SHORT PSYCHOTHERAPEUTIC ECLECTIC INTERVENTION FOR AMBIVALENCE: A CASE STUDY

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Abstract
This article presents a case study on the psychotherapeutic intervention with a 27 year old female patient. The client complains about being blocked in her professional and personal life and about depressive moods. Three alternative conceptualizations (Ericksonian, systemic and motivational) show an inefficient problem formulation by the patient, ambivalence, unexposed guilt and a double messages as well as scapegoat' family pathology. By exploiting these conceptualizations, we describe eclectic interventions meant to clarify the motives, to redefine problems, to reframe family behaviors and to exonerate the blame. In 10 months after the last session, the client successfully initiated her change cycle and feels satisfied by her choices. More profound personality features still favor excessive emotional dependency.

Keywords: clinical case study; ambivalence; dead end; double messages; eclectic intervention

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