

**The 5th World Congress for Psychotherapy
October, 15-18 2008, Beijing, China**

**Integrated Psychodynamic Therapy of Panic Disorder:
Case Study**

Mohammad Khodayarifard, Ph.D.

**Child Clinical Psychologist and Associate Professor
Faculty of Psychology and Education University of Tehran,
Department of Counseling and Educational Psychology
Jalale Ale Ahmad Ave. Chamran High Way, 14454, Tehran, Iran**

E-mail: khodayar@ut.ac.ir
Phone: (+98-21) 22441349
Fax: (+98-21) 88259418

Alfred Pritz, Ph.D.

**Professor
Sigmund Freud University
Schnirchgasse 9a
A-1030 Vienna, Austria**
E-mail: alfred.pritz@sfu.ac.at
Phone: (+43) 664-1122299
Fax: (+43-1) 7984098

Saba Khodayarifard, M.A.

**Clinical Psychologist
Family and Child Clinic
University of Shahid Beheshti
Velenjak St., Chamran High Way, Tehran, Iran**
E-mail: aurora1248@gmail.com

Abstract: Findings of epidemiological studies have demonstrated Anxiety Disorders to be among the most common and heterogeneous disorders in adults. About 7.2% of general population suffers from such disorders, whereas only about one fourth of them seek treatment. Panic Disorder is one of the common chronic and debilitating Anxiety Disorders, with a life-time occurrence rate of 1.5% to 3%. Medication, of course, has proved to be helpful in the short-term treatment of the disorder, but its long-term consequences and complications are not clear. Moreover, many of those suffering from it show no interest in medication or cannot tolerate its side-effects. Researchers have thus developed an interest in designing and promoting psychodynamic models for treating the disorder. The **purpose** of the present case study was to treat Panic Disorder through application of the psychodynamic approach. The client was a 23-year-old female university student who was diagnosed with Panic Disorder, according to clinical interview, DSM-IV-TR criteria, MMPI results and the psychiatrist's diagnosis. The **method** consisted of exposing her to psychodynamic therapy, focusing on Object Relations, Ego Psychology and Self Psychology. The techniques used in this method were Free Association, emphasis on the unconscious, processing the repressed emotions of childhood, enhancing the Ego defense mechanisms, and analysis of transference. According to the **results**, the techniques were highly efficient in the treatment of the subject diagnosed with Panic Disorder. The client developed a more integrated feeling of herself by reviewing, observing and examining her personality construct, including the "ego", and by gaining insight into her relationships with her significant objects. Finally, consistency of the results with the literatures, limitation of the study and future suggestion, are **discussed**.

Key words: Anxiety Disorders, Panic Attacks, Psychodynamic Psychotherapy, Object Relations, Ego Psychology, Self Psychology.