifying and in that moment	10/11/44
P: you know I don't think I'd even put it into words and the category being terrifying I put in the carrot category being fearful but not terrifying it was not a traumatic thing it was a difficult thing if anything to just get my	

mind on what you just told me and what your expectations are now in my man I got to work this because I'm not gonna come back to you	
T: Yeah	
P: and not having adress that because what you just stated to me	
T: And it's because I want you to be proud of me	10/44
P: That that too all of that all the above because I have you no respect you know that that's why I put in a category a little strange phrase of healthy fear	
T: Yeah, but it's like this was so difficult and painful for me dad but I couldn't afford to fail you or something (31:00) is I had to make it work	10/11/44
P: Right	
T: I mean not terrifying but it was like fearful yeah and I think I was quite alone to sort it out. I mean I understand it put me on a path to be able to sort it out, but I had to do it on my own	12/44/50
P: right right right	
T: It's like I didn't have a guidance or I didn't have an older brother who would do it	10/44
P: Right, right, right, right, right, right. Yeah, right that's right that's what I mean that's this is one of those kind of one of those moments in life that I look back and say that helped me just be in a lot of ways I mean even as I moved on through life I mean that it set me on a course to be like I said have a little temper but even I later on addressed that even coming out of college I adress that but but it did it did that was a pivotal moment in my life definitely because and I think about if I hadn't had that situation knows how long I would have put up with that harlow (32:00) know how far I were to go with where my head would be	
T: Okay still go back there he's at home not mom this time it's him there he's giving you that message you're not coming home like this anymore well it's roughly that what would you be that small Bob there and what would you want to hear back there back then?	4/54
P: Before or after?	
T: Just at the moment	31
P: at the moment	
T: Just be there what would you hope your dad would respond to with? We know how he did it and you kind of made it work. But what would you hope that his response would be? He sees you, the clothes torn off	4/21/24
P: well you know just a little bit of encouragement you know there's gonna say yeah I mean my expectation that you gonna be successful in dealing with this but I knew what he meant you know be successful but I knew you would you meant, don't come back in here like this (33:00)	
T: Yeah, okay. So it's like if you were to say it to him it's like it would be so nice to I know to get some encouragement or support around it or help or I don't know see what fits see what that small Bob inside I think. I mean he touches something inside I think	10/40
P: yeah yeah I mean it it touches something inside me because just even think about it it was a good moment for me and at the time I guess in my mind and having a conversation with him it was more I'm listening to what you're saying and I'm gonna follow what you say it wasn't much dialogue going back and forth between two	
T: But now it's different we are here. Now I mean it's s mixture of back then and now	2/10/21
P: yeah what I would say is now that thank you for the direction thank you for helping put me on track because I mean being reflective on it I mean it was helpful but at the time (34:00) when we came out yeah I was afraid of you in reality	
T: Yeah	
P: and I did not want to disappoint what you let you ask me to do what you directed me to do	
T: Yeah, but somehow I learn to stand up for myself	10/36/44
P: right	
T: Because I also didn't have any other option	10/23/44
P: right right	
T: I learned and then I got good at it	10/18/44
P: Yeah	
T: But I'm also different or something, I mean it became my second nature, but I have my own ways and sometimes when people people pick on it or something I don't feel comfortable around. Because you said before I'm proud about how I go about things and that I can get things done in a way that I want them to be done. But somehow being criticized or implied that does it make sense that somehow it when it's implied that I should be more forceful or something I don't like it or something you were saying yeah I mean in this current situation	10/40/44
P: well you know I don't what yeah like that that's good point (35:00) one thing that I find that being forceful there's ways to do it and I think and when we talked about my co-chairman, the idea of you can be forceful but you don't have to be forceful, forceful. You can't you can you can make things happen in a way and I guess I think I've learned over the years and especially now I've gotten older I kind of am reflective of back on some of the things I've done and I look back sometime I questioned to myself because you've done this a different way	

because you've done it anyway but your approach that individual to encourage them to do whatever you need to do. I've looked at it but I still and I can see our initial conversation I still question my feeling	
T: Yeah, but if you put your dad back there what are you saying about your forcefulness or not forcefulness or how you want to go about things you know just from inside (36:00)	31/44
P: I think his conversation with me and I would thank him for helping me to turn the forcefulness own because and really it wasn't there	
T: okay but it's also you know I did it back then because I was scared of you	10/44
P: mm-hmm	
T: But is it like I want to do it in my own way or?	40
P: Well, well no... wasn't that it was yeah I didn't I wasn't challenging that I know what I'm doing I guess in my mind he didn't exist in really having a sense of push back being forceful or being strong willed	
T: So, I would never find it if it wasn't for you	10/44
P: because you put you put that in you put that in there how can you put that in it cause I consider in fact it was the next day I mean even after I realized that I had the power and the strength to do what I need to do to deal with this young man I had a different attitude (37:00) and it caused me to come away with as I was a different than	
T: Yeah. I lost my fear or something off him	10/44
P: Yeah, just like I like the confidence I like the everything I needed to really be more aggressive on what I should be done	
T: Yeah, yeah, okay. So still if you picture your dad here, see what comes I mean anything else you would want to say to him?	14/44
P: well you know I think yeah well yeah they're a company that I would say them I would say I was very thankful for that experience because it gave me because I like there was success since that's where I was concerned with that. So what it did it gave me more respect for him a lot of times when he would I would look forward to have opportunity to sit down talk with him about a lot of stuff	
T: Okay and as he sits here is what would you say to him?	14/44
P: thank you I would thank you very much world for what you gave me what you what you instilled (38:00) in me over time because at that particular time and I started to recognize that particular moment also helped me to recognize between the difference between you and my mother my mother was more compassionate she wasn't me whatever she is baby me but take all don't you know but he was more his forcefulness was it almost said in my mind it helped me to identify and the image of a man that I was going to become	
T: Okay	
P: So as time was going on it's almost like I'm being trying to be more like my father well I can't because I saw	
T: Say it to him	1
P: I see you as an individual who I like to emulate because I see that you know you know he was very kind of person that was very concerned about other people	
T: Ok, say it to him. I want to emulate a person like you	1/10/44
P: I would like to emulate a person like you got a hard talk to you it's kind of hard talking to him (ri)	
T: It is hard, but see what's the feeling? (39:00) You laugh it off. But how does it feel inside is to be saying this?	40/47
P: it feels good it feels good to carry that conversation on with you to say I really appreciate what you did for me in my life because it did help put me on track. It put me in a lot of things that I accomplished in life I have to give credit to you, for the things I did	
T: I have to give you a credit, tell him	1/31/44
P: I got to give you, I give you credit for it	
T: What's the feeling as you're saying? What's the feeling inside as you say just check inside?	40/46
P: I feel good about it. I do feel good about that I feel like	
T: Is it like this was the way how we connected, by being strong man?	10/44/54
P: Yes I think so I I feel like there's a a bond between the two of us they allowed you allow me to emulate a lot of things you do a lot of me too even as we talk down to the years allowed me (40:00) to think more aligned with the way you were thinking about stuff, because I respected what you did which I've seen what you have done. But it did it also gave me an opportunity to look at you and situations and how you react to situation then it taught me how to react that situation	
T: Yeah	
P: Which I saw value on that	
T: Yeah, and how is it to bring him back in here? What's the sense, what does it leave you with inside?	40/46
P: Makes me feel good. It makes me feel good to the point that I have a better appreciation even just being raised my consciousness that because you know you kind of put those things aside but raised my consciousness how I how I can and turned out to be	
T: And so somehow, you're saying that the message from him is you won't let people walk over you	10/36

<p>P: right</p> <p>T: This was scary but you did so and from then on you are able to turn on that strong part of you and powerful part of you and and push through the fear in a way you're saying (41:00) I push through the fear with that anger and somehow this is how we could connect and I can appreciate it. But somehow with those other situations you mentioned the co-chairman or manager, and so somehow there's this sense of one that you don't like if they disrespect, this is one is that you can get somewhat prickly about it. But then there is a sense you are saying that like a part of you starts to ask do they have a point or something, you are not fully sure but doubt comes</p> <p>P: that's that's a good a good thought process I guess it's like mixing a couple things together my makeup of the grown up from father and putting me together and then now I went through some training (42:00) that caused me to question some things and I think that the success I've had in my life and I've had a lot thank you good lord I've had a lot of good successes a lot of things. We have done things I've been successful at it but it's you could challenge everything that and because of this feeling thing that's hanging out over here then it caused me to say okay you're successful but you still you still question this thing here</p> <p>T: Yeah</p> <p>P: and because of that sometimes that's why you would not hear somebody say but you should be more forceful it's better then I'm maybe I'm looking maybe I'm saying maybe I'm not doing this maybe this is not where it should be and that's why I question this but I'm still I'm still me</p>	<p>3/10/36</p>
<p>T: Yeah. I'm still me and there's a big part of me that I feel confident in I own and when this is disrespected then I don't like it and I will stand up for myself (43:00). There's a small thing or part in me that somehow feels like do I miss something, do I miss some I don't know what is it softer touch or with feelings or something that's like</p> <p>P: you know and and and I have I guess the thing that I really have you know mind play is real strange to me sometimes, even though I know this my mind I'm saying this seems to me maybe started way but then along comes this thing says you alright and maybe just overreacted. And so you know the question marks that sit back there is you know. Let me put it like this, in the Vietnam scenario there are several things that I've done and I didn't react to him I mean emotionally (44:00) or any other thing. And then that incident I told you about what I did react to it and so and and what those things did is it put them to question marks in my mind even after it was all said and done I and I reflect back on him say what I should have done this why did I do that and I and so I got all that and that's the basis of this thing hanging over here</p> <p>T: Yeah</p> <p>P: and maybe it's something I should be concerned about maybe something I don't need to be concerned about</p>	<p>3/10/36</p>
<p>T: Yeah. I understand because you learned value of not paying attention to feeling that it actually was life-saving, you survive because of this. But at times this sort of comes this sort of spot or something and there's a sense am I missing something but you don't know for sure. If you were to miss something, what is it what you may be missing? Well having softer touch would give you something or your senses (45:00)</p> <p>P: well you know I talked about the relationship with my you know former spouses. Maybe I'm not showing the compassion or feeling I should and you know when you start you start putting these kind of things together so you know you you know relationships are important. Relationships are important when you're trying to get stuff done relationship are important when you're trying to have a relationship with a partner</p> <p>T: Yeah</p> <p>P: and when when that's when that question marks pop up pop in there you know you start asking yourself what why are we not why are we not doing this why not you know is it me?</p>	<p>10/40</p>
<p>T: Yeah. We don't have much time left, but I will make one suggestion. If you pick a person, just think of a person important for you in your life that you think you could have shown maybe you know more softer part of you or your feelings if you were able to get in touch with them or something. (46:00) Who comes to mind? Just a small experiment will do it</p> <p>P: Probably my second wife</p>	<p>29/40</p>
<p>T: Okay. So if you picture her there for a minute, what feeling comes as you picture her out there</p> <p>P: The feeling compassion, love. And you know sometimes I know I might ask the question am I available to you I am you know and I guess sometimes we don't communicate enough to have the feeling for each other</p>	<p>4/46</p>
<p>T: And it's like I feel like perhaps I didn't show you all the love and compassion I felt and feel towards you</p> <p>P: right. And again, that goes back to that feeling (47:00) thing again you know am I doing this right did I do it right did I not. I mean it's kind of hard ask somebody a question about</p>	<p>10/11/44</p>
<p>T: Just try and not analyze it for a second how it is. Just picture her there. I'm not asking about her name is, but picture her there. How is it to see her there see how it what it does to you inside there's almost in your heart and how is it to see it?</p> <p>P: to see it there is the want of love and affection and caring and you know want to do whatever you know have a great relationship between the two of them even you know we still have a good feeling towards you but I still you know just to be together I think the value</p>	<p>31/40/44</p>
<p>T: It's like I miss you as well</p>	<p>10/44</p>

P: I miss you. I miss you	
T: Outside somewhere inside of me there's a longing for that connection	10/44
P: yeah	
T: It's like with you (48:00) I could have had that connection that I don't feel often in groups or something. You were able to be that person for me	10/44
P: yeah and I guess you know my comment would be if I could if we would roll that think back to ask can I you know it's almost like an evaluation of how you see me to the point of am I giving you what you need	
T: But it's like I would have a regret if I didn't give you everything you needed because I want it and would want to	10/44/54
P: right, right	
T: And it's like I'm like regretful or sorry for what I could have missed not knowing or something. It's somehow a hunch to me being more feeling expressive or something could be the thing that you may appreciate or something. I think because she came as the person or something (49:00)	10/44
P: yeah I mean there was a very I know when we first met it was very very very real close relationship I know the crazy thing I work for zero I she worked with GE and we kind of did what end up but that that feeling you know having that bond that would pull it together that	
T: But you're also saying and we'll have to be finishing I'm aware of it. I think part of you is saying to her and to everybody in a way is like I learned early on and then it was reinforced in my career professional career not to feel and it helped me to get through you know bullying in school but it helped me particularly in Vietnam. This was the only way to be there just to be kind of doing job professionally and being safe and everything and I think and it's so difficult to switch this off you know it's because this is built over years (50:00). But at times I dismiss it at times I think maybe it's not that important but at times there is a sense maybe I am missing something isn't something that leaves me with sadness and loss inside and I don't know. But it's complicated and the life was complicated, what I went through as complicated as well	10/11/19/36/44
P: this as been a good conversation give me a little bit of insight into the whole I guess you know I've questioned myself a lot	
T: Yeah	
P: especially in a relationship	
T: I think it's not a matter of just insight you know because I think it's not that easy to switch it on and switch it off	10/30
P: yeah	
T: it's almost a matter of experimenting with it. Tried out as you went home after that bullying incident and after talking to your father and you had to make it work (51:00) and make it happen. You know that you had to fight for standing for yourself. But somehow to try and let in others or express it, it won't come like that you know it's matter of training as well or matter of trying it out	7/10/36
P: mm-hmm	
T: So even if you decide to experiment with it you know it takes time. It may not be bad that people understand, to let them know you know that inside may help that they can understand that you can explain to her or to other people you know I went all through the time when I wasn't being able to express or even to recognize how I feel because if I started to focus how I feel it would be just too distressing I think. But I think it's a matter of trying it out it's not only a matter of you know having insight or something. Will have to be finishing now. Is it okay to leave it at this point? (52:00)	7/10/30/38
P: Yeah, this has been good, it's a good conversation I think I've questioned it I've had a lot of conversation a lot of people but this is a little different. It's a different thought process and I do appreciate it I think just to help me address like I told you I get this and strong but this thing hanging out here but what you just that to me I think sometimes it has message some things, some things that value and I value that relationship	
T: Yeah	
P: I value what I do I mean	
T: Yeah. You have connection there, experience of connection	10
P: and then a keep playing with this thing and it keeps me	
T: It's a matter of exactly of playing and bouncing I think it's not matter of switching it on and see its value for what it is because in certain contexts it may not be appropriate like at war	10/18
P: yeah yeah	
T: Ok Bob, it was a pleasure to meet you	18
P: Pleasure to meet you too, I appreciate it. Thank you very much (53:00)	

**MULTI: Sandra Paivio**

COTAÇÃO Sandra Paivio (1ª sessão)	Cotação
T: Hi Adriana.	18
P: Hello.	
T: So I'm delighted to see you here and really glad you were willing to participate in this. You said you haven't had any therapy before ever. So this is going to be a brand new learning experience for you.	18
P: Thank you for having me. Yes, it's definitely out of my comfort zone.	
T: Okay. Well hopefully, you will feel comfortable within the next few minutes. So I'll just give you a little bit of information about what this is all about. So this type of therapy is designed to help people come to terms with experiences of childhood abuse, neglect with a sexual physical emotional or neglect. And the way we do it is help people get in touch with feelings associated with those experiences. So, lots of painful feelings and memories of childhood. (01:00) It's not easy to do that but there's lots of evidence to suggest that is the way to heal from those experiences. So that make sense to you?	18/32/38
P: Yes.	
T: How so? Can you tell me how you resonate with that in terms of feeling?	38/46
P: oh actually I was interested because it's actually the opposite of what I generally do	
T: Okay.	
P: And I do practically speaking understand that expressing emotions helps, but just the way that I am, I kind of just close that off.	
T: Yeah	
P: I do the opposite.	
T: Okay	
P: so that's why I'm here, see if I can somehow break through that barrier that I've kind of imposed on myself.	
T: So, that's something that you see, you've imposed on yourself and you for what, why have you done that? Are you aware of?	40
P: I think it's protection. (02:00)	
T: Yeah	
P: emotions was always used as I don't know, I guess being from a young child in my family, attended to lead with emotion, think later no matter what the consequences were. And I'm very sensitive. So of course when you're sensitive to things, you kind of just put a block to protect yourself from that especially when people who are a little careless. Well, in my mind careless with that.	
T: So it sounds like for you and your family emotions were negative, hurtful, violent. So they weren't nice. And it's best to keep away if you can.	10/36
P: Yeah, that was always the calm one. Was always the you know, my mom always said, you always, you know, the quiet ones, you know, and Mister the storm per se. That's what she used to say	
T: But she didn't know what was on inside is (03:00)	10
P: I think she was afraid to deal with it too because of what she was dealing with it. Well I'm from a previous marriage that my mom had, I still have relations with my father. My mother but is very violent in the beginning of that relationship and the culture kind of just accepted that.	
T: What kind of violence was there?	31
P: physical	
T: Against you?	31
P: against her	
T: Against your mom.	31
P: Yes, I was shielded me from that	
T: But you watched your mom being beaten up.	10
P: Unfortunately. I don't know if it's fortunate or unfortunate, but a lot of memory was blocked off. Like might just shut off. So I'm kind of notorious for not having a very good memory in my family because especially that time. So I don't know what's called selective Amnesia or whatever, but I do have flashbacks, okay, yeah I have flashbacks so it gives me some inkling of what occurred. (04:00) When I hear it happen to someone else it's almost raw like that, that anger, that hurt	
T: So you feeling angry and hurt at violence being perpetrated at another?	11
P: Yes.	
T: Okay.	

P: Yes, even if it's outside of my own family. So yeah, it was almost a cultural thing, you know, men used to beat their wives but that's what it did, these asleep around, there's drugs, there's alcohol right. There was other women and	10
T: Very toxic environment for you.	
P: Yeah, for a little one and I use this is a machismo that was the excuses. Just machismo that was just the way it was and so that's why my mom left the relationship. She didn't want that for me. So she laughs she divorced my father at 45 and she was able to protect me from that (05:00) I think that I was never physically abused or anything like that,	31
but with the divorce, that's when the emotional stuff happened with my heart. So just saying very nasty things	31
T: This is your father saying things to you?	
P: Yeah.	
T: So what kind of things would he say about?	10
P: About wouldn't it be wonderful if he would just kill my family and one time he did try to run over my mom with me in the car. So it's just, you know, those kind of things that	10
T: So really threatening you with fear.	
P: Yes. Very much	
T: Terrifying you.	11
P: Yeah and he knew, you know, I don't know, I don't know what he was doing but I would come home and my visits and just be sick and vomit and I wouldn't talk at all and stuff like that.	32/36
T: You were traumatized, it sounds like	
P: Yeah, I don't remember. (06:00) So I figure that's that's	
T: That's a part of trauma. So often is memory gaps and that's the way people cope, is shut these things out.	
P: Yeah, my parents tried my Mom married, a wonderful man who's my dad now raised me since I was four, but the way that he dealt with, it was just by ignoring it and trying to what he likes is a brainwash to try to forget those	
T: I see	
P: memories. Like don't think about it didn't happen.	
T: Okay	10/36
P: You're here, you're safe. That kind of thing. So it was it was very to extremes. It was too much and then nothing oh kind of a thing.	
T: So it sounds like you've still got a lot of those memories buried up inside of you and they intrude at moments	
P: and I'm getting married this year and all those feelings are coming back because now I'm getting married which set of, you know, have a decent relationship (07:00) with my father. Now but all those feelings are coming back because, you know, the whole marriage who's going to walk you down the aisle, we're going to do this. Who deserves the Tit for Tat?	47
T: So, what feelings can you tell me are you going through?	31
P: just a lot of anger	
T: Anger, okay	
P: you know, because people don't understand why I'm making a decision that I make.	
T: Okay	
P: in regard to I'm going away for my wedding. I'm not having a big thing. Walking myself down the aisle.	
T: Okay	11/54
P: And people just like what he's your father, that's his right or our, you know, I'm your mom I should do this and they feel entitled and	
T: So you're angry that they don't, they don't get it why you're making these decisions, why it's important for you to what distance yourself from them	10/44
P: It's the whole pudding. It's me above you (08:00)	10/44
T: Okay. This is my wedding. This is my life.	
P: Yeah.	
T: And it's going to go my way.	
P: I'm trying to do that as tactfully as I can. Because I do want to maintain their relationship and my father has gotten better with his words and and he doesn't have the temporary, doesn't have the Venom anymore. He's remarried, has another child.	
T: Okay	
P: so I think that tempered off.	10/36
T: Okay	
P: his anger.	31
T: Okay, so he's changed, but you're left with the scars in a way	
P: and the burden	1/31

T: And the burden.	
P: Mhm.	
T: Yes, tell me more about that burden that you're left with.	10
P: That's I don't know how to explain it for say it's With the whole I deserve this. I deserve that I really want to say, no, you don't. (09:00) But It's family, you know and things like that and he's gotten better and honest.	
T: So the burden of having to deal with him and he's imposing things on you	
P: it's really hard to say because I think I've become well adjusted to what happened. I mean I think this is all springing up now because the entitlement people feel and putting them again. Putting themselves in their feelings before mine. I think that's where it's, it's coming back up again.	10/19/41
T: So this is what's bothering you the most right now, is this other people's sense of entitlement and them coming before you just like it was back then when you were a girl. Yeah, where their shit was all dumped on you	31
P: and I just have to accept it.	
T: And you just had to accept it	10
P: yeah.	
T: Powerless. (10:00) Powerless, little kid.	
P: You know, I used to have recurring dreams like it was every night. I still remember them, this is one of those dreams. I remember, I'd be ice skating with my mom and there's a shark under the ice and the shark could come up and eat her up	11
T: And it's scary just thinking about it now. Yeah	10/18/36
P: so and more stuff but I'm going to stop because I don't wanna cry.	
T: Don't like crying but you have, you know, you have lots to cry about it and lots of old hurts that you've kept inside.	
P: And I don't like to cry. Gives me a headache. Yeah.	
T: Right.	32/36
P: It gives me a headache. I don't like it.	
T: You know what the headache is. The headache is from, squeezing it back.	
P: That could be it. Yes, that's my fiance. We've been together for four years and he's like, I've only cried once in front of him. That was just as so this December because of the whole wedding (11:00) making decisions I had to make. So he's like it's about time	31
T: Is that what he said?	10
P: Yeah. He said so he's my opposite. I'm very controlled and	
T: he's emotional	10/18
P: and he's very emotional. I joke with him that he's the woman in the relationship.	
T: It's nice to have a nice that you have that balance in your relationship. Yeah. And that he accepts, your sounds like, were you to express your feelings he would definitely be accepting of them.	38
P: Yeah.	
T: So tell me more about what you would what you would hope to get out of this time together. What would be meaningful? What are the things that kind of haunt you the most it would be most important to talk about?	
P: this is actually the hardest thing I had to figure it out and I'm actually not too sure. I do know that I'm very controlled. (12:00) And I think that I am hurting myself in a way by being, too controlled.	10/36
T: Okay. So you're stuffing a lot of stuff inside.	
P: Yeah, and I love to just let it go. Instead of just, I feel like, I'm always is it acceptance or is it just stuffing it under the rug? I'm not clear on that. Like I said, never had therapy for never really discuss the fact that, you know, again is it acceptance or is it just being bottled up again being very	10/36/44
T: So do I do I not express these things or is my control around the fact that this is healthy and I've accepted all these things and I really have nothing to spill over or is it more that I'm over controlled and bottling things up? As you said and you're not clear.	31
P: Yeah, not sure	
T: You're not sure what that is. Do you have a guess?	
P: No. As I said, my family is (13:00), you know, I like to say I have I do have fortunate to have two fathers and one would say you need to let that emotion and go, just let it go. And the other would be like, is it necessary? So you're okay. Why is why are you bringing up an old dead dog? Kind of thing. So that's where it's, I don't know I'm kind of on the fence	40/41/46
T: So, I guess when you when you were talking about your childhood there and all the unfairness of having all this stuff dumped on you and having no control over it. What were you were feeling some that evoke something in you and that. Can you tell me what that evoked? If we can get back there? It's like not fair, makes me angry.	31
P: It's all of the above. It's disappointment	
T: Disappointment	

P: anger	
T: Okay	10/11/36
P: It's sadness. It's all the above	
T: So many (14:00) feelings and it sounds like you haven't had a chance to really express them.	10
P: You know think in a very controlled	
T: in a controlled way	
P: again and like the whole world control kind of thing. But yeah and I guess a very unbiased heading I think I think that's what I haven't had everybody human nature.	
T: Yeah, sure. So you haven't had the opportunity to express in a kind of a safe and then unbiased way. So of those feelings, what's the most important to you at this moment? When you think about your childhood? And given of a particular event that	36/40/41
P: when I picture myself, as a young girl, obviously, as a separate person of who I am now it's almost like just a little girl in a dungeon, like it's just	31
T: In a dungeon. (15:00) That's a, that's a very sad, very sad image. A little girl in a dungeon.	
P: There's worse	
T: There are worse, but it's still not a way you want your little girl to be raised and to experience life from a dungeon. Can you speak from what it was like for you? I know it's hard, you're trying to hold it back, but if you can just try and get in touch with that, Adriana. In the dungeon what's she feeling like, what does she need feeling? Lonely.	11/41/46
P: Helpless. You said it before	31
T: Helpless. Yeah. Feeling totally, totally helpless, just shut out and helpless and alone.	
P: That's why I don't really cry. (16:00)	10/36
T: It's hard to cry. These are hard things to remember very hard things to remember for anyone. So how are you? How are you finding yourself trying to control it? How do you control these? Just by	
P: just, but now that the whole control thing, I don't know, I just just like, you're good, you're fine, it's all right.	
T: Okay, good. You're fine. It's not a stuff it's going, it's not important or don't go there, but it is important. This is who you, this is who you are, part of who you are. I know you're sad, you're sad, thinking of her, it's okay. You can let yourself cry. It's a weird thing to be doing it here but it's there's nothing wrong with it. It's an appropriate, (17:00) just a lot of tears for that that little girl. Yeah she just missed out on a lot. Crappy, very, very crappy.	18/26/36
P: I got to hold it together.	
T: You got to hold it together. Yeah, I'd like you to just let it let it come because this is your truth. How sad she was and how sad you still are for her missed out on a lot of a lot of good stuff. What did you miss the most you think?	11/31/40
P: I think. You know those happy childhood memories that people talk about?	31
T: You missed out on that?	
P: Yeah.	10/18
T: Yeah. (18:00) Children are supposed to be happy and carefree and have all kinds of happy memories. That's really you got gypped.	
P: Yeah. But my mom and dad they tried	10/31
T: They tried. I know and I can see your strength is understanding where they're coming from but didn't doesn't change the pain that you went through. You miss out on some precious things.	10
P: I'm just angry. I feel responsible for it.	
T: Well, how unfair	
P: Like you did that	10/44
T: You did that to me. (19:00) Now I feel responsible for it.	
P: It's kind of like brushed off. Well, you my daughter, why wouldn't I do that? You know	10
T: Doesn't get it.	
P: No, even to this day. And then I just asked my mom and we never talk about it	19/40
T: So, that's the way it goes in the family, just and you never get to say your truth or so if you, you know, if you're what would you say to your dad?	
P: With Bobby and I've tried before like did you realize what you did? He goes (gesto de afastamento)	57
T: Yes. You don't get to say your truth	
P: and just brushes off or anything like that. And, yeah, so it's just like if you don't understand at all, it wasn't just me. (20:00) It wasn't just me. You know, your mother and your stepfather	57
T: Just making excuses, excuses, excuses. So you get shut down and push aside.	
P: Yeah, that's how it was before. And now I'm just before I was just like sad. And now as an adult I'm just angry kind of thing. So if you know, because the whole that's past was the past, gotta let it go kind of thing and just try to move forward and that's it	44

