

## **Case B: Chris**

Chris is a 45 years old man, married since 20 years and father of three daughters (18, 16 and 14 year of age). He is working as a computer engineer and software analyst. At the first session, he reports a burn-out and a loss of motivation for his work, and even more generally in life. He also said that he felt lost in general, as he had no directions for his life.

Chris is working in a small software company in which he is a senior programmer. He is describing himself as highly skilled for programming and as being the person to whom unsolvable cases were attributed. For many years (more than 15), he had been over-invested in his job, working long hours and also during the week end. He confesses to have sacrificed part of his personal and family life for his work. However, since several months, he lost all his energy and motivation for work. He continues to work, but has to force himself all the time. He reports distant relationships with his colleagues, as he prefers to work alone and seems often aggravated by the lack of competence of some colleagues. He reports that his boss seeks closer relationship with him (inviting him to restaurants, etc) but that he prefers to keep distance. He is also critical about the way the boss manages the company and feels he is often given impossible missions.

The relationship with his wife is tense. He reports she complains that he is not doing work in the house sufficiently rapidly (repainting a room, etc.). They are attending together a dance class twice a week, which they appreciate very much. However, they have been recently disturbed by the fact that another student in the dance class made an explicit romantic approach to Chris' wife.

Chris has difficult and distant relationships with his parents and brother. He feels he and his wife and daughters are judged and looked upon by them. He is also keeping distant relationship with them, avoiding any personal matter and discussion.

Chris reports no close friends.

Chris is hoping that psychotherapy will help him to recover his motivation for work, his energy and enthusiasm, and to stop suffering passively from his condition.

**Behavioral chain (adapted from Davidson & Clark, 2014)**

***What are the target behaviors?***

Behavioural deactivation  
Lack of felt emotion

***What are the consequences of the behavior?***

Depressed mood.  
Difficulties in relationships

***What is the potential precipitating factor of the problem behavior?***

Workoholism

***What are the perpetuating factors (thoughts, emotions, behaviors, feelings)?***

Emotion denial

***What are the internal or external factors that increase vulnerability to engage in the problem behavior?***

Poor insight

***Does the patient have an idea on how different choices could have been made and would have changed the situation?***

No