

TWO POINTS ON A LINE - EXERCISE

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The Case of Dan (age 33, married)

A case of marital therapy, incorporating lifestyle work

Issue:

Depression, ever since he can remember, worse in the past five years. The depression is pervasive and becoming more intense when facing a challenge he must confront. When acutely depressed, Dan tends to withdraw and will sometimes stay in bed for the whole day.

The depression affects his marriage and future prospects in that his wife very much wants to start a family and insists that so long as he battles depression she is unwilling to bring a child into the world.

Lifestyle Information:

Middle of three children; older brother, younger sister.

Described his father as "volcanic, with frequent eruptions."

Described his older brother also as "volcanic, with frequent eruptions."

Learned in adolescence that his father molested his younger sister

and

that his brother in a fit of rage, scalded his baby in the bath water.

Making the Critical Connection:

What possible interpretations of the childhood experiences would make the current behavior understandable and/or "beneficial".