T: And now you're saying I don't want to do that.	10/11
P: Well I don't want to being brought up at my wedding is like, you know	
T: Guess that makes that makes sense. But it sounds like you still have a lot that you're angry about and a lot to be angry about	
P: Sometimes I wish I can remember exactly what happened and then I thinking well there's a reason why you shut that out the first place. (21:00) Do you really want to know? Because people tell me their truths but isn't necessarily what mine is	
T: So you know, enough to know that you're to know that you're angry and that things happen that you think sucked. And so tell me, tell me what, you're angry at. All the things	1/11
P: that and just, you know, again, it's I think it was primarily, you know, Bobby he's my biological father and my dad's new stepdad. So, uh, all both Heather and their names and stuff. But just to think it was okay	
T: Like how dare they think it's okay.	10/44
P: And the thing is, I'm not the only one. My cousins were, you know, dealing with the same thing I was and then, You know It's just why is it. Well, I just get angry and why are you so selfish that (22:00)	
T: Because it's not okay	10
P: Yeah. You are saying I'm a child, you put me before, you know, you did it and now you're saying you always did and that that never happened	
T: And so your, you've got a distorted view of the reality. What is the reality for you?	10/40
P: He did not put forward first.	
T: Yeah.	
P: And he does not accept or apologize for what he did	
T: Which is not right	10/18
P: that he still feels entitled to all the glories of being my father when I don't really think he deserves it, but I can't really say that to him because he's made efforts but not, I guess not the essential ones.	
T: So in your view he does not, he is not entitled know those things because he has not made the essential efforts and what would those be?	10/54
P: But I just had to just say, I'm sorry. (23:00)	
T: Oh, to say I'm sorry. Yeah	31
P: When I did, it was selfish of me.	
T: Okay.	
P: And I wish I could take it back or, I don't know, just something that's not dismissive. Something that you know, he owns up to what happened and accepts, why our relationship is the way it is. You know, I try to be respond, you know, a good daughter, right? Talk to him, but I relationship It's not one that I would have with my dad per se.	
T: Right	
P: Because he never, never really followed through. He was always there for the glory, but not the work, which is you know, you hear that a lot.	
T: Okay.	
P: You know, he wants to be the guy who, you know, goes in front but didn't really put the work in.	
T: Yeah. Okay. So, he doesn't really deserve the glory.	10/54
P: I don't think so. I mean, he's trying and I tried it like he's trying, you know, and he's helping me with I came back here, you know to be with my whole family here (24:00) and he's put an effort to help me with grad school and all that. And, you know, I am trying to recognize that effortless effort nonetheless	
T: Okay.	
P: But he doesn't get the essential part and I don't know if I want to bring that up and cause a huge chasm all over again, right?	
T: Well, I guess what you talked about here, what you talked about with me and is for you, not necessarily what you would go out and do in the real world, right? So, but it is important that you get to express somehow your truth, whether he hears it or he agrees with it or not. Or can handle it or where no matter what you do with it. In the real world, it's important to say where you stand and what's in your heart. And I hear use a lot of just indignation and treated unfairly, (25:00) this wasn't right. And I'll be God damned if I'm going to give you, let you do that to me again.	10/29/36/44
P: Yeah, it's I mean, I understand people fight them to see a parents are not perfect, they're human. But when you, cause your daughter to forget. Because she was so, because it was so horrible. So horrible that experience. Wait, don't shoot. And I know.	
T: Yeah.	
P: And all, and I just so he	
T: You traumatized me? Yeah, he did.	11/44
P: So, You know, and it's, I've actually talked to some of my cousins and they're like, they all did that against miss it. They all did that. And then I wonder what's wrong with me that they're fine. Well, apparently, I don't	

know sometimes I wonder And then here I am. The one who's locked up per se, not locked up but I don't know like still that	
<b>T: Still in the dungeon. Still the little girl in the dungeon (26:00)</b>	10
P: with that aspect, yeah. I don't you know it's... I'm considered a late bloomer and I wonder if my life didn't really start until nine or ten	
<b>T: So she lost all those early years.</b>	10
P: So it's you know, I was like okay it is what it is. I'm good, you know, I have You know, a roof over the head of a family that loves me, you know, I'm in school and never been physically or sexually abused. So you know, it's one of those things like I don't know music if you like I don't	
<b>T: I'm making mountains out of them.</b>	10
P: Like exact, is it really that big of a deal? She may be the only map, you know, kind of thing. And then there's part of me that's like, You know that's what's happening to you and so (27:00)	
<b>T: That is a part of who you are and it would be nice to be free of the pain of it</b>	18
P: and I just would love to be carefree	
T: Carefree	
P: but always a little too cautious.	
<b>T: You can't be too careful.</b>	18
P: Okay, so when people Express their emotions so freely I don't get it. I don't get it at all.	
<b>T: Yeah, you know, for you it's not that easy.</b>	10/36
P: It's get to be earned. It takes a while for it to be earns, you know? And sometimes I look at people can just Feel and express and be all into a moment and I just can't.	
T: Hmm.	
P: I can do by myself because when no one is looking, you know, but very few and I feel like sometimes hurts my relationships because	
<b>T: You want to be able to be more open</b>	36/54
P: and it's all like show them appreciation. Show them love. (28:00) You know, be excited to be expressive. And I know that it has hindered some of my Relationships. Yeah, it's have anything. So, my fiancé let you know, I love them to death but he's like babe sometimes you're just lame because I'm not I like I see crying and excitement and thing is just not safe you know kind of thing. And it's like the serves me that I think that being so open sometimes if that's not right	
<b>T: It's not right, it's not right that you don't feel safe in the world to express yourself and you know that is the legacy. You know, that you have from your environment, your childhood environment growing up with all that fear. It wasn't safe and so he's it's like you still carry that still carry that with you (29:00)</b>	2/18/41
P: you know, I want to just let it go, but in a happy way, without the tears, a blue sky world but I know that's not the process.	
<b>T: No, the process is you want to be free. You want to be free with the pain as well as the joy and so learn to find a safe place I guess to experience some of that pain that you experienced weep for that little girl in the dungeon spend all those years down there.</b>	10/26/29
P: So that's something I have to work, you know, nothing. So I just don't like how do you go about doing it? I was it like what's the constructive way? I just don't like this.	
<b>T: I could suggest you. Maybe you could put it right here, I want to have that little girl right there. (30:00)</b>	29/40/44
What would you like to say to her?	
P: Because it's definitely	
<b>T: Little Adriana, how do you feel imagining? Little Adriana out of there. Feel for her. Sad little thing. Want to comfort her.</b>	44/46
P: But it's very much like me very much, like	
<b>T: to comfort her and keep her safe. Yeah, that's what she needs</b>	10
P: Yeah. It's okay to express, whatever emotion.	
<b>T: Yeah, in a safe place, find good people, safe people, say who you are</b>	10/18
P: has if she wants to scream and she wants to cry. (31:00) It's fine.	
<b>T: And would you say to her? It's okay, I'll go, I'll take care of you. I'll let you do that. Yeah. That is what she needs.</b>	10/40
P: Yeah. And no one will be offended or hurt, just go ahead	
<b>T: And no one will hurt you. Yeah. No one will hurt you. It'll be safe to do that.</b>	18/31
P: That would be great.	
<b>T: That would be great. Can you feel that? How great that would be? How much you needed that and how much you still need that? Yeah.</b>	31/46
P: You let it out and not be judged	
<b>T: That's what you need more than anything.</b>	10
P: Thank god for these tissues. (32:00) That's how it is. I've had dreams or trying to open that door	

T: And what happens in those dreams, as you're opening the door a little bit now, you know?	24
P: try but just speaking of his speaking, I try, but It doesn't happen	24
T: When you try to open the door?	24
P: I have for you to save me. I try I try and I don't know what's holding me back and I get mad and then it gets its like see some of between anger and sense.	
T: So what anger yourself or anger at your family for voicing this on you? (33:00)	31
P: The other girls weren't even a family.	10
T: She is yes.	10
P: But the woman trying to open the doors angry that can't walk but	
T: I suggest you just stay away from the woman who's angry at herself for not being able to stick with having any anger. It's that little girl should be angry at her father for not protecting her. You did not deserve that. You deserved like all children a safe environment.	18/29
P: That's my goal one day to just be, open that door per se, just be carefree, so that that would be fantastic to be able to do that. (34:00)	
T: So how are you feeling right now about what you're doing? You're pretty open and honorable and I mean I see your pain you're showing me the pain you feeling about doing that here. It's quite remarkable.	18/38/47
P: It is. Hey I don't know there's really no way to express it for a sec. It's just and I was almost like you know how you are. You're going up a balloon and it just gets tight and you just waiting for it to burst but it's just like it. I would say it's kind of like that.	
T: It sounds like you close close close to exploding	11/47
P: Oh yeah, I don't know. It's just, I don't know how to express it because, again, I'm not. I'm also fearful of what will happen if I do	
T: Let it all out.	10/36
P: Yeah. And there, I don't know. (35:00) I would admit honestly, that is fearful as to what may happen if I let it all out.	
T: Okay	
P: Because again, it's an unknown. It's what come out and well, no one wants to see how ugly, I certainly don't, but I know that's, that's what is it. That's what part of it.	
T: Part of it is ugly. Part of it is what your rage? Your anger?	11/31
P: Yeah. So it's just kind of where I'm at right now.	
T: So here anyway It seems you let things out a little bit.	7/36
P: I take time.	
T: You take time. It's scary, so it makes sense that you would.	18/31
P: Yeah	
T: Dip into a little bit. And if you say you've never been in therapy before, (36:00) these are things that you would explore more at a slow pace, at your own pace.	1/26/32
P: Yeah, it'd have to be slow because, like I said, I know myself, I don't jump in, I don't dive in and no matter how much I would love to	
T: You have good reasons to be fearful	10
P: I love to just do a cannonball to deep pool but perhaps, dip my toe in first, so	
T: Yeah. Well, that's how you take care of yourself. That's how you're taking care of that. Little girl, she's going to keep her safe.	36
P: none of just one day, just be happy with myself enough that I don't know.	
T: That you would be free.	10/18
P: Yeah. This be open and nobody to feel all that.	
T: That would be so liberating. (37:00)	10/18
P: Yes, people always talk about the liberating feeling and I just, I don't know how that one and would love	
T: You long for that.	10/18
P: Yeah. And it being an adult you like, you have everyday stresses and all that stuff and is that really possible? But one day I would like to think it is, you know, to feel this totally emotionally liberated.	
T: Well, I hear how important that is to you and I will always have that image of that little girl wanting to get out of that dungeon. I mean, that is true liberation out into the world and out of that dark lonely place. That's what you want.	7/10/23
P: Look at those, I'm trying. So that's good.	
T: She knows that I'm trying	10
P: She know I'm trying. (38:00) So just happy she figures patiently, but (respira fundo)	
T: A deep breath, feeling a little exhausted?	47
P: It's this is hard for me.	
T: Yes.	
P: It's hard.	

T: Yeah. You did really well, really well, in terms of showing me who you are. Some of who you are.	18
P: I'm trying to say... So yeah, that's me. (39:00)	47
T: Okay. So what are you feeling right now?	
P: A little a little relief. And of course a little hesitation and caution of course as usual. That's that's my cape	
T: And so a little relief you've put something out there and the caution is that what that it will you don't want it. You just want to close down now or you're afraid of where to where it will go from here, or what's your concern?	16/36
P: It's like, okay. So what should I do?	
T: Where do I go from here?	10
P: Where do I go from here? Yeah. Because it there is a something I don't know. I've never really talked about where I've tried but it never. (40:00) You know was as we say communicate communication just wasn't going into open ears, anything.	
T: So, where would you like to go now? What next little step would you like to take?	23
P: And what? I don't know. Just probably find it more ways to be able to just express a little bit more I guess. And just because there is a little bit of a relief that it's been said and then there's part of me that do you have more to say, or should you, or should you say more? I don't know. I, I pretty much was like, that's it? That's, that's the core done, next.	
T: So well, (41:00) I mean I think we probably not done and I'm sure you know that.	7/30
P: Yeah, this is one session	
T: There will be other opportunities and I guess moments that you will be aware that this is an opportunity for me to choose whether I want to reveal myself a little more with this person at this moment or not. And so you can continue to experiment with that.	7/18
P: And if I may ask with your other patients to, what has helped them per se, or is it the whole, everyone's different kind of thing?	
T: Well, everyone's different and everyone's unique, but it's definitely liberating and freeing to be able to express who you are and find safe places (42:00) to express the depths of your feelings right	18/26
P: Would you say what I'm doing now is it acceptance or bottling? I guess that was my main question for myself and regards to these emotions have, is it just accepting or is it just under the rug for say	
T: I think you have a lot of unexpressed, emotion pain. I think you experienced many traumatic experiences as a child and you've never had a chance to really process them. And healing from those things requires getting it out, that's how they evolve. That's how they have a chance to change. Breathe fresh life into those old memories (43:00) and old feelings of the, you know, solve that. That generally is the healing process. So I encourage you to take the journey as you know, in a way that you feel safe. You know, I could, you could find a therapist. There are lots of good therapists around who do work specifically on child abuse who work specifically and with, with, emotionally focused approaches to trauma work. So sometimes it takes some, you know, shopping around to find the right person. Somebody that you do feel safe with but I feel hopeful for you. If you do that many, many people heal and can breathe freely.	7/18/29/32/41
P: Thank you for bringing the opportunity here.	18
T: Oh my goodness. My pleasure too. (44:00)	
P: There's, it's yeah... I feel a little bit more relaxed, but I know I still have more work to do.	36
T: So, what do you think? Do you think it's bottled up or do you think it's acceptance?	
P: You know, it's I think too much. I analyzed too much and I can do pros and cons on each side, I can justifications for both and and I actually think it's a little bit of both.	
T: Probably it is.	10/30
P: Yeah. Kind of thing where it's, I can be angry about what happened. I could be sad about what happened but also accept that I made my life to what I want. Now it's not that part of me hasn't totally debilitate, I can't say that word right now, but I hope you know what I'm talking about. (45:00)	
T: Yeah, that's not all who you are.	18
P: Hasn't stopped for me, creating the life that I want now.	
T: No, no, no, that's not all who you are clearly. It's only a part of a part of who you are. I guess the question is could resolving some of those feelings make your life even better?	18/38
P: And that's where I'm, I think it is.	
T: Yeah	
P: Right now. Just if I can just let go or as you say a deliberate and that part of me life would just be better?	
T: Yeah. It sounds like you feel there's a part of you that's locked up inside and you don't want to have that.	10/36
P: It's a weight. It is an unnecessary weight that I really like to just let go off.	
T: Be free like you said. Yeah, be free.	10/18
P: Yeah.	
T: So I guess I'm getting the, I'm getting the signal to end. So, I'm very, very pleased to have met you. (46:00) And really wish you all the luck in the world and in your journey.	18

P: Thank you very much T: Okay.	
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## MULTI: Jeffrey Magnavita

Jeffrey Magnavita – Terapia Dinâmica Breve (BDT)	Cotação
T: (0min) Good evening, Trisha.	18
P: Hello.	
T: So what were your reactions and thoughts to the session we had last week?	38
P: I think a lot of my thoughts; I did a lot of writing.	
T: You did?	31
P: Did some journaling. About some things that we talked about what was bothering me.	
T: Oh good.	18
P: And it seems to calm me.	
T: Yeah. Getting it out on paper. Yeah.	10
P: Because I have not done that a while.	
T: So, it was helpful.	10
P: Yes.	
T: So, what are other reactions or thoughts or?	14
P: Well, I had to say on the way home I was still pretty whelmed up.	
T: When you say whelmed up, you mean...	31
P: Just the nerves coming through me and the thoughts and everything and kind of thinking about everything and the thinks that I've talked about what was bothering me and as I was into dreams and in the next day I felt better and then that when I started journaling on my thoughts.	
T: So, you started to feel better the next day?	10
P: Hm, hm.	
T: (1min) And how about the regards to the issue that you wanted to work on that it kind of a mistreating your daughter in a way that you don't want to and...(crosstalk).	50
P: I had told that I will try to work on that this week, I tried not to screaming.	
T: How that worked?	31
P: I felt like screaming.	
T: You felt like screaming, but you try to inhibit it.	31
P: Yeah. I was thinking about what I discuss, and I don't want to become like her and it seems to work better with her and I. Like she would talk to me and she seems more reactive to me when I try to talk instead of yelling across the room. I walk into the next room and ask her why she didn't do something or what's going on and get away from the TV kind of take her out of the situation to listen to me and that seems to help a little bit.	
T: That's sounds great, so it sounds like you are much more mindful of your behavior and the impacts of your behavior on your daughter.	10
P: Yeah.	
T: Anything else that is important for me to (2min) about that occurred since last week?	6
P: Hmm. I talked to my husband a little bit about what's going on and, you know, he thought it was good and I was journaling again because of course he is an advocate of that before I chose to stop partially because I did not have much time nothing would bother me because I go to school and I study so much, you know, he was impressed by the fact that I, he seem to, like I took it down a notch.	
T: You took it down a notch?	31
P: Yeah...	
T: How many more notches do you think you want to take it down to really get the result?	38
P: Several more.	
T: So, you want to take it down several more notches to get the result that you want.	31
P: Hum, hum.	
T: Okay. Anything else that came up or?	14
P: Not really, I mean, I encountered my mother a couple of times this weekend, which is, you know, that I live out that way, it's becoming more and more and I still kind of got upset at her because I invited her to go out with me (3min).	
T: You invited her to go out with you?	31
P: Hm, hm. And, well, I asked her to go with me, is actually the next day was Valentine's Day, to a movie with my daughter because my other daughter is kind of young and I wanted her to help me with the kids in movie theater, please sit with my older daughter, while I chase the other around at the movie theater and she turned me down first she used excuse, I had asked her this on Tuesday prior to me coming here and she told me "maybe" and as she had to bring my father along because for some reason she's afraid to	

come to my house without my father being around because at the 20 minutes drive, but she seems to have issues and then she decided that “well, it is supposed to snow”, which there is no snow on the forecast and she kind of excused (inaudible) not to go out with me and my daughters.	
T: <b>How did you react to that; how did you feel?</b>	46
P: Well, at first, I was upset.	
T: <b>When you say upset, what the feelings are in upset?</b>	31
P: I was hurt (T: hurt) by the fact that I asked her to do something because it seems when my elder sister ask her (4min) to do something, she hops to it, but they live in Illinois and they live, you know, within 5 to 10 minutes.	
T: <b>She responds more to them.</b>	10
P: Yes, and I think she still has this hang up with me because of our history and I’m the child that, you know, has tried to tell her how I feel at some points and, you know, I have been blown off and I didn’t speak to her for a while, so were still at that point where the relationships in not quite there. So, I was upset and I was offended and then she called me the next day to ask me if I was still going and I says “well, yes” because I ordered the tickets online because there was a Hannah Montana concert and she didn’t indicate anything about coming out anyway and I suggest I am still going and there was kind a weird conversation and kind of let into a “Fish Fry on Friday”, but she expected me to drop everything and go to.	
T: <b>So, then she ran up inviting you to a Fish Fry, which she wanted you to (crosstalk)?</b>	10
P: That she was working at, so wouldn’t been eating with her, (5min) but we would just shown up at this club that she belongs to and I said “well, I can’t do that” Friday because I seriously had to study for my test and I only has certain nights in during the week that I can do that, so I said “No, I can’t” and had some plans with my husband anyway (inaudible) a job and so she immediately took offence, of course, which is her usual mode and this is “Okay, fine” and then pretty much another conversation.	
T: <b>So, it is okay for her to like to reject you and you’re supposed to be fine with that, but if you rejected her offer, she becomes hurt.</b>	10
P: Right, and that’s how it’ been our entire life.	
T: <b>That’s been the pattern in your entire life.</b>	19
P: Yes. It’s like everything for her is, you know, like she always taught us it’s disrespectful and this is her words. That she things and do things with her or that we don’t go visit at her house. She shouldn’t have to come to our house, she doesn’t, she hasn’t’ to visit us, (6min) but we were supposed to go to her house.	
T: <b>You are supposed to go to her house.</b>	31
P: Hm hm. If we want to see her and my father we’re supposed to go there.	
T: <b>So, you always have to pay homage to her?</b>	10
P: Correct.	
T: <b>Hm, hm. And it always goes like that she expects you to come to her.</b>	10
P: Hm, hm. And even then, you know, with my babysitting and not that I, you know, I go out much, but when I do need it for school or to go to study at the library or get away from kids to study, I always ask her if she would be a backup to my mother-in-law, finds an excuse every single time.	
T: <b>And you keep asking her?</b>	10
P: Hm, Hm. I have had situations where I have desperately needed her when I was still working, and she could tell me she was going to watch the kids and then call me up the next day at 6:30 morning saying, “I can’t do it”. What am I supposed to do? No go to work ( <i>laughs</i> ) because my backup, she was supposed to help me and she promised me she would be there, but then she would find an excuse next morning for some reason she finds... (crosstalk).	
T: <b>So, this is part of her, always letting you down?</b>	10
P: Hm, hm.	
T: <b>And yet you keep asking (7min) and trying to connect with her, what do you think that’s about?</b>	10 / 46
P: Well, because she is my mother.	
T: <b>What does it means, she is your (mother)?</b>	31
P: Well, she is my biological mother.	
T: <b>Yeah, your biological...</b>	31
P: She had me.	
T: <b>She had you, biologically.</b>	31
P: Yeah, and I feel like I should have some relationship with her because she tries to have relationship with my oldest daughter and in a way that kind of, I feel like that’s another way of her manipulation of kind of stabbing me too because, well, there is another reason for that as well.	
T: <b>For stabbing you?</b>	31
P: Yeah, using my oldest daughter.	
T: <b>To stab at you?</b>	31

P: Yes, like having some a close relationship with her, but yet she keeps me, you know, in a distant and I think the reason why she is, maybe, she was the first grandchild, you know, in the family because I only have two kids, my elder sister is pregnant now, but my, her mother and I because my mother was an only child and I was the first grandchild and (8min) obviously the three of us are the only grandchild because she was an only child. I was very close with her and even when I was growing up after my grandmother passed away when I was a freshman in high school, she still to this day throw on my face that she had a better rela...I had a better relationship with her mother than she did, when she was growing up.	31
T: <b>She throws at your face?</b>	
P: Hm, hm. She throws it on my face. She acts like she is jealous the fact that I had a better relationship with my...(crosstalk).	31
T: <b>She acts like she is jealous?</b>	
P: Hm, hm. Oh, she is pretty much made it clear.	10
T: <b>Did she hate you?</b>	
P: I don't know, I sometimes wonder if she does. She has never come out and said that she hated me.	18
T: <b>It sounds like the treatment is hateful.</b>	
P: Hm, hm. And I mean ... (crosstalk).	16
T: <b>Has it crossed your mind that she does?</b>	
P: Yes.	
T: <b>Wow. What' that like when you think that your own mother, your biological mother could actually have hateful feelings toward you that, that are consistent?</b>	50
P: It hurts, but at the same token I always try and look at the big picture (9min), you know, I look at her whole life, how did she grow up.	
T: <b>So, you try to rationalize it?</b>	36
P: Right. And I don't know if that's smart thinking or is it just out of respect for her to trying give in to.	
T: <b>Well, maybe there's a part of you that has some pathological hope that if you just do what she wants just one time maybe you will get your mother's love.</b>	10/16
P: Yeah.	
T: <b>Is there a part of you inside like that somewhere?</b>	31
P: I think so.	
T: <b>Can that part talk?</b>	31
(Patient laughs)	
T: <b>Maybe that part is in control in some way.</b>	10
P: Yeah, it maybe it's going to cash in (crosstalk).	10/19
T: <b>Because you know what I hear a pattern in you of continuing to bang your head against the wall, get hurt and do same thing over and over again like you don't learn, like you keep going to her and going to her and going to her and hoping and going to her and hoping and getting mistreated and yet it sounds like you are relentless in you... (crosstalk).</b>	
P: Was part of it, because...(crosstalk).	10
T: <b>Persistence, too.</b>	
P: Yeah. But I think it's probably because (10min) the way she drilled it in our heads that respect is such a huge thing in our family and to me it's like...'	31
T: <b>Is that respect or is that self-defeating behavior?</b>	
P: I don't know. I always talk with respect.	31
T: <b>You mean to continue to...(crosstalk).</b>	
P: Yeah, because she is my parent. We're always taught that your parents, your elders, you don't disrespect them, and you don't ever talk back to an adult. We were always drilled to always show respect.	10
T: <b>So, the way they process one is that she was allowed to abuse you, you told me she was abusive to you, but that you were supposed to have respect for her at all times and be obedient and submissive to her.</b>	
P: I wouldn't say, I say I should have respect for her, yes. At some point, I wish I had the smarts to go to a counsellor at school and tell him what was going on.	46
T: <b>What do you think would happen?</b>	
P: I think I was afraid of being taken away because my father was so passive and my father (11min), he wasn't around a lot because he worked a lot of ship work and throughout all the issues and so, when he was around, he was a big protector.	16
T: <b>Are you afraid of the department of children and family services would (inaudible --- separá-los?).</b>	
P: Yeah, I used to feel that they would take me away, take me away	31
T: <b>So, it was pretty bad?</b>	
P: Yeah.	
T: Yeah.	
P: I think of they want to found out what was going on.	

T: Yeah.	
P: They would have taken us away immediately.	
T: They would have taken you out of house, so she was a very abusive mom.	31
P: And I didn't want to hurt my father, it was like catch 22.	31
T: That would have hurt your father?	
P: Yeah. Because what we have done, you know, because at some point my father even denied like when we went for counselling before we brought my father to one session and my father is one of these people where he (inaudible) brushed it into the carpet.	31
T: So, he did not, what did he deny?	
P: ... And just move on.	31
T: Trisha, what did he deny?	
P: He denied that my mom was that abusive.	
T: He actually denied it?	31
P: He said...(crosstalk)	31
T: In a session with the therapist?	
P: Hm, hm. With the therapist, it was me and my younger sister we both went we asked him to come and we said, you know, because this is when she hit me in front of my daughter (12min), was the session...	
T: The one you told me about last week?	6/38
P: Hm, hm. And we told him to come to the session because I was just like devastated and we told him what happened, and he says why you two are overexaggerating? I don't think your mother would have done that, you know, she has got issues and he just tried to make excuses for that.	
T: How did you feel towards him?	
P: For that? (inaudible) I was kind of mad and we...	11
T: Kind of mad?	31
P: Oh, okay. I was mad.	
T: How mad were you, you mean, your own father didn't acknowledge?	11
P: I was ticked, but again I know my father...(crosstalk).	
T: Ticked by what? You said ticked but, you, see you said ticked and then you rationalized.	
P: Right. That's the way I am.	31/36
T: You continue to let the people off the hook with your anger, accepted your daughter!	10
P: Yeah.	
T: Now, let's look at that. The one person that really doesn't deserve your anger gets blasted with this rage and the people that really have abused you and denied and mistreated you get treated like they are old, respect and obedience. What's wrong with that picture?	54
P: (13min) Well, it's wrong that I shouldn't be showing aggression towards her, but I think in my mind I know she was not going to run away where my mom, you know, is trying to disown me.	
T: She was tried to disown you?	31
P: So many times.	
T: Disown you?	31
P: Yeah, she just, well, I don't know disown is the right word used, but she just she cuts me off. She just writes me out of the picture, threatens not to put me in a will. I don't care.	31
T: But, she should. It sounds to me like what you're talking about for part of you is unbearable to face that own mother could treat you in such a hateful way consistently throughout your life and then your father could witness it and deny it and let it happen, that neither figure was a protective, secure attachment for you.	10
P: Hm, hm. But the thing is too with him, he also was an abusive parent.	
T: I know that, you know, that's true, that's important, but at the same time when you start to go (14min) on to explaining why, I think what you do is you minimize your own feelings.	36
P: Yeah, probably.	
T: Do you know what I mean? And it may keep you from allowing yourself to honor your feelings and face your feelings about what happened to you throughout your development.	48
P: Yeah, I guess it is part of it.	
T: And then the tragedy of it is that your precious daughter is getting kind of displaced all this rage comes out on her?	10
P: Yeah. I mean, we do that, it's not kile I'm on a rage 24 x 7.	
T: No, but you said.	31
P: No, but there is...(crosstalk).	
T: You would have notched it down and that...(crosstalk).	31
P: Yes.	

