

The Development of the Therapeutic Alliance in the Treatment of Anxiety Symptoms: A Clinical Case Study

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Abstract:

The therapeutic alliance is widely recognized as a central factor in the effectiveness of psychotherapy. Within psychodynamic psychotherapy, the alliance develops through a relational process characterized by empathic attunement, reflective exploration of emotional experience, and the therapist's capacity to provide a stable and containing relational environment. This paper presents a case-based reflection on the development of the therapeutic alliance using a psychodynamic framework.

In the therapeutic work described, the alliance was fostered through several interrelated processes. First, empathic listening and validation supported the client's experience of being understood and emotionally recognized. Second, reflective dialogue was used to help the client think about and articulate internal emotional states and relational patterns, thereby strengthening reflective functioning and mentalization. Third, the therapist maintained a consistent and reliable presence, creating a holding environment that enabled the client to explore difficult emotions safely. Finally, attention was given to moments of resistance and emerging transference reactions, which were approached with curiosity rather than confrontation.

Through these processes, the therapeutic relationship gradually became a space in which the client could explore internal conflicts and develop new meanings, illustrating how the psychodynamic approach supports the formation and deepening of the therapeutic alliance.

Keywords:

Anxiety, case study, panic-like symptoms, psychotherapy, therapeutic alliance.