"I couldn't change the past; the answer wasn't there?: A case study on the subjective construction of psychotherapeutic change of a patient with a Borderline Personality Disorder diagnosis and her therapist

Duarte, Javiera
Fischersworring, Martina
Martínez, Claudio
Tomicic, Alemka

© 2017, © 2017 Society for Psychotherapy Research. Background: Qualitative research has provided knowledge about the subjective experiences of therapists and patients regarding the psychotherapy process and its results. Only few studies have attempted to integrate both perspectives, considering the influence of a patient’s characteristics and diagnosis in the construction of this experience. Aim: To identify aspects of psychotherapy that contribute to therapeutic change based on the experience of a patient and her therapist, and to construct an integrated comprehension of the change process of a patient with Borderline Personality Disorder. Method: A single case was used to carry out a qualitative analysis of follow-up interviews of the participants of a long-term psychotherapy. Two qualitative approaches were combined into a model entitled "Discovery-Oriented Biographical Analysis" to reconstruct an integrated narrative. Results: This method yielded an integrated narrative organized i