

Specifics of Studying Changes in Individual Case of Psychological Counseling

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Abstract. At the current development stage of researches in the field of psychological therapy and counseling, both scientific and professional therapeutic organizations and communities are largely involved in solving the following problems: accuracy of practice activities and determination of efficiency criteria for psychological therapy and counseling. In recent years, this problem is being tackled within the framework of pilot scientific projects in the Department of Psychological Counseling. Based on the analysis model of one individual case, the study on personal psychoanalytic counseling of five clients (three women and two men, age of 27-48) was carried out. Each of five counseling therapies lasted from 1.5 to 4.5 months. To represent an individual case, a client was chosen who demonstrated the most strongly pronounced level of anxiety during the previous and the sequent observation. The clients of psychological counseling filled in the psycho-diagnostic procedure forms before and after the process. They were warned that the process would be based on the psychoanalytic approach and all the sessions would be recorded. The results of the study were based on a time series plan with the involvement of quantitative and qualitative data processing methods.

Keywords: Investigation of an individual case, Psychological counseling, Time series, Qualitative study, Distribution-free methods

1. Introduction

Today, psychotherapy is a complex field that includes diverse practices and a wide range of theoretical approaches to the provision of psychological assistance. Relationship between theoretical principles and counseling practices has always been quite tense, which is associated with attempts to comprehend it from beyond and explain the uniqueness of a plethora of individual practices in the context of psychological assistance.

One of the main issues regarding counseling was the question of its efficiency and possibility to estimate this efficiency in each particular clinical case. H. Kächele assumed that exactly this combination of a particular case and its efficiency was one of the stress points in course of psychotherapy development in the context of psychoanalytic tradition [19]. According to A. S. Lenz, D. L. Morgan, R. K. Morgan, W. C. Sanderson [21; 22; 24; 27] a sufficient number of socio-psychological, economic and scientific standards in the modern world entailed the need to revise the criteria for evidence of counseling practice efficiency.

When talking only about scientific standards, it is worth noting that academic psychologists consider the study based on the analysis of individual cases to be scientifically groundless and having low scientific status. However, N. P. Busygina, referring to such reputable authors as B. S. Bratus, F. E. Vasilyuk, L. Wittgenstein, S. Kvale and A. V. Yurevich, offers some solid arguments for this method [4; 5].

E. S. Kalmykova indicates the benefits of the analysis of individual cases in the framework of psychological counseling or psychotherapy [16]:

- 1) a deep and thorough study of an individual case in a counseling practice may raise doubts about the theory and lead to its refinement, completing or revision;
- 2) during the analysis of an individual case, a heuristically valuable technique may be worked out, which could be applicable for studying the method of providing assistance in the framework of a stricter empirical study;
- 3) the study of an individual case allows a thorough analysis of several rare, yet practically important phenomena;
- 4) the study of an individual case can be organized in such a way that data obtained will be fairly actual and reliable;
- 5) the analysis of an individual case can be an assistive instrument that, first, helps a theoretical framework acquire more "flesh", and second, helps theoretical statements get the applied relevance.

This opinion corresponds to beliefs of J. Brockmann, H. Kirsch, K. Dembler, D. König, I. de Vries, M. Zabolitzki, G. Silberschatz, J.M. Doran, C.E. Hill, W.B. Stiles, J.Z. Goldsmith [2; 7; fifteen; 29], who deem case researches to be a fairly complicated method that can clarify many processes observed in the field of psychotherapy and psychological counseling. This method allows carrying out a detailed analysis of changes that occur during the process of psychotherapy [7; 15; 29] and distinguish separate details of these changes, which are considered the results [11; 26]. In order to adapt and coordinate the results of an individual counseling case with the requirements of research based on the natural science paradigm, it is necessary to estimate this method's capacity and to provide specific contextual working knowledge instead of universal theoretical knowledge, which is usually not related to the context [11].

