

George is a top-manager who after 20 years of working in a stressful industry suffered from a burnt-out syndrome. In therapy he revealed how work was his only concern for the past 20 years. In his words, he was not really in love with his wife but she gave him a safe base and direction. He focused on work and she took care of the household and later their daughter. In exchange she was being well provided for. For several years before the end of marriage he was cheating on her with different people. Eventually he met a woman who sparked feelings in him; he could feel again but it also freaked him out. As a child he suffered neglect and physical abuse. His father was violent both towards him and his mother and his mother was an alcoholic. Children would mock him at school and he would learn how to protect himself by becoming strong and a bit of a bully and rebel. At secondary school he met a teacher who had a very positive influence on him and he realized for the first time that he was smart and started studying. He saw this point as a turning point in his life for the better. His job at present is highly stressful . He works as a crisis manager and he is saving companies from bankruptcy. However he feels like he cannot go on like this any more. Now he is with his new partner but struggles to feel secure with her. While she can open him up she can also hurt his feelings. She is not very understanding of his needs and wants all his attention. She is jealous of his daughter and any activities he does without her. When she is upset she can be very cruel, using swear words and other means of attack. He feels he cannot go on like this anymore because he can no longer shut down his feelings as before but also does not know how to protect himself from the attacks of others.

*Please try to formulate the case with the information you have. You may be left several questions at the end of it. It is only natural. Please include these questions (thoughts, associations, etc) into your presentation.*