

Methodological Diversity in Psychotherapy and Counseling Research: Qualitative-Quantitative Approaches

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Time limited psychotherapy in the client centered perspective – a qualitative analysis

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Abstract

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The current presentation intends to describe a time limited psychotherapy qualitative analysis, developed according to client centred therapy. Beside the main goal associated with the individual change process, our goals are focused on aspects related to setting, such as time and its relation with the issue of separation (introduced since the first session of psychotherapy) and to the psychotherapist, namely his degree of confidence on the client's self-organization process. The method is a content analysis (based on a B. Brodley's 1994 proposal) of a 12 sessions' process with a middle aged female client, whose request was related to a non-resolved "transference situation", according to her family doctor. The results point to a decrease of references to the family and an increase of self-references. Her self-report indicates an increase of positive feelings and a decrease of negative feelings, as well as an enhancement of autonomy and assertiveness. Her level of conflictuality declined, with significant changes in interpersonal experiences. As we hypothesized, time was a constant in both the client's and the therapist's interventions. Separation issues appeared mostly in the middle of the process, but in the final sessions an evolution occurred. The client developed a more mature way to experience separation and time, in the context of the "here and now" relationship.