Thus, to this day, there remains some inconsistency between theoretical principles of scientists and practical activities of psychotherapists and counselors, who base their activities on provisions from guidelines and instructions related to various directions of counseling [23; 26], which imply that researches and processing of results are executed according to other standards. In order to increase the effectiveness of the estimating psychotherapy and psychological counseling, it is proposed to use coherently both qualitative (techniques of phenomenology and hermeneutics) [5; 17; 18; 25; 30] and quantitative methods (distribution-free methods of mathematical statistics) [10; 28] for processing research information.

Our study is aimed at scrutinizing the effectiveness of individual cases of psychoanalytically oriented psychological counseling, when clients with different anxiety degree get professional help in overcoming their problems associated with tension in their relations with friends and acquaintances [6; 14]. As part of the study, the paper presents the consistent use of both qualitative research methods and distribution-free methods of mathematical statistics designed to determine minor changes that occur in a fairly short time of work with clients.

The purpose of the study is to estimate capabilities of psychoanalytically oriented psychological counseling using the example of a single-case analysis with the implementation of quantitative and qualitative methods for processing research data.

Hypotheses of the empirical study were the following assumptions:

- psychoanalytically oriented psychological counseling contributes to the reduction of personal anxiety degree of the client, which entails the decrease in tension in their social relations;
- the use of distribution-free methods of mathematical statistics and methods of qualitative analysis of data obtained via session recording allows detecting minor changes in manifestations of the client's problems.

The present research relates to the scientific theme of the Department of Psychological Counseling: "Research on Urgent Problems of Theory and Practice of Counseling Psychology", which was registered in 2018 (its state registration number in CITiS (Center of Information Technologies and Systems) is AAAA-A17-117121950077-9). This work explores the opportunities of studying individual cases of the psychoanalytic approach to counseling and psychotherapy of adults.

2. Materials and Methods

Participants of the research

The empirical study on anxiety manifestations involved 54 people (10 men and 44 women, aged 29-55) representing different educational organizations. In the course of the study, after some psycho-diagnostic procedures were performed, 5 people addressed the research organizers to express their intention to undergo counseling in order to discuss their problems related to broken relationships with friends or relatives.

The characteristics of study participants are summarized in table 1.

Table 1. Description of characteristics of the study participants.

Sex	Age range	Personal anxiety level (Spielberger-Hanin test)	Duration of psychological counseling
Men (n = 1)	30 years old	1 – moderate	10 sessions (1 session per week, 2.5 months)
Women (n = 4)	29-44 years old	1 – severe 3 – moderate	6-14 sessions (1 session per week, 1.5-4.5 months)

The study presents individual psychoanalytic counseling that lasted 4 months (11 sessions) for a client (female, 44 years old) with severe personal anxiety.

Research procedure

The experimental study was conducted from 2018 to 2019. Data on anxiety manifestations and relationships with family and friends were collected via the following psycho-diagnostic techniques: anxiety assessment methods of Charles Donald Spielberger and Yuri Hanin; methods for diagnosing interpersonal relationships (Timothy Leary); the Questionnaire of Interpersonal Relations (QIR) – a methodology of W. Schutz; categorization method for session text senses [9].

Personal anxiety level (according to Spielberger-Hanin method) was the main criterion for dividing study participants into groups. The study procedure is shown in Fig. 1.