T: It's, you did say its kind of creating problems in your relationship with her and she doesn't really want to be close to you.	50
(patient say yes with her head)	
T: So, this pattern is a really, really important pattern for you to try to untangle. (15min) How are you feeling right now, what do you aware of right now?	19/46
P: I just don't know what to do. I don't know, you know, where do I start with her.	
T: Well, you start but I think, you know, you were, I was asking about the part of you that might have a hope that if you just do the right thing, it will all turn out right, is that part of you inside that just, will...?	49
P: I don't know, if I wanted to turn out right, but I wanted her to respect me.	
T: Why do you continue to ask her over and over again to be in a relationship with you in some way in light of getting rejected over and over and over again to continue to ask?	34
P: Well, I think part of it is because I don't want my oldest daughter, because my elder one, she doesn't have much relationship with, I don't want her to be affected by me because when I didn't speak to her and I stood my ground for that a year, my oldest daughter, you know, (16min) resented me because how I am going to explain to her, well, you know, your grandma used to beat the crap out of me.	
T: She, does not know?	31
P: And should she, I mean, what do I want to tear the picture of her grandmother when she that's all she has.	
T: That's all she has?	31
P: I mean, she has got her parents.	
T: They are big, aren't they?	18
P: Yes.	
T: Well, so maybe, what you are saying is your relationship with your grandmother was all you had.	10
P: Yeah, it was, until she died.	
T: Yes, maybe that was where you had your secure attachment with your grandmother. What was your relationship with your grandma like?	41/54
P: It was close, because they use to watch us all the time. My parents went out...(crosstalk).	
T: Was she abusive?	50
P: No, no, but I do remember there was one incident like my grandfather came after us and I remember stuff when you are (17min) young, you don't quite remember everything, but I remember one time, because he from what I can remember, he still drank and my mom used to send me to my grandmother's house to stay there, so my grandmother won't get hit that night after he went out golfing and that's what how he was ... (crosstalk).	
T: Hold, hold on, let me just make sure I have this. Your mother would send you to your grandparent's house so that your grandmother wouldn't get hit by your grandfather. Wow.	31
P: Yes. Only me. I was only one that...(crosstalk).	
T: Was it only you?	31
P: Yeah, my other sister was two years younger than me and my other sister at time wasn't born yet. So, I was probably seven or eight.	
T: So, you were a sacrificial offer in someone?	10
P: I think, well, when I was there nothing ever happened usually.	
T: But it could have.	39
P: It could have, and I think about that now and I'm thinking what she was thinking sending me over there?	
T: She puts you in front of (inaudible).	10
P: (18min) Yes, I used to have to spend the night there with them to make sure that she won't get hit when I (crosstalk).	
T: You have to spend the night there to make sure that she won't get hit.	31
P: And then, I have to go to school the next day.	
T: Doesn't that sound like hateful treatment?	39
P: Yes. I mean, she knows I was close to my grandmother and I don't know if my grandmother requested me like I don't know what was behind that theory of sending me over there whose idea was it, it my mother's?	
T: But you do know that no one was watching out for you.	10
P: No.	
T: Your mother was abusing you; your father was denying it. Yeah, at somewhat of a close relationship with your grandmother, but you had to protect her from your grandfather.	10
P: Hm, hm. I remember going over there a couple of times and staying the night there and I remember my grandmother had like a huge bruise on her shoulder. I remember that.	
T: From the beating?	31

P: Yeah, from my grandfather hit her, you know, and I remember that happened a couple of times and couple of years spend and then my grandfather had a heart attack or something, valve replaced and the stopped drinking. (19min) I remember that point I was age 10 or 11 and my grandmother died when I was 14.	11/50
T: <b>What was it like when she died?</b>	
P: It was bed and it was devastating.	31/50
T: <b>Who told that she was died?</b>	
P: Well, actually it was a Halloween night.	31
T: <b>Halloween night?</b>	
P: Yeah. It was Halloween, so I had a good Halloween even though I (crosstalk).	12
T: <b>Did you have an anniversary reaction to it?</b>	
P: Yeah, I do. My mother is worse than I am.	31
T: <b>What happened that, that night?</b>	
P: Oh, we were supposed to go see her at the hospital because four or five days prior to that she had a heart attack because she was in the backyard, chopping the tree down.	31
T: <b>Your grandmother.</b>	
P: Yes...My grandmother. I'm a lot like my grandmother.	31
T: <b>You are a lot like her, you really identify with her.</b>	
P: I tend to, you know, I don't wait for anybody to do things, I try to be as independent as possible, I do stuff on my own because I don't want to be...(crosstalk).	10
T: <b>You don't want to rely on anyone?</b>	
P: No.	40
T: <b>Do you know why?</b>	
P: Because I never had anybody to rely on.	31
T: <b>Right. You never had someone to rely on. (20min) So, tell me more about your grandfather.</b>	
P: So, we were supposed going to hospital and then...	31
T: <b>Your grandmother's death, right? You are talking about your grandmother.</b>	
P: Yeah, my grandmother's death. We were supposed to go to hospital to show our costumes or something and then right before we are about to go, we got the phone call that she died.	31
T: <b>Who told you that?</b>	
P: My mother answered the phone and they actually did not tell her she died, they just say get here and they are allowed to do that and then we all went to the hospital, she won't let me and my sister going in and see her.	31
T: <b>You never got to see her body.</b>	
P: She did not let us go in there and see her. All she told us is that she had a cut on the side of her head like maybe when she had a heart attack or whatever happened during hospital that they found her on the floor, so she must have fallen out of the bed or something, but that's all she told us from then. So, then, we didn't see her until obviously at the wake.	31
T: <b>(21min) Yeah, what was it like when you saw her at the wake?</b>	
P: It was hard.	40
T: <b>What did she look like in the casket?</b>	
P: I don't remember, I mean, I think she...	40
T: <b>Did you go out to the casket?</b>	
P: Yeah.	40
T: <b>Did you say goodbye to her?</b>	
P: I was there the whole day for the wake.	40
T: <b>You remember your goodbye to her.</b>	
P: Yeah, I remember.	31
T: <b>How was the goodbye?</b>	
P: I remember I'm grabbing at the casket and not let it go.	40
T: <b>You grab what?</b>	
P: The casket. We were at the burial site. I didn't want to let go the casket because she was all I had. So, surely after that is my mother accused me of having a better relationship.	31
T: <b>Accusing you of it?</b>	
P: Hm, hm.	31
T: <b>What do you mean accused?</b>	
P: Well, she told me some kind of fight or some argument.	10
T: <b>Like it was a bad thing of close relationship with your grandma.</b>	
P: Yeah. She, she...(crosstalk).	31
T: <b>And she would send you over there?</b>	

P: Yeah, she would, I can't remember the conversation that we had both, we are arguing about, but she threw it on my face like it was a horrible thing (22min) that oh I think it was, I disappointment my grandmother. She wasn't still alive because of the relationship that we had, and I think that was like later on when I was like towards the end when I was graduating high school.	
T: But I know you got away from that grief about losing your grandmother, it sounds like you are really attached to her and when she died, it was very painful. So, did you hang on to the casket?	41
P: Yeah.	
T: And where was your goodbye to her, when you turned around, what do you say?	31
P: Well, we didn't go to where they put in the ground because it was frozen at that time or I don't know, maybe...(crosstalk).	
T: So, what was your final goodbye, do you remember? What did you say to her body?	4
P: I don't remember. I think I just told her that I'm missed her.	
T: You would miss her. This is a lot of grief there and you still have her anniversary reaction to her?	50
P: Yeah, I'm usually not very happy on Halloween. (23min)	
T: Yeah, so how deep does that grief go right now?	6
P: Pretty deep.	
T: And did you come out of her funeral, were you able to grieve?	36
P: Oh yeah.	
T: You did, good. That's a good...	18
P: I mean, I was a freshman in the high school. I just started high school that year, so it was pretty devastating for me.	
T: Well, this was a loss of your closest attachment for you.	31/50
P: Hm, hm.	
T: So, it must have been really devastating to los the person you are closest to.	18/31
P: Hm, hm. Yeah, because she was the one that brought me my organ.	
T: She brought your organ?	31
P: Well, she paid for half of it.	
T: She did?	31
P: And my mother paid the other half, but it goes everywhere with me. I still have it. I don't play much, but I still have it.	
T: (24min) So, she really loved you and you felt it. Now when you compare your grandmother and that feeling that you had from your grandmother to the feeling you have from your mother, tell me about the contrast?	10/54
P: I always felt close to my grandmother, I gave her hugs and kisses.	
T: That was an affectionate relationship.	
P: She always had a Hubba Bubba bubble gum in her purse and my mother; you know, I mean, I couldn't wait until she came over every Saturday night. You know, my mother just set her hair because my mother used to be a beautician before she went...(crosstalk)	10
T: You could not wait to see her.	
P: Yeah, every Saturday night I knew I would see her, and we talk, and she would set on drier, you know, and I always that close to her, but my mother was never like that.	10
T: So, there was never that kind of affectionate attachment.	
P: (25min) No. My father was always very affectionate, but not my mother. And she would always tell us we should give her kiss goodnight, but.	10
T: She would tell you that you have to kiss her goodnight, so she was like a child and you were the adult?	
P: Yes.	
T: That you have to tuck her into?	10
P: No.	10
T: You kiss her goodnight?	
P: But I used to kiss her goodnight and go to bed and now when I see her I don't, I'm not affectionate to her at all and she knows it once in a while of I feel.	31
T: You still have some attachment feelings to her?	
P: Sometimes. It depends if I am in the mood.	40
T: You know, its amazing to me that you still have some affection left toward her after the hateful treatment you have endured. You must be a very loving person.	18
P: I try to be.	
T: And forgiving.	
P: Yes, but I wish she would just admit to us, all of us how she was.	18
T: But your holding on (26min), hoping that will come someday. But you think it's likely?	
P: Nope.	49

T: No.	
P: We have tried, we have asked her to come to sessions and she has told us that, her typical thing I will give her a heart attack to talk about how awful she was a mother.	31
T: Like she will fall down and pretend like she was having a heart attack like you told me last week.	
P: Yeah. Hm, hm. She just said it would kill her to remember everything that she did. So, it's almost like she knows that she was a bad mom, but yet to give up...(crosstalk).	31
T: She cannot acknowledge it, and your father can't acknowledge it either.	
P: My dad just wants to ignore it and sweep it under the rug and just, you know, have a happy life. He doesn't want to deal with it. I mean, he dealt with his father for many years. I don't think he ever must have face that she was really bad to us and my sister, the other day made a comment that maybe (inaudible) I did maneuver her house. When I was pregnant, they literally lived (27min) to box with my parents and she said I even know that, she is in like my child. Her husband is going to be around for that baby and she knows who her father is and when she said that to me it kind of struck me like you are right between three of us, the only person that knows her is my youngest sister, because at the time, he was hanging up on the food chain where he was working, he was able to spend more time with her and participate more in sports and stuff, I mean, He lived with us towards the later years probably when I was in the high school...	10
T: It was he didn't come to high school?	
P: Pardon me.	
T: He didn't come until high school?	31
P: Yeah, because he works so much and that was the first opportunity that I was allowed to participate in something other than our gymnastics that we went to every Wednesday that was Polish Falcon Club, which is a cultural club that we belong to that. We competed in different competitions when (28min) we are allowed to go and that was the only part that he really spent any, you know, quality time with us. I mean, the holidays were a nightmare, because he would work, shift work, we hardly saw him, so we are always stuck with her the entire time and I think, you know, what my sister is saying about me that you have kids, all of a sudden the stuff like this comes unwrapped.	31
T: It does.	
P: Now, the sun that just rolled out (inaudible).	18
T: Yes. And that gives you an opportunity to really face it and to get a new perspective and put it behind you are going to look your life in a different way.	
P: Hm, Hm. And I even remember when I had my daughter, Genna, when I was holding her after seven hours later because I had a C-section. I remember telling her I'm like will not be like my mother. I told her that...(crosstalk).	18/39
T: You promised her that?	
P: Yes. I was alone in my room 5 o'clock in the morning when I probably got her back and my husband at that time on home because he was so tired and I remember holding her and telling her like "I'm going to be a good mom to you (29min), I'm not going to be like my mother".	31
T: So, Trisha, when this part like your mother comes out, what's that like for you?	
P: It's just makes me so mad and mad at myself.	
T: At yourself? What part of yourself are you angry at?	40
P: That, I'm letting myself, you know, to have that I am, how do I explain it, like today, I learned from her how to react to stuff?	31
T: Well, is that part of yourself; that part of yourself is that you want to be like her?	
P: No.	
T: That part? Is that part that you are angry at? This part of yourself?	10
P: Oh, no, I don't want to be like her.	
T: Maybe you say that you are angry at that part of yourself.	3
P: Yeah, maybe at the part of myself that like learned how to handle situations by screaming and yelling like I, it is going get anywhere.	10
T: But you do not do that all time?	
P: No, sometimes I don't.	
T: Mostly with your daughter.	50
P: Mostly with my daughter.	
T: You don't do that with your mother?	50
P: No, because I'm afraid that, I know, she would not talk to me anymore, the problem with that...	
T: You are afraid she would not talk to you anymore? That would be worse than having her reject you?	50
P: What is worst is (30min) that she brings the entire family into it, like it just doesn't just go with my family obviously on my dad side and what my mother has left it for family. She doesn't keep stuff between us; she will go and tell everybody else in the world. How awful it is between us, I will give you an example.	10
T: How awful... Yeah, give me an example.	

<p>P: When we were, this is about three years ago, this is before I have my daughter Brook. Like 4 years ago. We were at my aunt's house. My dad side of family his sister's house and we are in this was when I wasn't speaking to her and she showed up and I know she is going be there and I am going to avoid another family function because she is there because this is what happens. Or, I feel like I shouldn't show-up because we are not, we are fighting, okay? So, I, this is when I was actually going to counselling. She told me I should go to this function, so I showed-up. I was sitting at the kitchen table. My aunt got this huge table, sitting around 12 people (31min) and my cousin, I really think she set me out for this because she tends to do this sometimes. She asked me a question about my daughter Genna because at the time I was trying to sell my house. I was trying to get married, but I had some issues (inaudible), so I started I came up where I am going to, move to, and being Catholic and I am supposed to live with somebody. I tried to do everything all right at the first time. The second time I just want to do it my way. What works for me and because my ex-husband was fighting me. We were already engaged and we were supposed to get married that September, but I couldn't because I couldn't live there, so anyway my cousin ask me about were Genna is going to go school, I says "well, you know, I'm gonna have to move to Indiana, because my house is up for sale, I am selling it, I have to get out, I have no place to go" and I didn't want her go into the school where I was living. And my mother (32min) was sitting there listening to this conversation and immediately checked in and said, "you shouldn't live with anybody before you get married and shame on you" and tried to embarrass me.</p>	18/31
<p>T: <b>She started publicly humiliate you?</b></p> <p>P: I could not expect it, this is like the first time that she actually said in front of anybody besides my immediate family and so I looked at her and I already told my future husband at time: If she starts staying anything with me please stay close by because we are getting out of here. I'm not going (inaudible) from everybody". And she yelled at that me in front of my family.</p>	10
<p>T: <b>She yelled at you?</b></p> <p>P: Yeah, she started by giving, she gets real like up tight</p>	31
<p>T: Yeah.</p> <p>P: ... And, you know, very hateful things come out of her mouth.</p>	
<p>T: <b>Yeah, what came out that night? Tell me about everything happens that night.</b></p>	
<p>P: She told me that If I'm going to live with him that I'm sinning.</p>	
<p>T: <b>So, you are all sitting around the table.</b></p>	31/50
<p>P: Well, ...</p>	31
<p>T: <b>And she starts to go that you publicly.</b></p>	
<p>P: Yes, she starts coming after me, as to my decisions about my daughter Genna and then she told me...(crosstalk)</p>	31
<p>T: <b>What did she says?</b></p>	
<p>P: She said "well, that's not going to be (33min) a good thing for Genna, to see that you are living with somebody before you married" and, you know, and everything she had to say had valid remarks saying, yeah, but again, it's my decision, it's my life. I am going to have to talk to God not to her.</p>	31
<p>T: <b>So, what did you say to her?</b></p>	
<p>P: So, I sat there, I listened.</p>	
<p>T: <b>You listened?</b></p>	31
<p>P: I looked at her and I said you know what? This is my life and my decision, and you are not going to take care of this, then she brought up about the (inaudible). I refuse to get an (inaudible) and my ex-husband too because I don't want my daughter to be like that she didn't exist and (inaudible) so, I asked which religion is the Lutheran because their religion is important in my life and so that also came out and when I said yeah, this is the what I am planning to do and I'm sorry that you don't approve it, but this is my life and she said that "you are hurting my granddaughter".</p>	31
<p>T: <b>Her granddaughter?</b></p>	
<p>P: So, now that she is taking possession of my daughter.</p>	
<p>T: Yeah.</p>	31
<p>P: And I'm like "excuse me (34min), she is my daughter. I'm her mother and I need to make the decision".</p>	
<p>T: <b>So, you really asserted yourself.</b></p>	
<p>P: I did, for the first time.</p>	
<p>T: <b>That's great.</b></p>	10
<p>P: Then I ran out.</p>	
<p>T: <b>Then you ran out.</b></p>	18
<p>P: I went outside, I got my future husband and I got my daughter. We have go and I, I didn't cry.</p>	
<p>T: <b>How are you feeling when she started to get at you that publicly?</b></p>	31
<p>P: At first, I want to crawl up and just hide because it was embarrassing to be...first of all, I am very private.</p>	40

T: She was humiliating you.	
P: Right, she is bringing out my <i>dirty</i> laundry in front of the rest of my family who did not even know that.	10
T: That is pretty hateful treatment, isn't?	
P: Yes.	10
T: So, how could you, we have about 10 minutes left. How can we make so the last 10 minutes in a productive way?	
P: I guess, gone back to.	1
T: Could you go back, you feel like you can open that?	
P: I think so. I have to remember now what we were talking about. I think it was with my mother. Oh, I had walked out.	18
T: Yeah, you are telling me, I was asking you how you reacted when she started (35min) to humiliate you publicly and you said that actually asserted yourself and stood-up to her and I was wondered what you were feeling inside to her when she started to humiliate you publicly in front of the family. What was you feeling inside?	11/31
P: Oh, the feeling inside, I wanted to crawl up and hide.	
T: That's withdrawal.	
P: Yes.	
T: Okay, but that's a defense. You know what I mean with hiding and withdrawing is a defense that you use to protective yourself from her, but what was the feeling towards her that you are at this family gathering and she starts that in front of everyone?	10
P: I had this feeling of rage.	11/20/36
T: Rage.	
P: Like I felt myself shaking.	31
T: What was that feeling like; I mean, can you describe it?	
P: I feel like I was gonna to just start screaming at her.	11
T: Why would you scream if it was just to come out and say?	
P: I wanted to just tell her "Shut up!"	
T: Ahn, yeah. You would to screamed shut up?	40
P: Yeah. I want her to shut up; I wanted to tell "get in in your business".	
T: What did you feel like inside that, actually, when that regions get activated? Can you recall the energy of that, what was that like?	31
P: I do not know, it was so kind in energy (36min), it was more just like this, like "BUM" in stomach it was...(crosstalk).	11/40
T: It was...(crosstalk)...	
P: It was like; it hurts, at the same time made me mad.	
T: Yeah, was that anger about?	31
P: I was angry?	
T: What was that feeling trying to come out there?	11
(cliente respire fundo)	
T: You noticed, you are sighing now, like what's to kind of come up now, are you afraid of your anger?	11/40
P: I little bit. I don't like being angry.	
T: Yeah, I know you don't like it, but you really squashed it.	46/47
P: I really don't.	
T: So, what would happen if it really come up and just...(crosstalk).	10
P: I wanted to scream at her and tell her so badly how awful she looked. I wanted to just place in her and her head; how awful she looks at yelling at me, what kind of person that she looks like yelling and screaming at her daughter and taking control of her daughter's life.	27
T: Bullying you.	
P: Right, exactly. It is that actually I felt like, she is just a big bully, you know, and she makes it sound like she is just protective.	10
T: She calls that protective?	
P: She said she was a very protective mother. I don't think that's protective! (37min) How could you beat your child and then say you are a protective mother? (ri-se)	31
T: She tells you that she is protective? That must be very confusing?	
P: It is, it was confusing all those times, you know, that she would beat us up or...(crosstalk).	
T: Well, tell me about one beating, like how would she, do you remember one that's stands out in your mind?	18
P: Yeah, where my mom went to work when I was in 5th, 6th grade, at that time, we would have to come home from school, and I would be alone with my sisters and until she comes home, you know, at 5 o'clock. It was just about 2 hours interval there and she would either make a list of thinks for us to do and, you	4

know, if smoothing wasn't done or we forget, sometimes she would make a list or take that back, (inaudible). She would tell us we had certain things to do or if we eat something we came home from school, like a Twinkie or anything...(crosstalk).	
T: (38min) If you had a snack when you came home from school, what would happen?	
P: She would find out, she took counts. How many twinkies are in the freezer or in the refrigerator.	
T: She counts them?	4
P: Oh, yeah. And we didn't have a lot of excess food. She was always real health freak you know about our eating habits and so forth, and if she found something was eaten and, you know, most of the time I tell her "yes, I ate it".	31
T: But you remember one incident that stands, tell me one incident that stands out where she would...(crosstalk).	
P: One time, I remember, she came home and my sister and I both got into Twinkies.	4
T: Yeah.	
P: She saw I ate that, she was angry. She came home from work. She found out we ate Twinkies and instead of feeding us that night, she brought us a bowl of jelly, brought it to our rooms and made us eat bowl of jelly.	
T: How did she make you eat it?	
P: She has said that "you have ate it!" She literally stood there in her rage and screaming at us, telling us that this is how much sugar actually ate in that stupid Twinkie and you are not supposed to ate before dinner.	4
T: What's the feeling in our head right now, what is there?	
P: (com o punho fechado) Feeling out that she is holding this bowl.	
T: She is holding a bowl.	46/47
P: (39min) She is holding bowl of jelly.	
T: Yeah.	31
P: Up to this day I won't ate the jelly.	
T: Oh, hold on a second. So, what, how did you feel toward it, when she started to abuse you like that?	
P: I was upset. I was...	
T: When you say upset what do you mean?	40
P: Angry.	
T: What was the anger like?	31
P: I was... I just remember being so, I mean, I was having tears.	
T: How angry, how angry was you at her?	40
P: Very angry. I started to run away.	
T: Run away, that's a way to get away from it. What was the anger like though?	12
P: I just, I don't know.	
T: Did you ever want to kill her?	12/46
P: No. I wanted maybe smack her.	
T: Maybe you never had that wishes towards her?	40
P: No, it's the only thing I had never wanted her was to die.	
T: You never wanted her die?	40
P: I wanted her to go away. I wanted her to leave my father. I wanted her to divorce so that we go leave with him. I wanted to run to...(crosstalk).	
T: You wanted to erase her.	40
P: Yes.	
T: But you never wanted the blood?	10
P: No. I never wanted her dead.	
T: You wanted her to disappear?	40
P: Yes, I wanted to run away from it. I wanted to disappear all the time and like just go away and I've said I hated her (40min), you know, I mumbled under my breath that I hated you, hoping that she hear me, but that I don't know what would I do, she came back and hurt me.	10
T: Why, what happen?	
P: I was afraid she would beat me for it.	
T: So, no way, your anger could come out, your reactive anger?	27
P: I wanted to just get away. Part of most of time when she would come after us like I remember one time, I remember what we did. I think I left the house to go visit a friend and my sister told on me and she beat me with a brush, she broke a brush on my back.	40
T: She broke a brush on your back. So, she was verbally and physically abusive to you on a regular basis. Wow.	
P: Yes.	10

<p>T: Well, we have a couple minutes left but I don't want to overlook something you mentioned earlier and you said you had a dream and I was really curious about what dream was because that might hold some meaning for what you are looking.</p> <p>P: Oh, last week?</p> <p>T: Yeah.</p> <p>P: Last time I left here?</p> <p>T: Yes.</p> <p>P: I had dreams about my mom. I mean, I had dreams about my grandma.</p> <p>T: Can you tell me about them?</p> <p>P: (41min) There are so vague...</p> <p>T: What do you remember?</p> <p>P: Like the next morning, I just remember like they were in my dreams.</p> <p>T: Your mom and you grandma?</p> <p>P: Yes. I had dreams like back then I was a child, like with my grandmother and her sitting under the dryer and then one part of the dream I remember jumping sitting at the kitchen table with my grandma, sometimes my mother brought the dryer upstairs. I remember her, my grandma was put (inaudible) asylum I guess when she was 18 and they shocked her.</p> <p>T: She had (uma perturbação, não percebi bem) or she had a major clinical depression?</p> <p>P: Yeah, and we didn't find about that until she died, I mean, I did some research, I remembered that night I had a conversation with her in my dream, in which the conversation took place that she tell me to never say the word "crazy" around her and now it's just a odd thing for me to dream about.</p> <p>T: Why, you know, that's really very interesting. You know, what I was thinking as you are talking about how mother was treating you? You know what word kept coming into my head? Crazy.</p> <p>P: (42min) Yeah, I saw the wonder if that was inherited to her from.</p> <p>T: Do you think she is crazy?</p> <p>P: Yeah.</p> <p>T: Yeah.</p> <p>P: That's the least that I think about her.</p> <p>T: Hm, hm. How are you feeling now?</p> <p>P: I don't know, a little relief. You know, I am putting things to words sometimes works for me.</p> <p>T: That helps you a lot, but other things your doing as your emotions are started really come on board, which is really great, it's going to really help you to work through this more quickly. So, we are almost out of time, we have four more sessions left, if we can keep on this, how do you think this is going to, what kind welcome do you think you are going get from this?</p> <p>P: I think is gonna help. I think help maybe really put some of those things to bed and maybe built myself some assertiveness with her.</p> <p>T: Well, you know what? You have that sort of part in you. I think we wanna vitalize that part.</p> <p>P: How to use it?</p> <p>T: Right. (43min) But we need to work through some of that anger because there is a lot there with all the mistreatment you were in, even though hidden that's got to be faced. The relationship with your mother you have to really look at. So maybe you will decide not to bang your head against the wall anymore and learn to what is good for you. Alright, so we going to have stop for today, but I will see you next week.</p> <p>P: Okay.</p> <p>T: Have a good week.</p> <p>P: Thanks, to you too.</p> <p>T: Okay.</p>	<p>24/31/40</p> <p>18/24/31</p> <p>24</p> <p>31</p> <p>31</p> <p>18/30</p> <p>40</p> <p>47</p> <p>38</p> <p>7</p> <p>1/38</p> <p>18</p>
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## MULTI: Hans Strupp

COTAÇÃO Hans Strupp (1ª sessão)	Cotação
<p>T: Hello, Richard, I'm Hans Strupp, I'd like to ask you, what brings you here, and how I might be of help to you.</p>	18
<p>P: I just went through a divorce that I did not want my wife, divorced me. And I felt that we could, should continue on, as going through therapy, and I'm having a very difficult time getting over the loss of my wife. The life's of the loss of our family and also selling of the home. I'm quite devastated by it all.</p>	
<p>T: Can you fill me in a little bit about how this divorce came about?</p>	31
<p>P: We were married about five years ago, and we were happy for the first two years. And then we just started drifting apart, through as I look back at it now is through lack of communications. I feel was the most part of it, we [00:01:00] would sit there at the dinner table and just make small talk, and talk about the immaterial things and we just drifted further and further apart and and we both held the anger inside of us. We were angry at each other. We did not communicate at all and we just It further and further apart. And then, at that point in time, after we were married for about three years, we did seek out some counseling.</p>	
<p>T: Hmm, hmm. Did that accomplish anything? Well, what did it accomplish the counseling?</p>	31
<p>P: At that time. Helped us. Look at each other. No, we not looked at ourselves. Not at each other. We looked at ourselves. And I believe that both my wife and I are better people for going to this counseling.</p>	
<p>T: But it was individual therapy?</p>	31
<p>P: Yeah, it was individual therapy. We did not go together.</p>	
<p>T: Did you see the same therapist?</p>	31
<p>P: Yes. And [00:02:01] we continue to go individually. And then my wife came to me one day, and she said that she thought it would be a good idea, if we separated for like, six months or a year, and I would stay in the house and keep the house, and I agreed to that, I thought it was a good idea because we were just drifting further and further apart. And she moved out, took a, took an apartment and about four months later, we continue to go to therapy and about four months later, she came back to me and said that she would never be coming home again and that she wanted me to sell the house, and, she felt it was completely over between us, T: hmm, hmm.</p>	
<p>P: so, I was quite devastated by this because I did not want this divorce. And I put the house up for sale. It's sold within two weeks and we closed at closed, escrow within six weeks, and I took an apartment and hoping that because the house was quite [00:03:01] a financial burden on us, it took two incomes and keep it going. And I moved into an apartment and I would, then I would call my wife up and see if she wanted to date, or we could continue on the therapy, but I wanted to save the marriage, and then after I've been in my apartment for about 30 days, she called me up and said that she filed for divorce.</p>	
<p>T: What reason did she give for moving out?</p>	31
<p>P: We just weren't getting on. We just weren't getting along. That was all. There, there were no.</p>	
<p>T: What, what, what precisely happened in? or in what way did you not get along?</p>	31
<p>P: We didn't communicate,</p>	
<p>T: Yeah, you had said that, at the beginning, that was a problem from the beginning.</p>	10/19
<p>P: Yes. And it still is, to this day right now. It's still to this day. We just did not communicate, we would be sitting at the dinner table and I would ask my wife, I'd be sitting there and I was and I could see she was angry. She was [00:04:01] sulking, I would say what's the matter and she would say nothing. Well me being a nitwit at that time. At myself hard to, Okay, nothing's fine. So I would just drop it. I wouldn't pursue it. And then we would go to bed and get up the next morning and we repeat the whole scene all over again and we just absolutely did not communicate and we just kept drifting further and further apart we never discussed our problems whatsoever. Our lovemaking started to fall off and, We just lack of a Communications. So, it was, we just, even possibly she would have filed for divorce anyway if If we even if we would have communicated. But I feel so empty inside because we never really expressed ourselves to each other.</p>	
<p>T: When you say that, she would sit at the breakfast table table and sulk, something was to happen [00:05:01] the night before, or the day before, or the moment before, there must have been some things that you did that she reacted to or some things, that we're going on between the two of you, that the other reacted in, in very adverse ways, what comes to mind about them?</p>	31/40
<p>P: Okay. I believe part of it was that my wife did not think I was well educated enough, for at that time for this, the social people that were running around with that time. I don't think she thought I was well educated enough. I am not a college graduate.</p>	
<p>T: She was?</p>	31
<p>P: no, she is not but, she has high ideas for herself. And I think that she felt that these groups that we were socializing with at the time. [00:06:02] A lot of times, I felt that she was very embarrassed. She tried to protect</p>	

me, because I just wasn't an outgoing vibrant pillar of the community type. I also think another thing that bothered her was that she made more money than I did. And I think that bothered her considerably.	11/40
<b>T: Did it bother you?</b>	
P: ... Somewhat. It weighs, it was not overpowering to me because I felt that our love was hold us together. It was not a big material thing to me at that time.	
<b>T: Yeah, I meant to ask you that, when you first met her, when you were first married, I assume that happened fairly soon thereafter.</b>	10/30
P: We went together about two years	
<b>T: I see, there was a time when you were getting along pretty well. And these problems in communication as you describe them, did not occur. Or they were?</b>	10/31
P: Yes, When when we first met, we [00:07:02] had a, I guess a basic simple male-female relationship. We were infatuated with with each other. I thought she was the most wonderful person in the world. She was attracted to me, because I was physically good-looking. And at that point in my, my life, I did have, I was comfortable financially and we, at the, we did seem to have a lot of things in common when we did get married.	
<b>T: So that was a good understanding and the relationship was harmonious?</b>	54
P: Yeah. Yes, initially. Yes	
T: Hmm	
P: My wedding day was the happiest day of my life.	
<b>T: Hmm, hmm, You have been married before?</b>	31
P: No, this was my first marriage	
<b>T: Had she been married before?</b>	31
P: Yes,	
<b>T: I see. And there were some children?</b>	31
P: My wife has four children,	
<b>T: she has four children. Well, getting back to the difficulties that eventually led to the divorce. I, I would like to pursue a little more the ideas that you were presenting [00:08:00] about her feeling that, you somehow, didn't measure up to her expectations. How did you feel about that?</b>	11/32
P: It made me feel very inadequate. I when we would go out to, we want you to go to a lot of Black Tie Affairs and, and she would constantly cut in on my conversations, whether she was correcting me or she had something to contribute, it didn't make any difference, she would cut in, I can remember one time when we went to a nice Affair and they were about four couples sitting at the table and the lady next, sitting next to me, expressed a political opinion and I disagreed with it. So I express my political opinion, and then after, which I made sure everyone at the table heard me, and [00:09:00] after it was all over my wife announced to the table that I always play The Devil's Advocate, which I want to punch her right in the mouth for saying that.	
<b>T: Hmm. So you felt she was putting you down and you were angry.</b>	10/11
P: Yes.	
<b>T: So how did that result in her sulking in the morning? And saying, when you questioned what's going on? She would say nothing.</b>	10/40
P: As I reflect back on it now, I'm sure that she was angry with me, because I didn't present The Perfect Image at the dinner table, the previous night. So it carried over into the morning and rather than a sitting down and discussing it, and saying, what the heck is going on here? She wouldn't say anything. And I would just, okay, I'll let it go. I wouldn't say anything. And then we would just	
<b>T: and you would get angry and she would be angry.</b>	
P: Yes. [00:10:00] And, we just didn't say anything about it and we were just both hoping I guess it would just go away by itself.	10
<b>T: It didn't</b>	31
P: No	
<b>T: What happened instead?</b>	
P: We drifted further and further. And further apart, the touching, the kissing, the holding the caressing, the intimate looks, they weren't there anymore.	31
T: hmm, hmm	
P: And that's when finally it got to the point, that I could see there was a problem, but, but never never going to therapy before never reading any self-improvement books, always just being basically interested in material things. I really didn't know how to handle it. I just didn't know what to do.	
<b>T: Did you discuss these problems? This, estrangement, that was occurring between the two of you. I didn't get the impression at least until the time that you went to see the counselor. [00:11:00] Did you discuss these things at all?</b>	31/54
P: If there was any discussion at all it was very, very limited. She wrote me 2 or three, this is what we're still married living together.	

