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## ABSTRACT

Use of thought field therapy (TFT) for a case of chronic atypical depression after suicide attempts

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This study presents a case of a man with chronic atypical depression who had attempted suicide and participated in psychological interviews using thought field therapy (TFT). TFT was used within verbally supportive psychological interviews about the fearful and traumatic scenes of previous suicide attempts. After three TFT sessions, the therapist-client relationship remained positive and calm, and the interview process concluded successfully after 17 sessions. TFT enabled the patient to deal with his intensive traumatic experiences within an outpatient framework. The conclusions drawn from applying TFT were: (1) The best timing for tuning into TFT was when the person intensely talked about emotional problems; (2) TFT was effective when used as a response to acute emotional reactions when re-experiencing traumatic stress; (3) TFT promoted changes in self-cognition along with reduced tension and increased emotional stability; (4) Applying the physical stimulation method was effective for interpersonal rejection hypersensitivity in atypical depression; (5) TFT prevented repeated secondary injuries due to traumatic experiences; and (6) TFT helped stabilize and maintain the framework of the psychological interviews.

**Key Words:** thought field therapy (TFT), atypical depression, suicide attempts, tuning

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