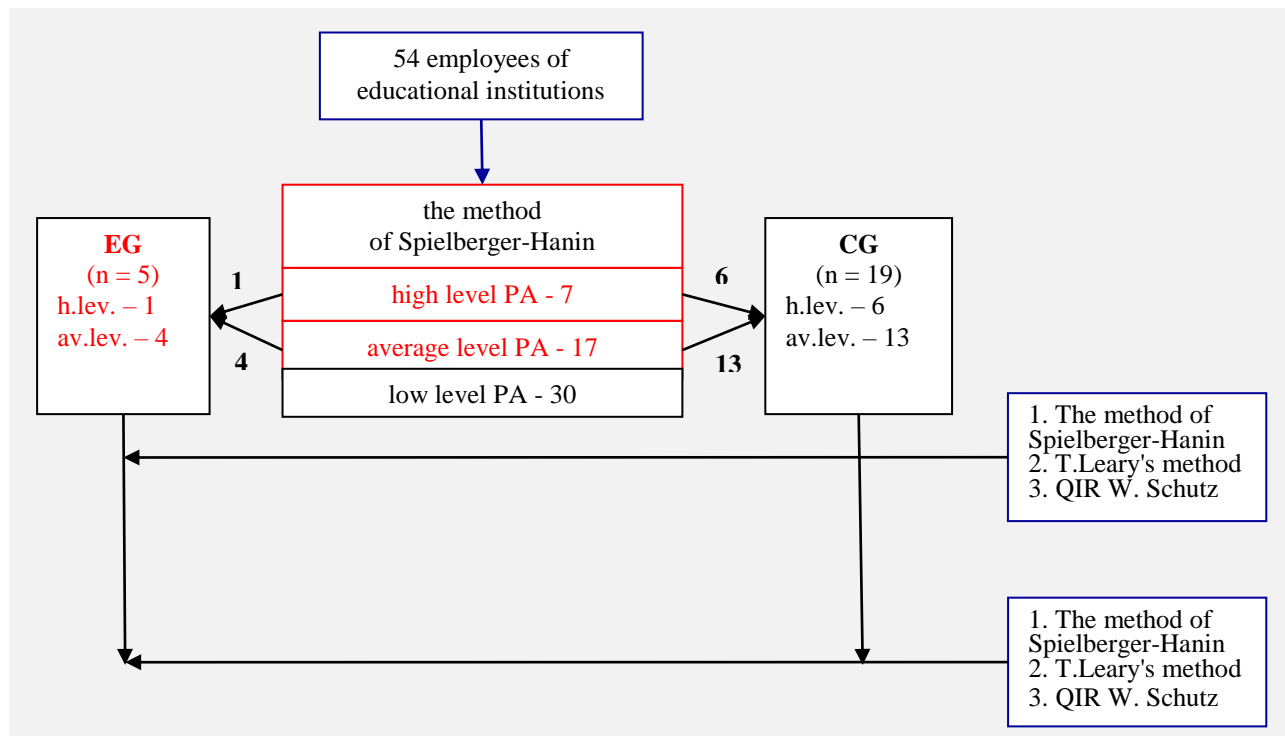


Fig. 1. The procedure for examining an individual case of a client with severe anxiety.

Note. The following abbreviations are used in the figure: EG - experimental group, CG - control group, PA - personal anxiety, h.le. - high level (severe anxiety), av.le. - average level (moderate anxiety), l.le. - low level (mild anxiety),

To fulfill the experimental study, 5 clients who agreed to participate in psychological counseling made up the experimental group (EG), while the rest of participants with severe and moderate level of personal anxiety ($n = 19$) comprised the control group (CG). Only 3 of 5 clients from the EG gave their consent for the use of session records (except for the records of counseling) in the experimental study.

In both the EG and CG, two measurements were executed with the use of three psycho-diagnostic methods. The EG had all sessions recorded for further qualitative processing. The following strategies were used for data collection: collection of quantitative parameters at both the beginning and end of psychological counseling and collection of qualitative parameters when recording all sessions held by a counselor. The transcription of counseling sessions was executed after the end of the sessions.

In course of the study, *quantitative parameters* were distinguished, which were represented by scale indicators of various psycho-diagnostic techniques. Words and phrases spoken by clients about their anxiety and relationships with relatives, friends and acquaintances were defined as *qualitative parameters*. Those words were mentioned when clients described their state of mind and relationships in their stories or when answering questions during the counseling sessions.

Psychoanalytically oriented counseling, which was executed on the basis of theoretical and practical principles formulated by Kachel H., Tome G. [19], A. N. Kharitonov [12; 13], R. J. Ursano, S. M. Sonnenberg, and S. G. Lazar [31], acted as the *experimental impact*. Counseling sessions lasted for 50 minutes and were performed like a direct interaction with a client who was sitting (the agreed frequency of sessions – once per week; breaks were discussed in advance; warning of the need to skip a session was 24 hours before the meeting).

The impact made by psychoanalytic counseling in order to reduce clients' personal anxiety level acted as an *independent variable* in the experiment. This fact determines the change in social relations of a client with their relatives and friends.