T: Yes	
P: she wrote me two or three letters from time to time and and would express their feelings, partially express, her feelings and but I would read the letters and then we would, we would discuss them superficially, but there was never,	
T: what did she say in those letters?	
P: Yeah, she would be angry. She was angry at herself for what she did.	
T: You mean to criticize you or	31
P: yes, she would be angry at herself for what she did and she would feel bad. And so I took it as an apology and I would go to her and I say to you everything is that's fine. I'm glad you wrote the letter and and we would, we would talk about the letters superficially, [00:12:00] but we never got to the real meat of the problem.	40
T: Hmm. Whose idea was it to seek professional help?	
P: my wife.	
T: And you went along? She felt that that would be helpful to improve the marital relation.	31
P: Yes, she went, when she first started going to the counselors, I think she went like three or four months, and she told, I didn't even get the impact of the whole thing. You know, I almost said, I had my head buried in the sand almost, she told me she's going to a counselor. Okay, fine, great. Good, you need it. And and so, after about, she went to the counselor like three or four months and then she says, I want you to start going too and I can see, our relationship was just absolutely deteriorating. And so I said, fine, i'll go, I although I was referred to as One Flew Over the Cuckoo's Nest, because I was not crazy about therapy whatsoever at that point in my life and I started going and I could I could see the benefits [00:13:03] that I was receiving from this and I felt that if my wife was receiving as many benefits, I was, we were going to pull this marriage back together again.	31/54
T: where you aware of any things that you might have been doing to aggravate the situation, or create impart, the problems that are always, that is, You obviously, you couldn't do much about the income. You couldn't do much about the education somehow or other she was disappointed in you but might there have been something. You said, you, you kind of rejected, the idea of seeking help, might have been other things that somehow made it worse?	21
P: She complained to me several times [00:14:00] that I was not attentive enough to her. I did not caress her. I did not hold her enough. We did not make love enough times. She wanted more physical attractions.	
T: Hmm, you said earlier you were, rather strongly in love with her. You, there was a strong attraction that that had worn off for you	
P: initially. Yes, initially then when we dated and then the say like the first two years of the marriage and then we started drifting apart after that.	10
T: Mmm, so you felt basically, that she was somehow disappointed in you or dissatisfied or displeased	
P: Yes	
T: or in one way or another and, were you asking yourself questions, as to, what you might have been contributing to this or [00:15:00] continuing to contribute to this?	10/11
P: at that time, when I first started noticing negative thoughts, my own negative thoughts towards my wife, I was telling myself that it was her fault.	40
T: Yes	
P: it's not me, it's her. And when the	
T: negative thoughts were what?	
P: She just a bitch.	
T: hm hm	31
P: She's screwed up.	
T: You were getting very angry at her.	
P: Yes. And I was, when she, when she would criticize me rather than calling it on her and saying well hey you know, that's your opinion, don't, if you want express your opinion fine, but that's not the way I see it, rather than discussing it and expressing your opinions. My attitude was well, I'm going to get even with her. I'm going to get back at her. She, she criticized me at the dinner table one night. Well, I'm going to get her, the next Saturday night, I'm going to get her. I'm going to put her in her place.	11
T: Have you had similar kinds of relationships in which [00:16:00] you were angry or your partner was somehow the dissatisfied or was this the first time this ever happened in your life?	
P: Up until I was married to, to my ex-wife. I, a women were just more or less sex objects to me. I was never really interested in getting married. They were just dates, somebody for Saturday night. I never, I used I would go with a girl for two three, four years until they start hammering me about getting married and I have I wanted no part of it. Until I met, met her	31/54
T: closeness, intimacy, other than physical was not much of an issue.	
P: No	
T: you weren't looking for it and it didn't seem to be important to you. Am I putting words in your mouth?	10

<p>P: No, no, not at all it. I knew there was something missing, all say that I dated, for like 20 years or however it was, [00:17:00] I knew there was something missing. But I just never could reach down inside of myself. And, and, and come to say, hey I love you.</p> <p>T: Hmm, hmm</p> <p>P: It was very difficult for me.</p> <p>T: So this was really the first time that, while you were married, you live close on close range, with with a woman</p> <p>P: Hmm, hmm</p> <p>T: and that brought about these problems that have to do, It seems to me, with difficulties with intimate relationships and where you felt, somehow put down or in certain ways, your partner was disappointed in you, or there was a lot of angry interchange.[00:18:00] I mean, that clearly was something basically wrong in the relationship that needed, I think to be worked out and, It's I think it's also not, unimportant, that you had a number of sort of fleeting, shall we say relationships or impermanent relationships. You were how old when you got married?</p> <p>P: 42</p> <p>T: hmm, hmm, and had you ever, wore, been wondering why you hadn't married sooner or does this, just not?</p> <p>P: Well, for one thing, I was looking for the perfect woman, I see it as the perfect personality and the perfect body. And</p> <p>T: they're hard to find.</p> <p>P: Yes, I'm going to start looking again though. The time, not going to take 25 years to find one. And I finally come to realize that I put my expectations way too high. I've got, I had to look at myself and see what, what do what do I have to offer? [00:19:00] When Connie and I got married. I thought she was the most, the most perfect woman in the entire world.</p> <p>T: But apparently, she had certain expectations of you too, that you didn't meet</p> <p>P: Yes.</p> <p>T: So it may have been a situation where both of you had very high expectations of the other, and you couldn't</p> <p>P: no</p> <p>T: fulfill them, because both of you were looking for, perhaps the kind of people that, don't exist or the kind of relationship that doesn't exist and you were sort of brought down hard to reality finding out that you had shortcomings, that she had shortcomings and you somehow were, weren't able to come to terms with those</p> <p>P: several months ago, I eluded this to the counselor. I, when I went into seeing one day, [00:20:00] I said, you know, I feel sorry for Connie. I mean I was filled with anger and hatred at this time and I was really mad at her but, could still bring to myself. As you know, I feel sorry for Connie because I think she's looking possibly looking for the man, that is that does not exist, the man that's that's perfect</p> <p>T: hmm, hmm</p> <p>P: and I just don't think she'll ever</p> <p>T: by the same token, you also looking for the woman that perhaps doesn't exist.</p> <p>P: Yeah, well you know there's a next Saturday night you never know what happens. Anyway.</p> <p>T: You're not quite convinced that, that's impossible, but that maybe you need to examine some things there, about, well, whether the kind of partner you're looking for, can be found, interestingly to that at first, your wife was that Ideal person. But then things went downhill and apparently they went downhill, also, as far as she was concerned, she felt dissatisfied. And</p> <p>P: Yes</p> <p>T: [00:21:00] you weren't meeting her needs, and she felt, the other way around to this, you weren't meeting each other's, each other's needs. Well, I've been asking you a lot of questions. Are there any questions you want to ask me?</p> <p>P: How are the Commodores going to do in football next year?</p> <p>T: (laugh)</p> <p>P: (laugh) I, wasn't ready for that. I have a lot of questions to ask you. Where, where do? Where do I go for? At this point in my life? [00:22:00] How do I get started? I want to get started. How do I get started again? I'm down. I'm depressed from, the from the divorce. I don't have a woman in my life. My, my, I feel that my job is beneath me, as what I'm doing right now. I just I should have better. I should have a better job. I live in a crummy little apartment which I hate. I'm it, my, I want a house I want. I want all the things that I had before, and where do I get started? How do I get doing this?</p> <p>T: You lost some of your, you lost a job ? and you lost...</p> <p>P: I've had three or four jobs last year, and we sold the house. You know big. I'm starting all over again.</p> <p>T: What do you attribute these? What did this? How did this come about? The job loss.</p> <p>P: One of them, I was laid off. I knew it was coming and I got laid off in that one. One of them I was only had it, for two months and I got fired.</p> <p>T: [00:23:00] You get angry on the job? Or you get into conflicts with people on the job?</p>	<p>10/31</p> <p>10</p> <p>10/31/45</p> <p>40</p> <p>10</p> <p>10</p> <p>10</p> <p>10/45</p> <p>10/45</p> <p>10</p> <p>49</p> <p>10/14</p> <p>31</p> <p>40/50</p>
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<p>P: Well that was a matter of opinion. I put my fist through the wall one time, but I thought it was just showing my expression. They, they took it as being angry. That the woman that I worked with. I was in real estate at the time there was two it, we were new home sales. And there were two of us in the sales office and this woman and I, she was quite quite vocal, just a loudmouth issue. She was a bitch, is matter of fact, that's all she was, and we work together for a while, and</p> <p><b>T: you use that term to describe your wife, too.</b></p> <p>P: Yeah, well, I could just about users describe all women right now as far as I'm concerned. And we got along, okay, for a while. I did put my fist through the wall one time, one day in the sales office, but it was an accident.</p> <p><b>T: Are you pretty explosive in your dealings with people in general? [00:24:00]</b></p> <p>P: I was at that time. I was very depressed, very angry, and very upset, just, and to work with this particular woman, who I, to this day,, I still don't like her. She's not a good person. And so she went to finally went to the sales manager and behind my, she never. This is the thing that really irritates me. She never discussed with me our problem. She never came to me once. I went to her two or three times. What's I was proud of myself the time because I never could do this with my wife. I went to her two or three times and I where I can see there's a problem, I says, you know, there's a real problem here, let's talk it out and she would, she was really rude with me. She wouldn't talk about it. She was uncommunicative and, you know, the nice, it's nice to watch your problem and you screwed up. And so, anyway, start, we started this gal that I was working with. We start drifting further and further apart, and then she went to the salesman without ever discussing anything with me. She went to the sales manager and told him that [00:25:00] I put my fist through the wall, and I was in SOB to work with and so forth and so on, and he called me in and fired me. And I was very unhappy about that, that was one of the jobs I had.</p> <p><b>T: Well, I certainly understand you had a lot of disappointments in your recent life, in particular, and early on too or has this...</b></p> <p>P: Yes</p> <p><b>T: you nod your head.</b></p> <p>P: Yes, I believe my problem started from my childhood.</p> <p><b>T: Well I think that would be valuable to go into also because you know, it did this didn't start yesterday.</b></p> <p>P: No</p> <p><b>T: and it didn't start the day before and it's not likely to no terminate tomorrow. I, I think it would be very helpful to you to find a therapist to work with and examine, [00:26:00] what the things are, that you might be contributing to or that lead to the kinds of difficulties that you have found yourself in, and I think that this is a good time. I think that the fact that you're are at a point that you are, that you are uncomfortable, that you are feeling kind of crummy, about yourself, and the world would be a good time to take up, this unfinished business and, and look at the totality of your life, it may take some time to do that and I think that it can be done and help available and I realize that financial considerations play a part but I certainly would encourage you to find a competent therapist in and stick with it. I have sense you, you probably would.</b></p> <p>P: [00:27:00] Yes, I, now that I finally been introduced to therapy. I am very high on it. And I am irritated at myself that I never, never received some type of counseling or therapy when I when I was in a young person in my 20s when I really needed it. at te most at that point in time, rather than all my education or night school or whatever, I whatever I've done in my life. I've always lean towards how can I make more money? I read business magazines and when I went to night school, it was strictly related to business and increase my income, half of that time should been devoted to self-improvement and therapy.</p> <p><b>T: Hmm, Hmm. Our time. Unfortunate is running short, but I'm curious is there any one thing you said it started from day one, is there any one thing in your childhood growing up that you attribute your major difficulties to in anything in particular that comes to mind? [00:28:00]</b></p> <p>P: the lack of affection and love as a child and also that, and being alone and being an only child</p> <p><b>T: lack of affection from</b></p> <p>P: from my mother and father</p> <p><b>T: both parents</b></p> <p>P: yes, lack of affection. And then when I read received no love and affection and being an only child, I didn't have anyone to talk to. I spent an awful lot of time by myself as a child because they were alcoholics. I spent an awful lot of time by myself. I, I had a dog and a teddy bear and that was it. And so</p> <p><b>T: Any friends?</b></p> <p>P: Even as a youngster, I had a difficult time making friends because at that time, even as a child, I think I had a lot of anger in me, and very few friends but at that I learned, I didn't learn. I got off on the wrong foot in life, by not communicating as a child, [00:29:00] and it just carried over as the years went by</p> <p><b>T: I think you have certainly some pretty good understanding of some of the history, and is this something that was occurring in therapy? Or that was that you arrived at in therapy?</b></p> <p>P: Yes, these, just about everything that I know of therapy is what I've learned in the last year.</p> <p><b>T: Well, okay, thank you for coming in.</b></p>	<p>11/50</p> <p>19/31</p> <p>11/31</p> <p>10</p> <p>47</p> <p>1/41</p> <p>7/29</p> <p>41</p> <p>40</p> <p>10</p> <p>31</p>
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P: Thank you.	18/31
T: I enjoy talking to you, wish you lots of luck and thank you goodbye.	18
P: Goodbye.	18

## MULTI: Donald Freedheim

COTAÇÃO Donald K. Freedheim (2ª sessão)	Cotação
T: Hi Lynette	18
P: Hi	18
T: How are you today?	18
P: Ok, goo to see you again	
T: Well, last time Lynette, remember we talked about, I was asking a little bit more about your social life.	31
Maybe you were too happy with me when I was asking	
P: but the lack thereof.	31
T: Well, that's what I heard. You know, I heard you say that. Even though, you know, we talked... came in to	31
talk about, you know, your daughter, how is she doing by the way?	
P: She is doing ok	31
T: Is doing good. She had any accidents since we talk now?	31
P: No	10
T: I think in time she can go over that if she's still doing that, you're six months a year from now and You	10
know, you call me because that's good because then we'll talk to her about it. (02:00) But I think that's, that's	
something that she's holding onto is kind of her own personal [00:08:27] sort of autonomy, you know, that	
that's what she controls	
P: Yeah	10/18
T: and you're not going to take it away from me and you're not going to control her in that. So that's her area of	10/18
control, but she's had no infections. Did that one accident. She's drinking water. Okay. She's not dehydrated	
P: no.	10
T: So she's taking care of that in her own way.	10
P: Okay	30
T: I'm not so concerned about her.	31
P: However...	31
T: however, however, say the words for me	31
P: I saw on your face.	31
T: Who am I concerned about?	31
P: That would be me	
T: Okay,	
P: and you know what, we discuss, it made sense to me... that ... What's the word I'm looking for? that (03:00)	
(2-3) she may see those things in me, and I'm not realizing it.	
T: Right	
P: So that does make sense.	24/31
T: And you want [00:09:27] her to have what remember we talked about normal relation? Want her to have a	24/31
normal relationship, right boys and men, right? And she sees in you a kind of	
P: standoffish -	21
T: it's good standoffishness and whatever. She's going to pick that up. One way or another, you know, either	21
copy it or they go the opposite way. And so maybe it's probably ... Worthwhile, don't you think to talk about	
where you stand with that and so you can feel... More quote normal, more more comfortable about it,	
P: Yes	10
T: more and meet your own needs. And you'll do what you want to do because, I don't know if you always want	10
to. From now on, (4:00) just not having to do with men.	
P: Well, no	10
T: maybe eventually	10
P: Yeah, Yeah, I'd say, I'm on Hiatus right [00:10:27] now. Just taking a break. It looks	10/41
T: let's talk about earlier. You know, you you grew up, in a household with a mother. It's older sister younger	10/41
brother. So it wasn't the male around	
P: No, You know, it was it.	31
T: Did your mother date? Did she have men friends over and?	31
P: she did and she married. We had a stepfather for. I don't even think it was a year. It was really brief. It didn't	
work out, so she dated, guys, but she we didn't meet all of them, you know, and so we were older. I think, I	
remember her having a long-term relationship. When I was a teenager, the, when we were younger, you know,	31
T: (05:00) how long did you have a stepfather for?	31
P: It was about a year,	31
T: and what age were you, [00:11:27] remember?	31

P: We were, we were pretty young under 10.	31
T: Under 10	
P: Yes, and we had a step-sister. He had a daughter that was younger than us. So, I want to say maybe I I was about eight muscles and nine or something like that.	31
T: You remember how he treated you at all?	
P: No, he didn't. He didn't like us.	31
T: He didn't like you	
P: he didn't.	11/40
T: How do you feel about him?	
P: I thought he. Was disrupting the family. I mean because it had been us for so long and I mean, but I don't think we were mean to him or anything or disrespectful,	11
T: but you must have felt. Kind of upset with him.	
P: (06:00) Well, you know what He said, something to my mother. And I heard her telling someone that he said [00:12:27] we were, he was older guy. So he felt, we weren't disciplined enough and he made a statement that she should strap toss up and beat us or something like something to that effect and ... That said a lot is to I mean, he was nice to us, but honestly that at remark and other things he did, he would put things on the floor to know if we really swept the floor, mop that stuff like that. He was	16
T: remember been afraid?	
P: He never hit us or my mother didn't let him chastise us	16
T: you were afraid when he said those things.	
P: No, because,	12
T: Or angry at him?	
P: I didn't know why he would think that we were we needed that, you know, because you know, I didn't think we were (07:00) bad kids. No, but I don't even I do. It [00:13:27] was crazy to me that he said	11
T: getting upset with	
P: if I did I kept it to myself.	
T: Yeah,	
P: I didn't hidden. Yeah, I didn't say it to my mother, you know, but she got rid of them. So...	
T: All right. So now let's say, You're going to Junior high or High School. What's the social life work like that?	41/54
P: I had my first boyfriend at 15 and I remember he's lived across the street and he cheated on me. I broke up.	40
T: Why he... Well, he was your boyfriend.	
P: I saw a girl going to his house. He lives straight across the street, and I was looking out my window and I saw it, and I confronted him (08:00) and he said, no, he lie and I don't believe them.	54
T: And, what was [00:14:27] going on in there?	
P: I was hurt	31
T: you were hurt.	
P: I was I was and I can't even say I was mad. I was mad that he lied about it, you know? And but I was hurt and I like, I don't want to be your girlfriend anymore.	13
T: You don't sound as if you, what you say, you are mad	
P: I don't think I was, I was pretty passive. I was very passive as a kid. Very quiet. Just let people say and do anything and just let it go. So just kept it inside.	10
T: So, You didn't let yourself get angry	
P: Probably not.	31
T: Probably not. probably not.	
P: I just didn't think that was, (09:00) you know, to get mad. Why? I mean	10
T: you said, he cheated on you.	
P: Well, [00:15:27] we weren't married.	
T: No	
P: We were just kids.	
T: Just that were the words you used you know, somebody cheats on you, somebody cheats you	21
P: but I was when he told me it wasn't true. I said, I saw her. I saw taken her a house. When I called you. You didn't answer the phone. So they ended up getting married. So yeah, and I just, you can go ahead and be with her, you know, if that's what you want. That's fine. Just	31
T: so, how about dating around that time?... Other guys	
P: other guys, I didn't start dating again. I think I was 17. The next guy. I started seeing, because my mother was very strict after my sister got pregnant. She was, I went on a date one night and she sent my sister (10:00) to the guy's house to tell me to come home, you know, because she was like, this is not gonna happen to you	31
T: is not gonna happen to you	
P: [00:16:28] No, so she was very, She was on me.	31
T: she was, I'm sure.	

P: Yeah, and I was surprised. She let me date this guy because he was older and you know, you know guys, they just want to have sex with you. And at that time, I wasn't ready. So a lot of guys broke up with me at the time.	40
T: So that must of left you... Do you have any recall of how you felt? Pretty...	
P: Well. I remember talking to my mother about the one guy. I don't know if she asked me, if we were being sexually active and I told her no, we weren't. But I remember telling her that I said, I kissed them and, but no, I didn't want to have sex with him. She said, did he try? I said he did. (11:00) She was kind of upset that she let me go on a date. I said, you know, just trust that. I know I'm not going to do anything [00:17:28] anything that I'm not ready to do. So. I went away this high school. I went to, was kind of far. It was a good high school and I didn't date any boys at the high school. Most of these guys were in the neighborhood that I meant.	40
T: Why do you think you didn't date anybody in high school?	
P: I don't know. I probably, because I was quiet, I didn't, I had some girlfriends, but I had some guy friends, but I didn't really,... I don't want to say relate well to guys but (12:00).	10
T: you didn't send signals that said, I want a date. I want to socialize you [00:18:28] hung back.	
P: Yeah, I don't think so. What would those signal would be? I mean	25
T: well I suppose. You know, you could flirt.	
P: No. I didn't do that to	10
T: You didn't flirt	
P: No, I didn't do that, for the rejection. Even if I like the guy, if I couldn't get his attention.	10/50
T: So even before, you would flirt with somebody, you're kind of afraid, that maybe if you did like him and then boom.	
P: I think they had to be the aggressor.	31
T: and if they were, we're there any that were? As time went on...	
P: Not in my high school and I was there for four years	31
T: but after that?	
P: (13:00) like I said, I met some guys in the neighborhood and they approached me. [00:19:32] One guy. I dated, he went away to the Army. We had talked about getting married. But while he was going, I started seeing someone else. So he found out about it. when I stop seeing that guy, I would go years, you know, they would be, Maybe a year or a lot of months go past where I would not be in a relationship after I got over one. And is that I had? Because people would say, how do you do that? How do you go without? I've had women say they can't do that. So was another thing, (14:00) don't understand how I can go so long without being in a relationship because the norm is To be in a relationship.	21/50
T: So have you ever thought, well, what is it about me or? Why can't I, maintain a relationship?	
P: Because I, and this is what I think it is. I know what I want, and what I don't want, and if I see I'm not compatible with a guy, maybe we go out a couple of times and I won't pursue it because to me, It's a waste of time. Why waste time with someone, you know, you're not compatible with. If it's one-sided, you know, it has to be mutual. But if I'm in a relationship and I don't like things about this guy or something happens in a relationship. I'll break it off. I'm not one of those that takes months (15:00) and years to I'm like, this is over. It's not working. You know. Maybe we can be friends. Whatever the circumstances are. Maybe we can't, [00:21:33] but I just I'd rather be alone than unhappy with a guy, you know what I mean? Because you can get over them and be happy. But if you're with him unhappy, you're just unhappy. That's my logic. I mean,	30
T: well, I think, it's a sensible.	
P: Man can of cold,	20
T: I may say cold. But, you know, it does keep you partly from being hurt.	
P: And I don't like being hurt.	
T: I don't think anybody likes being hurt. But you have been hurt, (16:00) and some of these guys hurt you, and I don't hear the Upset, I don't hear the anger. I don't hear that. You said getting [00:22:33] mad. You said I tend to either forget it or keep it.	13
P: I think I've gotten over the anger. You know, I've know, I'm supposed to forgive but I don't forget, you don't forget that, you know, if someone hurt you once they could do it again,	31
T: you're supposed to forgive. It's hard to do that.	
P: I know. I know.	11
T: So, I'm just wondering. If there's a fear or an anger, that keeps a wall.	
P: Possibly fear, how, I don't think it's anger.	
T: fear?	40
P: Yeah, (17:00) I don't think is anger.	
T: Can you tell me more about the feeling?	40
P: And, you know what? And one thing I do a lot of times I'll take responsibility for even though was someone else's actions. [00:23:34] I say, well as some point, I have to take responsibility for the part I played and in	

doing that, maybe that's how I'm able to let go of the anger. Cuz I'm not going to be mad at myself forever. You know, I talked it up as a learning experience and just got to move on.	21
T: But how about, you, you sounds if you're excusing, the guys...	10
P: Well,	
T: you're letting them of the hook	10
P: But how do I keep them on the hook?	
T: Oh, I don't think you, I not saying you keep them on the hook, in a relationship. I mean, you let him off the hook of your anger.	
P: about taking responsibility for that? (18:00) possibly. But how do I? because if you're talking to someone that, you know, have had an indiscretion, And they first of all, won't admit it. [00:24:35] How can you move forward? That's the issue for me? I don't like to be lied to blatant lie. I can't, I can't mentally deal with that. I know I can't.	21/29
T: Well how about being angry? Really angry real hurt and then moving forward, instead of sort of keeping the anger in	
P: Being angry. Okay. I was angry. He okay.	10/18
T: because sometimes it not ok, so really get mad	
P: because I think anger, (19:00) if you hang onto it, it is starts to affect you.	
T: Yeah	
P: you know, and that's given another person power over you. At least your heart [00:25:35] so you have to release and move on. I need	40
T: Right. How do you release?	10
P: hmmm	
T: You do say that, you know, there was anger in there.	
P: Oh, yeah, I was, I was, I've been angry over indiscretions in lying and whatever reasons of breakup was, but I always try to end it. In a, how I say, in a positive way because that's that's but, civilly	
T: Alright	
P: without all the, you know, the arguing and raising voice because	40
T: (20:00) with him? So, in the personal you, You act maturely, you act civilly, you act sensibly you say, look, I'm not going to getting a big carry [00:26:35] out with you, but I'm talking about inside Lynette.	
P: How do I express my anger?	
T: Yeah.	31
P: I yell sometimes, I swear.	
T: Oh you do?	10
P: Yeah, and I don't like that. I don't like that. That limit. Yeah, I don't like that because it is ugly.	10
T: It's bad to yell. It's bad to be angry. even this...	10/11
P: is ugly when I get mad.	
T: I'm not talking about with anybody else.	
P: Okay.	
T: I'm talking about just on your own, you know? In your own room. Angry enough to pound the pillow.	31
P: I don't abuse my furniture. I know some people do. (21:00) I just don't do that,	
T: but it's interesting because you're saying, you know, you want to resolve the anger. I'm not. I want it. I hear you say, I don't want to feel the anger. You said [00:27:35] you have felt anger.	10
P: Yeah,	
T: but you put the brakes on.	
P: But not, express it?	
T: Maybe.	38
P: Okay, it's possible. I mean	
T: Am I pushing you? You're getting angry at me	18/38
P: No, No, I'm not disagreeing. I'm just kind of	
T: You could disagree, (imperceptivel)	38/46
P: No, is, what you're saying is making me think. And, you know, take a look at,	
T: what does it make you feel?	
P: I'm thinking back (22:00) at when I've expressed anger. And yeah, I'll like I said, I'll get loud. I'll be upset. But I'll calm [00:28:35] down.	31
T: What, what makes you calm down?	31
P: Me, myself just, just, just shut down this.	
T: oh, shut it down...	40
P: Yeah, I have to stop. I have to stop and just in order to get the stuff.	
T: What happened if you didn't stop?	31
P: It may get ugly.	

