

ts in the activation of many new
ity focused on the task of mak-
is the combination of arousing,
carries forward the process of

PLE

representing problem:

nk, most of my life, but this has
a few people who were close to
and I just felt that even though I
I've always seemed to be able to
a hard time this year and . . . "

from depression and was hospi-
olvement earlier in the year. At
his behavior was unpredictable
police intervention her husband
g in the home for a number of

became violent—not so much
and smash things and his person-
not that type of a person—very
d and I found my family very
because they're not like that, so
divorce, get rid of him."

her husband and support him
ame alienated from her family.
her husband to be draining at

nuse I'm not feeling good, but I
having a bad day—to make him
have what it takes at this point

maybe feel there's nothing left.
that. I think I'm more angry at

Historically, her family situation was so difficult that all four of the sis-
ters left the family in their midteens. She considers her sisters the most im-
portant part of her family and has often viewed them in more of a parental
role, getting much of the affection and support from them instead of her
parents. In her current view of her depression, she feels most betrayed by
her sisters:

C: Most of my depression I think centers around my family dynamics. I
don't feel close to my family even like with my sisters. They all got
married very young, they all had children, their children have children.
I'm sort of like the nomad in the family, I didn't get married until I was
36. I moved around a lot and went back, took all kinds of different—
you know it's just not the same—a different type of life than what they
had.

T: But you felt outside.

C: Yes, they ostracized me.

T: So it's not only feeling ostracized but also criticized by them.

C: Yes, yes, my older sister didn't do it, but I felt my next older sister did it.
My other sister and I used to be very close and then we're not close
anymore and I don't understand that. I don't know, maybe she's tired
of being around a depressed person. You know?

T: And you're saying it was hard for you that they were sort of disapprov-
ing. They were saying, yes, you should be married, you should be ¼

C: Settled down.

T: And you felt kind of dumped on. And that would lead you to feeling
very bad—

C: Depressed. Sometimes I feel depressed, I don't know why.

In terms of her emotional processing style, the therapist observes that
the client is able to focus on internal experience, particularly in response to
the therapist's empathic responses that focus her internally. As she reports,
however, she tends to avoid (as many people do) painful and difficult emo-
tions. In fact, there appears to be an identifiable emotional pattern wherein
she moves into states of helplessness and hopelessness when she starts to feel pri-
mary emotions of sadness or anger and in response to her experience of

From the exploration of the first session, the therapist has a sense that
throughout her childhood and into her adult life she has often experienced
herself as alone and unsupported. She has internalized the critical voice of
her parents and often judges herself to be a failure. Within the context of a
physically and emotionally abusive past she often felt emotionally unsafe
and abandoned.