

W O R K I N G W I T H

ANXIETY

F R O M S Y M P T O M T O S E L F

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Program & Abstracts



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KATHOLIEKE UNIVERSITEIT
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Faculteit voor
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*mmdippolito@tiscali.it***A CASE OF ANXIETY IN REGARD TO THE 'CONSTANT' AND THE 'RELATIVE' IN PSYCHOTHERAPY***Presentation type: Paper**Keywords: anxiety, constant and relative, integration of approaches, Rogers' way of being*

In this paper I will focus shortly on the concepts of the Relative and the Constant and the relationship between them, using ideas from the theory of science. Furthermore an approach to psychotherapy is proposed with Rogers' way of being as a constant factor. At a clinical level this approach gets enriched by and infused with a systemic vision on psychotherapy as well as with all the ideas and instruments of other psychotherapeutic approaches as a relative factor - not as relativism - providing they respect and do not contradict the Constant.

A case of a client with a severe anxiety disorder and reactive alcohol abuse serves as an illustration for the aforementioned approach. The testimony of the client, Namha, who responds two years after the conclusion of therapy to Elliott's 'Client Change Interview Protocol' and D'Ippolito's 'Questionnaire-Interview on Experiencing in Psychotherapy' will be used to further illustrate the theory.

*Paper session 7.1 - Room: R.012**Scheduled on 11 July 2012 – from 16:30 to 18:15*