T: Tell me how	31
P: I may start swinging.	
T: Swinging? Okay	31
P: Yeah.	
T: And do what?	31
P: fight?	
T: And hurt somebody?	
P: Hmm. Yeah, and that is not. I remember I had a argument with my ex-husband (23:00) and we were in the car, and I was just yelling. I was saying some ugly things and I caught myself and I just stopped, I just stopped. [00:29:36] And we roll quietly until he drop me off. Now, I was still upset, but I had to catch myself, because I was ready to fight. I was so mad.	40
T: If your daughter got upset and started got angry and started to fight or whatever, what would what would happen?	
P: She would get suspended	31
T: No, I mean in your house.	
P: Oh, wow. It wouldn't be tolerated	31
T: would not be tolerated. Who wouldn't tolerated?	
P: me.	10/41
T: (24:00) So, it sounds as if maybe when a little girl got angry in her house, long time ago maybe her mother, [00:30:37] stopped it.	
P: She wouldn't tolerate it. He would tell me. Don't look at me like that. Obviously. I had this look when I was angry that not just her other people	10/41
T: you couldn't defy her.	40
P: And I was curious about the look	
T: what would happen?	31
P: If I got angry? with my mom? She would slapped me. She hit me in my face.	
T: Did she?	31
P: (abana com a cabeça) well, into my teens	
T: Oh, she did. So, you were there were times when you're angry at her, but she always	31
P: Shut me down	
T: (25:00) Shut you down	31
P: So yeah, we could not express that, it was disrespect to her. [00:31:37] I see where you going.	
T: You see where I'm going?	
P: Yes	31
T: where am I going?	18/29
P: that's affected me now. As far as expressing my anger. I got you. Okay.	
T: There are ways to express anger that are okay	
P: Okay	
T: and sometimes it's very healthy important express anger, because that's the way we feel and, you got express it, and then (26:00) and then move on. But it's got to get out somehow. Because you said number of times when we've talked that, I guess I held it in, hold it in. I just didn't Express, I didn't. But sometimes, [00:32:37] you know, you were hurt or angry when member the first time we met and we talked a lot about your daughter and the way you felt about her and the way you're afraid, she would be developing her self-image. I didn't hear a lot of anger, but I saw a lot of what is there.	29/36
P: concern	11
T: And what, and what other feeling did I see?	
P: hurt	11/19
T: and tears. And that's a pattern.	
P: If it is, I want to break it.	
T: All right. There used to be a therapist that would have his clients, (27:00) take a pillow and bang it and they bang each other fighting each other. As I got there, do them much anymore. But I think you can do it on your own or with me. [00:33:38] And there times, you know, and as we meet, you know, you might get very, very angry me. You know, I'm not hesitant to say something if I feel it, right?	30/38
P: Yes.	10
T: In a way, that's, that's how you learn to deal with the anger. You're not to be. So, it's almost as if Lynette, you're afraid of your anger.	
P: I am, exactly. I am	10
T: You afraid that is gonna get out of control. If you're out of control God knows what's going to happen.	40
P: Right. (28:00) I've never been arrested, but that's a possibility, you know, so I just	
T: Boy. How do you think you got that in your head? If you got angry to be arrested.	10

P: I'm [00:34:38] saying that's a possibility, one of them. If I express it, that I could get arrested. We should	
T: Express it, you are not saying by doing something.	10
P: Sometimes you do things when you express...	
T: So, you're saying if I express it, then I've got to do something. And when I do something it may break the law	
P: Yeah, if I you know, take it to that extent.	
T: You know, feeling anger, and you feeling anger is wonder if expressing anger just feeling it. isn't a fun feeling, but it's, It's not a bad feeling. It's a feeling and feelings are not good or bad. (29:00) But I have a sense that feeling angry is not good for you, because if you feel it, but gosh, you're gonna do something about	10/32
P: hmmm	10
T: [00:35:39] You do some about you can really get in trouble.	
P: It's not a good feeling because I always feel like I should have been able to control it. You know, before, I've just out have this outbursts, you know. so, I think That I have mom, being it will not really irrational because it depends on the circumstances, but maybe I went too far, you know,	
T: but you, understand what I mean when I say sometimes, if you don't Get it out, that the feeling out there maybe comes out another way through tears or through hesitation (30:00) or to fear. And that is what your daughter might pick up, or you could feel unsure of yourself, not confident in yourself. Let me ask you something. Do you work out?	27/31
P: sometimes. Not a lot	31
T: You go to the gym or anything like that?	31
P: I haven't been in a while.	
T: Do you do exercise?	31
P: I walk every day walking. Yeah, and I got some tape sometimes I'll do him.	
T: You ever run?	31
P: Not since I was in my early 30s. Late 20's	
T: Are your knees ok?	10
P: They started to hurt because I've gained weight. I was smaller when I was running (31:00) and Now, I'm so, you know, a lot of shaking when I run.	
T: You don't sound happy with that.	31
P: I'm not	
T: Another area we might talk about?	31
P: [00:37:40] Yes. I am trying to lose weight. So...	
T: you said you're going to school, does the school have have a gym or working a place?	
P: Yeah, I went to a zumba class once. And because it was, I think it was five six to seven or some 5:30 to 6:30. It didn't corn sighs. Yeah, I have to pick up my daughter by 6, so I went once but I really didn't want to, you know, have people keeping her for me to continue because I ask one person and they couldn't do it. So (32:00) I went to a water aerobics and it was Kind of slow pace. A lot older people there. So,	30
T: you know, A lot of research now, there's a lot [00:38:40] of interest in exercise and what that means, psychologically. And I've even heard people say why, when I'm angry, I go to the track and I run because that allows them to do something and they are, they punch a punching bag.	
P: It's like headed off that chest, yeah	29/52
T: and You, you've made a lot of insights here. You've been insightful about times that you're angry and then way it was held in the way he was prevented and that you had to move on (33:00) and you couldn't get it out and I'm wondering whether Using exercise might be a way that's that's likely to be arrested and of on a track or a be rested.	
P: I can loose weight	29/30
T: well, that would kill two birds with one stone there. How about, [00:39:40] you know be on a stationary bike and spinning bike or something. Boy I see people doing that and work out and lately I got a lot of energy and a lot of ... I'm just, you know,	
P: that's a thought. Yeah, good thought.	
T: It's a way of dealing. Your physical self as well as your psychological self. But it's important understand. You know, what, what it means. You know, that you're also getting out of the anger and maybe even thinking back of the times (34:00) you saw that girl go across that street into the guy's house and you just - it, dash up. Then you really can get the anger word, because you're not. [00:40:41] I think you're aware of it. It was just a matter of	10/29/41
P: Channel. I need it real.	26
T: I could, I don't think you want to dwell on you. I could be thinking about those things all the time. But here, you know, this is where we sort of bring these things back.	
P: And you know what else? I'm at home. I have no excuse, I could be doing something, you know,	31

T: on television they have that school. If you go go to school. If you have a place that gym or something (35:00) that has equipment.	10
P: And I do. All that stuff is available to me.	
T: When you say to me. You know, I'm just too busy, not interested in dealing with men right [00:41:41] now and socializing right now, you know, you're no woman. You're telling me you're not an old woman here, young woman you.	7
P: this the work involved, you know,	
T: I know but if you felt a little freer about yourself and your feelings, you know, date appropriately. The way you want it, you could be, you're still in control.	10
P: I don't want to, you know, want anyone thinking I own something, you know, so maybe taking me out (36:00) spending time. I don't I don't want no demands on me right now.	
T: Now you Are you talking about? What they might feel, if they were good to you, if they good to you, then you owe them something. If they [00:42:41] were	10
P: Yeah, the normal. Well, I won't say normal, but it's it can be an expectation. I've had man tell me that. Like I did this for you, I did that for you. You know,	
T: But they've got an interior motive that you know, you know	7/21
P: Yeah. I don't want that being held over my head,	
T: But, there man that, you know, You could date them or you could be nice to them and they could be nice to you and it wouldn't have to involve any more, in the relationship than you wanted. There are men like that. I think are there still, i think (37:00)	10
P: I'm sure they are (laugh). I just had a bad .. You know, if I am out, if i can't have a conversation with a guy, i usually, if I think, maybe, that he is using me, get out of dodge.	
T: you hold back.	10
P: I leave, you know, walk away, and, yeah, nice talk to you. And move on.	
T: [00:43:50] I think you have a kind of expectation that if you're nice to a guy, you know, that he's going to, demand more than you	31
P: or want to hear	
T: That sound right?	
P: is not being full of myself so to speak but just give you an example. I was, I went to the show by myself one evening and as I walked past I noticed a guy looking at me as I walked past. So I said hello (38:00) just to be funny, cut the stair. He said hello, and then we went in a theatre. He Came to the same theatre and he said in front of me, so I kind of okay. He's played in, he didn't say anything. Yeah, but I was a little suspicious then I felt like I was being overreacting, you know after the fact but because I said, what's the worst he could have said is hello, you know [00:44:50] a little more so I'm I see that in some aspects, you know, I'm being paranoid and I do see that and I'm trying not to be	32
T: you know, what they call that? they call that self-fulfilling prophecy. That means you prophesized, you expect, a self-fulfilling it. Would you have fulfilled (39:00) You, you just said, I had the expectation, the prophecy, the understand, whether he was thinking, he's after me, or he wants to be friendly with me or you want	31
P: Maybe he want to rob me out, i don't know, because it was at night.	18
T: Rape and whatever, you know, actually you know	
P: I watching too many movies.	
T: Well, it's good to be vigilant	18/31
P: [00:45:50] and aware, you know, because I was aware.	
T: Absolutely, I've have got to be vigilant. But if we have too much of a self-fulfilling and I was if you use the word, it's not paranoid, but it's that's the way paranoid people think, you know. Everybody's looking at me or over think I'm mad at me and then, what do you do?	10
P: You're pushing people away.	
T: put up a nice big wall	
P: And that's, that's not what I want to do, honestly.	
T: Okay	10
P: you know, (40:00) because I I plan on having a relationship again sometime, but	
T: you know, this is another area to some extent were talking about it now. What walking that fine line between being vigilant aware and and mature and being overly cautious overly [00:46:50] standoffish	
P: overly guessing and thinking and assuming	30/49
T: you know, is like the guy that, you know, the see I used to sell door-to-door when I was a kid. And I remember once I started, when I was first started, I started toward the door and I said to myself. Oh, she's not gonna want anything. She's not gonna want, I was carrying think she's not going to want these things. Going to push me away. Maybe she won't even answer the door. (41:00) I know she's not going to ring the doorbell. Joe opens the door to do. You want to do anything and I walked away. Wow. What I do there?	

P: you psych yourself out.	
T: Exactly. And where did that got me? I probably lost the sale, whatever. But that's, that is something that, you know, we could talk about it, because where your feelings come in and fear [00:47:50] and concern and where, you know, how they grew on in you, this is part of you and you got to know how far that goes and how and where, awareness and vigilance and wisdom	30/31
P: right	27/31
T: Start. Because you can go through life. Pushing Away, and you might push away the right guy. (42:00) Do want not to do that?	
P: No, I'm definitely...	1/31
T: And getting back to your daughter. See, is the kind of person you don't want. You don't want her to grow up like that.	
P: No, I don't, I nicely done. She seemed so well-rounded before and just all of a sudden...	
T: this is an age where kids do imitate their [00:48:50] mothers, a great deal. I mean, they have been more observant. They really see. It's not just saying, you know, your reactions in the house, but the way you are with strangers, way you are with friends. The way you are with people coming to the door and they aware that. I mean, you're pretty aware of that when you were six. And the way your stepfather, you know, (43:00) would put out crumbs to test whether you're cleaning the place up or not	32/41
P: Military bear.	31
T: He was a military man?	
P: He was very conscience of you know, cleanliness and discipline. And you know, he just went overboard with it. I thought [00:49:50] well, I think he's deceased now so but yeah he was, My sister and I weren't used to that	2
T: Well, maybe that is the to where some of the anger was held back. We can talk about	
P: As a kid, how just out of curiosity. Because we weren't allowed to express ourself as kids, (44:00) our anger. But I can't I can't imagine what we would have done to it express that.	
T: Well, sometimes aware parents and you as a parent, you know, we're going to do how to handle it If your child, because parents have to draw that Fine line. What's permissible to express and to say, to sometimes to children, It's okay to be angry. Angry [00:50:50] is not bad, but you cannot, Act out. You cannot hit other children. You cannot destroy property, you know, there are limits, but being angry and it's hard because we don't teach other many people. Don't teach our children this image. You, it's just you know, one. See it's justifiable and to there are appropriate ways to deal with. You say to somebody, I am angry. I am really angry you, (45:00) and you can say that.	18/32
P: And my daughter says that to me,	
T: she does	31
P: When she says, she's mad at to me, She says, you were mean to me.	31
T: And what do you say?	
P: I said, well, I'm trying to get you to understand, you have to do certain things. You know, if I tell you to do it once. It's and then I have to tell you, second time	10/32
T: You can say, could rehearse. Yeah, and you can say, but it's all right, to be angry. I understand it, but there are rules. [00:51:50] All right, you can be angry and still obey the rules	
P: right	49
T: When the red light comes in your driving, you want to go through you stand there and say ... but you stop	18/52
P: right	
T: And there are ways to do it. Well, all right, we've got some things. I think you learn a little today.	
P: I think I did, too.	18/52
T: And There are fewer tears today	
P: Yeah, thank you (46:00).	18
T: that is alright, tears are okay	
P: that's me expressing the anger.	18/52
T: I think the many ways that was insight. I think that instead of feeling anger and that been, felt shame.	
P: you know, I cried so much when I was younger into my 20s that I I was tired of crying as I got. [00:52:50] I thought it was a sign of weakness or, you know, hurt letting people know that they hurt you and I don't want them to have that power to know that.	10
T: See, I think that people can be ashamed of their anger and they're ashamed one of the things they do is cry	18
P: hmm, hmmm	
T: Well, we've got some good work to do and	
P: I'm looking for	
T: I'll go look for it. We'll go a (47:00) couple more months and then sort of stop and say, what now, where are we? Have we achieved our goals? What we learned, when we haven't learned. And we can make a decision about what's necessary. We can stop for a while. And then if it has any comes up, you can call but there are ways we can. We can work, but you, you, you, you know what we're about here. So	1/26

P: I'm here, I believe in psychology	18/30
T: [00:53:56] Well, still young, still young field, but we're learning and I've learned things today to, you know, we learn from each other.	1/18
P: That's a good thing. I'm always I want to learn, you know, never too old to learn.	
T: Yeah. Well, we will see each other next week (48:00) at the same time and have a good week. And if you have some times when as you feel that Conflict by get angry, I'm going to get	17/18
P: I call you	
T: If you're, if you're really upset and could call, you know, you can do that. But write it down	17
P: write it down.	
T: Write it down, write down what you feel have to be. That, that something might be helpful for us. If you notice this in your daughter, write it down, keep a little, [00:54:56] a little book	18
P: Okay	
T: and then you can ... because I think there's gonna be a lot of incidents times where you're going to I can almost feel my going to cry or my god get in trouble.	
P: Try avoid situations that I know may lead to that honestly. And I'll talk to my ex a lot. So, okay, try to keep it down.	18
T: All right. I'll see you next week. Okay. All right. You take care of you, too.	

## MULTI: Jeremy Safran

COTAÇÃO Jermy Safran (1ª sessão)	Cotação
T: Hi Karen	18
P: Hi	
T: I'm Jeremy nice to meet you	18
P: You too	
T: We've spoken for what maybe about a minute before they turn the camera on. So I don't have much information about you. Let me just tell you what I know ok? You're 30 years old, and the major thing that you want to work on is relationships and patterns in relationships	1/19/31
P: yes	
T: And I seem to remember that you have a degree in psychology right?	31
P: it's correct	
T: Ok and other then that I don't know much about you	10
P: okay	
T: We're gonna spend today you know just sort of getting to know one another	1/32
P: sure	
T: today's the first of six sessions	1/32
P: yes	
T: Okay and so my hope is that today I can just begin to get an overall sense (01:00) of who you are and what you want to work on and also that we'll have an opportunity for you to ask me any questions you might want to ask, okay?	14/32
P: okay	
T: So how, just you know before we launch into it, how does it feel being here on this camera set? I know it's kind of an unusual circumstance	47
P: um the lights are pretty bright otherwise I'm okay	
T: Okay. Yeah, it's um I know for me it's a little bit nerve-racking even though I've done it a little bit before but	30
P: yeah I think I'm shaking a little bit	
T: Yeah a little bit tense but okay hopefully after a while it just kind of fade into the background okay	18
P: mm-hmm	
T: okay so why don't you tell me a little bit about sort of what what brings you here? How you how you got here? I'm also curious about you know, how you sort of found out it about this opportunity and made the decision to come and what you want to work on?	14/31/38
P: A friend of mine Pam (02:00) goes to school here and she had asked me if I'd be interested and send your email and I read it and it sounded interesting. And I'm not to mention the money but um you know I've had a lot of different types of therapy but this type of therapy I don't have much experience with. I'm interested the psychodynamic therapy	
T: Mm-hmm okay so yeah the email I've sent you just sort of talked a little bit about you know what to expect, right?	31
P: right	
T: And I mean I'm curious what you took from the email what you know sort of what you remember if anything	31
P: right now?	
T: I don't want to put you on the spot	18
P: don't cuz I don't know	
T: Okay, all right. (03:00) You say you had other forms of therapy before, can you tell me a bit about that?	31
P: um after I graduated college I kind of had a breakdown and I had needed therapy just to be able to get through my days just what the ADL's and and everything pretty much had doctor Lee for about two years and she got me up to the point where I could work. I was not able to work after college I was planning on going to grad school but I kinda had a breakdown so that never happened. Then after doctor Lee I had another counselor and then even seeing my psychiatrist who I get some counseling from and while I was working full time I had some therapy with a really great art therapist but she moved back to Australia (04:00) so that was about the end of it and I've been without insurance	
T: And you've been without insurance?	31
P: correct	
T: Mm-hmm. So that you haven't been able to be in therapy?	31
P: right	
T: Since that time okay. And you say after college you had a breakdown?	31

P: mm-hmm yeah pretty much counting down to graduation it was December 99 and I just I didn't know what was gonna happen afterwards everything had been planned out you know all I had to do was go to school and get good grades in which I did. Where I lived you know everything like that whether it be the dorm or apartment everything was kind of taken care of. And I didn't know exactly what was gonna happen like the to get into grad schools into this huge mountain (05:00) with the GRE and the subject exam and the letters of recommendation which for some reason really scared me hmm and the essay and all that stuff it just was overwhelming me. And I remember just right and I had like 39 days till graduation and I just kind of I had no plan after school. Like I said everything was planned all I had to do was go to school get good grades and huh	10
<b>T: Things were planned in a sense of you were gonna go to graduate school and</b>	
P: well I mean throughout my the four and a half years I was at college and then before that all through high school you know I never really had to make a plan it was kind of already laid out so I didn't know what I was gonna do. I didn't know grad school was the plan but since I kind of got too freaked out to do that. (06:00) I didn't know what I was gonna do and I just I lost it	
T: Mm-hmm	
P: I went home and I couldn't. Like I said I couldn't shower, I couldn't eat, I'd be in bed all day	
T: Mm-hmm	10/11
P: so I took make a couple years I get out of there	
<b>T: So you became really seriously depressed</b>	31
P: oh yeah	
<b>T: And during that time I mean you mentioned briefly but what kind of treatment where are you receiving?</b>	18/31
P: at that time I'm not sure what antidepressants I was on I can't really remember	
<b>T: You don't have to remember the type of. So you were on antidepressants</b>	31
P: yeah I've been and I am. The doctor I have now it was great	
<b>T: The doctor?</b>	
P: The doctor have now's great but um previous doctors you know it's just (07:00) it was it was deemed as medication resistant depression but um I had ECT treatments as well so that was in 2005. So um you know it got worse, it got better, it got worse	31
<b>T: Did the ECT help at all?</b>	
P: you know I was on I have an addict so I was using back then and I don't know if that had anything to do with it. I mean I'm better since then but since I've been in recovery I had been better. So I don't know if it helped they're not kind of messed up my brain a little bit but the memory	10/31
<b>T: okay so you were on they put you on ativan when you were depressed the first time and became addicted to it, is that?</b>	
P: No, no. I was, I was... I smoked pot all through growing up and then (08:00) for four years I was... I started doing cocaine	
T: Mm-hm	
P: and that was about four years but yeah I was taking this Xanax too and I was so tired but none of the therapists ever knew I was on the drugs. So I was tired because I was up all night so my doctor gave me focalin and you know all the the ADD drugs thank though I'm so no no and then my therapist actually said old you know that people actually crush those up and snort them so um then I started doing that	31
<b>T: I see I see</b>	
P: but it was pretty bad back then that I was lying so much about the using that I went and had ECT without telling them	
T: Uh-huh	31
P: so you know the depression has gotten a lot better since I quit using obviously (09:00)	
<b>T: Right, and so you're not on any?</b>	31
P: I am	
<b>T: What are you on?</b>	
P: Now?	
T: Yeah	31
P: Cymbalta, which is a miracle drug for the...	
<b>T: I'm not familiar with it. What's it called?</b>	
P: Cymbalta	
T: Cymbalta	
P: it's uh was the first one that was first SSRI that was approved for the physical pains of depression as well as the mental. And I take lexapro and Prozac	
T: And?	31
P: Prozac	
<b>T: Prozac, okay. But you're not addicted to any drugs?</b>	31
P: no	

T: You're not doing any?	31
P: in one year or five days	
T: For one year you've been completely clean?	18
P: mm-hmm	
T: Okay so I mean that must must have been um sort of a major thing. It must've been incredible difficult	
P: Yes, it is. That's why when I was answering the Beck Depression Inventory, those answers would have been a lot different	
T: Yeah	
P: back then	
T: Mm-hmm	
P: and like I said on your email a lot of those issues I had before and like feeling completely worthless (10:00) and my life is going nowhere and meaningless. All that I felt but it's on you know I can, I have hope now	10
T: Mm-hmm mm-hmm. So that it sounds like for the first time, for a long time you do you have some hope	31
P: first time my entire life	
T: In your entire life?	11
P: mm-hmm	
T: Uh-huh so really you've been feeling pretty sort of hopeless and depressed to some extent all of your life?	
P: yes yes when I was very small there was a lot of chaos my family, my father's alcoholic, my stepfather was an alcoholic. And I had to kind of watch my mom make sure everything would be okay. When I was little there was never like this past week I've been feeling when I had one year I'm feeling so calm and serene and happy. And I just realized that I never felt like that before ever even when I was little there's always some kind of chaos	
T: Mm-hmm (11:00)	10/11/41
P: never really be able to relax	
T: Mm-hmm. Yeah it sounds like you had just a early terrible childhood in a lot of ways	31
P: yeah	
T: Yeah. Sisters, brothers?	
P: I have a older sister and older brother	
T: Uh-huh	
P: when all this stuff seemed to been going on they were never home like with my mom and my stepdad. I don't know where they were they were out, were they slept. They used to say I had this little alarm clock that woke me up in my head when they were fighting so I'd sit by my door and listen make sure it didn't get physical. I'm just trying to think a while back where they were	10
T: Things would get physical sometimes it started to...	31
P: yeah yeah yeah um he was a cop so we couldn't really call the police	
T: He was a cop	31
P: yeah except one time	
T: And this is your stepdad?	31
P: my stepfather yeah. and the actually he took his life when I was 15	
T: He took his life	30/40
P: yeah that was major impact on my life as well (12:00)	
T: Oh my god. What was that like?	40
P: um I was he was my best friend he was my best friend when sober	
T: Really?	
P: you know um when he was drunk it was different but uh it was kind of that was kind of hard for me because they've been they were married since I was five until 15 so he's been the constant throughout my childhood. I went through a lot of emotions with that. A lot of it was there, was a lot of guilt the beginning you know because I, I... the night that it happened I should have been home but I wasn't um actually it was so we would get... it, it was obvious suicide but it was stated an accident for insurance purposes I suppose	
T: Mm-hmm	
P: so that's what we're always told (13:00) that he accidentally fell asleep in the car was it running with the grass store closed	40
T: But you knew that it was a suicide?	
P: I never really when I was 22 when I was graduating college was odd because it was the same time I was taking a seminar and death dying and bereavement no it was right when I was graduating - it just hit me one day that was not an accident. So it's like I had to grieve all over again	
T: Mmm-mmm	31
P: but in a different way	
T: I see I see	10
P: as a suicide you don't accidentally fall asleep	

T: Mm-hmm okay and and it sounds like you were really close to him	31
P: Very	
T: You said he was your friend once over	30
P: yes	
T: Yeah, actually I've never heard that expression before, "a friend once over"	31
P: Oh once when sober	
T: Oh when sober, okay. He's your friend when sober	10
P: Yes	
T: Once over it means like it's even more than a friend	40
P: right	
T: Okay. So, and when he was not sober? (14:00)	
P: um least I think it was fun but you know as a kid you know it take me to the bars and I'd be the kid in the bar. And but then it would always get to that point where I'd have to watch and make sure that they're fighting didn't get... that's the point where I had to intervene I guess I just wait for it wait for it to be over in her silence and then go back to bed. There'd be a lot of fighting in the street like embarrassing you know. And then the people he hurt her sometimes flipped the tables	
T: He...	31
P: He hurt her	
T: He hurt her	40
P: Yeah, my mom	
T: What would he do?	
P: Um he choked her. Worst time I remember they were locked in the bedroom yeah I think must have been about seven or eight. And I just heard his big thud (15:00) and my Ma said Karen help me I didn't know what to do so I went and unlocked the door and then he slammed it shut. And then I called the police and they said there's done somebody over and I think I said dice I call the police and then he left and my Ma came out so that she had choked her we had a little hospital and then you know there was other times it wasn't like you know beating like I saw her get beat it wasn't like that	
T: Hmm-hmm	31
P: he tried to run her over in his car	
T: He tried to run her over with his car	
P: Well she was trying to stop him he was trying to leave	
T: Mmm-hmm	
P: so she was out in the street I just remember crying from the window, saying please don't hit her. Just scared that he would hit her and flip tables dinner on it (16:00) you know break lamps	
T: Mmm-hmm	10
P: Stuff like that	
T: And and it sounds like you had the role of mediator in some way	40
P: I just wanted to make sure that it didn't go past arguing	
T: And were you able to do that sometimes?	40
P: yeah	
T: Yeah, how would you do that?	10
P: um oh I would get in the middle and then...	
T: Physically in the middle and you sort of break them up	
P: yeah yeah I'd get in the middle um though he don't think he would ever hurt me and that usually once I got into the middle he would leave	31
T: he would leave	
P: he'd always leave for days and then I remember making little welcome-home Eddie signs all the time for when he'd come home and that's why I remember when he died it was like it felt like he was just gone you know because he used to leave (17:00)	10
T: You're used to him being gone	
P: yeah you're leaving and then what he'd always come back yeah and then I went through all the stages of feeling guilty about but he didn't think of me but I know now because what I learned about the disease of addiction that he wasn't he was so self-absorbed that you know he was most likely just thinking that be better off without me	
T: Mm-hmm	
P: so just hurt me like why didn't he think of me you know but that disease of addiction is so strong that you only think of yourself	11/31
T: Mm-hmm. So it sounds like um you said you went through various experiences or stages that you felt guilty and also it sounds like you felt sort of hurt or angry or betrayed, right?	
P: oh yeah	

T: Yeah (18:00)	
P: oh yeah for leavin	10/50
P: Yeah. Did he really abandon you	
P: mm-hmm yeah	10/50
<b>T: Yeah and then really sort of abandoned and you in the ultimate way</b>	
P: mm-hmm	
<b>T: By killing himself</b>	30/31
P: by his own choice too. Yeah, so obviously you can see how I had relationship problems	
<b>T: Yes, indeed. Yeah, God. Okay, so that was, you were 15?</b>	10/11
P: as 15 when he died	
<b>T: Okay and I'm just sort of sort of moving forward in my mind now. You went through college you had your first depression at the end of college</b>	40
P: mm-hmm	
<b>T: And then your second one?</b>	
P: I mean never really got better but my second big huge breakdown would be after 2006 (19:00) I think when I stopped working. I was working as a case manager an adult mental health and I was using... I was very sick just physically that was very sick, mentally I was very very sick	
T: Mm-hmm	
P: I just had the ECT treatments and just that just takes enough out of you and I was trying to go back to work and the productivity levels were way up. They wanted us to do cookie cutter progress notes for each client and I just didn't you know it was it was nonprofit so I had a bye-bye by the rules but really wasn't happy what was happening there it was more about the productivity and the paperwork (20:00) and the number has done about the clients	
T: Mm-hmm	
P: which you know I worked there for three years and I saw kind clients for counseling some of them twice a week for three years	
T: Mm-hmm	31
P: then I had to leave they gave me one day	
<b>T: And you had to leave</b>	
P: I quit they pretty much forced me to quit. They couldn't fire me because there's no grounds and they were, my boss was saying things like you know you're not keeping up your job is on the line but it was all due to the physical side effects from ECT. You know in the anesthesia you know what my mind wasn't working properly	
T: I see	
P: you know my memory just nominal aphasia I couldn't think of words	
T: Yeah	
P: um you know and of course that hindered my work quite a bit so they kept piling on my caseload (21:00) got up to 65 and they just kept piling more and more and more on and I was just sicker and sicker and sicker and finally I just I couldn't. I was napping in my office, I was crying in my office. It was pretty bad, it was really bad and finally I just couldn't take it anymore	
T: Hmm	4/10
P: and then quit it	
<b>T: It sounds you know as I get the image almost of um sort of like being trapped in this situation where this had like there's more and more and more pressure being put on you</b>	
P: Right I was a weaker and weaker and weaker as the days went on so you know the bottom was gonna cave out of there somewhere so I finally did and I quit. And then I just I went out to California to my stepbrothers just wait around for a couple months but um that was when I didn't know what to do. (22:00) I was out of work for two years and I was again and you know that feeling that I don't know what to do I have no plan	
T: Mmm-hmm	
P: And that was my last job I'm working now part-time only because I you know was able to I was down on the floor again you know with the showering eating and getting dressed and doing laundry you know all the way down at the bottom again	
T: Mmm-hmm	
P: and that was two years ago	
T: Mmm-hmm	
P: so slowly work myself back up where I was able to get a part-time job I eventually want to go back you know like to get my masters but	31
<b>T: In psychology?</b>	31
P: yeah I'd like to	
<b>T: And what's the part time job?</b>	31
P: Toys R Us	

