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**ABSTRACT**

Psychotherapeutic process for an adolescent male unable to leave a bathroom for prolonged periods

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This study discusses an interview process using cognitive-behavioral therapy with an adolescent male having difficulty attending school because of his inability to remain outside of a bathroom for long periods of time. The client's principal diagnosis was obsessive-compulsive disorder with comorbid autism spectrum disorder and somatic symptom disorder. A fourth interview clarified that the target symptom was related to social anxiety disorder. By the final session, according to the client, the benefits of the interviews were that the therapist took the time to listen and spoke to the client while they shut themselves in a bathroom, which then encouraged the client to leave the bathroom. When practicing cognitive-behavioral therapy, it is important to take the time to obtain the necessary information and perform an assessment to identify the psychological problems behind the mental illness. Furthermore, it is important for the client to continue to feel that the interview is a safe and reassuring space that satisfies their desire for help from others while thoroughly examining the techniques that can be used to provide personalized interventions.

**Key Words:** cognitive behavioral therapy, comorbidity, personalized intervention

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