Dependent variables were identified on the basis of a theoretical conclusion that clients' social relations are mediated by their level of personal anxiety and taking into account, first, tasks and objectives, which are fulfilled through psychological counseling, and, second, the possibility to study this impact in the framework of psychological assistance. The *dependent variables* were presented by:

- *level of personal anxiety* of a client, as the main indicator associated with the request of customers. Personal anxiety characterizes a stable tendency to perceive a wide range of situations as threatening and respond to such situations with a state of anxiety (indicators: stress, anxiety, nervousness). Severe level of personal anxiety is directly related to the presence of a neurotic conflict, which in the context of social relations is supplemented by emotional and neurotic breakdowns.

- *social relations*, which are evaluated according to 8 types of relations depicted on the scales of the T. Leary methodology, as well as the assessment of relations in three areas of interpersonal needs: inclusion (I), control (C) and affect (A) according to QIR method of W. Schutz. In each area the following aspects are taken into account: the expressed behavior of an individual (e), i.e. the intensity of personal behavior in this area is assessed; the behavior, that a person requires from others (w), i.e. a person assesses the intensity of others' behavior in relation to them (according to QIR method of W. Schutz).

As a technique for processing *qualitative information*, the method of *categorizing values* is selected. This method allows estimating the manifestation of certain categories in a session text, which are encoded proceeding from the purpose of the study by a counseling psychologist.

The method of categorizing senses implies the reduction of long sentences in the text to simple categories of "+" and "-" types (presence or absence of a phenomenon) or a simple introduction of numbers/a scale from 1 to 5 for the indication of the severity of a phenomenon. In this case, these are the parameters of personal anxiety and social relations of a client. Thus, categorization makes a large text shorter and more structured reducing it to several tables and figures. The categories under analysis were worked out before the counseling process based on theoretical constructs of personal anxiety and relationships started.

The following parameters of the studied categories are identified:

a) for category "personal anxiety":

Indicator (words, phrases) - (nouns, adjectives, verbs)	Words and phrases spoken by a client that refer to:		
	themselves (3 points)	others (2 points)	disclaiming those (1 point)
statements about tension, aggression, irritation, negative self-criticism, insult, offence, moral disapproval, guilt or threat, statements about mockery, deficiency, shame, embarrassment, humiliation, excessive emphasis on personal shortcomings or private details, or the threat thereof			

b) for category "social relations":

Indicator (words, phrases) - (nouns, adjectives, verbs)	Words and phrases spoken by a client referring to:		
	themselves (3 points)	others (2 points)	disclaiming those (1 point)
positive emotions, conversations, actions (for example: joy, satisfaction, good, kind, pleasant, etc.)			
negative emotions, conversations, actions (tension, horror, fear, anxiety, negativity, etc.)			

For a quantitative analysis of the session texts, the following indicators are defined:

- frequency of certain indicators being said (the number of words reflecting a certain indicator);
- relative frequency of certain indicators (the ratio of frequency a certain indicator being said to the total amount of words in a text).

Estimation of indicators and the experimental study itself were carried out on the basis of a methodology of single-case analysis, which was described as a possible design for a study by such authors as D. Campbell, V. N. Druzhinin [8; 20], N.P. Busygina [3; 4] and particularly in details by I.E. Zhmurin and V.V. Kuzovkin [32] as part of a possible study on psychological counseling and psychotherapy.

To prove the hypothesis of an empirical research on the influence of personal anxiety level on social relations of clients, the method of discriminant function analysis was used, which was implemented in IBM SPSS Statistics 25.0 software package.

Information obtained at the beginning and at the end of the research was processed using the Wilcoxon T-test for both the experimental and control groups. To prove the impact of personal anxiety level on social relations of clients, the discriminant function analysis was used. All methods of mathematical statistics used during the research were applied via statistical software package IBM SPSS Statistics 25.0.

3. Results

Description of data on psycho-diagnostic techniques used for the first measurement (based on data collected from 54 participants), which served as the basis for dividing the test subjects into the EG and CG.