T: Toys R Us. That's right, yeah.	31
P: I just came from there I worked 4 a.m. to 10:00 this morning.	47
T: 4:00 a.m. to 10:00 (23:00)	
P: yeah I was just helping out on the morning shift	
T: Uh-huh you little bit on the tired side?	10/18
P: a little bit	
T: A little bit yeah. Okay sounds like you've had a had a hard life in many ways	36/40
P: getting better	
T: Yeah how did you manage to you know sort of pull things together you know get off the drugs and so on?	
P: I have no idea be honest I just at the bottom I was at the bottom we had to move but maybe two years ago we had to move out of my house I was in denial complete denial about that that was the house I grew up with that was my whole life when my stepdad was at that house	
T: Mmm-hmm	
P: and we moved there when they got married when I was five	
T: Mmm-hmm	
P: and he died at that house and my mom was selling the house my brother and sister were gone you know I was there it was me and her it was a rather big house so she sold it (24:00), this is... well it was when the	31
T: a lot of?	
P: It's when the White Sox were in the world series so I'm trying to put it, oh it was 2005. Just trying to get my dates. So I was in complete denial it's went 22 years I live it's 19 years I lived in that house and I had a lot of stuff I didn't pack I remember I mean until the last day before the moving van came. I was in total denial about moving then I moved in with my brother because this house wasn't done yet. And that was at the bottom of the pot and my brother's an alcoholic there's out all over the place even though I was 28 years old there's no parental supervision	
T: Mmm-hm	
P: you know I was my using was out of control	
T: Mmm-hm	
P: Relationships are out control since I was 15	
T: Mmm-hmm (25:00)	
P: I think but I finally gave in and moved out here I was just at the bottom and I just I don't know why or how but I just woke up one day and went to see a priest and I just told him everything. No one knew that I was using heavier drugs no, no not my family not my friends. I had stopped hanging out with my friends, I was just hanging out with the you know drug friends	
T: Mmm-hmm	31
P: and I got involved in the program	
T: Got involved in a rehab?	31
P: uh Narcotics Anonymous	
T: Narcotics Anonymous. Okay and you say you told the priest so uh are you are you Catholic?	31
P: mm-hmm	
T: And are you religious?	
P: um more spiritual than religious. (26:00) I haven't been back to the church. I was thinking about going and telling him I had one year clean	
T: Mmm-hmm	31
P: but um, I you know I I talked to God every day you know I have a very spiritual life	
T: So you talk to him every day? Oh you always talk to God every day	1
P: mm-hmm	
T: Uh-huh so tell me about that	
P: you know a lot of this I learned from being in recovery from the being in the program	
T: Mmm-hmm	
P: it's been a source of hope like I told you earlier. Had I been answering that Depression Inventory I really any kind of depression screening or anxiety over a year ago it would be much different	
T: Mmm-hmm	
P: you know I got some sense of self-worth some self-esteem	
T: Mmm-hmm	
P: some some hope for the future and hope for today. (27:00) I really gotten a lot out of it but it's changed a lot of things but there's a lot of things that are still so ingrained you know the patterns on the you know that's gonna take a little bit more work	10/36
T: Mmm-hmm. So it sounds like there's something about um about your faith in your relationship to to spirituality and and to God which has played a very important role and in terms of your ability to turn things around	31

<p>P: Mmm-hmm. Yes</p> <p><b>T: What?</b></p> <p>P: I'm smiling cause you look like you wanted me to say something</p> <p><b>T: No, no. No, I'm just you know sort of taking it what you're saying and thinking about it. So why don't we talk a little bit about you know you've mentioned relationship problems so and if we can talk a little bit about what's going on there</b></p> <p>P: um let's see I've dated the same guy with different faces since I was 15 (28:00)</p> <p>T: Mmm</p> <p>P: different faces and different names. From what I...</p> <p><b>T: The same guy different faces. Different names meaning the different... different guys who are similar</b></p> <p>P: yes</p> <p><b>T: Okay so the...</b></p> <p>P: Yes. Um pretty much looking back what I've always been drawn to as you know chaos. Somebody who was the greatest guy in the world when sober, but you never know what's gonna happen I'm a drunk</p> <p>T: Mmm-hmm</p> <p>P: they've all been alcoholics</p> <p>T: Mmm-hmm</p> <p>P: Except one I think. They'd all be either the greatest or the worst</p> <p>T: Mmm-hmm</p> <p>P: Lost my train of thought (29:00)</p> <p><b>T: So you were saying that pretty much all of them have been the greatest when sort of sober sober</b></p> <p>P: mm-hmm</p> <p><b>T: But you know then they'd be drunk</b></p> <p>P: yeah just just seemed that kind of like taking the bad cuz the good I don't know him I didn't feel like I deserved much</p> <p>T: Mmm-hm</p> <p>P: So I would put up with all bad stuff because the good was so good unless I thought you know. And that seems to be what I was attracted to it was that's what was familiar to me you know that's what I thought love was even growing up because that's all that was you know demonstrated to me</p> <p>T: Mmm-hmm</p> <p>P: yeah so that seems to be the pattern in that (30:00) I always think I'm so in love before I really know the person</p> <p><b>T: You think you're in love before you really know the person</b></p> <p>P: yeah</p> <p><b>T: You fall in love so quickly or easily</b></p> <p>P: yeah</p> <p>T: Yeah</p> <p>P: hmm just um I always had to be with somebody I would not I haven't had a boyfriend now for nine months that's the longest since I was 15</p> <p>T: Mmm-hmm</p> <p>P: always was with somebody I'm a couple backups in the back pocket you know here's something happen. There would always be fighting, breaking up fight and breaking up. And I got a go ahead three-year relationships on another three-year and - but it was constant turmoil there</p> <p>T: Mmm-hmm</p> <p>P: just not nice man</p> <p>T: Yeah</p> <p>P: but I put up with it</p> <p><b>T: Yeah. So is that a... you say you haven't been in a relationship for nine months. (31:00) Is that some sort of choice that you've made? A resolution?</b></p> <p>P: Yeah. Well it was suggested to me it's not that I don't wanna be I guess so I am making the choice because um you know there was a couple of opportunities for relationships that I had passed over so I suppose I am making a choice</p> <p><b>T: Hmm. But somehow that wasn't your immediate sort of thought that you're making a choice</b></p> <p>P: right yeah</p> <p>T: Mmm-hmm</p> <p>P: cuz it's hard for me to think that I would choose being alone or being with someone</p> <p>T: Mmm-hmm</p> <p>P: that's hard for me to grasp that thought</p> <p>T: Mmm-hmm</p> <p>P: I always have feel desperate to need someone</p>	<p>1/50</p> <p>10/19</p> <p>31</p> <p>10</p> <p>10</p> <p>31</p> <p>10</p> <p>23</p> <p>10/23</p>
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T: Yes. Yeah	31
P: a lot of what's really important is security (32:00) you know I just wanted to feel secure	
T: Sure, sure. And and you said it was suggested to you that you stay out of relationships for a while. Who suggested it?	31
P: my sponsor	
T: Your sponsor, right.	
P: Yeah that was when I first got off the drugs and alcohol. I was in a relationship I would have a year and a half but I kind of fell. I've been working on myself for the past year and when I was with that person I was not working on myself you know. I was... I let myself to fall to the wayside my focus is attention that you know my attention is focused on that person so yeah I was suggested to me and I actually did that (33:00)	13/47
T: You sound surprised	36
P: I am, I am	
T: Yeah, yeah. I mean I wonder where you sort of, where did you get the you know sort of the strength and the resolve to do it	
P: um well I have a lot of support with my um my new friends and my sponsor	
T: Mmm-hmm	
P: my higher power	
T: Mmm-hmm. You say you you said your new friend or friends?	
P: friends	
T: Friends	1/31
P: in the program	
T: In the plural. So tell me about your new friends	
P: well it's people that are in Narcotics Anonymous. It's it's it's very, it's a lot of people for support and a lot of people I can call, I mean I said a year last week and I had so many messages (34:00) it was just unbelievable, There's so many people that I can call now for support	
T: Mmm-hmm	10/54
P: you know that helps a lot	
T: Mmm-hmm mm-hmm. Yeah, so it sounds like a very a wonderful support network	
P: yes	
T: Right now	
P: it really really is. It's uh you know it's been the only therapy that I've been having for the last couple well this year but it really is I mean I go and talk about my problems	
T: Uh-huh	
P: you know and people don't judge you or anything like that	
T: Uh-huh	
P: you know you get it all out and sometimes you get some feedback	
T: Uh-huh	
P: sometimes you don't but you still get it all out I don't sit with the with the feelings anymore I don't sit in the problems anymore you know solutions	31
T: Yeah and do you attend regular meetings as well?	31
P: Hmm-hmm	
T: How often?	31
P: uh three four a week at the least (35:00)	
T: Once every three four weeks at the least?	31
P: No, three or four meetings a week	
T: Oh three or four a week. Okay, so yeah. So you really attend regularly	10/54
P: yeah	
T: okay and and then it sounds like you have sort of friends you can call up anytime	
P: mm-hmm	
T: Uh-huh	
P: and then my family somewhat and a couple of friends I still have from high school girls that you know I grew up on high school went to college we all went to college together and then they kind of went their way what people are supposed to do after college I mean they all have over 30 you know they have houses, mortgages, furniture, husbands, babies you know and I'm I live with my mom you know when I work at Toys R Us so I kind of I compare myself a lot	18/31
T: Mmm-hmm. That sounds hard right?	
P: yeah but you know I learned you know over this last year that I'm where I need to be you know. I'm not ready for all that yet	
T: Mmm-hmm	10
P: But I will be (36:00)	

T: Mmm-hmm yeah. Yeah, it sounds like you really do have some real some real faith there	
P: yeah there was none there was absolutely none before. I was having a hard time answering those questions on the inventory so it said I cry more than I used to. I don't cry as much as I used to and I'm thinking when is that, I don't. A lot of things have gotten better	7/10
T: I mean it sounds like you know there's certainly important change you still want to make but it also sounds like there's a way in which the difference between now and before is like they've the difference between night and day for you	
P: oh yeah definitely	18
T: Yeah. You've really turned a very important corner	
P: I have. That's kind of scary too that's what's next that seems to be where I always kind of have a breakdown	10/11
T: Oh okay, okay. (37:00) Uh-huh. So scary in the sense that there's some some fear that you could have a breakdown because...	
P: well now that you bring it you up	
T: Uh-huh	
P: I mean now that you know I'm sitting here thinking about it	
T: Uh-huh	
P: hmm yeah I can worry about that now	10/31
T: Uh-huh. So it is almost like a sort of too good to be true or	
P: no	
T: No	
P: it was in the beginning but uh you know life set in. It still still sucks you know life on life's terms is what they call it	
T: Right	
P: it still happens you know bad stuff is still gonna happen it's just that now I I can stop cuz I used to instantly realize react instantly react. Now I could tell myself to stop and think I can't control what happens to me but I couldn't control how I react	
T: Mmm-hmm	
P: but you know I'm saying all that now cuz things are going okay right now	
T: Mmm-hmm	
P: you know some tragedy was to occur you know I can't see how my you know my faith would be as strong (38:00)	10
T: Sure, yeah. So, it's impossible to have a sort of complete confidence or faith	10/36
P: Right, right. Because nothing major has happened you know in this past year	
T: Right and and how would you cope with it if something really serious happened	
P: yeah but I see other people you know that I go to meetings with when things happen to them and I see that they can get through it	
T: Mmm-hmm	
P: so it kind of helps but still you know I'm unsure about about that	18/36/54
T: Mmm-hmm, yeah. I understand but also it's good that you do have these sort of like models you know people you see you know sort of going through difficult times you know sort of coping with it and getting through it	
P: yeah and then support you know I need it. There's always somebody who's been through what you're going through	14
T: Mmm-hmm. Yeah, yeah. (39:00) So in the time that we have left is there anything in particular you want to either tell me that we haven't spoken about or asked me?	
P: not that I can think of	31
T: Okay. Am I putting you on the spot?	18
P: hmm-hmm	
T: Okay. I apologize	
P: That's okay	1/38
T: Tell me a little bit more about what you're hoping will come out of our time together	
P: um some insight. Hoping for some insight just... I like to I like to figure things out and um you know I haven't thought about all that stuff (40:00) the relationships and the patterns and all that	
T: Mmm-hmm	
P: and sometime as I've been working obviously. I've been working hard on other things but um just some insight some maybe direction	
T: Mmm-hmm	
P: jumping-off point maybe	
T: Mmm-hmm	
P: to actually for some action	10

T: Mmm-hmm, okay. So it sounds like that's some one important priority has to do with relationships	
P: sure	36/51
T: Right and being able to really sort of get more of a handle on what's going on and and and begin to change things so that you're able to get into healthier relationship, right?	
P: That sounds good	31
T: Yeah, okay. I'm curious about the... (41:00) was it an art therapist you worked with?	
P: yeah	10
T: It sounds like that was a very important	
P: She was great	
T: Yeah	
P: really got me to start drawing again and doing collages and she moved back to Australia she was from Australia	
T: Mmm-hmm	
P: so I was kind of I was a little upset about that	
T: Yeah	
P: you know somebody I trusted that do everything except the drug side and tell anybody that and then she left	
T: Uh-huh	
P: so that was amazing though. She was really good	31
T: How long did you work with her for?	
P: um probably a year and a half	
T: Uh-huh	
P: that's while I was working, so while I had the insurance and then I think a little bit after yeah	10/54
T: Uh-huh yeah. So and it sounds like you really trusted her	
P: mm-hmm	10/54
T: And that she helped to somehow there is sort of just help you to (42:00) somehow sort of like rekindle your sort of a sense of your own sort of creativity and faith in yourself and	
became you know an outlet you know for getting feelings out	31
T: Okay, okay. So um in a way that that the Narcotics Anonymous doesn't?	
P: in a different way	31
T: In a different way yeah	
P: Yeah. Of course you asked me you know I haven't done any art stuff in a while	10/36
T: Okay, but that sounds very important for you right to be able to have a way of you know sort of getting some of these feelings out, right?	
P: oh yeah, yeah cuz they would just pile up, and pile up, and pile up, pile up and then I'll just be down there somewhere	
T: Yeah	
P: you know covered in a bunch of problems (43:00)	1
T: Okay, all right well listen I think it's time for us to stop today	
P: okay	1/18
T: Um I look forward to meeting you next week and then talking some more, okay?	
P: okay	
T: Okay	

**MULTI: Paul Wachtel**

COTAÇÃO Paul Wachtel (1ª sessão)	Cotação
<p>T: Hi Melissa.</p>	18
<p>P: Hello.</p>	14
<p>T: Tell me a little bit about what brings you here today</p>	
<p>P: My biggest concern right now is just getting a job in my field. I was recently well I'm in the counseling program. And I was in the marriage and family track but I've decided to switch to school counseling</p>	
<p>T: Mmm-hmm</p>	
<p>P: So and I'm waitressing right now and I've been waitressing for on and off for even going on five years. But the biggest thing is just quitting my job and finding another job in my field. Like I've been wanting to quit my job for a while and but it's like it's hard because it's quick fast easy cash, it's not a job I take home with me, the hours are great but I just need to start building a resume for you know my career down the line. So that's like my biggest struggle right now. Is just trying to decide you know what it is I can do that's gonna go with school counseling now (01:00)</p>	
<p>T: So some part of that is just sort of practical and external and life decisions and stuff and then some part of it your you have an intuition which brings you here that there's something else that's sort of impeding a decision and when you think of it that way any hunches at all?</p>	3/10
<p>P: you know my biggest concern is just because I'm recently divorced and I have an apartment now with my daughter. So my biggest concern is taking a pay cut and so financially speaking I don't... I don't want to take a pickup but I have a very good feeling that whatever job I get with the present psychology is going to be a pay cut compared to what I'm making now so that's like my biggest concern you know but that's what that's... what keeps me there (02:00) plus I want to make sure that if I am going to change jobs that it is something that's going to be good to have on a resume I don't just want to get out of waitressing just because I'm getting out of waitressing you know. And then the other concern is insurance, so it's another really big factor why I want to quit waitressing, you know so that it's just about the money you know</p>	
<p>T: And all of that is obviously very realistic and nobody can make decisions without taking that kind of thing into account but here the two of us are so there's some thought you have that maybe there's something about making that decision that's more than just sort of adding up the numbers, right?</p>	10/21/31
<p>P: mm-hmm</p>	
<p>T: What do you think that could be? You mentioned being recently divorced and having a child is any of that enter into it in any way? (03:00)</p>	21/40
<p>P: I'm not sure I mean it doesn't it doesn't bother me to switch jobs I'm not afraid of that that's not a big concern of mine, But I guess my focus is just doing something that you know is going to be good to follow through with like Wednesday school counseling. Because before I had thought about getting a job in a hospital I was like oh the hours are good, the benefits are great, you know the insurance is there. And I thought that that would even be good if I was staying in the marriage and family track. But now that I'm switching and I was thinking well maybe now going into a hospital wouldn't be such a good thing it wouldn't tie in in any way so I don't know I mean I've had enough of stress over the past few months so it's like it's there's a bit of comfort there for me to stay in my job for now</p>	
<p>T: Mmm</p>	
<p>P: but I mean I'm willing to switch you know, so</p>	
<p>T: Tell me a little bit more about that that the experience of stress and then the feeling of comfort right now (04:00)</p>	1/47
<p>P: the feeling of stress is just it's like there's just anxiety a lot you know there's just a lot of tension</p>	
<p>T: Mmm-hm</p>	
<p>P: you know a lot of things you don't want to think about you know and but just the comfort like the only area of comfort I have right now I'd say it's just knowing that I still am wait you're saying and that the money is still stable and it's consistent. So in that way I do have comfort you know but I mean there are so many aspects of my life that have changed recently and I thought what's one more you know why not switch jobs too and just change everything. So you know I mean I'm willing to do it but I guess there's a piece of me that does have comfort in staying there</p>	
<p>T: Mmm-hmm</p>	
<p>P: but I'm also willing to go because I know that you know just especially for insurance purposes you know I need to quit so (05:00)</p>	
<p>T: Is there some worry about making the wrong decision? Is that?</p>	16/40
<p>P: though I'd say the advantage I have to being where I'm at right now with my job is that I know that they would take me back. If I were to quit and then I needed to go back they would take me so you know that</p>	

wouldn't be a big deal. But I just want to make sure that if I do quit that I'm gonna quit and go somewhere that's going to benefit me in the future that's like my biggest concern	
T: Mmm-hmm	
P: you know I even started getting my resume together like a month ago and then I was trying to wrap up that trimester so then they got set aside and you know I'm always just trying to talk to people to see you know who knows who or can maybe someone can maybe make some suggestions you know (06:00)	10/54
<b>T: Right. So being somewhere they're supportive of you and they would take you back that feels very important</b>	
P: Yeah, yeah. I mean I have a lot of comfort knowing that you know but but again I mean I'm willing to go	
T: Mmm-hmm	
P: you know it's just a matter of if I go I just want to make sure it's the right things I don't want to bounce back up more hmm you know I just want to make sure that if I go I'm gonna I mean I you know and I thought well even if I got a job in my field and I took a pay cut unified waitress like a couple weekends out of the month just for some extra money I know I could do that too so	
T: Mmm-hmm	
P: you know but biggest thing is just financially you know what's the money going to be like and then if I change jobs is it going to be something that's going to benefit me down the line with what I'm going into you know. I don't want to get a job that doesn't tie-in with something you know later on (07:00)	
<b>T: Now you've just been through a very major change in your life</b>	50
right	
<b>T: With the divorce</b>	50
P: Right	1/40
<b>T: Tell me a little bit about what the divorce was like.</b>	
P: Fast, like that we filed in February we were done in March. It was that quick	
<b>T: How long had you been married?</b>	31
P: three and a half years, we were together for four years	40
<b>T: And when did you know that? Because you say the divorce itself happened very fast and when did you know that the divorce was coming?</b>	
P: well what's scary is that when I was here in November with Diana and I had gotten so much out of Diana. And it was like she was talking with her for that session was such a huge eye-opener for me and I'd realized and recognized so many things about myself and a lot of things that seem to have been holding me back and I understood reasons why I was contemplating do I stay or do I go. (08:00) And it was like I found a little bit of peace in myself knowing that I knew why now. You know it's like I finally had some answers	
T: Mmm-hmm	
P: and so when I left the session with Diana a couple weeks later I told him	
T: Mmm-hmm	
P: and now I'm divorced	
T: Mmm-hmm	
P: so I don't know what today's therapy is gonna bring but that makes me a little nervous	
<b>T: Mmm- hmm you don't want things to get to destabilized</b>	10
P: Yeah it would be nice to stay smooth for a while	
<b>T: So the divorce was more your decision</b>	10
P: Mmm-hmm. I initiated it but in the end it was mutual	40
<b>T: Mmm-hmm and how are you feeling about the divorce at this point?</b>	
P: I question a lot of things	
T: Mmm-hmm	
P: you know it's it's a lot of well what ifs. What if we would have, and that's part of the reason why I continued talking to Diana because she was trying to refer me to therapist in Chicago. (09:00) And I thought well what if we would have found a third party to come in and help us you know could things have been different between us. So there's a lot of that what stinks about the whole situation is that there was never there's never any closure you know it's like we said in November that why came to him and told him I wanted to get divorced and then we continued to live together until we sold our house in April	
T: Mmm-hmm	
P: April first we both moved out and we stayed in the house you know he didn't move out and go anywhere so that's what was really hard and when people would say well you know so what's it like still living together knowing you're get divorced. And I'd say it's kind of strange it's almost like we're not getting divorced you know it was really bizarre	
<b>T: What were your feelings at the time you were thinking about the divorce? (10:00)</b>	46
P: I just felt like I was settling if I were to stay I'd feel like I was settling. I felt like I was in a relationship where I was never going to be accepted for who I was and what I did you know was never going to be good enough. So there was a lot of that in there you know	

<p>T: So part of the settling wasn't just that he wasn't interesting or exciting enough you know. He also wasn't taking care of you very well or being attentive or responsive to you</p> <p>P: yeah there was there it was just it's I had said I think even to Diana that it was it's one of the I'd say it's probably the most emotionally unavailable relationships I've ever been in</p> <p>T: Mmm-hmm</p> <p>P: that's how it was it was really you know it's like it's so strange because it's like (11:00) there are so many levels where you know I can connect with him on. And you know we can just kind of do nothing or you know even just sitting together and watching TV there was like that was fine but there's a lot of other levels that we just you know there's a lot of just butting heads</p> <p>T: Mmm-hmm</p> <p>P: too much of that all the time you know and it's like stupid stuff too</p>	10/57
<p>T: What can you give me an example? So I have some feeling for what it was like</p> <p>P: you know there was, there was issues with parenting my every three-year-old and you know we would just butt heads on that. Like he'd say like anytime Dakota would whine or cry or you know it's like the minute I would walk into the room you know she he would have her all day let's say like let's say I worked on the weekend and then I'd come home and he'd say you know when you walk in the house (12:00) it's like a tornado because Dakota hasn't cried and she hasn't whined all day but the minute mom walks in the door suddenly were crying and were whining. And it's like there was no tolerance on that on his end of just the in what she would do when I was around and there was no patience and his end but that's not</p>	31
<p>T: And did you feel criticized by him?</p> <p>P: yeah yeah it was I was definitely yeah you know I felt very criticized by him .And and just, and but even even with my daughter it's like there was there was a competition there. And you know we can it's like we were competitive on a lot of levels but but yeah I mean that was just something that it was just annoying. It's like so what she's gonna, cry she's gonna whine she obviously has feels comfortable with me to do those things you know to be emotional with me you know</p>	11
<p>T: So there were ways in which he wasn't in a sense (13:00) being nice to you, he wasn't understanding you, he was blaming you but there there was a whole other part of it. Sounds like that was more about his not connecting with you</p> <p>P: mm-hmm</p>	10/57
<p>T: Tell me about that part</p> <p>P: you I just don't feel that he was very accepting a lot of things. I look at him as I see him his and he knows that he's a very critical judgmental person and very opinionated and you know I'm the opposite and you know it's like you know he'd get mad because they even talked to Diana about this he would get mad because you know and he's a very black-and-white person. (14:00) I live in a world where there's a lot of gray and so you know you get mad when I wouldn't choose one of the other</p> <p>T: Mmm-hmm</p>	1
<p>P: and I wouldn't take a stand one way or another you know that always bugged him</p> <p>T: So he'd be really angry if you were in the situation you're in now about work</p> <p>P: he'd be angry about that?</p>	10/11
<p>T: Well you were saying he gets mad when you can't make up your mind</p> <p>P: oh okay oh yeah that's definitely something that he would he would tell me about too. He'd say you know what you have a bachelor's, you have a bachelor's degree you could go out and get a job there's something you can do making decent money. Really okay well you talked to all the people here at governor state that have a bachelor's in psychology and ask any one of them what they've done what types of jobs he's done in the social service field ask them with that pace. But he thinks you have a degree you are educated and you should be able to go out and get a good job and you shouldn't be waitressing anymore. (15:00) And you don't need to do that and yeah</p> <p>he's right I don't need to do that but financially speaking that's why I do it</p>	10
<p>T: So it must feel almost like a luxury to be able to be undecided and not have somebody criticize you for it right now</p> <p>P: oh yeah right now it's like he's off my back you know. But I did tell him the other day I said that uh that I was going to be switching for marriage and family and I was going to be going into school counts and he's like oh that's so good like he was really happy to hear that because he had said to me before you know why don't you just go get a bachelor's or master's in school psych. And you know his mom excuse me, his mom friend that said if you had a master's in school psychology I'd hire you right now starting mid-50s and all he thinks about are the numbers. I said that's great sounds like a nice number you know it's a good salary however (16:00) am I gonna pay for myself to get an education in that field you don't just wing school psychology you just don't. I'm sorry but I don't support that so you know and but to him it was about the numbers and that irritating the hell out of me. I was like are you kidding me first of all I'm not gonna pay for a master's degree in</p>	10/49

<p>something that I'm just gonna you don't just go into the mental health profession just winging it. I don't support that so you know and that's kind of how he was I was like you've got to be kidding me</p> <p>T: So there's a lot of things you really, you value you know in yourself and your you don't want to be pushed around about those things. You want the space to think about what you really want, what you really feel</p> <p>P: then he would say you know my back hurts and I don't want to be a carpenter forever either. But sometimes you know you just suck it up and you just do a job. (17:00) It's like okay well but you didn't pay to have an education you didn't get a master's in carpentry, you didn't have to pay. You know that that to me just does not make sense most people I talk to it doesn't make sense to go pay for a master's degree in a field that you're just going to wing it in for the salary</p> <p>T: So when you're when you're here at this point in my life and you're trying to make decisions and you are thinking about well there's the disadvantage to staying waitressing for a while, there's this advantage to doing that and you're conflicted about it. And there are in essence whenever we're conflicted about things it's partly that there were like voices in our head or pushing us in different ways. Is one of those voices you have to suck it up?</p> <p>P: when I think about switching jobs?</p> <p>T: Mmm-hmm</p> <p>P: no</p> <p>T: Mmm-hmm. So his voice is not part of this? (18:00)</p> <p>P: no I don't think at all to myself well I'll just have to quit waitressing and I'll just suck it up whatever then pay cut might be.</p> <p>T: Right so you are liberated from that field</p> <p>P: Oh yeah. That's not a thought of mine at all</p> <p>T: When you were living with him, would that have sort of intruded into your head more?</p> <p>P: I don't think so because I didn't quit my job. Because I stayed home with my daughter for nine and a half months after I had her and then I went back to work just like two days a week even three days. And I would pick up more days here and there so I mean the job was great and he knew that you know. It was, good quick easy cash. So it was like you know and it was fine at the time you know it there wasn't a push for me to go out there and get a real job with my bachelor's degree you know there wasn't a push for that. Because I was staying with home with her all the time you know and we didn't want her in daycare and all that stuff. But yeah he's you know (19:00) it even at the time of living with him you know I I never even pushed to get a full-time job you know I would pick up extra days here and there but but I wasn't about to just go into anything either you know</p> <p>T: Now this feeling you have now and actually let me share with you. I'm, I'm of two minds about what I'm hearing. I'm a little unclear</p> <p>P: okay</p> <p>T: Because I'm hearing I think two things. I'm hearing one thing that's I can't make up my mind what I want to do and it's bothering me and that's why I'm coming for help. And then I'm hearing there's something nice about not having anybody pushed me to make up my mind and it feels what if comfortable and it feels like where I ought to be right now. And I have made up my mind that I've made up my mind not to make up my mind yet, is that it? (20:00)</p> <p>P: the comfort is there to know that I don't have him you know pushing me to go and get a job I mean even though you know it's been a couple months that we've been divorced now. You know he'll still even say you know you could still get a job in your field you know and or because you're educated it's like I still hear him say that but but I guess the other push would be that I just got a letter in the mail saying that my my insurance I took a major medical plan out through the school so I'm covered with all that stuff. But I've got a month left before it expires so now it's a matter of do I want to renew it for 3 more months and it's like that could be my push to say all right get some resumes out lets you know look into a job change but I think part of me is just going to stay. It sounds so bad and I know I need to switch but there's a comfort there (21:00)</p> <p>T: What do you mean "it sounds so bad"? Tell me about that. Why does it sound so bad?</p> <p>P: it's like I... I said a year ago I would quit my job I when I started my program</p> <p>T: Mmm-hmm</p> <p>P: I had met with one of the teachers who I didn't know but I had heard about her and one of my friends said you know go see her she's she would know what you know you should go into. And I went to her last summer and she told me some things that she did along the way and and I still haven't quit. I still haven't quit my job and I don't know if it's just a comfort thing. I mean I just say it's big so it's like I know that I say it's bad because I know that I need to get just some regular insurance and not just major medical</p> <p>T: Mmm-hmm</p> <p>P: but I think that part of me is just like oh well I have major medical covered at least and what I make good money at the restaurant so screw it make a few more bucks for next you know a couple months and and then maybe decide from there</p> <p>T: Mmm-hmm</p>	<p>10/54</p> <p>31/32</p> <p>31</p> <p>10</p> <p>40</p> <p>30</p> <p>3/31</p> <p>40</p>
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P: You know. I don't know (22:00)	
T: Well you spent it sounds like several years feeling sort of pushed around	10/36
P: yeah	
T: One thing I'm wondering about is that experience being pushed around which you are now saying I don't want to be pushed around anymore I want to make up my own mind in my own good time about what I want to do. And I'm wondering about that experience of being pushed around was that unique to this relationship or is that a familiar experienced from earlier in your life?	19/36/41
P: when you say that that I was being pushed around um he's a very controlling person and in some levels it's like okay you know it didn't bother me because I don't feel that I'm a very dominating person in a relationship you know. And so in some levels that didn't bother me but in other areas it did. (23:00) But as for you tell me again you had asked if if this was connected to an earlier experience	
T: Well I was I was thinking that that part of what you're experiencing now	10
P: mm-hmm	
T: You know part of this confusion I was having about hearing two things that they both can be there I mean it's not like it has to be one or the other. But you know the feeling of I should make up my mind my problem is I can't decide and then the feeling of I really have decided I'm just not doing what they want me to but that you're doing what you want to be doing right now. That felt to me like it was partly a kind of part of the liberation that came with not living with someone who was telling you all the time what you should do whether you went along with it or not (24:00)	3/10/36
P: right	
T: It's irritating to have to live with that all the time	11
P: mm-hm	
T: And I was wondering that feeling of being told what to do, being told suck it up, being told you should do this and so on. Is that something that felt like how did I get into this relationship I've never experienced this before or is it something that sort of if you think about it happened a lot in your life before that?	10/19/40
P: I don't I don't know how it would or if it would connect with something that I've experienced a lot in my life throughout other relationships or even family members. But what's funny is it's like everyone in my family is even saying well you know you can't waitress forever it's like no kidding you know. (25:00) I don't know yeah it seems like actually well it seems like in my family that everyone is on the streak of you go to school you go over to college you get your education and you go out and you get a real job. And everyone has a career in my family except for my one brother but but everyone's pretty much like set whereas I'm still kind of dangling like none well but I'm in the process of my master so you know I'm not where I want to be just yet. But it doesn't bother me I don't think I don't think I really bothers me to be doing what I'm doing right now I mean in some levels yes because of what I need like the insurance and stuff. But I don't know I mean it's like so there so a couple of them like my dad or you know or like my stepmom or whoever have just said you know you can't waitress forever and it's like well yeah I know. (26:00) But so they maybe, it's done that kind of right it's not like they're on me all the time about it but they've mentioned it especially once I was coming closer to getting my divorce finalized and they're like well what are you gonna do what you gonna do for a job it's like they don't know what I make it the restaurant. And so you know to them it's like they probably think I'm making peanuts and and I know that they're concerned and they're looking out for me but it's only been none that have really said anything. But it's they've mentioned it they're not like calling me up a week like well have you put any resumes out there. So I mean they've pushed me a little bit but...	
T: And how do you feel when they do that?	46
P: kind of like get off my back like I'm almost 30 years old and I know what I need to do and and maybe to them it doesn't seem very responsible of me that I'm still waitressing but I seem to be getting by okay so you know	
T: Mmm-hmm	
P: you know and they did that ties into it too (27:00)	
T: Mmm-hm	
T: And that's something you're proud of really that's something that you're	10
P: well because I'm making it I'm not relying on any of them for any help I'm not calling them saying I need money or whatever	
T: Mmm-hmm	
P: yeah so I think that part of it to them is I mean maybe that's what it is I don't know	
T: Is there some what I'm hearing that pride and and and I'm seeing that you're you know when you talk about it there's a certain almost glow and that something feels good.	10/47
P: probably because I'm not being told what to do. I'm not letting anybody else tell me you know	
T: Yeah but that's really important to you	10
P: yeah I mean I will make final decisions because I want to do it not because of somebody else you know	
	10

