INTERVENTION FOR CHRONIC DYSTHIMIA: A CASE STUDY ON DIAGNOSTIC UNCERTAINTY

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Abstract
This article presents a psychotherapeutic intervention for a young man with a particular psychological structure. The client complains about depressed mood and derealization. Conceptualizations for this case have various perspectives: cognitive-behavioral, Eriksonian and humanistic. The examination reveals psychotic elements, but the urgency for medication is contradicted by the psychiatrist. The therapeutic intervention used small steps and found suitable ways for evaluation and treatment. Therapy seemed the best option, urging the client to develop a more positive attitude and way of thinking. More than two years since his therapy’s end, patient feels he made the right choice by visiting the therapist. He seems thoroughly adapted at multiple levels of his professional and personal life.

Keywords: clinical case study; depression; dysthymia; schizotypal

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