According to *Spielberger-Hanin methodology*, the following data were obtained: a high level of personal anxiety was detected in 7 study participants (13.0%); a medium level – in 17 people (31.5%); a low level – in 30 people (55.5%).

The study participants, who showed a low level of PA and belonged to the CG, were enticed into the second measurement executed according to psycho-diagnostic techniques after the psychological counseling was completed.

According to *method of Interpersonal Diagnosis of Personality (IDP)*, the data collected in the group of *study participants with a high and medium level of personal anxiety* showed that the following types of relationships dominate there (we indicate the first three places in trend hierarchy in the group): the 3rd trend is “exactingness – intransigence – cruelty” (9 people, 33.3%); the 1st trend is “dominance – power – despotism” (4 people, 14.8%); the 4th trend is “skepticism – contrariness – negativism” (4 people, 14.8%).

According to the method of IDP, in the group of participants *with a low level of personal anxiety* the dominant types of relationships are: the 5th trend is “flexibility – meekness – passive subordination” (8 people, 26.7%); 8th trend “sympathy – benevolence – self-sacrifice” (8 people, 26.7%); 2nd trend is “self-confidence – self-assertion narcissism” (5 people, 16.7%).

Psychoanalytically oriented counseling was organized and conducted for the participants belonging to the EG. Data on three clients, who gave their consent to use information obtained during their counseling, are presented below:

- the 1st client (female, 52 years old, high PA level), 11 sessions held (work proceeds). The data obtained during counseling of this client are presented in the work as part of a qualitative analysis.
- 2nd client (female, 41 years old, medium PA level), 9 sessions held (work completed).
- 3rd client (female, 34 years old, medium PA level), 14 sessions held (work proceeds).

Mathematical processing of data of the first and second measurements in both the EG and CG for the assessment of progress in two groups.

The results of the first and second measurements in both the EG and CG were assessed using the Wilcoxon T-test for all indicators of all three psycho-diagnostic methods. The data of this analysis are presented in tables 2, 3, 4.

Table 2. Comparative analysis of the results by the Wilcoxon T-test according to the method for assessing anxiety of Spielberger-Hanin*

	PA	SA
EG (n=5)	0.008	0.155
CG (n=19)	0.133	0.773

* Note: values in bold type indicate significant differences in groups determined by the Wilcoxon T-test from 2nd and 1st measurements.

The results of the analysis by the Wilcoxon T-test allow concluding that clients have experienced significant changes in their PA parameter ($p = 0.008$), which is not observed in the CG, where no significant difference was observed for any of the parameters.

Table 3. Comparative analysis of the results by the Wilcoxon T-test according to the method of Interpersonal Diagnosis of Personality (T. Leary)

	1	2	3	4	5	6	7	8
EG (n=5)	0.045	0.009	0.014	0.029	0.122	0.013	0.144	0.311
CG (n=19)	0.224	0.699	0.138	0.099	0.148	0.048	0.186	0.669

*Note: values in bold type indicate significant differences in groups determined by the Wilcoxon T-test from the 2nd and 1st measurements.

The results of the analysis by the Wilcoxon T-test of data obtained in accordance with IDP method show that the EG has significant changes in 4 of 8 indicators of relationship types. These changes are statistically important for such types of relationships as: the 2nd trend “self-confidence – self-assertion narcissism” ($p=0.009$); the 3rd trend “exactingness – intransigence – cruelty” ($p=0.014$); the 4th trend “skepticism – contrariness – negativism” ($p=0.029$) and the 6th trend “trustfulness – obedience – dependence” ($p = 0.013$).

Table 4. Comparative analysis of the results by the Wilcoxon T-test according to the QIR methodology of W. Schutz*

	Ie	Ce	Ae	Iw	Cw	Aw
EG (n=5)	0.053	0.007	0.017	0.139	0.008	0.013
CG (n=19)	0.234	0.719	0.132	0.149	0.144	0.044

*Note: values in bold type indicate significant differences in the groups determined by the Wilcoxon T-test from the 2nd and 1st measurements.

