ABSTRACT

A coping mechanism for anxiety in a male adult client with characteristics of Autism Spectrum Disorder

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This report discussed a coping mechanism for anxiety in a male adult client with characteristics of Autism Spectrum without Disorder (ASWD), who reported no difficulty during his childhood. During psychotherapy the therapist noticed strong anxiety in his strange behavior and analyzed the problematic behaviors associated with his coping mechanism for anxiety. It seemed that the main objective of his coping for anxiety could be to obtain pleasant feelings from bodily comfort, comforting thoughts, and sympathy from the important people in his life. Additionally, the following actions of the therapist could also have affected the client: (1) sharing his anxiety by visualizing and representing it to him, (2) embodying his inner world in a frame of reference, and (3) interpreting the malice of people to him. In conclusion this report pointed out that in psychotherapy with clients who have ASWD, it is important to understand the client's non-adaptive behavior as the outcome of a desperate coping mechanism for anxiety.

Key Words: Autism Spectrum Disorder, anxiety, coping