

GUIDE TO THE CASE-MATERIAL OF HABIB DAVANLOO

The following document is intended as a study guide for ambitious students of ISTDP to the published cases of Dr. Habib Davanloo. Unfortunately, many therapists hoping to learn about Dr. Davanloo's ISTDP have not had, and probably will never have, the good fortune to see video recordings of his work. For those of us, his published case transcripts are as good as it gets. So far, however, no comprehensive overview of Dr. Davanloo's case material presented in writing has been available, which could offer such students an opportunity to gain a comprehensive overview of Dr. Davanloo's unique style and technique. I hope to offer such an overview in this document.

As is well known, many articles not authored by Dr. Davanloo himself contain transcripts of his clinical work, particularly those published in the *International Journal of (Intensive) Short-Term Dynamic Psychotherapy* (1986-2000). I have reviewed the case-material in all articles published in this journal, and included those which I have been able to confirm contain Dr. Davanloo's work. I am also including the few articles from other sources, which I have been able to confirm do so.

I have found such confirmation in three ways: In some cases, I have been able to identify the material by cross-referencing it with segments from Dr. Davanloo's own papers, chiefly his articles on tactical defenses (1996; 1996b). In other cases, the articles themselves state that the transcripts used come from Davanloo's practice. Finally, in yet other cases, I have been able to confirm the source of the case-material used directly with the author, or with close associates of the author. Unfortunately, with respect to a handful of articles, I have only been able to gather what I find to be good reason to believe that the cases used are Dr. Davanloo's. I have chosen to include these, but mark them with an asterisk (*). Should I receive information confirming or contradicting my assumption, I will update this document.

While I do believe my review is comprehensive, I would love to hear from anyone who knows of articles containing Dr. Davanloo's work, which I have missed. Likewise, I would love to hear from anyone who wishes to contest that a case presented here is, in fact, Dr. Davanloo's.

The document which follows consists of three organizations of the relevant articles and cases, which the reader may find useful for different purposes:

1.1: P. 2-5: A bibliography of articles authored by Dr. Davanloo.

1.2: P. 6-10: A bibliography of articles not authored by Dr. Davanloo, but including his case material.

2.1: P. 11-14: An overview of Dr. Davanloo's articles including his case material, arranged by articles and order of appearance.

2.2: P. 15-19: An overview of articles from the *IJSTDP* not authored by Dr. Davanloo, but which include his case material, arranged by order of appearance.

2.3: P. 20: An overview of articles from the other sources not authored by Dr. Davanloo, but which include his case material, arranged by order of appearance.

3: P. 21-48: An overview of Dr. Davanloo's cases, arranged by the name of the case, including a short note describing each case.

4: P. 49-51: An overview of Dr. Davanloo's cases by chronological order of appearance

I hope you will enjoy studying Dr. Davanloo's cases as much as I have. Feel free to share this document with colleagues, but please do not edit it without my permission. I could not have completed this work without the help of a handful of people, whom I wish to thank: John Rathouser, Allan Abbass, Gary Crouppen, Rudolf Bleuler, Jason Worchel, James Schubmehl, Shrilette Wint, and Gerhild Wagner.

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Latest update: April 23rd, 2023

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1.1: BIBLIOGRAPHY OF ARTICLES AND BOOKS AUTHORED BY HABIB DAVANLOO

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1.2: BIBLIOGRAPHY OF ARTICLES NOT AUTHORED BY HABIB DAVANLOO, BUT INCLUDING HIS CASE MATERIAL

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OVERVIEW OF CASES BY ARTICLE

Cases only dealt with in passing in a given article are noted in brackets.

2.1: ARTICLES AUTHORED BY DAVANLOO

Davanloo (1978): Basic Principles and Techniques in Short-Term Dynamic Psychotherapy

1978d: *The Teeth-Grinding Woman*

1978e: *The Angry, Childlike Woman*

1978f: *The Submissive Woman*

1978g: *The Man with An Impulse to Murder His Stepfather*

1978i: *The Cement-Mixer Man*

1978j: *The Man Obsessed with The Small Size of His Genitals*

Davanloo (1980): Short-Term Dynamic Psychotherapy

1980b:

(Unnamed Patient #1)

The Man Who Feared Rejection

1980c:

(The Girl in The Golden Cage)

(The Masochistic Housewife)

(The Passive, Submissive Secretary)

1980d: *The Little Blond Dutch Girl*

1980e: *The Mother Whose Son Strangled in His Crib*

Davanloo (1984): Article in Sadock and Kaplan, 1984 Edition

(Patient With Hyperventilation / Hyperventilating Woman)

(The Man with Multiple Phobias)

(The Man with The Metal Pipe)

Davanloo, H. (1986+1986b): Intensive Short-Term Psychotherapy with Highly Resistant Patients.

The German Architect

Davanloo (1987a): The Unconscious Therapeutic Alliance

The Bank Auditor / The Man with The Baseball Bat / The Man with The Metal Pipe

Davanloo (1987b+1987c): Intensive Short-Term Dynamic Psychotherapy with Highly Resistant Depressed Patients

The Woman with A Machine Gun

Davanloo (1987d+E): Clinical Manifestations of Superego Pathology

(Butch / The Frustrated Musician)

(The German Architect)

(The Man from Southampton)

(The Unwilling Moose Hunter)

(The Woman Who Bruised Her Thigh)

(The Woman with A Machine Gun)

Davanloo (1988a+1988b): The Technique of Unlocking the Unconscious

(The German Architect)

(The Man from Southampton)

(The Masochistic Engineer / The Man with Foggy Glasses)

(The Woman Who Bruised Her Thigh)

The Corporate Lawyer

Davanloo (1989+1989b): The Central Dynamic Sequence in The Unlocking of The Unconscious and Comprehensive Trial Therapy

The "Fragile" Woman / The Masochistic Woman with Brutal Mother

Davanloo (1989c+1989d): The Technique of Unlocking the Unconscious in Patients Suffering from Functional Disorders

The Woman Used as A Go-Between / The Masochistic Woman with Migraine Headaches

Davanloo (1995): Intensive Short-Term Dynamic Psychotherapy: Spectrum of Psychoneurotic Disorders

The Case of The Salesman and His Sister-In-Law / The Salesman

Davanloo (1995b+1995c): Intensive Short-Term Dynamic Psychotherapy: Technique of Partial and Major Unlocking of The Unconscious with A Highly Resistant Patient

The Strangler

Davanloo (1996+1996b): Management of Tactical Defenses in Intensive Short-Term Dynamic Psychotherapy

(Butch / The Frustrated Musician)

(The Henry-IV Man)

(The Auto Mechanic with Somatization)

(The Bee-Bee Gun Man)

(The Board-Like Professor)

(The Cement Mixer)

(The Chess Player)

(The Englishman with Fainting Attack)

(The "Fragile" Woman / Masochistic Woman with Brutal Mother)

(The Hyperventilating Woman)

(The Machine Gun Woman)

(The Maid with Dermatitis)

(The Man from Southampton)
(The Man with Foggy Glasses)
(The Man with Violent Dreams)
(The Masochistic Housewife)
(The Masochistic Secretary)
(The Microphone Man)
(The Praying Mantis)
(The Real Estate Lawyer)
(The Salesman and His Sister-In-Law)
(The Son of The Australian Journalist)
(The Strangler)
(The Woman Used as A Go-Between / The Masochistic Woman with Migraine Headaches)
(The Woman with Fainting Attacks)
(The Masochist Physician and The Big Eyes / The Woman with The Diamond Ring)

Davanloo (1999+1999b+1999c): Intensive Short-Term Dynamic Psychotherapy – Central Dynamic Sequence

(Butch / The Frustrated Musician)
(The Henry-IV Man)
(The Cement Mixer)
(The Chess Player)
(The Chewing Gum Man / Man with The Chewing Gum)
(The Fragile Woman / Masochistic Woman with The Brutal Mother)
(The German Architect)
(The Hyperventilating Woman)
(The Bank Auditor / The Man with The Baseball Bat / The Man with The Metal Pipe)
(The Man with The Broken Fist)
(The Microphone Man)
(The Real Estate Lawyer)
(The Salesman with Somatization and Panic Disorder)
(The Salesman)
(The Teeth-Grinding Woman)
(The Tickling Woman)
The Masochistic Engineer / The Man with Foggy Glasses)
The Praying Mantis

Davanloo (2001): Intensive Short-Term Dynamic Psychotherapy: Extended Major Direct Access To The Unconscious

The Man with Crushing Chest Pain

Davanloo (2005): Intensive Short-Term Dynamic Psychotherapy In "Kaplan & Sadock's Comprehensive Textbook of Psychiatry, 8th Edition", Pp 2628-2652

(The Chess Player)

(The Chewing Gum Man)

(The German Architect)

(The Hyperventilating Woman)

(The Man from Southampton)

(The Bank Auditor / The Man with The Baseball Bat / The Man with The Metal Pipe)

(The Man with The Broken Fist)

(The Woman with The Butcher Knife)

The Man with Crushing Chest Pain

2.2: ARTICLES NOT AUTHORED BY DAVANLOO, FROM THE INTERNATIONAL JOURNAL OF (INTENSIVE) SHORT-TERM DYNAMIC PSYCHOTHERAPY

Cases dealt with in passing in a given article are noted in brackets. Articles marked with an asterisk () are ones which I have good reason to believe, but have not been able to confirm, contain Davanloo's case material.*

Issue 1:

Malan, D. (1986). Beyond Interpretation: Initial Evaluation and Technique in Short-Term Dynamic Psychotherapy. Part I

The Man from Southampton

Malan, D. (1986b). Beyond Interpretation: Initial Evaluation and Technique in Short-Term Dynamic Psychotherapy. Part II

The Man from Southampton

Molnos, A (1986). The Process of Short-Term Dynamic Psychotherapy and The Four Triangles

The Little Blond Dutch Girl

Said, T. (1986). Characterological Depression and Short-Term Dynamic Psychotherapy