According to the QIR methodology of W. Schutz, it should be noted that an increase in participants' indicators on scales Ie, Ce, Ae and a decrease in the indicators on the scales Iw, Cw, Aw were observed *as the expected (experimental) effect*.

This is caused by the peculiarity of interpreting data on the indicators specified by the author. This interpretation suggests that low performance (0-1 points) leads to the manifestation of deficit behavior of partners, while the highest performance (8-9 points) leads to the manifestation of excessive behavior of partners.

The results of the discriminant function analysis of the data on the EG clients for proving the hypothesis of an experimental study and a qualitative analysis of the results of psychoanalytic counseling.

The results of the discriminant function analysis are presented in table 5.

Table 5. Results of discriminant function analysis according to psycho-diagnostic techniques for both the EG and CG

Indicators of psycho-diagnostic methods	Wilks' lambda	Lev. value
Methodology of T. Leary		
Real-self – 1 st trend	,969	,452
Real-self – 2 nd trend	,833	,010
Real-self – 3 rd trend	,938	,197
Real-self – 4 th trend	,586	,000
Real-self – 5 th trend	,944	,220
Real-self – 6 th trend	,602	,000
Real-self – 7 th trend	,834	,110
Real-self – 8 th trend	,669	,000
Ideal-self – 1 st trend	,978	,540
Ideal-self – 2 nd trend	,977	,552
Ideal-self – 3 rd trend	,926	,139
Ideal-self – 4 th trend	,786	,002
Ideal-self – 5 th trend	,987	,711
Ideal-self – 6 th trend	,942	,222
Ideal-self – 7 th trend	,987	,711
Ideal-self – 8 th trend	,650	,000
Partner – Real – 1 st trend	,964	,389
Partner – Real – 2 nd trend	,976	,541
Partner – Real – 3 rd trend	,930	,156
Partner – Real – 4 th trend	,893	,055
Partner – Real – 5 th trend	,897	,057
Partner – Real – 6 th trend	,896	,057
Partner – Real – 7 th trend	,927	,145
Partner – Real – 8 th trend	,886	,046
Partner – Ideal – 1 st trend	,964	,389
Partner – Ideal – 2 nd trend	,991	,790
Partner – Ideal – 3 rd trend	1,000	,992
Partner – Ideal – 4 th trend	,974	,509
Partner – Ideal – 5 th trend	,998	,800
Partner – Ideal – 6 th trend	,961	,420
Partner – Ideal – 7 th trend	,998	,800
Partner – Ideal – 8 th trend	,965	,488
QIR method of W.Schutz		
Ie – trend to be in a group of other people	,955	,049
Ae – trend to establish close relationships with others	,989	,755
Ce – trend to control relationships with others	,933	,043

Iw – the desire of an individual to receive interest from others and to be accepted into their society	,973	,497
Aw – an individual wants to be engaged in profound and emotional relationships with others	,933	,043
Cw – trend to obey others in communication	,972	,497

The table gives important values of the discriminant function analysis in bold type, the cells of those are marked grey. For each social relations parameter under analysis, the table provides a Wilks' Lambda value and a value of the importance level, which allow evaluating the differences for each indicator of social relations in the EG and the CG.

Thus, discriminant function analysis allows defining indicators of social relations that determine the difference between the groups of participants, and also observing effects of the criterion of difference between them (psychoanalytic counseling) on specific indicators of clients' relations.

The results of discriminant function analysis showed the following dependences of indicators of clients' social relations from their PA level:

- the decrease in their PA level that occurs during the process of counseling affects the dynamics of 10 indicators of a client's social relations: "Real-self" – 2nd trend (p=0.010), "Real-self" – 4th trend (p=0.000), "Real-self" – 6th trend (p=0.000), "Real-self" – 8th trend (p=0.000), "Ideal-self" – 4th trend (p=0.002), "Ideal-self" – 8th trend (p=0.000), "Partner – Real" – 8th trend (p=0.046), Ie – trend to be in a group of other people (p=0.049), Ce – trend to control one's relations with other people (p=0.043), Aw – an individual wants to be engaged in profound and emotional relationships with others (p=0.043);

- while PA level is decreasing, the dynamics of a client's Self-real is observed: it is fulfilled through the increase in self-confidence, independence and efficiency (p=0.010); through the decrease in incredulity, suspiciousness (p=0.000), increase in the level of respect, gratitude (p=0.000), increase in the desire to take care of relatives, as well as in tolerance for their defects and ability to forgive them (p=0.000).