<p>T: So everybody in your family you were saying sort of was on a track you know sort of from (28:00) from the beginning going along a direction and it was not supposed to veer off</p> <p>P: mm-hm</p>	10/23
<p>T: And you've chosen differently</p> <p>P: mm-hmm</p>	23/40
<p>T: Were you different in the family all along? Did you have a different role in the family? How'd that happen that you weren't freer to do this</p> <p>P: yeah I'd say I was a little bit different from the rest of them there's four others</p> <p>T: Mmm-hm</p> <p>P: and the oldest two, well the oldest two and then the one above me they all have their careers you know and then my brother Dave works at a pizza place. But he's a little bit slower anyway so and he never went to college or anything like that you know. But yeah it's like I don't think that I don't really think that they're surprised that it's you know maybe that I am where I'm at today and I guess I would describe it as I'm just taking a later start (29:00) on things you know cuz they all had their careers by now you know but I'm just you know taking a little longer to get there</p>	40/41
<p>T: And when you were growing up, did you enjoy being different from them or was it hard being different from them?</p> <p>P: I don't think it was hard to be different from them, like none of them like I know I'm different like everyone I mean. It's a good family I mean everyone's got their issues but it's like none of them like partied in high school none of them smoked or you know drank till they puke. It was me that did that you know and so so in that way yeah I'm very different from them. Like none of them today that they're all just more conservative people and you know and it's fine and it's good and you know nobody's into drugs none of them do any of that not that I am either but you know. So yeah in that way it's like and then or like my stepmom I would say or like when I got my ear pierced up here (30:00) you know it's like yeah that would be Melissa that would do that. Or I would be the one to get a tattoo or I would be the one to have another piercing of some kind they know that's that's a Melissa thing you know like none of the others would do that kind of a thing so it didn't bother me to be that way</p>	46
<p>T: And was there a feeling that they were not really having a lot of fun that you didn't want to live like them because it wouldn't be fun?</p> <p>P: I don't think so I just think that it's like they're who they are and that's their personality and you know I'm just a little bit different from that</p>	3/23
<p>T: Mmm-hmm. So let me ask you something I mean the more we're talking about it the more and I may just be off but the more it's sounding to me like right now at least you're feeling good about the choice you've made. So what's the part of it that I'm not hearing or seeing? (31:00)</p> <p>P: the choice I've made with staying at the restaurant right now</p>	10/53
<p>T: Yeah. Because that's what you said is the problem bringing you here</p> <p>P: you know and maybe it's just a matter of it's what I'm supposed to do I'm supposed to quit my job at this point you know I mean I'm I'm fine with staying there for now</p> <p>T: Mmm-hm</p> <p>P: but maybe there's just that part of me that's like oh but it's not what you should be doing. You should really quit your job you should really go and just take the pay cut and you know get the insurance that you need and you know maybe it's just that part of me that</p>	13/16
<p>T: And you so much don't like to hear that should that it makes you almost not want to even think about the insurance or anything like that. There's something really aversive about having to deal with that should. (32:00) What just went through your head? There was a sort of a smile on your face</p> <p>P: I just don't care like I don't care that I'm waitressing you know, I mean there's just that part of me that just I'm fine with that for now you know. But then it's like okay then maybe the perspective for my parents where it's like oh well you really should quit waitressing you know you really need to get a job a real job you know so then you know you hear that</p> <p>T: Mmm-hm</p> <p>P: and I think that sort of is but it's like then there's but again it's just me it's like everyone else would have you know probably done something different. But you know this is kind of the path I mind for now</p>	10
<p>T: Right. So, you want to do it the Melissa way</p> <p>P: right</p>	10/57
<p>T: Right and that's what they're asking you to do doesn't feel like the Melissa way</p> <p>P: Mmm-hmm (33:00)</p>	23/40
<p>T: So what's the Melissa way? If we make room for put all the shoulds out of the picture and we just say okay we want to look at if you are really paying attention to your own gut what does the the life trajectory the scenario the picture look like without anybody telling you what you should do and when you should do it?</p> <p>P: I just I don't know that I have a picture or a time frame but it's like I just know I'll get there when I get there</p>	

T: Mmm	
P: you know and I don't know I mean I've I have some deadlines for myself, and you know I know you know when I need to get things done so I guess maybe there's that part of me that's just thinking you know what I'll quit waitressing when it's time for me to quit you know. (34:00) I mean I don't want to do it two months before I graduate with my masters but maybe just for right now after you know with a couple months of hell it's been with the divorce and everything maybe for now I'm like screw it I just want to stay where I'm at	49
T: Hmm so we know for sure I think we're pretty close to sure that the Melissa way of doing it isn't to say on September 26th at 2:00 p.m. I'm gonna do this. Okay?	
P: right	10/38
T: And my question almost felt like that a little bit like you were feeling now I was pressuring you to you know I was saying what's the Melissa way but it still felt like I was saying you know when she	
P: When is it gonna be, yeah	10
T: Right, so it's very easy to experience the other person is doing that	
P: mm-hmm. I mean I don't I don't know what I don't know what it would when it would be (35:00) or what it would look like what my way would be but I don't know I just I'll get there I guess	10/31
T: Hmm-hmm. Well that's part of the answer to what your way would be, right?	
P: yeah	
T: Right, the answer you're you're giving me that feels like it's important for me to hear it I don't want to think about it in terms of when am I going to do what, or where am I heading, that you want that you like where you are, you have confidence you'll move along if and when that feels appropriate. And that the problem in a sense isn't so much that you really doubt the decisions you're making the problem is that those nagging voices of you should do it differently are still there and you're still feeling you're fighting with them (36:00)	10/36
P: yeah I mean I guess I do feel confident that I'll get on the path I need to get on when the time is right for me mm-hmm you know yeah	19/31
T: Mmm-hmm. Do you have trouble saying that to other people, to your parents, to your ex-husband?	
P: I've never said that to them	
T: Mmm-hmm	
P: I know to my ex-husband he would just see again to him it's like that's just see I'm not in a black or white world so it's like I don't have the deadline of what I'm gonna quit the job or when I'm gonna start a new one. And you know whereas I'm like it'll come you know when the time is right I'll quit. And you know that's like for him it's really hard to just...	10
T: And it's hard to say that to him even now	
P: I've never said it to him. I've never even said to my family you know one when the times right I'll quit you know I've never said that to them either	40
T: What would be like to say that to them? (37:00)	
P: um they would probably just think like she's nuts. Like how could she just live like that? How could she just be fine with not having a job with insurance I'm sure that's like what my dad or my step on my thing least my dad you know definitely	31
T: And would they also envy you at all?	
P: I don't know I kind of think not	31
T: Not at all?	
P: I don't I don't know	10/41
T: I mean because well the the message you you would get from them and I assume that must be the message you got all along growing up was that the things you're doing that's nuts	
P: No. I wouldn't it's not like it's not like a lot of things I'm doing or a lot of the decisions I've made are nuts I don't know I guess it's probably just it's not as conservative or you know it's it's not what they would do. (38:00) I don't know that they would be envious of that perhaps you know maybe maybe one or two of them think I wish I could just do that I wish I could have that kind of an attitude and you know	
T: But I'm sort of wondering if like you became the person in the family who could express more of that freedom more of that living out of your own real self and they couldn't do that and they couldn't let themselves do that or even maybe let themselves know that they enjoyed you doing it but somebody in the family was living that way. Is it?	10/21/31
P: mm-hmm. I am sure there's my one sister I am sure that she looks at me like you know like that's great I wish I could do that. (39:00) I think she did or she maybe not right now maybe she doesn't now but maybe when I was younger you know I think she might have	10
T: Mmm-hmm so you sort of carried the freedom for all of them	
P: yeah cuz none of them were just you know kind of did whatever you know none of them would be you know too adventurous or not that I'm like you know I'm not that crazy either in that way but they're just conservative you know it's like the best way to describe them I guess	10/31

<p>T: Let me ask you about another sort of link I'm curious about that may or I don't know if link is the right word exactly, but there are parallels that may or may not be the same. One way in which you and your parents were like is they got divorced and you got divorced. Was their divorce like yours, different from yours? (40:00)</p> <p>P: nothing like mine it was nasty angry bitter breakup took almost three years to finalize</p> <p>T: How old were you?</p> <p>P: I think I was three or four when they separated so which is exactly the age of my daughter she's three accepted we finalized in a month and a half I was probably like six or seven when they were done but</p> <p>T: Mmm-hmm. What was that like for you?</p> <p>P: it's really strange but it's like I remember standing on my driveway with this girl from school and I remember her saying to me she's like so how do you feel about your parents being divorced or getting divorced or something. And for as young as I was I had said if that's what they need to do to get along then that's okay. And it's like and I looked back and it's like it's just something that I'll never forget me saying. (41:00) And it's like I don't ever remember like talking to a counselor at school or my mom about anything that was going on or a neighbor or a friend it's like but I don't know why I had such a mature response about it it's such a young age. But I mean I was probably six you know and I just felt at that time I was very accepting of that you know there's a lot I don't remember with my parents still being married and living in the house together. I mean other than you know there was mom was always upstairs and dad was always downstairs and then they would they would fight. I don't even remember a lot of that but maybe at the time I mean I knew they weren't getting along and I just for some reason at around six or maybe seven I don't even know but maybe at the time I just thought well maybe they're better off I don't know how I came to that</p> <p>T: Mmm-hmm</p> <p>P: but so I mean it didn't bother me like I never looked at my parents like God why couldn't they make it work. (42:00) I looked at the two of them like God how did they ever work. When I look at who each of them are today and I've had a stepmom for 20 years so my dad remarried my mom never did and I love my stepmom dearly and she's been such a good role model in my life you know. So I never looked at them like why didn't they work out you know, or how come they couldn't make it work</p> <p>T: So you developed this ability to sort of let things roll off your back like like water off a duck's back</p> <p>P: Yeah maybe. Yeah, it's weird like I I don't I don't even think today like gosh it's too bad mom and dad didn't work out I don't have those thoughts</p> <p>T: Mmm-hmm</p> <p>P: you know I have the opposite of I don't even know how they had five kids together you know that's it's different</p> <p>T: Mm-hm we're gonna have to stop shortly</p> <p>P: yeah</p> <p>T: I'm wondering if you think about the different things we've talked about so far there's any one sort of stand out for you (43:00) or seem like a useful thing to think further about?</p> <p>P: I think the fact that I am confident was kind of not knowing where I might go with my career but or my job for now but that you know when the time is right I'll get there and I kind of like I'm just the kind of person that likes the unknowns</p> <p>T: Mmm-hmm</p> <p>P: in some areas you know but certain things I need to know</p> <p>T: Hmm-hmm</p> <p>P: you know so that's something to me that it's like yeah I guess</p> <p>T: Hmm-hmm</p> <p>P: if I was terribly stressed out or had you know a lot of anxiety over my job I would have done something about it but I have comfort there and I think that it'll follow where it needs to be</p> <p>T: Hmm-hmm</p> <p>P: so that's something to me that you know maybe makes me feel a bit more relaxed knowing it'll happen (44:00)</p> <p>T: Yeah, yeah. It certainly sounds to me like there's a lot about the decision that you're making, because you're making a decision. It's not like you're not making a decision, you're making a decision. And in many ways it's a decision that we feel like the way to really be yourself right now. The only thing I would be concerned about with it because I don't think, I don't want to join the chorus of shoulds. The only concern I would have is do you also have the freedom to make a change. Do you have the freedom to not be the one who carries all the fun for the family, because that's a burden in its own right. I mean let them have their fun (45:00) you don't have to get squeezed into being the fun person any more than you have to get squeezed into being the one who makes the decision in this you know your kind of way. That would be my only concern about it at this point but I also think you'll be the best judge of that</p> <p>P: yeah</p> <p>T: Yeah, good. Well I think this was a useful talk we had</p>	<p>31</p> <p>40</p> <p>10/36</p> <p>1</p> <p>38</p> <p>7/10/23/30</p> <p>18</p>
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P: Yeah, it was nice talking to you

T: Good, thanks

P: thank you

T: Nice to meet you

P: Me too

18

## MULTI: Patricia Coughlin

COTAÇÃO Patricia Coughlin (1ª sessão)	Cotação
T: Welcome	18
P: Thank you	
T: How can I help?	14
P: What I want to focus on is the death of my mother, she she just died of cancer	
T: mmm	
P: We had a period during this spring where she got more and more ill she died of cancer. And what I want to focus on is my reaction to her death. I thought a lot about it beforehand she got more and more ill it was a matter of time. There was nothing we could do, and my father my sister and I we stood together and we managed together. And that might be an important phrase, important word that we managed together and we managed so well that when she died I was surprised by my reaction	
T: Yeah what was it?	40
P: It wasn't what I expected it to be I cried a little bit and then that was it, and I thought can this be it? (01:00) What is wrong? Something is wrong.	
T: Uh-huh so it's not what you thought it would be?	40
P: No, it's been five weeks and it's not that I feel I I mean I cry a little bit but I get I'm afraid what is happening to me, what it's not happening to me, will I have a delayed reaction? And and how can I get into that, to deal with the fact that she is not here anymore? I don't know where to start.	
T: Okay so you're saying that you're really surprised sort of by the lack of reaction that you expected. But is there any sign that you're having these feelings like you're getting depressed or anxious not eating?	10/11
P: No no	
T: Nothing like that. So, there's no real sign that you've got these feelings that you're avoiding and you're shutting down and withdrawing or anything?	36
P: No	
T: No. So, it's more like in your mind you're thinking oh	10
P: Yeah. (02:00) It's I'm kind of afraid that it's not... I'm not connected maybe I'm not connected to my feelings and I used to be very connected	
T: Uh-huh. So do you mean in general or specifically with your mom?	31
P: In general	
T: In general. So you've been concerned about that for a while that you've been kind of disconnected or just regarding this situation?	31
P: it's in relation to my mother... What why don't I react (paciente tosse) I dont	
T: Uh-huh but you got a cough so when did you get that?	31
P: Last week we were, we were at a party on Saturday. So the doors were open and it was hot it was cold	
T: So we don't know why that might be right?	31
P: No	
T: Uh-huh, uh-huh. Because not everybody at the party got a cough	21/49
P: No (03:00)	
T: Right. So what it lets us know is that maybe your immune system was a bit weak, somehow this is affecting your body	10/32
P: sure, yes.	
T: So let's look into this. All right you're saying your mother died five weeks ago	1/50
P: right	
T: And she got sick when?	31
P: it's hard to say but we were told in the middle of April the diagnosis of cancer	
T: What kind?	31
P: Lung... (aponta com o dedo)	
T: Hm okay so you're making a connection right there.	10
P: yeah it was the pain in my lungs now, like what she felt	
T: Yeah so what's the feeling coming up now? If you don't get scared about it, it's a painful feeling?	47
P: yes	
T: Uh-huh and and is it hard to breathe also?	40/47
P: yes	
T: Uh-huh so let's just see if you can let yourself feel this painful feeling. What's the feeling coming up? (04:00)	1/47
P: sadness	1/11

T: Okay and is it sadness about what you saw your mother go through or sadness for yourself? If you let yourself feel this	31
P: it's the pain of grief for my mother and for myself	
T: Uh-huh and then also do you have children?	10
P: yes two, they're very young	
T: Okay. So they don't get to have a grandmother either	
P: well they had some time together, it was really good. And then, but then it was not enough (tosse ainda mais)	2/11/32
T: Okay so you see this? We can see this again this is where that push-pull comes up right as you start to face this feeling of sorrow and (05:00) pain wants to come up but then you get anxious about it you tense up and then you cough right? It's as if you're afraid to let yourself feel the full extent of that pain	
P: yeah I had to I had to really hold hold it get it together for us and really I had... It was very tough as you could see it's very hard for me to breathe	
T: Right. But there is nothing to manage right now. Hmm, right. This is your time, let's see if you can let yourself feel this sadness, right? Because it's like it starts to get to a deep place and then you get anxious and you want to pull out of it.	11/26
P: yeah	11/40
T: But what's the feeling underneath?	26/42
P: like this pain and like I I couldn't get air in my lungs and it was ... (06:00) sort of like what my mother felt	
T: Right. So let's see if we can just really help you face what you saw happen to her and your feelings about that so you don't have to actually experience it yourself	
P: right she was in a lot of pain and she was... she didn't want.. she she said I am not ready to die. I have a lot to live for. In the beginning she was not ready to die	31
T: Yeah but but what did you see happen over time? I mean did she come to accept it eventually?	
P: Not really	
T: Hmm	
P: Kind of, but not really. Not that she said I'm ready to die now, (07:00) but in the end she was so ill she had to	40
T: Mmm so again what did you see happen to her over time?	
P: We lost her, she was not herself	40/50
T: Yeah so what parts of her did you lose? Kind of piece by piece there?	
P: her personality	40
T: Yeah what parts of her personality?	
P: She was not herself. The caring part	31
T: All right so what was an example of that?	
P: well at the end she got very demanding.	
T: Hmm	
P: it was she was very ill but it was as if her mind I don't know the word for it. (08:00) But she got very demanding and she would say "do that, do that, I need water and get it now". That was very tough	10/31/50
T: Mm-hmm. And you're saying that wasn't like her, that it changed her personality somehow? The cancer maybe the medications	
P: yes	31
T: I mean did it spread? Did it travel to her brain?	31
P: I don't know really where it was. It started it started in her lungs and suddenly it went very fast	
T: huh and how old was she?	
P: 68 (09:00)	31
T: That's not very old, right? So I mean how does she get it?	
P: she had been smoking her whole life	10
T: So this complicates the picture	
P: Yeah, sure	10/12/50
T: Because she killed herself in a way	
P: Yes, she had a warning. 14 years ago she had cancer in another part of her body and she was told to stop smoking but she didn't. And then it was about about a year ago she was ill and I I do something was wrong and I said mom mommy you need to go to the doctor something is wrong and she wouldn't go, she was afraid. (10:00) And then about, in the fall I began to feel this responsibility and and I knew it was serious and I said to her mommy you're really ill. This is serious, you have to go to the doctor and she was scared, she wouldn't go. And even my father he said he argued with her and she said I will decide when I go to see the doctor. And and then I I remember, I thought about it a lot I felt this responsibility (11:00) and I decided to say to her, mom we really want you to go to the doctor but it's your life and I will respect your decision. Sort of respect... but I won't... I I will ... you will make... you can make your decision and I will put no more pressure on you because I can't take I can't have this responsibility	
T: Right and it isn't yours	18

P: I needed to say to her though that it's... I can't take have this responsibility anymore	
T: Mm-hm	
P: and that... but we want you to know	
T: mm-hmm	
P: that we want you here. (12:00) And I really want you to think about that	31
T: Mmm-hmm. How did she respond?	31
P: I don't, I don't know. I don't, I don't really know	
T: Where were you when you had this conversation with her?	
P: I'm not sure. I think I think it was in the kitchen it must, it must have been in the kitchen it's kind of scary that I don't know	
T: uh-huh right and it's interesting because you point to your chest as you say that. And what we're finding out is that you actually have a lot of feelings in here about what happened to your mother and maybe not just sadness right? Because you're saying that she had some hand in this. And there were many steps along the way. (13:00) Had cancer 14 years ago, told to stop smoking, didn't. Right. Then you knew she was sick, mommy please go to the doctor, no. Right? Many steps along the way here, right, that you could see her neglecting herself, mistreating her body, not taking other people's needs into account. Right, so it's not just sad like she got cancer out of nowhere	10/11/21/44
P: no I'm convinced it was not out of nowhere	
T: Mm-hmm	
P: it was obvious so obvious	11/13
T: Uh-huh and now we can see and hear that you were really angry about that and you hated it that she smoked	
P: absolutely and now I have another feeling a warm it kind of goes like that	11
T: Uh-huh so when you really acknowledge that anger, let yourself feel it it's like a rush of heat coming up	
P: No, no, no. (14:00) I couldn't be angry at my mother no no. She was, she was so poor I had to take care of her. I got... I, I couldn't be angry with her she was so ill	
T: But you are. And this is your dilemma, this is the conflict, right? You loved your mother you miss her but you're also really angry with her. So maybe at the time when she's sick you know it's not the time and place to tell her about it. But it looks like you didn't even let yourself feel it and the real problem is that management was also managing all those feelings and being the good dutiful daughter.	3/13/21/36
P: yes	11
T: And then what happens to your anger?	
P: I didn't allow it to be there. I I really did not allow it to be there. I just focused on helping her have a really good end to her life. (15:00) As good as it could be for my father too, he suffered too.	10/11
T: And he must have been angry with her also	
P: yes I should talk to him about that	40
T: And could you do that? Could you talk about all those feelings with him at the time?	
P: yes well we have a real openness. In fact that's a gift of all this. We have a real openness and it's especially precious with my dad. We never had it at that level before. But you know you helped me to realize, that I was angry at my mother too and that I used a lot of energy to try to convince myself that it wasn't her fault that she couldn't help but she couldn't stop smoking. I really tried to convince myself of that. (16:00) I really tried to convince myself of that because she'd been smoking since she was 13 or something.	31
T: You mean all the way through even when she was pregnant with you?	31
P: yes I've thought a lot about that too. Will I pay a price for that?	
T: Uh-huh you mean did she harm you in some way?	
P: yes	10/11
T: mm-hmm that's another thing you've got to be really angry about	
P: yes	3/11
T: Right, so again you're angry with her, you loved her, right. You've got all these mixed feelings toward her	
P: sure, yes	36
T: Mm-hmm right and trying to convince yourself and rationalize why she couldn't stop and all of that doesn't really help your feelings	
P: no but but you have to be an adult about it you have to understand	10/39
T: What's to understand about destroying yourself? (17:00)	
P: it was awful	31/50
T: Horrible, right. And then to watch her just a deteriorate piece-by-piece, become a shell right. And lose weight, did she lose her hair?	
P: she was too ill for chemotherapy	
T: Okay so that's got to be the other thing that you're angry about I mean because you had seen that she was ill, you said mommy please go to the doctor. I mean we don't know but maybe it could have been treated right? So again there's this way in which she's almost committing a kind of slow suicide	11/12/21

P: yes	10/36
T: And that is much harder to come to terms with	10/36
P: yes	10/36
T: that there was actually a self-destructive part of your mother	
P: yes	31
T: And was it just in smoking or was it evident in other ways also? (18:00)	
P: no she was tough she was always tough on herself. She never let herself relax there was always more that had to be done. Everything had to be perfect, the house always had to be clean. Nothing was ever good enough	3/40
T: Uh-huh so she was demanding even before she got ill?	
P: yes she was always demanding	3/40
T: Okay but you remember you said before oh she only became demanding when she was ill, she wasn't herself right? So we see that was always there, maybe balanced out a bit by the caring part that you lost right? But she was always demanding and was that just for herself or demanding of you too?	
P: no, I had to be the best in class the best	
T: Mm-hmm	
P: I never let myself relax either. (19:00) Even before I came today I was ill and I talked to myself and I said you're not feeling well you know. You shouldn't go but then I said no, I convinced myself I have to go. I, I never it's they .. I do the same thing I never let myself relax. I'm always pushing myself and I work hard and I give so much to my husband and my kids and my job and if there's time you know then there's something for me. I want to have time for me	10/18
T: Right for you and then also so you'll have something actually to give to others	
P: exactly	
T: Right because this is what we see. I mean you don't smoke, you're not self-destructive in that way but you could wear yourself out right just like she did right? With all these demands. So you actually could learn a good lesson from your mother not by repeating this pattern right? (20:00) But by letting go, making room, including room for you to experience these feelings	19/29
P: I feel a sense of relief, a sense of calmness	31/47
T: Yeah, so you mean there's not all that constriction in your chest now	
P: no in fact do you hear that I'm not coughing	
T: Right, that's great! Okay, so this is important right we can really see. Like you came in saying where are my feelings? How come I don't have any feelings about my mother's death, right? And we can see you actually had a lot of feelings about that, right? But you were anxious about them, tensing up, keeping it all inside and you end it up you know with a cough and sick and exhausted. Turning emotional feelings into physical feelings, pain, constriction, coughing not able to breathe. Experiencing what you actually imagined your mother was going through. (21:00) Do you see that?	11/18/27/32
P: yes and now I can see that I didn't allow myself to feel my anger toward her and I can feel it and I can understand it. And you know we lived in the same town and I had a lot of opportunity to be with her and to spend time with her and see her every day	
T: Hmm	
P: And I got to see her feeling worse and worse and worse but at the same time it was good you know because I I was afraid. I thought that facing death would be so much worse than it actually was	
T: Hmm	
P: And in the end we were there with each other and with her too and my dad and my sister and we were able to talk about it again and again (22:00)	18
T: Oh so there were actually these wonderful moments of closeness and intimacy	
P: It was an intimacy that we needed all our lives and in the end my mother was there too. She had it too you know when we were kids she was never able to do that she couldn't kiss us she was never very close	40
T: Hmm how come?	
P: well she had a she had a rough childhood she wasn't raised by her parents	40
T: Why not? What happened?	
P: well her mother asked her mother to raise my dad no no to to take care of my mother for a short while and she said she would be back to get her but she never came they didn't forget they just didn't come. (23:00) And it was very rough for my mother and so she couldn't get close	54
T: Uh-huh and you could always sense her keeping that distance from you huh?	
P: yes I mean I knew that she loved me	
T: Mm-hmm	
P: but she wasn't able to get close	10/50
T: Mm-hmm at that time right, throughout your life but you're saying something changed at the end	
P: yeah she... we were all able to be together and she was able to let herself go and she could hug and kiss us so in the end it was kind of like a happy ending	18/31