The Woman Who Bruised Her Thigh

Worchel, J. (1986). Transference In Intensive Short-Term Dynamic Psychotherapy. I. Technique of Handling Initial Transference

The Man Who Feared Rejection

Worchel, J. (1986b). Transference In Intensive Short-Term Dynamic Psychotherapy. II. Technique of Handling Initial Transference Resistance

Man With Mucous Colitis / The Man with Celiac Disease

Zois, C. (1986). Handling Resistance in Depressed Patients:

The Woman with Sarcastic Smile / The Abandoning Mother

Issue 2:

Said, T. (1987): Characterological Depression and Short-Term Dynamic Psychotherapy. Part II: Breakthrough into The Unconscious

The Woman Who Bruised Her Thigh

Issue 3:

Said, T. (1988). Pre-Interpretative and Interpretative Phase of Trial Therapy. Part I: Moderately Resistant Patient

The Little Blond Dutch Girl

***Said, T. (1988b). Trial Therapy with Clinically Depressed Suicidal Patients**
The Depressed "Suicidal" Woman

Issue 4:

Gaillard, J.M. (1989). Trial Therapy Model of Initial Interview and Its Major Functions
Butch / The Frustrated Musician

Gaillard, J.M. (1989b). Trial Therapy Model of Initial Interview and Its Major Functions: Part II
Butch / The Frustrated Musician

Issue 5:

Benoit, C. (1990). Management Of Transference Resistance in Davanloo's Intensive Short-Term Dynamic Psychotherapy
The Masochistic Engineer / The Man with Foggy Glasses

Gaillard, J.M. (1990). Trial Therapy Model of Initial Interview and Its Major Functions: Part III
Butch / The Frustrated Musician

Issue 6:

***Benoit, C. (1991). Management Of Transference Resistance in Davanloo's ISTDP Part 2**
Unnamed Patient #3

Issue 10:

Konzelmann, C. (1995). Head-On Collision with Resistance Against Emotional Closeness In ISTDP
(The Woman Who Bruised Her Thigh)
(The German Architect)
(The Woman with Sarcastic Smile / The Abandoning Mother)

Lorenzani-Francis, L.D. (1995). Overview: Process of Partial Breakthrough into The Unconscious in Davanloo's Intensive Short-Term Dynamic Psychotherapy Part I: Direct Access
The Microphone Man

Lorenzani-Francis, L.D. (1995b). Overview: Process of Partial Breakthrough into The Unconscious in Davanloo's Intensive Short-Term Dynamic Psychotherapy Part II: The Rest of The Interview
The Microphone Man

Schubmehl, J. (1995). Management Of Syntonic Character Resistance in Intensive Short-Term Dynamic Psychotherapy
The BB Gun Man / The Bee-Bee Gun Man

Schubmehl, J. (1995b). Management Of Syntonic Character Resistance in Intensive Short-Term Dynamic Psychotherapy Part II: The Rest of The Trial Therapy
The BB Gun Man / The Bee-Bee Gun Man

Issue 11:

Muirhead, W. (1996): The Management of Panic Disorder in Davanloo's ISTDP. Part 1: Review...
The Chewing Gum Man

Muirhead, W. (1996b). The Management of Panic Disorder in Davanloo's ISTDP. Part 2: Phase of Partial Breakthrough into The Unconscious
The Chewing Gum Man

Muirhead, W. (1996c). The Management of Panic Disorder in Davanloo's ISTDP. Part 3: Partial Unlocking...
The Chewing Gum Man

Said, T. (1996). Current Status of Criteria for Selection of Patients for Short-Term Dynamic Psychotherapy
The Fashion Designer

***Whittemore, J.W. (1996). Paving The Royal Road...**
(The Woman with Recurrent Episodes of Depression)
(The Man with Frequent Attacks of Irritable Bowel)
(The Woman with Attacks of Fainting)

Issue 12:

Gottwik, G., Orbes, I., Tressel, F., Wagner, G. (1998). Application Of Davanloo's ISTDP in The Treatment of Patients with Agoraphobia, Fainting Attacks, Anxiety, Panic, Somatization and Functional Disorders. Part I: Technical and Metapsychological Roots...
The Man with Panic, Fainting, Constipation and Agoraphobia

Gottwik, G., Orbes, I., Tressel, F., Wagner, G. (1998b). Application Of Davanloo's ISTDP in The Treatment of Patients with Agoraphobia, Fainting Attacks, Anxiety, Panic, Somatization and Functional Disorders. Part II: The First Breakthrough
The Man with Panic, Fainting, Constipation and Agoraphobia

Gottwik, G., Orbes, I., Tressel, F., Wagner, G. (1998c). Application Of Davanloo's ISTDP in The Treatment of Patients with Agoraphobia, Fainting Attacks, Anxiety, Panic, Somatization and Functional Disorders. Part III: Partial Unlocking of The Unconscious
The Man with Panic, Fainting, Constipation and Agoraphobia

Said, T., Rossi, J., Van Oyen, M., Wint, S. (1998). The Treatment of Hyperventilation and Panic Disorder with Davanloo's ISTDP Part I: First Breakthrough into The Unconscious

The Man with Hyperventilation and Fear of Losing Control

Said, T., Rossi, J., Van Oyen, M., Wint, S. (1998b). The Treatment of Hyperventilation and Panic Disorder with Davanloo's ISTDP Part II: Partial Unlocking of The Unconscious
The Man with Hyperventilation and Fear of Losing Control

Said, T., Rossi, J., Van Oyen, M., Wint, S. (1998c). The Treatment of Hyperventilation and Panic Disorder with Davanloo's ISTDP Part III: Direct Access
The Man with Hyperventilation and Fear of Losing Control

Said, T., Rossi, J., Van Oyen, M., Wint, S. (1998d). The Treatment of Hyperventilation and Panic Disorder with Davanloo's ISTDP Part IV: The Final Unlocking of The Unconscious
The Man with Hyperventilation and Fear of Losing Control

Whittemore, J.W. (1998). The Application of Davanloo's ISTDP to A Complex Masochistic Patient with Panic, Functional and Somatization Disorders: From the "Frying Pan" Into Freedom. Part 1
The Masochistic Salesman Suffering from Panic, Functional and Somatization Disorders with Fainting Attacks

Issue 13:

Beeber, A.R. (1999): The Perpetrator of The Unconscious in Davanloo's New Metapsychology. Part 2: ...
(The German Architect)
(The Strangler)
(The Woman Used as A Go-Between)

Beeber, A.R. (1999b): The Perpetrator of The Unconscious in Davanloo's New Metapsychology. Part 3: ...
(The Angry, Childlike Woman)
(The German Architect)
(The Little Blond Dutch Girl)
(The Man with The Metal Pipe)
(The Strangler)

Said, T. & Schubmehl, J.Q. (1999) Selected Proceedings of Audiovisual Explorations of The Unconscious: Part 1...

(The Chess Player)

(The Henry-IV Man)

(The Man from Southampton)

(The Man with The Chewing Gum / The Chewing Gum Man)

(The Real Estate Lawyer)

(The Manageress / The Saleslady)

(The Salesman)

(The Tickling Woman)

(The Hyperventilating Woman)

The Masochistic Engineer / Man with Foggy Glasses

Said, T. & Schubmehl, J.Q. (1999b) Selected Proceedings of Audiovisual Explorations of The Unconscious: Part 2...

The Bank Auditor / The Man with The Baseball Bat / The Man with The Metal Pipe

The "Fragile" Woman / The Masochistic Woman with Brutal Mother

Said, T & Schubmehl, J.Q. (1999c): Selected Proceedings of Audiovisual Explorations of The Unconscious: Part 3...

Unnamed Patient #2

Whittemore, J.W. (1999). The Application of Davanloo's ISTDP to A Complex Masochistic Patient with Panic, Functional and Somatization Disorders: From the "Frying Pan" Into Freedom. Part 2
The Masochistic Salesman Suffering from Panic, Functional and Somatization Disorders with Fainting Attacks

Whittemore, J.W. (1999b). The Application of Davanloo's ISTDP to A Complex Masochistic Patient with Panic, Functional and Somatization Disorders: From the "Frying Pan" Into Freedom. Part 3

The Masochistic Salesman Suffering from Panic, Functional and Somatization Disorders with Fainting Attacks

2.3: ARTICLES NOT AUTHORED BY DAVANLOO FROM OTHER SOURCES THAN THE IJ(I)STDP

Gottwik, G., Ostertag, I., Weiss, M. (2001). Technical And Metapsychological Roots of Davanloo's Intensive Short-Term Dynamic Psychotherapy. Central Dynamic Sequence: Phase of Pressure (Part I)

(The Chewing Gum Man)

(The Man with Mucous Colitis / The Man with Celiac Disease)

(The Manageress / The Saleslady)

Gottwik, G., Sporer, U., Tressel-Savelli, F. (2001). Technical And Metapsychological Roots of Davanloo's Intensive Short-Term Dynamic Psychotherapy. Central Dynamic Sequence: Phase of Challenge (Part II)

(The Board-Like Professor)

Gottwik, G., Orbes, I. (2001). Technical And Metapsychological Roots of Davanloo's Intensive Short-Term Dynamic Psychotherapy. Head-On Collision with The Resistance (Part III)

(The Bank Auditor / The Man with The Baseball Bat / The Man with The Metal Pipe)

(The Scottish Strangler)

Gottwik, G., Kettner-Werkmeister, I., Wagner, G. (2001). Technical And Metapsychological Roots of Davanloo's Intensive Short-Term Dynamic Psychotherapy. The Entry of The Transference (Part IV)

(The Chess Player)

(The Chewing Gum Man)

(The Hyperventilating Woman)

(The Machine Gun Woman)

(The Masochist Physician and The Big Eyes / The Woman with The Diamond Ring)

(The Praying Mantis)

(The Salesman)

Hickey, C. (2015). Davanloo's Technique of Total Removal of Resistance and Optimum Mobilization of The Transference Component of The Resistance

The Mother Who Waited at The Pier

Hickey, C. (2016). The Major Mobilization of The Unconscious and The Total Removal of Resistance in Davanloo's Intensive Short-Term Dynamic Psychotherapy. Part I

The Mother Who Waited at The Pier

Hickey, C. (2016b). The Major Mobilization of The Unconscious and The Total Removal of Resistance in Davanloo's Intensive Short-Term Dynamic Psychotherapy Part II

The Mother Who Waited at The Pier

Hickey, C. (2017). *Understanding Davanloo's Intensive Short-Term Dynamic Psychotherapy*

The Mother Who Waited at The Pier

3. OVERVIEW OF CASES

The following introductions include, first, a description of the patient according to the stated observations of the author(s) of the article(s) they appear in¹, and secondly, a very short paragraph on what I suggest are important aspects of the case with respect to the study of Davanloo's technique. The latter part of my commentary is intended merely as a guideline for newcomers to Davanloo's cases, until such have the chance to form their own impressions of the cases and what is of interest in them.

