

TWO DOGS IN THE HISTORY OF AN ANXIOUS GIRL

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Humans share with mammals basic emotions, as the seeking and care systems (Panskepp 2012).

Dogs' emotions can be shaped by education: excited, contained, repressed depending on the training received in infancy.

The patient, a young adult, is anxious, inhibited in the affective life and in the studies.

Old relationships: affectionless control in parental care (characterised by low care and high overprotection, Parker 1979).

New relationship in dynamic psychotherapy (twice a week, 4 years, L. Orazi, supervisor L. Cappelli): affective care, flexibility, transference awareness and mentalization .

Clinical improvement:

the patient is less inhibited: finds the courage to adopt a new dog
(and finally finds a good boyfriend)

The family dog, relegated in the garden, cannot go out neither enter in the house: is restless and aggressive.

The patient's dog is trained in a different way: is cheerful , tender and affectionate.

The changes in the therapeutic relationship are reflected in the dog's behaviour and also, at pre-symbolic level, in the patient's brain functioning, in the seeking and care systems.