

BOND DISORDERS OF PATIENT WITH ASTHMA: A CASE STUDY.

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The issue of treatment and providing preventive activities concerning bronchial asthma and related diseases is still not fully investigated. Besides the medical aspects, there are psychosomatic ones, such as sociopsychological, which can intensify asthma symptoms or arise as a consequence of the disease. Previous investigations in the sphere of psychosomatics show that a chronic illness makes the patients reveal an extended dependence on others. The patients also tend to perceive other people as being responsible for their health problems. This attitude is usually caused by the disease process and the feeling of a threat related to the symptoms. In the present article I presented a case study of a patient with diagnosed bronchial asthma who was subjected to psychodynamic therapy. The aim of the therapy is to help a patient in an interpersonal sphere and, when a therapeutic alliance is already established, to support the development of individualization and separation in his disordered process and help recover. The case presented in the article is one of many others, when patients with chronic diseases, including bronchial asthma, apply for therapy. Adult patients usually complain about discomfort in social situations, difficulties to keep job or, like in the presented case, about bond disorders which reveal themselves as intrusiveness and adhesiveness.