For the sake of brevity, I have chosen to focus on highlighting central technical aspects of the cases pertaining mainly to the pre-interpretative phases of the available transcripts. While in most cases, extensive excerpts from the interpretative phases are also available, and while these are crucial for understanding the dynamic causes of the psychopathologies of the various patients, highlighting central points from these phases would simply render this document too extensive. Furthermore, the focus of this document is Davanloo's technique, and not his patients.

Underneath each title, the article(s) which contain(s) the most thorough elaboration on the case in question are underlined. In case no article deals with the case in considerable depth, no article is underlined. For the sake of swift overview, I have supplied all cases which are available to an extent rendering them meaningful objects of study with a number. These numbers simply designate their place in this document, and not something like order of appearance in Davanloo's works.

On the basis of my cross-referencing of case-material, several cases have turned out to go by different names in various articles. The different names by which the same case goes are distinguished by a / between the names.

1. The "Fragile" Woman / The Masochistic Woman with Brutal Mother
2. The Angry, Childlike Woman
3. The Bank Auditor / The Man with The Baseball Bat / The Man with The Metal Pipe
4. The Bee-Bee Gun Man
5. The Board-Like Professor
6. Butch / The Frustrated Musician
7. The Abandoning Mother / The Woman with Sarcastic Smile
8. The Cement-Mixer Man / The Cement Mixer
9. The Chewing Gum Man / The Man with The Chewing Gum
10. The Corporate Lawyer / The Real Estate Lawyer
11. *The Depressed, "Suicidal" Woman
12. The Fashion Designer
13. The German Architect
14. The Girl in The Golden Cage
15. The Hyperventilating Woman / The Patient with Hyperventilation
16. The Little Blond Dutch Girl
17. The Man from Southampton

¹ Although certain aspects of the presentation of these patients, such as their age and occupation, are surely subject to censorship for the sake of confidentiality, I include the details which are found in the articles. In the same way, I base my notes on the cases on the transcripts presented, having faith in their essential accuracy, even if in several cases they are both abridged and edited, such as is apparent when comparing, for instance, the transcript of the *Man with the Baseball Bat* in (Davanloo 1984) with that in (Said & Schubmehl 1999b).

18. The Man Obsessed with The Small Size of His Genitals
19. The Man Who Feared Rejection
20. The Man with Crushing Chest Pain
21. The Man with Hyperventilation and Fear of Losing Control
22. The Man with Mucous Colitis
23. The Man with Panic, Fainting, Constipation and Agoraphobia
24. The Man with The Broken Fist
25. The Masochistic Engineer / The Man with Foggy Glasses
26. The Masochistic Housewife
27. The Masochistic Salesman Suffering from Panic, Functional and Somatization Disorders with Fainting Attacks
28. The Microphone Man
29. The Mother Who Waited at The Pier
30. The Mother Whose Son Strangled in His Crib
31. The Passive, Submissive Secretary
32. The Salesman / The Case of The Salesman and His Sister-In-Law
33. The Scottish Strangler
34. The Strangler
35. The Teeth-Grinding Woman
36. The Woman Used as A Go-Between / The Masochistic Woman with Migraine Headaches
37. The Woman Who Bruised Her Thigh
38. The Woman with A Machine Gun / The Machine Gun Woman
39. Unnamed Patient #2
40. Unnamed Patient #3

1: THE “FRAGILE” WOMAN / THE MASOCHISTIC WOMAN WITH BRUTAL MOTHER

Davanloo (1989)

Davanloo (1989b)

Davanloo (1996)

Davanloo (1996b)

Davanloo (1999b)

Davanloo (1999c)

Said & Schubmehl (1999b)

32-year-old divorced woman, graduate student of economics, previously interviewed by another therapist and deemed potentially fragile, thus the name. The patient suffers from severe depressive episodes but with the strength to survive without breakdown, and mostly of a reactive nature. Besides this, she suffers from diffuse anxiety, G.I. tract symptomatology, somatization, major disturbances in interpersonal relationships and severe masochistic character pathology.

The case illustrates a number of aspects of Davanloo’s technique. First of all, it illustrates Davanloo’s approach with fragile patients, which is applied until he reassesses the patient’s diagnosis and switches to the standard format of ISTDP. To my knowledge, the only other published case which illustrates this is the unnamed fragile woman in (Said & Shubmehl 1999c). Furthermore, it illustrates Davanloo’s way of working with sexual impulses and fantasies and the method of turning pathological mourning into acute grief. Lastly, the transcript contains extensive sections, both before and after the unlocking, in which Davanloo’s approach to inquiry is displayed.

2: THE ANGRY, CHILDLIKE WOMAN

Davanloo (1978e)

Beeber (1999b)

38-year-old woman, divorced and mother of three. The patient seeks therapy for depression, interpersonal problems of passivity, dependency, wanting men to tell her what to do and subsequently resenting it, as well as longstanding conflicts with her parents.

The case exemplifies Davanloo’s early technique, before 1980. In contrast to the case of *The Teeth-Grinding Woman*, Davanloo’s work with *The Angry, Childlike Woman* is more illustrative with respect to Davanloo’s early approach to resistance, and contains what are arguably early forms of HOC. At an early point, for instance, Davanloo confronts the patient with her reliance on vagueness and generalization and its role in her passive, resentful attitude towards male figures. Similarly, at a later point, the repetition of the patient’s passive stance in the Transference is introduced, as the patient continues to be evasive and has to be continually guided and questioned for the process to move forward. The case also exemplifies how Davanloo proceeds with inquiry after the resistance has been thus loosened.

THE AUTO MECHANIC WITH SOMATIZATION

Davanloo (1996)

44-year-old man suffering from chronic anxiety, sharp chest pain, pain in his neck, problems in his marriage, and episodes of explosive discharge of affect.

The case is only briefly mentioned in (Davanloo 1996), in order to illustrate the use of cover-words as a tactical defense.

3: THE BANK AUDITOR / THE MAN WITH THE BASEBALL BAT / THE MAN WITH THE METAL PIPE²

Davanloo (1987a)

Davanloo (1984)

Said & Schubmehl (1999b)

Davanloo (2005)

Gottwik et al (2001c)

Beeber (1999b)

31-year-old man (Davanloo 1978a has 37-year-old, but the patient himself says 31) presenting with a chronic state of anxiety, episodes of reactive depression, and long-standing conflicts with his parents and wife, with episodes of rage towards them. In one of these episodes, he describes having actually struck his wife. His relationships are described as alternating between episodes of ineffective aggressiveness and withdrawal, with an inability to sustain closeness with anyone.

The case is of historical interest, as it is presented in the first article in which Davanloo introduces his method as ISTDP. As such, it illustrates the shift which had taken place in Davanloo's technique of the 1970's, in which his method was still named "broad-focused STDP", to the early 1980's. Many of the innovations which characterize Davanloo's mature format of ISTDP are present in this early case. In the first part, found in (Said & Schubmehl 1999b), one finds Davanloo focusing systematically on the patient's experience of the feelings underlying his anxiety upon entering the trial therapy. In contrast to the cases presented in the 1970's, Davanloo's focus on the tactical organization is now very systematic, even relentless. Furthermore, as opposed to the 1970's in which transference resistance is handled by way of interpretation, it is now *challenged*: "So let's see how we are going to overcome that". In this way, the interview constitutes a good example of the standard format of ISTDP, which is utilized by Davanloo from the mid-1980's. The later part of the article is presented in (Davanloo 1987a) in order to illustrate the functioning of the UTA after the partial unlocking which takes place in the first part of the interview. It includes a detailed account of the therapeutic process after a partial unlocking, in which the therapist works collaboratively with the

² In (Davanloo 1999c, 265), Davanloo refers to (Davanloo 1987a) which includes the case of *The Bank Auditor* and (Davanloo 1984a) which includes *The Man with the Metal Pipe* as containing the case of *The Man with the Baseball Bat*. On this basis, it appears that (Said & Schubmehl 1999b) and (Davanloo 1984) contain the first part of the interview with this patient, while (Davanloo 1987a) contains a later part. A comparison of the transcripts of the first part reveals that the one found in (Davanloo 1984) is highly edited.

UTA which has now come alive. One sees how Davanloo's technique now begins to involve offering the patient interpretations along the lines of the two triangles, and how the process is now allowed to follow the patient's own spontaneous interpretations and associations. As a last note, the article is interesting for those wanting to study the use of dreams in ISTDP, as the latter part of the interview is structured around a series of the patient's recurring dreams.

4: THE BEE-BEE GUN MAN

Schubmehl (1995)

Schubmehl (1995b)

Davanloo (1996b)

32-year-old man described as highly resistant, suffering from diffuse psychoneurotic disturbances based on his obsessional character pathology. He describes problems such as indecisiveness and extreme passivity and compliance in his marriage, alternating with defiance. In the interview, defiance as well as sarcasm and open dismissal also play a major role.

The case exemplifies Davanloo's work with a highly syntonic "classical" character neurotic. The patient presents detached and with no sign of anxiety. The first part of the process consists in the initiation of pressure through structured dynamic inquiry, so as to acquaint the patient with his defenses. Initially these consist in various forms of rumination, resulting in a pervasive emotional detachment. As the patient proceeds to being openly dismissive, sarcastic and defiant, his resistance eventually has to be addressed directly in the form of a HOC, leading to the first partial unlocking on the basis of grief.

