



## Accelerated experiential dynamic psychotherapy for a man with codependency issues

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Dr. Diana Fosha conducts a single session of accelerated experiential dynamic psychotherapy with an adult man with a history of depression, alcohol abuse, and drug abuse. He reports that he has been in therapy, is prescribed anti-depressants, and has been in recovery for 18 months. However he is concerned that he exhibits co-dependency in relationships, and fears that this may cause him to relapse to drug and alcohol abuse. Dr. Fosha presses the client to provide a concrete example of a time when he exhibited co-dependency, but the client struggles to provide one. She inquires about his current affective state, and he discloses that he is experiencing anxiety. Dr. Fosha normalizes his experience by reflecting that his anxiety is warranted. She explores the idea that the client may be defended against experiencing some underlying emotions. The client acknowledges his difficulty with self disclosure, and Dr. Fosha encourages him to continue to explore the resistance to it. She expresses empathy for his current state of anxiety and praises him for his attempts to cooperate. She observes that therapeutic contact was established in the session, and congratulates him on his efforts in facilitating the contact

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**Descripción física:** 1 online resource (1 streaming video file (47 min., 37 sec.))

**Materia:** Codependency Self-disclosure Psychodynamic psychotherapy Cognitive-experiential psychotherapy Codependency, Psychological Psychotherapy, Psychodynamic Self Disclosure Codépendance Révélation de soi Psychothérapie dynamique Psychothérapie expérientielle cognitive Codependency. Cognitive-experiential psychotherapy. Psychodynamic psychotherapy. Self-disclosure.

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