T: Yeah it looks sort of happy and sad right? I mean it's wonderful to have that but sad you had to wait so long	10/40
P: yes	
T: Right? And that's what you really want to take with you going forward right? So you don't have to wait until your deathbed to live you know with an open heart (24:00)	
P: and I know that I don't want to live my life as she did	10
T: Right and you see that identification with her which actually predated her death	
P: yes and now I know I want to live my life, a happy life with my husband and my kids and myself. I don't want to put so much pressure on myself, be so busy not have time for me	21/31
T: Ok so what's that gonna look like?	
P: I work for a really great company and I could work halftime and I could have time for myself	
T: Hmm	
P: and for my husband and for my kids	10/18/23
T: A life that's true to you. Not your mother's life, right? But your life, the way you want to live it	
P: yes absolutely (25:00)	18
T: So again, I mean this is the greatest gift of all this	
P: yes	10/32
T: Right and it's only possible when you let yourself face and work through the feelings about what had happened	
P: yeah and it is a gift and and my mom would want that for me	
T: Hmm, yeah	
P: thank you	18
T: You are so welcome	
P: thank you	18/52
T: And let's acknowledge you too right and the hard work that you've done I mean literally in just an hour right that you were able to let yourself face these feelings, resolve it come up with a new solution. I mean pretty amazing	
P: yeah	
T: Yeah	
P: I wouldn't have thought it possible	
T: Hmm-mmm	
P: but thank you	18
T: You're welcome. It's been a real pleasure to work with you (26:00)	

## Anexo E

### Cotações NEPCS 2.0 em Cada Sessão

#### NEPCS 2.0: Amy Wensel

Modelo Teórico	CBT
Minutos	Amy Wensel
0-1	3
1-2	0
2-3	3
3-4	2
4-5	2
5-6	3
6-7	2
7-8	2
8-9	3
9-10	3
10-11	3
11-12	3
12-13	3
13-14	3
14-15	3
15-16	2
16-17	0
17-18	2
18-19	2
19-20	0
20-21	3
21-22	2
22-23	2
23-24	3
24-25	2
25-26	3

26-27	2
27-28	2
28-29	0
29-30	0
30-31	0
31-32	0
32-33	3
33-34	3
34-35	3
35-36	0
36-37	2
37-38	2
38-39	0
39-40	2
40-41	2
41-42	0
42-43	0
43-44	3
44-45	0

**NEPCS 2.0: Aaron Beck**

Modelo Teórico	CBT
Minutos	Aaron Beck
0-1	2
1-2	2
2-3	0
3-4	1
4-5	2
5-6	1
6-7	1
7-8	1
8-9	1
9-10	1

10-11	1
11-12	2
12-13	2
13-14	0
14-15	2
15-16	1
16-17	1
17-18	2
18-19	0
19-20	1
20-21	1
21-22	2
22-23	1
23-24	1
24-25	3
25-26	2
26-27	1
27-28	1
28-29	2
29-30	1
30-31	2
31-32	1
32-33	1

**NEPCS 2.0: Arthur Freeman S1**

Modelo Teórico	CBT
Minutos	Arthur Freeman S1
0-1	1
1-2	1
2-3	1
3-4	1
4-5	1

5-6	1
6-7	1
7-8	1
8-9	1
9-10	1
10-11	1
11-12	1
12-13	1
13-14	1
14-15	1
15-16	2
16-17	2
17-18	2
18-19	0
19-20	1
20-21	2
21-22	1
22-23	1
23-24	0
24-25	2
25-26	1
26-27	1
27-28	1
28-29	2
29-30	2
30-31	0
31-32	1
32-33	2
33-34	1
34-35	1
35-36	0
36-37	0
37-38	0
38-39	1
39-40	1

40-41	2
41-42	2
42-43	1
43-44	0
44-45	0
45-46	2
46-47	2
47-48	1
48-49	0
49-50	0

**NEPCS 2.0: Arthur Freeman S2**

Modelo Teórico	CBT
Minutos	Arthur Freeman S2
0-1	1
1-2	1
2-3	1
3-4	1
4-5	1
5-6	1
6-7	1
7-8	1
8-9	1
9-10	1
10-11	1
11-12	1
12-13	1
13-14	1
14-15	1
15-16	2
16-17	2
17-18	1

18-19	1
19-20	1
20-21	1
21-22	2
22-23	1
23-24	1
24-25	0
25-26	1
26-27	1
27-28	0
28-29	1
29-30	1
30-31	0
31-32	1
32-33	2
33-34	1
34-35	1
35-36	0
36-37	2
37-38	0
38-39	1
39-40	1
40-41	1
41-42	0
42-43	0
43-44	2
44-45	1
45-46	1

**NEPCS 2.0: Donald Meichenbaum**

Modelo Teórico	CBT
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Minutos	Donald Meichenbaum
0-1	1
1-2	2
2-3	1
3-4	2
4-5	1
5-6	1
6-7	1
7-8	2
8-9	1
9-10	1
10-11	2
11-12	1
12-13	1
13-14	2
14-15	2
15-16	2
16-17	2
17-18	1
18-19	2
19-20	0
20-21	1
21-22	0
22-23	2
23-24	1
24-25	2
25-26	2
26-27	1
27-28	3
28-29	2
29-30	2
30-31	2
31-32	2
32-33	3

33-34	2
34-35	0
35-36	3
36-37	2
37-38	2
38-39	0
39-40	1
40-41	2
41-42	2

**NEPCS 2.0: Judith Beck**

Modelo Teórico	CBT
Minutos	Judith Beck
0-1	0
1-2	2
2-3	2
3-4	2
4-5	1
5-6	1
6-7	1
7-8	0
8-9	1
9-10	1
10-11	1
11-12	1
12-13	1
13-14	1
14-15	2
15-16	1
16-17	2
17-18	2
18-19	2

19-20	0
20-21	1
21-22	1
22-23	0
23-24	1
24-25	0
25-26	1
26-27	1
27-28	1
28-29	0
29-30	2
30-31	0
31-32	1
32-33	2
33-34	1
34-35	0
35-36	1
36-37	1
37-38	1
38-39	2
39-40	0
40-41	1
41-42	0
42-43	1
43-44	0
44-45	2
45-46	1

**NEPCS 2.0: Arnold Lazarus**

Modelo Teórico	CBT
Minutos	Arnold Lazarus
0-1	1

1-2	1
2-3	1
3-4	1
4-5	1
5-6	1
6-7	1
7-8	1
8-9	1
9-10	2
10-11	1
11-12	2
12-13	1
13-14	1
14-15	1
15-16	1
16-17	1
17-18	1
18-19	2
19-20	1
20-21	1
21-22	2
22-23	1
23-24	1
24-25	2
25-26	1
26-27	1
27-28	2
28-29	1
29-30	2
30-31	1
31-32	1
32-33	2
33-34	1
34-35	1
35-36	1

36-37	1
37-38	1
38-39	1
39-40	1
40-41	0
41-42	1
42-43	1
43-44	2
44-45	1
45-46	1

**NEPCS 2.0: Robert Elliott**

Modelo Teórico	EFT
Minutos	Robert Elliott
0-1	1
1-2	1
2-3	1
3-4	1
4-5	1
5-6	1
6-7	1
7-8	2
8-9	1
9-10	1
10-11	1
11-12	1
12-13	1
13-14	0
14-15	2
15-16	2
16-17	1
17-18	2

18-19	2
19-20	1
20-21	1
21-22	2
22-23	1
23-24	1
24-25	2
25-26	3
26-27	2
27-28	3
28-29	2
29-30	1
30-31	2
31-32	3
32-33	2
33-34	2
34-35	0
35-36	1
36-37	2
37-38	0
38-39	2
39-40	2
40-41	2
41-42	1
42-43	0
43-44	2
44-45	2
45-46	0
46-47	2
47-48	2
48-49	0
49-50	0

## NEPCS 2.0: Leslie Greenberg

Modelo Teórico	EFT
Minutos	Leslie Greenberg
0-1	2
1-2	0
2-3	2
3-4	2
4-5	3
5-6	3
6-7	3
7-8	3
8-9	3
9-10	3
10-11	3
11-12	3
12-13	3
13-14	0
14-15	3
15-16	3
16-17	3
17-18	3
18-19	3
19-20	3
20-21	0
21-22	3
22-23	3
23-24	3
24-25	3
25-26	3
26-27	3
27-28	3
28-29	0
29-30	0
30-31	3
31-32	3

32-33	3
33-34	3
34-35	3
35-36	0
36-37	3
37-38	3
38-39	3
39-40	3
40-41	3
41-42	0

**NEPCS 2.0: Jeanne Watson**

Modelo Teórico	EFT
Minutos	Jeanne Watson
0-1	1
1-2	1
2-3	1
3-4	1
4-5	1
5-6	1
6-7	1
7-8	1
8-9	1
9-10	1
10-11	1
11-12	1
12-13	1
13-14	2
14-15	0
15-16	1
16-17	1
17-18	2
18-19	1

19-20	2
20-21	1
21-22	2
22-23	2
23-24	2
24-25	2
25-26	2
26-27	1
27-28	2
28-29	2
29-30	1
30-31	2
31-32	1
32-33	2
33-34	2
34-35	2
35-36	2
36-37	2
37-38	2
38-39	3
39-40	2
40-41	3
41-42	3
42-43	2
43-44	0
44-45	3
45-46	3
46-47	3
47-48	1
48-49	2
49-50	2

## NEPCS 2.0: Shari Geller

Modelo Teórico	EFT
Minutos	Shari Geller
0-1	1
1-2	1
2-3	1
3-4	1
4-5	1
5-6	1
6-7	2
7-8	1
8-9	1
9-10	2
10-11	1
11-12	2
12-13	1
13-14	1
14-15	3
15-16	2
16-17	3
17-18	3
18-19	3
19-20	3
20-21	2
21-22	3
22-23	3
23-24	1
24-25	3
25-26	2
26-27	2
27-28	2
28-29	2
29-30	2
30-31	2
31-32	3
32-33	1

33-34	1
34-35	1
35-36	1
36-37	1
37-38	1
38-39	1
39-40	1
40-41	2
41-42	0
42-43	3
43-44	3
44-45	3
45-46	3
46-47	3
47-48	0

### NEPCS 2.0: Ladislav Timulak

Modelo Teórico	EFT
Minutos	Ladislav Timulak
0-1	2
1-2	2
2-3	1
3-4	1
4-5	1
5-6	2
6-7	1
7-8	1
8-9	1
9-10	1
10-11	1
11-12	1
12-13	1
13-14	1
14-15	2
15-16	2

16-17	2
17-18	2
18-19	2
19-20	2
20-21	2
21-22	3
22-23	1
23-24	1
24-25	1
25-26	1
26-27	2
27-28	2
28-29	3
29-30	2
30-31	1
31-32	2
32-33	2
33-34	3
34-35	2
35-36	3
36-37	3
37-38	3
38-39	3
39-40	3
40-41	3
41-42	3
42-43	3
43-44	1
44-45	3
45-46	2
46-47	2
47-48	2
48-49	1
49-50	2
50-51	3
51-52	0
52-53	2

## NEPCS 2.0: Sandra Paivio

Modelo Teórico	EFT
Minutos da sessão	Sandra Paivio
0-1	0
1-2	1
2-3	1
3-4	2
4-5	1
5-6	1
6-7	1
7-8	2
8-9	2
9-10	2
10-11	1
11-12	2
12-13	1
13-14	2
14-15	1
15-16	2
16-17	1
17-18	2
18-19	1
19-20	1
20-21	2
21-22	3
22-23	2
23-24	1
24-25	1
25-26	3
26-27	2
27-28	1
28-29	3
29-30	1
30-31	1

31-32	1
32-33	2
33-34	2
34-35	2
35-36	1
36-37	1
37-38	1
38-39	2
39-40	2
40-41	1
41-42	1
42-43	3
43-44	3
44-45	3
45-46	0

**NEPCS 2.0: Jeffrey Magnavita**

Modelo Teórico	PP
Minutos	Jeffrey Magnavita
0-1	3
1-2	3
2-3	3
3-4	2
4-5	2
5-6	1
6-7	1
7-8	2
8-9	2
9-10	0
10-11	2
11-12	1
12-13	0

13-14	2
14-15	0
15-16	2
16-17	2
17-18	2
18-19	1
19-20	2
20-21	1
21-22	2
22-23	2
23-24	2
24-25	2
25-26	2
26-27	2
27-28	1
28-29	2
29-30	2
30-31	2
31-32	1
32-33	1
33-34	2
34-35	3
35-36	0
36-37	2
37-38	1
38-39	1
39-40	2
40-41	2
41-42	2
42-43	3
43-44	0

## NEPCS 2.0: Hans Strupp

Modelo Teórico	PP
Minutos	Hans Strupp
0-1	1
1-2	1
2-3	1
3-4	1
4-5	1
5-6	2
6-7	2
7-8	1
8-9	1
9-10	2
10-11	2
11-12	1
12-13	1
13-14	1
14-15	2
15-16	2
16-17	2
17-18	0
18-19	2
19-20	1
20-21	1
21-22	2
22-23	2
23-24	1
24-25	1
25-26	2
26-27	0
27-28	2
28-29	3
29-30	2

## NEPCS 2.0: Donald Freedheim

Modelo Teórico	PP
Minutos	Donald K. Freedheim
0-1	0
1-2	0
2-3	2
3-4	1
4-5	1
5-6	2
6-7	1
7-8	2
8-9	2
9-10	2
10-11	1
11-12	2
12-13	1
13-14	1
14-15	1
15-16	2
16-17	1
17-18	2
18-19	2
19-20	1
20-21	2
21-22	2
22-23	2
23-24	2
24-25	2
25-26	0
26-27	0
27-28	2
28-29	2

29-30	1
30-31	1
31-32	0
32-33	0
33-34	2
34-35	1
35-36	2
36-37	2
37-38	2
38-39	3
39-40	2
40-41	3
41-42	0
42-43	2
43-44	2
44-45	3
45-46	0
46-47	2

**NEPCS 2.0: Jeremy Safran**

Modelo Teórico	PP
Minutos	Jeremy Safran
0-1	0
1-2	0
2-3	1
3-4	1
4-5	1
5-6	1
6-7	1
7-8	1
8-9	2
9-10	2
10-11	2

11-12	1
12-13	1
13-14	3
14-15	2
15-16	1
16-17	1
17-18	3
18-19	2
19-20	1
20-21	1
21-22	1
22-23	1
23-24	2
24-25	2
25-26	1
26-27	2
27-28	3
28-29	1
29-30	2
30-31	1
31-32	3
32-33	2
33-34	2
34-35	3
35-36	3
36-37	3
37-38	3
38-39	3
39-40	3
40-41	3
41-42	2
42-43	3
43-44	0

## NEPCS 2.0: Paul Wachtel

Modelo Teórico	PP
Minutos	Paul Wachtel
0-1	1
1-2	1
2-3	1
3-4	2
4-5	3
5-6	1
6-7	2
7-8	3
8-9	3
9-10	2
10-11	2
11-12	1
12-13	1
13-14	1
14-15	1
15-16	1
16-17	1
17-18	1
18-19	1
19-20	0
20-21	2
21-22	2
22-23	1
23-24	3
24-25	2
25-26	1
26-27	1
27-28	3
28-29	2
29-30	2

30-31	2
31-32	1
32-33	1
33-34	1
34-35	1
35-36	0
36-37	2
37-38	2
38-39	2
39-40	1
40-41	1
41-42	1
42-43	1
43-44	3
44-45	0
45-46	0

**NEPCS 2.0: Patricia Coughlin**

Modelo Teórico	PP
Minutos	Patricia Coughlin
0-1	1
1-2	1
2-3	1
3-4	1
4-5	1
5-6	1
6-7	1
7-8	1
8-9	1
9-10	1
10-11	2
11-12	2

12-13	0
13-14	2
14-15	3
15-16	3
16-17	3
17-18	1
18-19	2
19-20	3
20-21	3
21-22	3
22-23	3
23-24	3
24-25	3
25-26	0

## Anexo F

### Intervenções nas mudanças produtivas

#### Intervenções Amy Wensel

<b>Amy Wensel</b>		
MP (1-2): 0; (1-3): 0; (2-3): 7; Total: 7		
Minutos da MP	Cotação NEPCS	Cotação MULTI
5-6	(2-3)	36, 48, 42, 18, 25/40, 18
8-9	(2-3)	38, 10, 17, 17, 18, 31, 31
19-21	(2-3)	23, 18, 1/28, 7, 2, 1/52, 17/32
23-24	(2-3)	37, 7, 17, 18, 2, 31
25-26	(2-3)	52, 6, 7/18, 52, 40, 12, 40
28-33	(2-3)	31, 31, 9, 32, 7, 10, 52, 29, 52, 52, 52, 31, 18, 52, 52, 30, 52, 52, 52, 52, 18, 31, 6, 10, 31, 31, 18
41-44	(2-3)	28, 18, 29, 7, 29, 29, 38, 7, 38, 38, 18

#### Intervenções Aaron Beck

<b>Aaron Beck</b>		
MP (1-2): 6; (1-3): 1; (2-3): 0; Total: 7		
Minutos da MP	Cotação NEPCS	Cotação MULTI
4-5	(1-2)	32/39/40, 1/31, 1/11
11-12	(1-2)	40/50, 31, 3, 10, 49
17-18	(1-2)	49,44/49, 25
21-22	(1-2)	11, 31, 10/23, 10/23
24-25	(1-3)	10/36, 27, 27/40
28-29	(1-2)	10, 10, 10, 10, 49, 40, 31
30-31	(1-2)	18/23/32, 18/30, 18/38

#### Intervenções Arthur Freeman S1

<b>Arthur Freeman S1</b>		
MP (1-2): 7; (1-3): 0; (2-3): 0; Total: 7		
Minutos da MP	Cotação NEPCS	Cotação MULTI
15-16	(1-2)	31, 10, 10, 10, 10/44, 31, 10/54, 10/54, 31, 10/54
20-21	(1-2)	31, 10, 10, 13/49
23-25	(1-2)	49, 10, 31, 49, 10/54, 10/54
28-29	(1-2)	31, 4/10

32-33	(1-2)	31/49, 54, 31
40-41	(1-2)	10, 49, 49, 10, 10, 31
43-46	(1-2)	10, 46/49, 46/49, 49, 49, 10/54, 31/54, 38, 40/47, 31, 38, 38/40/53

### Intervenções Arthur Freeman S2

<b>Arthur Freeman S2</b>		
MP (1-2): 5; (1-3): 0; (2-3): 0; Total: 5		
Minutos da MP	Cotação NEPCS	Cotação MULTI
15-16	(1-2)	10, 10, 10, 11/31
21-22	(1-2)	11/44, 10, 31, 10
32-33	(1-2)	40/41, 31, 10/31, 27
35-37	(1-2)	18, 27, 31, 27, 27, 27, 10, 1/10/31
41-44	(1-2)	1/31/42, 31, 18, 18, 1/7/42, 40, 17/26/31, 7/17/31, 38

### Intervenções Donald Meichenbaum

<b>Donald Meichenbaum</b>		
MP (1-2): 9; (1-3): 1; (2-3): 2; Total: 12		
Minutos da MP	Cotação NEPCS	Cotação MULTI
1-2	(1-2)	Não há intervenções neste minuto, no anterior ocorrem: 18, 14/18, 31/38, 31
3-4	(1-2)	31, 18
7-8	(1-2)	40
10-11	(1-2)	31, 31, 11/46, 40, 31
13-14	(1-2)	40/41
18-19	(1-2)	23/32/36
21-23	(1-2)	1/7/10, 38/41/53, 40, 40
24-25	(1-2)	36, 40, 1/12/35, 18/35, 10/35/44
27-28	(1-3)	18, 40, 32/44
32-33	(2-3)	40, 40, 40, 31/47
34-36	(2-3)	7/29, 29, 23, 29
40-41	(1-2)	15/18/38/41

### Intervenções Judith Beck

<b>Judith Beck</b>		
MP (1-2): 6; (1-3): 0; (2-3): 0; Total: 6		
Minutos da MP	Cotação NEPCS	Cotação MULTI

14-15	(1-2)	17/31, 31, 10/31,10, 29/31, 18, 18
16-17	(1-2)	10, 1/40/42, 10
28-30	(1-2)	17, 17/31, 17/42, 10, 32/42, 10, 7/32
32-33	(1-2)	40, 7/18, 30/32
38-39	(1-2)	32/42, 17/32/42, 10/18, 10/18, 7/9/17/18/32/42
43-45	(1-2)	17/18/32/42, 17/44, 18/31, 7/17/31/32/42, 38

### Intervenções Arnold Lazarus

<b>Arnold Lazarus</b>		
MP (1-2): 9; (1-3): 0; (2-3): 0; Total: 9		
Minutos da MP	Cotação NEPCS	Cotação MULTI
9-10	(1-2)	32/38/49, 31/44
11-12	(1-2)	10/31, 10/32/42
18-19	(1-2)	40, 40
21-22	(1-2)	7/10/30, 10, 10/21
24-25	(1-2)	10/30, 10/19/44, 31, 31, 19/31
27-28	(1-2)	7/29/30/31
29-30	(1-2)	31/40, 10/31/40
32-33	(1-2)	10/29/30/49
43-44	(1-2)	1/10, 1/10

### Intervenções Robert Elliot

<b>Robert Elliot</b>		
MP (1-2): 8; (1-3): 0; (2-3): 3; Total: 11		
Minutos da MP	Cotação NEPCS	Cotação MULTI
7-8	(1-2)	31, 31, 31
13-15	(1-2)	31/32, 31/32, 4/18, 4, 31, 40, 10, 10/47, 40, 11, 24
17-18	(1-2)	24/44, 4/24, 18
21-22	(1-2)	Não há intervenções neste minuto, no anterior ocorrem: 10/44, 10/44/54, 31/44
24-25	(1-2)	10/11, 10/11, 10/11
25-26	(2-3)	10, 44, 44, 44, 44
27-28	(2-3)	40, 1/40/47, 10/44, 10/11/44, 10/31/44
30-31	(1-2)	31/44, 10/44, 11/47, 24, 40
31-32	(2-3)	31, 31, 10
36-37	(1-2)	31, 31/44, 10/31/44, 10/44
42-44	(1-2)	1/44, 10/44, 14/40, 44, 31/44, 18/47, 31, 47

### Intervenções Leslie Greenberg

<b>Leslie Greenberg</b>		
MP (1-2): 0; (1-3): 0; (2-3): 1; Total: 1		
Minutos da MP	Cotação NEPCS	Cotação MULTI
4-5	(2-3)	31/50

### Intervenções Jeanne Watson

<b>Jeanne Watson</b>		
MP (1-2): 8; (1-3): 0; (2-3): 3; Total: 11		
Minutos da MP	Cotação NEPCS	Cotação MULTI
13-14	(1-2)	10/50, 31/32/44/53
17-18	(1-2)	31, 31, 4/31, 31, 31, 11/40
19-20	(1-2)	31, 31/44
21-22	(1-2)	24/31, 40/44
27-28	(1-2)	31, 44, 31/44
30-31	(1-2)	31/44, 10/44, 24/44, 31/40/44
32-33	(1-2)	40/44, 31/40/44, 10/31
38-39	(2-3)	10/44, 40/44, 31
40-41	(2-3)	31/40, 31, 31, 31
43-45	(2-3)	40, 24/31/44, 10/44, 10/44, 10/44, 1/40, 21/31, 10, 10, 31
48-49	(1-2)	10/18, 7/10, 10/18/31, 10/18, 31, 1

### Intervenções Shari Geller

<b>Shari Geller</b>		
MP (1-2): 4; (1-3): 2; (2-3): 4; Total: 10		
Minutos da MP	Cotação NEPCS	Cotação MULTI
6-7	(1-2)	10/19, 3/10, 3/10
9-10	(1-2)	6/10
11-12	(1-2)	10/36/50, 10/36
14-15	(1-3)	10, 10/19, 10/19/31, 4/32
16-17	(2-3)	10, 10, 31, 47, 1/4
21-22	(2-3)	10/18
24-25	(1-3)	10, 40, 10, 10
31-32	(2-3)	10/18, 47, 10/23/47
40-41	(1-2)	3/11/23, 10/50
41-43	(2-3)	10/50, 10/11, 3/10/23, 7/10, 38

### Intervenções Ladislav Timulak

<b>Ladislav Timulak</b>		
MP (1-2): 5; (1-3): 1; (2-3): 5; Total: 11		
Minutos da MP	Cotação NEPCS	Cotação MULTI
5-6	(1-2)	32/40
14-15	(1-2)	10/44, 10/40/46
21-22	(2-3)	10/31/41
26-27	(1-2)	10/11, 1/11/44, 11/44,10/36, 10, 31/46
28-29	(2-3)	1/44, 16/44, 16/44, 16/44, 11/44
31-32	(1-2)	12/44/50, 10/44
33-34	(2-3)	10/40, 2/10/21
35-36	(2-3)	31/44
44-45	(1-3)	10/40
49-50	(1-2)	10/11/19/36/44
50-51	(2-3)	10/30, 7/10/36

### Intervenções Sandra Paivio

<b>Sandra Paivio</b>		
MP (1-2): 9; (1-3): 3; (2-3): 1; Total: 13		
Minutos da MP	Cotação NEPCS	Cotação MULTI
3-4	(1-2)	31, 31, 31, 10
7-8	(1-2)	47, 31, 11/54
11-12	(1-2)	31,10, 10/18, 38
13-14	(1-2)	40/41/46, 31
15-16	(1-2)	31, 11/41/46, 31
17-18	(1-2)	18/26/36, 11/31/40, 31
20-21	(1-2)	57, 44, 10/11
21-22	(2-3)	1/11, 10/44
25-26	(1-3)	10/29/36/44, 11/44, 10
28-29	(1-3)	2/18/41
32-33	(1-2)	24, 24, 31
38-39	(1-2)	47, 18
42-43	(1-3)	7/18/29/32/41

### Intervenções Jeffrey Magnavita

<b>Jeffrey Magnavita</b>		
MP (1-2): 7; (1-3): 0; (2-3): 2; Total: 9		
Minutos da MP	Cotação NEPCS	Cotação MULTI

7-8	(1-2)	10/46, 31, 31, 31, 31, 31
12-14	(1-2)	6/38, 11, 11, 12, 31/36, 10, 54, 31, 31, 10, 36
19-20	(1-2)	12, 41, 31, 12, 31, 31, 31, 10, 40, 31
21-22	(1-2)	12, 41, 41, 41, 31, 40, 31, 31, 31, 10, 31
28-29	(1-2)	18, 40, 31
33-34	(1-2)	31, 31, 31
34-35	(2-3)	10, 18, 18, 11, 10, 10, 1, 18, 11/32
39-40	(1-2)	40, 31, 40, 12, 40, 18, 40, 10, 31, 31
42-43	(2-3)	40, 47, 38, 7

### Intervenções Hans Strupp

<b>Hans Strupp</b>		
MP (1-2): 5; (1-3): 0; (2-3): 1; Total: 6		
Minutos da MP	Cotação NEPCS	Cotação MULTI
5-6	(1-2)	31/40, 31
9-10	(1-2)	10/11, 10/40, 10
14-15	(1-2)	10, 10/11, 40
21-22	(1-2)	10/14
25-26	(1-2)	10, 47, 1/47, 7/29
28-29	(2-3)	41, 40, 10, 31

### Intervenções Donald Freedheim

<b>Donald Freedheim</b>		
MP (1-2): 8; (1-3): 0; (2-3): 3; Total: 11		
Minutos da MP	Cotação NEPCS	Cotação MULTI
5-6	(1-2)	31, 31, 31, 31, 31, 11/40
7-8	(1-2)	11, 41/54, 40
11-12	(1-2)	40
15-16	(1-2)	30, 20, 13
17-18	(1-2)	40, 21, 10, 10
20-21	(1-2)	40, 31, 10, 10, 10/11
31-34	(1-2)	10, 31, 31, 30, 29/52, 29/30, 10/29/41
35-36	(1-2)	31, 10, 7
38-39	(2-3)	32
40-41	(2-3)	10, 30/49
44-45	(2-3)	18/32

### Intervenções Jeremy Safran

<b>Jeremy Safran</b>		
MP (1-2): 4; (1-3): 3; (2-3): 3; Total: 10		
<b>Minutos da MP</b>	<b>Cotação NEPCS</b>	<b>Cotação MULTI</b>
8-9	(1-2)	31
13-14	(1-3)	40, 31, 10, 31, 30, 31, 10, 40
17-18	(1-3)	10, 11/31
23-24	(1-2)	47, 10/18, 36/40
26-27	(1-2)	31, 1
27-28	(2-3)	10/36, 31, 1/50
29-30	(1-2)	10, 10
31-32	(1-3)	23, 10/23
34-35	(2-3)	10/54, 31, 31
42-43	(2-3)	10/54, 31, 31, 10/36

### Intervenções Paul Wachtel

<b>Paul Wachtel</b>		
MP (1-2): 4; (1-3): 3; (2-3): 2; Total: 9		
<b>Minutos da MP</b>	<b>Cotação NEPCS</b>	<b>Cotação MULTI</b>
3-4	(1-2)	21/40, 1/47
4-5	(2-3)	Não há intervenções neste minuto, no anterior ocorrem: 21/40, 1/47
6-7	(1-2)	10/54
7-8	(2-3)	50, 50, 1/40, 31, 40
19-21	(1-2)	30, 3/31
23-24	(1-3)	10, 3/10/36
27-28	(1-3)	10, 10/47, 10, 10
35-37	(1-2)	10/31, 10/36, 19/31, 10, 40
43-44	(1-3)	38

### Intervenções Patricia Coughlin

<b>Patricia Coughlin</b>		
MP (1-2): 2; (1-3): 0; (2-3): 2; Total: 4		
<b>Minutos da MP</b>	<b>Cotação NEPCS</b>	<b>Cotação MULTI</b>
10-11	(1-2)	Não há intervenções neste minuto, no anterior ocorrem: 31, 10, 10/12/50
14-15	(2-3)	3/13/21/36, 11
18-19	(1-2)	3/40, 3/40
19-20	(2-3)	10/18, 19/29