5: THE BOARD-LIKE PROFESSOR

Davanloo (1996b)

Gottwik, Sporer, Tressel-Savelli (2001)

Male patient in his 30'es, suffering from characterological depression as well as episodes of clinical depression, chronic anxiety, somatization and various symptoms of heightened anxiety in the form of chest- and muscle pain, dizziness and shortness of breath, disturbances in interpersonal relationships, and major problems with intimacy and closeness.

The patient's complex feelings are mobilized at the very beginning of the interview, due to a frustrating technical complication in the interview setup. The process therefore immediately proceeds to pressure and challenge in the Transference. In this way, the case constitutes a good example of a very firm, vertical approach to the unlocking of the unconscious with a moderately to highly resistant patient. Unfortunately, the case is only available in a very abridged form, utilized to illustrate basic aspects of Davanloo's metapsychology, and not with an eye to the intricacies of the case itself.

6: BUTCH / THE FRUSTRATED MUSICIAN

Davanloo (1996)

Davanloo (1996b)

Davanloo (1999a)

Davanloo (1999b)

Gaillard, J.M. (1989)

Gaillard, J.M. (1989b)

Gaillard, J.M. (1990)

Also, most likely the patient presented in Davanloo (1987e, 3pp)

26-year-old man presenting with an obsessional character organization. He describes disturbances in interpersonal relationships, particularly with persons in positions of authority, episodes of reactive depression, chronic anxiety especially with authorities, conflict with his wife dating back to before their marriage, sexual difficulties, characterological traits of passivity, dependency and inability to assert himself, as well as conflicts over emotional closeness.

The patient is described as moderately resistant, and the case is presented by Gaillard as a means of demonstrating Davanloo's technique of handling early transference resistance in the trial therapy. At the beginning of the interview, the patient has an emotional reaction to Davanloo's demeanor, in contrast to a previous female evaluator, leading to an immediate mobilization of resistance against emotional closeness in the Transference. This now serves as a basis for a rapid progression to phases 3 and 4 of the CDS. The process is highly vertical and constitutes a good example of the standard format of ISTDP. This case is of particular interest to the student of Davanloo's technique, as it is presented in great detail, including the phases after the unlocking, over the span of the three articles by J.M. Gaillard.

7: THE ABANDONING MOTHER / THE WOMAN WITH SARCASTIC SMILE

Zois (1986)

Konzelmann (1995)

32-year-old woman presenting with episodes of depression dating back to her adolescence, major disturbances in interpersonal relationships with men as well as women in the form of letting herself be used and abused by men.

The case is presented by Zois as an illustration of Davanloo's approach with a patient suffering from episodes of depression. By Konzelmann, the case is used to illustrate a prolonged sequence of pressure, challenge and HOC with resistance against emotional closeness. The interview largely follows the standard format, beginning with an extensive focus on the patient's nonverbal tactical defenses in the Transference, proceeding to address their embeddedness in her characterological defenses. The name "woman with sarcastic smile" refers to the patient's sarcastic smile, which quickly becomes the center of this process. The patient's regressive defenses, such as her "mind closing off", weepiness and taking a fearful position are all challenged directly.

8: THE CEMENT-MIXER MAN / THE CEMENT MIXER

Davanloo (1978i)

Davanloo (1996)

Davanloo (1996b)

Davanloo (1999b)

Male patient in his early 30's, self-referred, presenting with symptoms of anxiety, depression, and obsessional thoughts. The patient is deemed to have an obsessive-compulsive character structure, being rigid, ruminative and passive, detached and intellectualizing, avoiding anxiety and seeking solutions in the external world. Furthermore, he presents with a great deal of difficulty in the area of interpersonal relationships, such as with asserting himself.

The case-material available primarily stems from later sessions with this patient, and therefore illustrates Davanloo's early technique, pre-1980, in interviews subsequent to the initial assessment interviews. The case constitutes a good example of Davanloo's early interpretative style, as well as a rare example of Davanloo's work with the male Oedipus complex. Furthermore, the transcript includes an interesting section in which the patient reviews recordings of his own sessions and reflects upon them.

THE CHESS PLAYER

Davanloo (1996)

Davanloo (1996b)

Davanloo (1999a)

Davanloo (1999b)

Davanloo (1999c)

Davanloo (2005)

Gottwik, Kettner-Werkmeister, Wagner (2001)

Said & Schubmehl (1999)

Male patient described as presenting with a high degree of resistance in the form of an obsessional character structure, resulting in major interpersonal difficulties of various kinds.

Unfortunately, the case is not available in any substantial detail. However, the case is used extensively by Davanloo to illustrate various tactical defenses.

9: THE CHEWING GUM MAN / THE MAN WITH THE CHEWING GUM

Davanloo (1996b)

Davanloo (1999a)

Davanloo (1999b)

Davanloo (1999c)

Davanloo (2005)

Gottwik, G., Kettner-Werkmeister, I., Wagner, G. (2001)

Gottwik, G., Ostertag, I., Weiss, M. (2001)

Muirhead (1996)

Muirhead (1996b)

Muirhead (1996c)

Said & Schubmehl (1999)

29-year-old man referred by his family physician after an extensive medical investigation due to the patient's concerns about having a brain tumor or heart condition, causing him to have what are really panic attacks. The investigation concluded that the patient is merely "neurotic", with no organic cause for his attacks. Furthermore, the patient has developed an associated pervasive fear of fainting and losing his balance in public, bordering on agoraphobia. Besides this, the patient suffers from GI-tract symptomatology diagnosed as mucous colitis.

The case is presented by Muirhead to illustrate Davanloo's work approach to a patient with panic attacks and secondary gains as the prominent part of his symptomatology. The patient is described by this author as harboring low to moderate resistance. The case constitutes a good example of how Davanloo conducts the process of inquiry by searching for the resistance, as well as the dynamic purpose of this search. The patient presents with symptom formation, and the therapist is aware that approaching the symptom should mobilize the patient's unconscious in the same way as approaching the emotional needs which lie at the root of it. The resistance is identified as the patient describes a dependent pattern in his current life. The therapist's probing, in an increasingly questioning and confrontative way, stirs up the CTF in the Transference, leading the patient to respond with his dependent behavior in the Transference. This behavior now becomes the focus of attention, leading to an increased rise in the CTF, and so the process of mobilization, ultimately leading to the unlocking, has begun. What appears after the unlocking is a parallel between the patient's symptoms, developed around the time of his father's death, and those of the patient's father towards the end of his life.

10: THE CORPORATE LAWYER / THE REAL ESTATE LAWYER

Davanloo 1988a

Davanloo 1988b

Davanloo 1996

Davanloo 1996b

Davanloo 1999b

Said & Schubmehl (1999)

37-year-old woman suffering from moderately severe character pathology, consisting of a tendency towards compulsive independence and efficiency, refusal of vulnerability and intense feelings of any kind, as well as difficulties acknowledging and expressing her anger.

The beginning of this case constitutes a good example of Davanloo's work with the tactical organization when it is rapidly mobilized in relation to the patient's feelings in a Current example. On the basis of this work, the process gradually tilts into the Transference, as the patient consistently avoids closeness with the therapist. The therapist now has a chance to confront the patient with her resistance and challenge it, leading to a rise in the Transference and eventually a partial unlocking. In

this way, the case also constitutes a good point of study for those wanting to understand the functioning of the resistance against emotional closeness. The rest of the interview is largely concerned with the patient's unresolved mourning of the death of her grandmother. As a last note, Davanloo's commentary on the case in (1988b) is very detailed and highly illuminating as to both his own technique and the dynamic roots of the patient's psychopathology.

11: *THE DEPRESSED, "SUICIDAL" WOMAN

Said (1988b)

39-year-old woman presenting at a psychiatric emergency service in a serious state of depression developed in response to the breakdown of her relationship with a lover.

The case constitutes an example of the process of ISTDP with an acutely depressed, possibly suicidal patient. The process is very gentle and largely interpretative, with no significant confrontation and a complete absence of challenge to the patient's resistance. Any focus on the sadistic organization of her core pathology is actively avoided. Since the patient is clinically depressed, the process begins with an extended piece of dynamic inquiry in which the therapist probes into the nature of the patient's conflict with her lover, as well as her conflicts over feeling trapped in her marriage and by her son. Her suicidality is assessed, and soon the interview focuses on the patient's sexual relations with her husband and her lover, revealing aspects of her oedipal conflict.

THE ENGLISHMAN WITH FAINTING ATTACK

Davanloo (1996b)

51-year-old man suffering from a chronic state of anxiety with attacks of hyperventilation as well as an episode where he actually fainted. He also presents with functional disorder of the G.I.-tract with diarrhea, flatulence and sharp-shooting stabbing abdominal pain. He has major conflicts with his wife and daughters, sexual difficulties in the form of an inability to have an erection, as well as characterological problems.

The case is only mentioned briefly to illustrate how to a patient's tendency to go off on tangents.

12: THE FASHION DESIGNER

Said, T. (1996)

Man in his early 30's suffering from diffuse symptom disturbances including generalized anxiety, social anxiety, mild performance anxiety, obsessive-compulsive symptomatology in the form of intruding thoughts about women and a compulsion to undress them in his mind and fantasize about intercourse, episodes of reactive depression, interpersonal difficulties and characterological disturbances in the form of a need to put up a façade, avoiding closeness and intimacy and a tendency to bend over backwards to please alternating with defiance.

The process of mobilization is initially undertaken by way of a detailed dynamic inquiry into the patient's sexual attraction to a co-worker, on the basis of the patient presenting with problems of intrusive sexualized impulses towards women. On this basis, this case constitutes a clear example of Davanloo's technique of orienting himself according to the presence of resistance, probing into the material which gives rise to it in order to crystallize the resistance in the Transference. Although on the basis of this process the patient initially goes on to have a significant breakthrough of grief and a partial unlocking, not a single pressure to feeling is used in this part of the process. Only when the patient's ambivalent feelings rise naturally as a consequence of the defense work does the evaluator introduce the topic of the patient's feelings in the Transference. Besides this, the case constitutes an example of Davanloo's work with sexualizing tendencies, illustrating his notion of the fusion of aggressive and sexual impulses in the unconscious.

