

**Patricia Coughlin**

**Understanding and Resolving the Root Causes of Torment**

In this video-presentation, I hope to illustrate a method of psychotherapy (ISTDP) designed to discover, activate and resolve the unconscious source of suffering that is responsible for most of our patients symptoms and difficulties. Frieda Fromm-Reichmann said: "To redeem one person is to redeem the world". When our patients heal, there is a ripple effect that touches many lives and can even change communities. I will use the case of a sixty-six year old woman who had been suffering from a whole host of emotional and physical disorders for sixty years, as an example. Many previous attempts at therapy, and a long list of medications had failed to alleviate her suffering. In fact, seeking help, but not receiving it, only added to her distress. This previously "treatment resistant" patient was effectively treated in thirty sessions with ISTDP. Not only were all of her symptoms alleviated and replaced with something healthy, but her masochistic character was fundamentally alerted. The changes in her had a positive impact on her family, co-workers and community. So, even when doing individual work, we can affect the world.