A SHORT PSYCHOTHERAPEUTIC INTERVENTION ON DEPRESSION COMPLICATED BY A CHRONIC B VIRUS INFECTION: A CASE STUDY

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Abstract

This study presents a psychotherapeutic intervention with a young man. The main complaints refer to the separation from his girlfriend and stress at work. The patient had identified his dysfunctional automatic thoughts and had tested them by confronting them with realistic alternatives. The main interventions targeted small behavioral changes, cognitive restructuring, clinical hypnosis and the empty-chair technique for ambivalence. The therapist took into account a virus B infection as a favoring factor for depression; the patient was properly informed. Therapeutic objectives were achieved thanks to the multiple resources available to the patient.

Keywords: case study, HBS infection, ambivalence, cognitive-behavioral approach, clinical hypnosis, short therapy

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