13: THE GERMAN ARCHITECT

Davanloo (1986)

Davanloo (1986b)

Davanloo (1987d)

Davanloo (1988a)

Davanloo (1996b)

Davanloo (1999a)

Davanloo (1999b)

Davanloo (1999c)

Davanloo (2005)

Konzelmann (1995)

Beeber (1999)

Beeber (1999b)

Male patient in his early 30's, suffering from disturbances in interpersonal relationships characterized by distancing and inability to get emotionally close to anyone, conflict over closeness and intimacy, as well as longstanding conflicts with his family, particularly his father and one of his brothers. His characterological difficulties take the form of a detached, withdrawn, stubborn and defiant attitude. He also presents with severe difficulties in his relationships with women, in which he lives out a self-defeating and self-sabotaging pattern. Finally, he presents with episodes of depression without suicidal ideation.

As the many references indicate, *The German Architect* is one of Davanloo's most well-known cases, presented in one of most fundamental articles on Davanloo's mature technique of ISTDP, namely (Davanloo 1986; 1986b). The interview begins with an immediate mobilization of character resistance, which catapults the process forward into phase 3 of the CDS. The therapist systematically applies pressure and eventually challenge to the patient's resistance, leading to a rise in the Transference. The case is particularly illustrative as to Davanloo's approach to "classical" character resistance, building the rise on the basis of the resistance itself. Furthermore, the case contains an example of how Davanloo appears to construe the unlocking of the unconscious in the first part of the 1980's, namely as the rise in the UTA brought about when the patient merely experiences parts of his CTF internally (see also Davanloo 1987). The ensuing analysis of the Transference (phase 6 of

the CDS) is particularly lucid and illustrative, and shows how interpretation is still a part of the therapist's technical repertoire in ISTDP, when the UTA is strong enough to support it.

14: THE GIRL IN THE GOLDEN CAGE

Davanloo (1980c)

28-year-old woman presenting with depression, anxiety, and problems relating to men, her relationships to which are described as hostile. When she seeks treatment, she is in a relationship with a man whom she describes as very possessive (hence the golden cage), and whom she contemplates leaving.

The brief segment of this case presented in writing illustrates Davanloo's early interpretative technique before 1980. It is presented in order to shed light on the patient's response to interpretation of various aspects of her oedipal conflict.

THE HENRY-IV MAN

Davanloo (1996)

Davanloo (1996b)

Davanloo (1999b)

Said & Schubmehl (1999)

28-year-old man suffering from symptom- and character disturbances.

The case is only dealt with in passing, chiefly in order to illustrate how to address various tactical defenses, including tactical denial.

15: THE HYPERVENTILATING WOMAN / THE PATIENT WITH HYPERVENTILATION

Davanloo (1984)

Davanloo (1996)

Davanloo (1996b)

Davanloo (1999b)

Davanloo (2005)

Gottwik, Kettner-Werkmeister, Wagner (2001)

28-year-old woman presenting with attacks of hyperventilation, which have occurred on a daily basis for the past two months.

The case is the first one presented by Davanloo in writing to illustrate his newly developed method of ISTDP in 1984. Although the case is not described in any great detail, I include it as though it were, due to its importance for the historical study of the development of Davanloo's technique. From this perspective, the case illustrates the shift in Davanloo's technique taking place between the 1970's and the early 1980's. In contrast to his work of the early period, one now finds Davanloo

focusing more directly on the patient's feelings as well as her experience of them, working more systematically with both the tactical organization and transference resistance, referring to "pressure" and "challenge" rather than confrontation and interpretation, and other such innovations.

16: THE LITTLE BLOND DUTCH GIRL

Davanloo (1980d)

Davanloo 1979

Molnos (1986)

Said (1988)

Beeber (1999b)

22-year-old woman presenting with depression, crying spells, a constant fear of rejection, and a relation pattern with men, particularly her boyfriend, in which she is passive and has a need to bend over backwards to please them, alternating with passive aggression and overt fits of rageful acting out.

The case illustrates Davanloo's early technique before 1980. The available transcript is extensive and generously commented by Davanloo (1980d) as well as by Angela Molnos (1986). In it one finds a clear example of Davanloo's early way of confronting the resistance in the Transference, in order to link it to the other corners of the Triangle of Persons, and in this case tying the patient's behavior to her early Oedipal rivalry with and eventual loss of her sister.

THE MAID WITH DERMATITIS

Davanloo (1996)

35-year-old woman referred by her gynecologist due to frequent dermatitis in her genital area. The patient suffers from a compulsion of washing her vagina repeatedly after sexual intercourse with her husband.

The case is only presented very briefly in order to exemplify the tactical defense of hypothetical speech.

17: THE MAN FROM SOUTHAMPTON

Malan (1986)

Malan (1986b)

Davanloo (1987d)

Davanloo (1988a)

Davanloo (1996)

Davanloo (1996b)

Davanloo (2005)

Said & Schubmehl (1999)

47-year-old man described as having been in therapy over the span of 20 years, including periods of analysis three times per week. As the patient is so vague during the interview which is presented in writing, no clear description of his presenting problems is given. He is described, however, as suffering from a severely and chronically impoverished character, heavily relying on intellectualization, distancing, and serious self-directed aggression to avoid emotional closeness. He describes major difficulties in intimate relationships and episodes of depression with suicidal ideation.

The case constitutes a good example of Davanloo's approach when the patient's resistance quickly renders inquiry impossible. The patient is largely unable to pin down the nature of his difficulties, resorting instead to all kinds of vague generalizations and intellectualizations. These defenses, however, are now in themselves used as a basis for initiating the process of mobilization in the Transference, which involves challenging the transference resistance and applying pressure to the rising complex feelings mobilized by the process itself.

18: THE MAN OBSESSED WITH THE SMALL SIZE OF HIS GENITALS

Davanloo (1978j)

Davanloo (1979)

29-year-old married man, arrives at the psychiatric emergency service in a state of panic after his wife had run out of their session with a marriage counsellor, following which he had chased after her. The patient describes his marriage as a sadomasochistic one, and presents with general problems in interpersonal relationships such as feeling insecure with self-defeating and self-punishing tendencies. His main problem, however, is a symptomatic obsession with the small size of his penis and related difficulties in his sex-life.

The case constitutes an example of Davanloo's early interpretative technique, as well as an illustration of how Davanloo works with an Oedipal conflict in a male patient. (Davanloo 1979) contains an interesting excerpt from the termination phase of the process.

19: THE MAN WHO FEARED REJECTION

Davanloo 1980b

Worchel (1986)

Man in his early thirties presenting with disturbances in interpersonal relationships, fearing rejection and bending over backwards to please others. He experiences anxiety when attempting to approach women, expressing a sense of inferiority and lacking self-esteem, such as in the form of thoughts of not being "as good as others". The patient has had episodes of depression.

The case exemplifies Davanloo's early technique before 1980. Clear parallels to his mature technique are seen, however, in the way in which Davanloo immediately addresses the negative transference and associated resistance in the form of tactical defenses at the beginning of the initial evaluation interview. Furthermore, in the transcript presented in Davanloo's (1980b) paper, the patient's sighing is intentionally noted, indicating that even though he had not at this point published

his notion of the pathways of anxiety discharge, Davanloo was conscious of the significance of the patient's sighing.

THE MAN WITH AN IMPULSE TO MURDER HIS STEPFATHER

Davanloo (1978g)

20-year-old male patient, reports feeling very depressed, with disturbances in interpersonal relationships, particularly to other men. He has suffered from anxiety as far back as he remembers.

While only a brief segment of an initial session is available, this case illustrates Davanloo's early technique before 1980. In the segment available, one finds an early form Davanloo's technique of addressing tactical defenses, such as the patient's smile, forgetfulness, and hypothetical speech.

20: THE MAN WITH CRUSHING CHEST PAIN

Davanloo (2001)

Davanloo (2005)

Man in his 30'es, suffering from arthralgia, frequent episodes of crushing chest pain to the point of simulating heart attacks, severe panic attacks, diffuse characterological problems, disturbances in interpersonal relationships, major issues with closeness and intimacy, including to his three children. The patient has for a long period of time received physiotherapy, being reluctant to seek psychotherapy. Despite the nature of the patient's symptoms, he is deemed a solid psychoneurotic, with mainly striated muscle discharge.

The case exemplifies a very vertical format of ISTDP, initiated from the very beginning of the initial contact, characteristic of Davanloo's late work towards the 2000's, and somewhat similar to the procedure of the technique of Mobilization post-2000 (Compare to *The Mother Who Waited at The Pier*). The process of inquiry is almost entirely bypassed, until after the unlocking has taken place. The case itself also illustrates the way in which Davanloo (inaccurately) uses the terms "projective identification and symptom formation", namely to designate the causal relationship between the patient's symptoms and the impulses tied to his unconscious – in this case crushing impulses directed towards the chest of the therapist.

***THE MAN WITH FREQUENT ATTACKS OF IRRITABLE BOWEL**

Whittemore (1996)

Male patient in his 30's presenting with attacks of irritable bowel having worsened after the break-up of a relationship with a woman.

A few segments of this case are presented in (Whittemore 1996) to exemplify Davanloo's graded application of ISTDP.

21: THE MAN WITH HYPERVENTILATION AND FEAR OF LOSING CONTROL

Said, Rossi, Van Oyen, Wint (1998)

Said, Rossi, Van Oyen, Wint (1998b)

Said, Rossi, Van Oyen, Wint (1998c)

Said, Rossi, Van Oyen, Wint (1998d)

23-year-old man suffering from life-long chronic anxiety, major disturbances in interpersonal relationships, obsessional symptomatology, episodes of reactive depression, episodes of major panic attacks and frequent attacks of hyperventilation.

The case, presented at length across four articles, exemplifies Davanloo's approach to a patient suffering from diffuse symptom- and character disturbances, comparable to the case of *The Man with Panic, Fainting, Constipation and Agoraphobia*. Like in this latter case, the process is graded and begins with an illustrative example of how Davanloo uses structured inquiry to begin applying and gradually increasing pressure on the patient, a procedure which both has a mobilizing and psycho-diagnostic function. However, Davanloo's work in the two cases vary widely from there. In the first article on this case, one finds Davanloo undertaking a very interesting dynamic inquiry directly through the manifest fantasies the patient has of "going crazy", which are portrayed in relation to his mother, sister, and eventually, in the second article, his father. The first portrayals of aggressive impulses therefore appear quite cognitive in nature, but have a strong impact on the patient irrespectively. The case also includes an extensive segment demonstrating Davanloo's technique of gaining a clear view of the patient's core neurotic structure after the patient's resistance has been sufficiently deactivated.

22: THE MAN WITH MUCOUS COLITIS / THE MAN WITH THE CELIAC DISEASE

Worchel (1986b)

Gottwik, Ostertag, Weiss (2001)

Man in his thirties suffering from a chronic state of anxiety, intensifying as his girlfriend is increasingly pressing him to marry her. He presents with episodes of reactive depression and longstanding interpersonal difficulties, particularly in relation to women, in the form of gravitating towards passive, compliant and intellectually inferior partners who put him on a pedestal, and whom he dominates, only to lose interest in them. The patient is described as mild to moderately resistant.

The case exemplifies Davanloo's work with a patient on the mild-to-moderate end of the psycho-neurotic spectrum. Besides this, the case constitutes an example of work which is centered on the patient's sexual and romantic tendencies. The process of mobilization is driven largely by confrontations with the patient's choosing inferior partners, covering over a deep-seated sense of inferiority.

THE MAN WITH MULTIPLE PHOBIAS

Davanloo (1984)

51-year-old man suffering from a severe phobic-obsessional state for over 20 years, leading to an extreme dependence on his wife to accompany him everywhere he goes. The patient is constantly afraid of being criticized or humiliated and has consequently developed a relational pattern of bending over backwards to please others.

The case is presented in summary to illustrate Davanloo's newly developed method of "Intensive STDP". The case is interesting, in that the summary relates the course of the first handful of sessions in this patient's therapy, with Davanloo highlighting what he finds to be key events of each session.

23: THE MAN WITH PANIC, FAINTING, CONSTIPATION AND AGORAPHOBIA

Gottwik, Orbes, Tressel, Wagner (1998)

Gottwik, Orbes, Tressel, Wagner (1998b)

Gottwik, Orbes, Tressel, Wagner (1998c)

24-year-old man suffering from chronic anxiety, panic attacks, gastrointestinal disturbances, sharp abdominal pains, irritable bowel, fainting spells, phobic symptomatology in the form of agoraphobia, tension headaches, chronic pain particularly in the neck, blurring of vision, episodes of reactive depression, and disturbances in interpersonal relationships. The patient is defined as suffering from long-standing character neurosis with a spectrum of major regressive defenses, as well as a low capacity to experience and tolerate anxiety.

The case constitutes a very extensive example of Davanloo's technique with a highly complex, possibly fragile, patient with diffuse symptom- and character disturbances. Of particular interest are a handful of aspects: First of all, the case offers an example of an extended and meticulous phase of inquiry. One clearly senses how structured inquiry in itself constitutes a form of pressure, which Davanloo uses to assess the patient psychodiagnostically. Secondly, one gets a feel for the way in which pressure is increased as the therapist's inquiring comments begin to become more confrontative. Thirdly, the segment presented in the second article begins with an interesting shift in intensity, whereby the therapist, having assured himself that the patient is not fragile, increases pressure and challenge to the patient's defenses. This segment illustrates the difference between phases 1-2 of the CDS and phase 3, in which the therapist begins focusing more directly on the patient's defenses in the Transference. At the same time, Davanloo's approach is still graded, including more clarification in order to bring about Multidimensional Structural Changes along the way, particularly so as to differentiate anxiety from feeling. This process in itself brings a rise and subsequent crystallization in the Transference, in a manner which clearly reflects the inner logic of the CDS. In this way, the case illustrates the zig-zag pattern the interview takes in the graded format, as it oscillates between focusing on the dimensions of the Current and the Transference. Fourthly, the third part of the article contains a good example of Davanloo's work when pathological grief is turned into acute mourning.

24: THE MAN WITH THE BROKEN FIST

Davanloo (1999a)

Davanloo (1999b)

Davanloo (2005)

Male patient in his 40's presenting with syntonic character pathology, chronic anxiety, disturbances of the interpersonal relationships, and major problem with intimacy and closeness. The name refers to his tendency towards explosive discharge, in which he becomes violent, injuring himself and others. He has been suicidal, with clear plans of how to kill himself, so that "nobody will ever have a trace" of what happened to him.

The case is presented briefly to illustrate the technique of applying pressure with a patient who does not respond meaningfully to the phase of inquiry. In this respect, the segments of the case presented are quite similar to the beginning of the cases of *The Man from Southampton* and *The German Architect*.

THE MAN WITH VIOLENT DREAMS

Davanloo (1996)

No substantial information is available on this patient, except that he is in his 30's and suffers from symptom- and character disturbances. He is only mentioned once in Davanloo's article on the management of tactical defenses.

THE MANAGERESS / THE SALESLADY

Davanloo (1996)

Davanloo (1996b)

Davanloo (1999b)

Gottwik, Ostertag, Weiss (2001) – as "Patient 3"

Said & Schubmehl (1999)

Female patient in her 30's suffering from symptom- and character disturbances, manifesting as conflict over intimacy and closeness. The main focus is on her longstanding conflict with her mother, with episodes of verbal lashing out.

The case is only dealt with briefly, and illustrates how a patient may present with what appears to be feelings, but which upon scrutiny turn out to be anxiety and defenses.

25: THE MASOCHISTIC ENGINEER / AKA THE MAN WITH FOGGY GLASSES

Davanloo (1988a) – p. 118-119

Davanloo (1996)

Davanloo (1996b)

Davanloo (1999b)

Benoit (1990)

Said & Schubmehl (1999)

Male patient in his 40's presenting with a chronic state of anxiety which he handles by drinking alcohol, episodes of reactive depression, sexual difficulties in the form of premature ejaculation, disturbances in interpersonal relationships, severe marital conflict dating back to the birth of his son, and characterological problems in the form of passivity and detachment alternating with defiance, stubbornness and regressive behaviors such as trashing, throwing temper tantrums and yelling.

The case constitutes an example of Davanloo's technique of bypassing phases 1-3 of the CDS as the patient enters the interview with anxiety on the forefront. The patient has had to wait three to four months for the interview, having been promised a consultation within two to three weeks. In the process, one finds Davanloo drawing a clear distinction between the patient's rational explanations of the waiting time and his honest feelings about it, aiming directly for the latter – something which now mobilizes a host of tactical defenses, which are challenged, leading to a further rise in the CTF. In this way, although the "official" focus of the conversation is the patient's past feelings during the waiting time, the therapist's pressure and challenge to the defenses in the Transference now stir up a similar set of feelings in the Transference.

26: THE MASOCHISTIC HOUSEWIFE

Davanloo (1980c)

Davanloo (1996)

Davanloo (1996b)

32-year-old woman presenting with depression and suicidal ideation rooted in problems in interpersonal relationships, particularly with her husband and her in-laws, with whom she is compliant and passive. She also presents with an obsessional preoccupation with her husband's health of many years' duration. In the session, the patient presents weepy and helpless.

The short segment of the case which is available exemplifies Davanloo's early technique before 1980, and is presented mainly in order to illustrate the various types of interpretation used by Davanloo at this point, as well as the patient's response to them.

27: THE MASOCHISTIC SALESMAN SUFFERING FROM PANIC, FUNCTIONAL AND SOMATIZATION DISORDERS WITH FAINTING ATTACKS

Whittemore (1998)

Whittemore (1999)

Whittemore (1999b)

53-year-old man suffering from panic attacks, functional disorder in the form of irritable bowel syndrome and erectile dysfunction, and psychosomatic disorder in the form of a constant stabbing pain in the right side of his chest, tension in the chest, a pain in the right side of the abdomen, indigestion

and regurgitation. He also suffers from episodes of reactive depression and characterological difficulties in the form of a need to distance in relationships, major conflict over intimacy and closeness, a tendency towards compliance and bending over backwards to please alternating with defiance, stubbornness, sarcasm and a need to control. The patient is described as complex in terms of symptomatology and masochistic, with a massive need to sabotage himself.

The case constitutes one of the most extensive commented transcripts of Davanloo's work in the graded format, spanning almost a hundred pages across the three articles by Joan W. Whittemore. As in the two similar complex cases from the same period, *The Man with Panic, Fainting, Constipation and Agoraphobia* and *The Man with Hyperventilation and Fear of Losing Control*, the process begins with a structured inquiry into the nature of the patient's symptoms. This process in itself mobilizes, first, a host of extraordinarily syntonic tactical defenses in the Transference, prime among them generalization, minimization and tangents. As these are addressed in an increasingly firm fashion, there is a rise in the Transference, which then becomes the focus of the process of mobilization. In this way, the case exemplifies how the defenses themselves are used to render the process increasingly more dynamic, until the point at which the rise in the Transference is intense enough to be meaningfully addressed. From there on, one clearly senses the way in which the UTA grows and the resistance weakens as the interview progresses through an extensive phase of working through.

THE MASOCHISTIC SECRETARY

Davanloo (1996)

Davanloo (1996b)

Female patient in her 30's suffering from episodes of clinical depression and long-life character neurosis.

The patient is only mentioned briefly to exemplify a few tactical defenses.

28: THE MICROPHONE MAN

Davanloo (1999a)

Lorenzani-Francis (1995)

Lorenzani-Francis (1995b)

Male patient in his 40's suffering from major disturbances in his interpersonal relationships, especially with women. He finds himself unable to express anger, even in the face of mistreatment, and instead he becomes passive, submissive, and compliant, betraying a masochistic strain in his personality. He also presents with major difficulties with intimacy and closeness and a tendency to self-sabotage in his professional life as an engineer. Besides this, he has suffered from bouts of reactive depression, chronic anxiety and episodes of sleep disturbance.

The patient enters the interview with no visible anxiety, but a proliferation of syntonic obsessional defenses on the forefront. The case exemplifies Davanloo's technique of addressing this kind of very slippery resistance in the first interview. The process consists initially of systematically acquainting

the patient with his defenses, followed by the application of an increasing degree of pressure and challenge to them, which in turn builds up the rise in the Transference.

29: THE MOTHER WHO WAITED AT THE PIER

Hickey 2017

Hickey 2015

Hickey 2016a

Hickey 2016b

55-year-old woman partaking in Davanloo's closed circuit training programme, presenting with life-long character disturbances in the form of rigidity, stubbornness, and resistance against emotional closeness, as well as lifelong migraines and periods of insomnia. She is described as residing on the mid-right side of the psychoneurotic spectrum, with an absence of structural pathology.

The transcript available of this case is from 2012, and as such it constitutes the most recent example of Davanloo's work, and the only one stemming from his practice after the year 2000, while he was still developing his format of "Mobilization". Furthermore, the transcript is very extensive, spanning the bulk of (Hickey 2017). For these two reasons, the case is of particular interest for students wanting to understand the development of Davanloo's technique after what are arguably its mature years between 1985 and 1995, and wanting to study the work undertaken at the Montreal Training Workshops in Mobilization of the Unconscious.

30: THE MOTHER WHOSE SON STRANGLERED IN HIS CRIB

Davanloo (1980e)

Female patient of unknown age, probably around 30, seen for the initial interview two weeks after her 15-months-old son had strangled on the string of his pacifier while in his crib. Since then, the patient, along with her husband, had been attempting not to think about their dead son, such as by avoiding looking at things belonging to him and returning to work quickly.

The case comes from Davanloo's early research before 1980 and constitutes the only written example of Davanloo's approach to crisis intervention. Fundamentally, his technique consists in focusing on the memories associated with the patient's son, and specifically the period immediately prior to his death. Davanloo's comments on the case illustrate his understanding of pathological grief processes based on Freud's and Lindemann's work.

31: THE PASSIVE, SUBMISSIVE SECRETARY

Davanloo (1980c)

25-year-old woman presenting with problems suffered since her adolescent years in the form of chronic nervousness, episodes of depression, difficulties with interpersonal relationships, particularly with men, as well as anxiety in social situations. Describes herself as shy and unable to express

herself. Intensely worried that her husband may leave her to return to his former wife whom he left for the patient.

The short segment of the case available illustrates Davanloo's early technique before 1980, with a special emphasis on the various interpretations used by Davanloo at this point, linking the patient's behavior in the Transference to her early oedipal conflict. The transcript contains a typical example of the way in which Davanloo confronts the defense of passivity in the Transference, linking it to the patient's emotional difficulties in other relationships.

THE PRAYING MANTIS

Davanloo (1996b)

Davanloo (1999b)

Davanloo (1999c)

Gottwik, Kettner-Werkmeister, Wagner (2001)

25-year-old woman seeking help on the basis of having contracted an infection of her genital tract, which cannot be treated due to her phobic symptoms regarding medical procedures. She presents with anxiety, panic attacks and difficulties in her intimate relationships with men.

In (Davanloo 1980d, 100) Davanloo notes that he intends to present a patient named *The Praying Mantis* in a forthcoming publication. While in (Davanloo 1999c), Davanloo does note that he has had several patients of the "Praying Mantis type", this appears to indicate that the treatment of this patient was undertaken before the third congress of STDP in 1977 when the papers contained in his 1980 book were presented. As such, the case constitutes an example of Davanloo's technique before 1980. Interestingly, in (Davanloo 1999c) it is utilized to illustrate the technique of HOC, illustrating how this intervention was part of his technique even at this early point in his development of ISTDP. The short segment of the case available, chiefly from (Davanloo 1999c), presents Davanloo's work with the patient's sexual fantasies and her resistance against closeness which is mobilized strongly when they are approached.

32: THE SALESMAN / THE CASE OF THE SALESMAN AND HIS SISTER-IN-LAW

Davanloo (1995)

Davanloo (1996)

Davanloo (1996b)

Davanloo (1999a)

Davanloo (1999b)

26-year-old man suffering from mild obsessional symptoms.

The case constitutes a rare example of Davanloo's work with a mildly resistant patient. Besides in itself exemplifying how to recognize and work with low resistance, the case is therefore also illustrative as a contrast to the response to inquiry seen with more resistant patients. Furthermore, the case exemplifies how Davanloo conducts inquiry into the patient's sexual fantasies.

THE SALESMAN WITH SOMATIZATION AND PANIC DISORDER

Davanloo (1999a)

Male patient in his 30's suffering from a wide range of symptom- as well as character disturbances, chiefly chronic anxiety, episodes of panic, intermittent pain in his legs, chest pain and major disturbances in his interpersonal relationships, where he becomes distant, detached, non-involved, stubborn, and defiant.

The short segment presented of this case exemplifies the use of a very high degree of pressure to feeling from the very beginning of the interview, as the patient enters with anxiety on the forefront.

33: THE SCOTTISH STRANGLER

Gottwik & Orbes (2001)

Male patient in his 40's presenting with difficulties with forming long-term relationships with women. He describes having had extramarital affairs in both of his marriages, which ended in divorce. Besides this, he describes suffering from episodes of depression, a tendency towards explosive discharge of affect, and a chronic state of anxiety, particularly in relation to his job.

Inquiry soon leads to a rise in anxiety and detachment on the part of the patient, which is clarified and challenged systematically in terms of the patient's resistance against emotional closeness in the Transference.

THE SON OF THE AUSTRALIAN JOURNALIST

Davanloo 1996b

Male patient in his 40's suffering from symptom- and character disturbances.

The patient is only once to illustrate the use of generalization as a tactical defense.

34: THE STRANGLER

Davanloo (1995b)

Davanloo (1995c)

Davanloo (1996)

Davanloo (1996b)

Beeber (1999)

Beeber (1999b)

Male patient in his 40's suffering from disturbances in interpersonal relationships, especially in terms of intimacy and closeness, a chronic state of anxiety, a degree of somatization and functional

disorders, a lack of sexual desire tied to long-standing problems in his marriage, episodes of clinical depression, and character disturbances in the form of extreme detachment, passivity and compliance, oscillating with defiance.

The case illustrates several aspects of Davanloo's ISTDP: First of all, it is an example of the procedure taken when a highly resistant patient is unable to respond meaningfully to inquiry, i.e. to supply specific examples of his difficulties for the process to focus on. In this case, a proliferation of tactical verbal as well as nonverbal defenses constitute a rapid crystallization of the resistance in the Transference. Secondly, this leads to the application of the technique of Interlocking Chain of Head-On Collision, which constitutes a rare example of Davanloo's use of this most powerful form of challenge available in the ISTDP therapist's technical repertoire. This also makes Davanloo's commentary on the HOC applied in this case one of the most detailed in his writings, and worthy of close study. Thirdly, the case illustrates the "two-stage" unlocking procedure, in which an initial breakthrough to grief facilitates an increased engagement in the process and paves the way for increased challenge, leading eventually to a major unlocking.

THE SUBMISSIVE WOMAN

Davanloo (1978f)

Woman in her early 30's presenting with depression, suicidal ideation, obsessional ideas regarding her husband's health, and disturbances in interpersonal relationships, as well as a masochistic pattern in relation to men in which she takes a self-punitive, compliant, submissive position.

Only a short segment of this case is available, representing Davanloo's early research before 1980. The focus is on the patient's anger towards her husband, and we see Davanloo working in a more gentle, interpretative style.

35: THE TEETH-GRINDING WOMAN

Davanloo (1978d)

Davanloo (1999c)

32-year-old woman presenting with symptoms of depression, suicidal ideation, obsessional ideas regarding the health of her husband, and masochistic disturbances in interpersonal relationships in the form of a tendency to fall into a passive, submissive position.

The case exemplifies Davanloo's early work before 1980. In the initial interview, the phase of inquiry is extensive, as the therapist seeks to obtain a clear impression of the circumstances surrounding the patient's presenting problems. Defenses are not addressed to any significant degree – instead the therapist simply invites the patient to elaborate on the events she brings up. When the patient begins to become more openly defensive, the therapist responds in a more interpretative manner, clarifying the links between the patient's feelings and her defenses. Vignettes from later sessions are also presented.

THE TICKLING WOMAN

Davanloo (1999b)

Said & Schubmehl (1999)

No information on this patient is available. Short segments are used to illustrate the use of a few defenses.

THE UNWILLING MOOSE HUNTER

Davanloo (1987d)

The case is mentioned by Davanloo to illustrate certain aspects of the clinical manifestations of superego pathology. Neither transcript nor substantial information on this patient is available.

36: THE WOMAN USED AS A GO-BETWEEN / THE MASOCHISTIC WOMAN WITH MIGRAINE HEADACHES

Davanloo (1989c)

Davanloo (1989d)

Davanloo (1996)

Davanloo (1996b)

48-year-old woman suffering from migraine, chronic depression with episodes of major clinical depression and major masochistic character pathology.

This case exemplifies Davanloo's work in the graded format, in which the process shifts continually between exploration in the Current dimension and challenge to resistance mobilized in Transference. The initial focus is on the breakdown of a relationship which had precipitated one of the patient's depressive episodes. The relationship involved a triangular dynamic, as the man, Dick, was simultaneously seeing another woman, Maria. Pressure coupled with challenge to defenses mobilized in the Transference leads initially to a series of minor breakthroughs of anger in the Current, followed by extensive recapitulation. Psychiatric history is taken and the first part of the trial therapy is brought to a close. The second part continues in the same manner, with inquiry and pressure in the Current and simultaneous challenge to resistance mobilized in the Transference, resulting in a series of minor breakthroughs of anger, guilt and painful feelings, eventually leading to a minor unlocking in the Current, from where the process goes into a systematic inquiry into the patient's dynamic past and its relation to her current difficulties.

37: THE WOMAN WHO BRUISED HER THIGH

Davanloo (1987d)

Davanloo (1988a)

Said (1986)

Said (1987)

Konzelmann (1995)

Female patient in her 40's, working as a computer programmer, predominantly suffering from characterological depression in the form of a chronic sad and despairing mood and gloomy thoughts, with the presence of some psychomotor retardation, feelings of emptiness, and a tendency to self-depreciation and blame. The patient presents with interpersonal difficulties, with a tendency towards detachment and distancing, stubbornness, sarcasm, compliance and defiance, resulting in a largely empty life orbit. The evaluator describes impoverishment of major ego functions and evidence suggests that the clinical picture has been a life-long pattern. The patient has had episodes of acute clinical depression of the neurotic type, accompanied by major ego depletion requiring hospitalization. In addition, the patient suffers from a chronic state of anxiety and suicidal ideation. Absence of manic or hypomanic attacks, delusions or hallucinations, characteristic of major affective disorders.

The case exemplifies a very firm version of the graded format with this symptomatically quite complex, characterologically depressed patient. As the interview begins, the patient's character defenses interfere with the process of inquiry, leading to a shift in focus towards the nature and function of these defenses in the Transference. The therapist proceeds to apply pressure to defenses and passing moments of HOC. We see how Davanloo initially uses pressure and challenge so as to help the patient differentiate the corners of the Triangle of Conflict, without proceeding to systematic challenge until structural changes have been achieved.

38: THE WOMAN WITH A MACHINE GUN / THE MACHINE GUN WOMAN

Davanloo (1987b)

Davanloo (1987c)

Davanloo (1987d)

Davanloo (1987e)

Gottwik, Kettner-Werkmeister, Wagner (2001)

30-year-old woman suffering from characterological depression which has intensified into several minor and three major depressive episodes of 6-12 months' duration. Besides this, chronic anxiety which permeates all aspects of her life, severe disturbances of interpersonal relations in the form of inability to allow emotional closeness and tendencies to self-sabotage and allowing herself to be victimized. The patient reports sexual disturbances in the form of pain during intercourse and being totally anorgasmic. Furthermore, the patient presents with a life-long pattern of distancing and detachment, passivity, compliance/defiance and inability to assert herself.

This case is an example of the application of the graded format of ISTDP. It demonstrates how the therapist does not move to premature explanation of the depressive mechanism, but gradually applies increasing pressure and challenge to the resistance mounting in the Transference while making sure anxiety is well regulated, until a small breakthrough is achieved. At this point the repressive mechanism is broken, and the therapist drives home insight into the nature and function of the patient's resistance and the distinction between anger and anxiety, paving the way for the rest of the process which proceeds by way of the standard format of ISTDP.

***THE WOMAN WITH ATTACKS OF FAINTING**

Whittemore (1996)

Female patient in her 30's suffering from panic disorder with fainting attacks.

The case is presented briefly to illustrate the process of handling resistance in the graded format.

THE WOMAN WITH FAINTING ATTACKS

Davanloo (1996)

Davanloo (1996b)

46-year-old woman suffering from diffuse anxiety, panic attacks, fainting attacks and disturbances in interpersonal relationships.

The case is presented briefly to illustrate the use of a few tactical defenses.

***THE WOMAN WITH RECURRENT EPISODES OF DEPRESSION**

Whittemore (1996)

Female patient in her 20's suffering from episodes of depression with suicidal ideation.

The case is presented briefly to illustrate the process of handling resistance in the graded format.

THE WOMAN WITH THE BUTCHER KNIFE

Davanloo (2005)

Female patient in her early 40s presenting with major episodes of clinical depression with suicidal ideation as well as major characterological disturbances.

The case is mentioned in order to illustrate the dramatic visions the patient can have after a powerful unlocking has occurred. Unfortunately, no transcript of this case is available.

THE WOMAN WITH THE DIAMOND RING / THE MASOCHIST PHYSICIAN AND THE BIG EYES

Davanloo (1996b)

Gottwik, Kettner-Werkmeister, Wagner (2001)

35-year-old woman suffering from major characterological problems in the form of passivity, compliance, self-depreciation, a need to let herself be used and abused, as well as sexual problems, episodes of clinical depression and a chronic state of anxiety.

The patient is presented briefly to illustrate how Davanloo uses the patient's behavior in her Current life to clarify her resistance in the Transference. It is also used in Davanloo's article on tactical defenses to illustrate self-depreciation used as a tactical defense.

UNNAMED PATIENT #1

Davanloo (1980b)

29-year-old woman presenting with depression, chronic anxiety, difficulties in her job, and disturbances in interpersonal relationships, especially with men. Her last relationship with plans to marry had broken down just a few months prior to her seeking treatment.

The case constitutes an example of Davanloo's early technique before 1980 and contains early examples of Davanloo's work with tactical defenses, as well as his style of confronting and interpreting the patient's passivity in the transference. One also sees how Davanloo has begun addressing the feelings mobilized by his confrontation, using them to further interpret the links between feelings and defenses and linking them to the other corners of the Triangle of Persons.

39: UNNAMED PATIENT #2

Said & Schubmehl (1999c)

Female patient in her 20's suffering from diffuse symptom- and character disturbances, panic attacks, anxiety, episodes of hallucinatory experiences, major clinical depressions, social- and performance anxiety, fainting attacks, episodes of dissociation and drifting. She is described as having a fragile character structure.

A segment of this interesting case is presented to illustrate the portrayal of primitive murderous rage and breakthrough into the unconscious with a fragile patient.

40: *UNNAMED PATIENT #3

Benoit (1991)

44-year-old man presenting with difficulties in interpersonal relationships, life-long characterological depression and a chronic state of anxiety. He describes having conflicts with his wife, his two sons and his boss.

The patient has been on waiting list for four years (!) and enters the interview with a rise in anxiety. The process rapidly proceeds to pressure to feelings in the Transference, soon escalating to systematic challenge focusing on the patient's resistance against emotional closeness. In this way, the process exemplifies a quite vertical process with a moderately resistant patient.

4. CASES BY ORDER OF APPEARANCE

While it is not possible to date Davanloo's cases on the basis of their order of appearance in print, one is indeed left with the impression, that such order does roughly reflect the development of Davanloo's technique, as it is deducible on the basis of his own writings, as well as those of his students. The following list therefore constitutes a tool for those wanting to study Davanloo's development on the basis of his cases. As a framework for undertaking this study, I have suggested dividing the cases into four periods: An "early period", while Davanloo still calls his method "broad focused STDP", a "mature period", where Davanloo starts calling his method ISTDP, a "late period" towards the year 2000 but before the development of his mobilization workshops, and a final "mobilization period".

1) EARLY PERIOD, reflecting Davanloo's earliest research, spanning the years 1963 to 1974. The cases were presented at symposia held in 1975, 1976, and 1977, but are not published until a few years later:

1978

*The Teeth-Grinding Woman
The Angry, Childlike Woman
The Submissive Woman
The Man with An Impulse to Murder His Stepfather
The Cement-Mixer Man
The Man Obsessed with The Small Size of His Genitals*

1980

*Unnamed Patient #1
The Man Who Feared Rejection
The Girl in The Golden Cage
The Masochistic Housewife
The Passive, Submissive Secretary
The Little Blond Dutch Girl
The Mother Whose Son Strangled in His Crib*

2) MATURE PERIOD, in which Davanloo begins to call his method ISTDP:

1984

*Patient With Hyperventilation / Hyperventilating Woman
The Man with Multiple Phobias
The Man with The Metal Pipe*

1986

*The Man from Southampton
The German Architect
The Woman Who Bruised Her Thigh
Man With Mucous Colitis / The Man with Celiac Disease*

The Woman with Sarcastic Smile / The Abandoning Mother

1987

The Bank Auditor / The Man with The Baseball Bat / The Man with The Metal Pipe

The Woman with A Machine Gun

Butch / The Frustrated Musician

The Unwilling Moose Hunter

1988

The Masochistic Engineer / The Man with Foggy Glasses

The Corporate Lawyer

Unnamed Patient #2

1989

The "Fragile" Woman / The Masochistic Woman with Brutal Mother

The Woman Used as A Go-Between / The Masochistic Woman with Migraine Headaches

1991

Unnamed Patient #3

1995

The Case of The Salesman and His Sister-In-Law / The Salesman

The Strangler

The Microphone Man

The BB Gun Man / The Bee-Bee Gun Man

1996

The Chewing Gum Man

The Fashion Designer

The Woman with Recurrent Episodes of Depression

The Man with Frequent Attacks of Irritable Bowel

The Woman with Attacks of Fainting

Henry-IV Man

The Auto Mechanic with Somatization

The Board-Like Professor

The Chess Player

The Englishman with Fainting Attack

The Hyperventilating Woman

The Maid with Dermatitis

The Man with Violent Dreams

The Masochistic Secretary

The Praying Mantis

The Real Estate Lawyer

The Son of The Australian Journalist

The Woman with Fainting Attacks

The Masochist Physician and The Big Eyes / The Woman with The Diamond Ring

3) LATE PERIOD, in which Davanloo's technique expands and intensifies:

1998

The Man with Panic, Fainting, Constipation and Agoraphobia

The Man with Hyperventilation and Fear of Losing Control

The Masochistic Salesman Suffering from Panic, Functional and Somatization Disorders with Fainting Attacks

1999

The Manageress / The Saleslady

The Tickling Woman

The Woman with Hyperventilation

The Man with The Broken Fist

The Salesman with Somatization and Panic Disorder

Unnamed patient 2

2001

The Man with Crushing Chest Pain

The Scottish Strangler

2005

The Woman with The Butcher Knife

4) MOBILIZATION PERIOD, reflecting Davanloo's development of the mobilization workshops:

2015

The Mother Who Waited at The Pier