At the same time, Ideal-self of a client changes less dynamically, which is quite expected. However, changes in the Ideal-self are manifested through exactly those components (relationship types 4 and 8) that also take place in the Real-self, which means that there is an increase in the identity of particular components and illustrates the growth of personal identity as a whole.

- when PA level decreases, clients start expecting tolerance for their shortcomings, as well as the ability to forgive them, from their partners, close friends and relatives ("Partner – Real" – 8th trend, (p=0.046);

- the decrease in PA level has an effect on clients' social relations, which is manifested through the decrease in the tendency to control their relations with others (indicator Ce, p=0.043), a client's desire to be engaged in profound emotional relationships with others increases (indicator Aw, p=0.043), a client's desire to be in a group of other people (indicator Ie, p=0.049) arises more often.

Qualitative analysis of session proceedings from psychoanalytic counseling of 3 clients.

Table 6 presents results of the analysis of qualitative data on manifestation of both personal anxiety and social relations according to the selected criteria.

Table 6. Quantitative indicators of clients' comments in the process of counseling

category	indicators	Session number													
		1	2	3	4	5	6	7	8	9	10	11	12	13	14
1st client															
Personal anxiety	of oneself (3 points)	11	12	9	8	8	6	4	3	3	4	3			
	of others (2 points)	8	7	8	5	5	5	3	2	1	1	1			
	disclaiming those (1 point)	4	3	5	2	2	0	2	2	0	0	1			
	average	7.7	7.3	7.3	5.0	5.0	3.7	3.0	2.3	1.3	1.7	1.7			
Social relations (negative)	of oneself (3 points)	9	7	8	5	6	3	2	2	2	3	2			
	of others (2 points)	7	5	5	6	5	5	3	4	3	3	3			
	disclaiming those (1 point)	4	3	3	4	6	5	2	4	3	3	1			
	average	6.7	5.0	5.3	5.0	5.7	4.3	2.3	3.3	2.7	3.0	2.0			
Social relations (positive)	of oneself (3 points)	0	2	0	3	4	3	5	5	4	5	6			
	of others (2 points)	1	0	0	0	2	2	1	3	4	2	4			
	disclaiming those (1 point)	0	0	0	0	0	1	3	1	2	3	3			
	average	0.3	0.7	0.0	1.0	2.0	2.0	3.0	3.0	3.3	3.3	4.3			

2nd client															
Personal anxiety	of oneself (3 points)	6	5	5	3	2	2	1	0	2	2				
	of others (2 points)	4	4	3	2	2	2	1	1	1	1				
	disclaiming those (1 point)	2	3	3	4	1	1	1	0	1	1				
	average	4.0	4.0	3.7	3.0	1.7	1.7	1.0	0.3	1.3	1.3				
Social relations (negative)	of oneself (3 points)	4	2	5	5	4	3	3	2	2	3				
	of others (2 points)	2	2	2	3	2	2	3	5	4	5				
	disclaiming those (1 point)	0	0	1	1	1	1	4	3	2	1				
	average	2.0	1.3	2.7	3.0	2.3	2.0	3.3	3.3	2.7	3.0				
Social relations (positive)	of oneself (3 points)	0	0	1	2	4	3	6	6	5	7				
	of others (2 points)	1	1	0	2	2	2	3	5	4	5				
	disclaiming those (1 point)	0	0	2	1	2	1	4	3	2	1				
	average	0.3	0.3	1.0	1.7	2.7	2.0	4.3	4.7	3.7	4.3				
3rd client															
Personal anxiety	of oneself (3 points)	6	5	5	6	7	7	6	3	2	2	1	1	0	2
	of others (2 points)	7	6	6	6	5	8	8	4	4	1	0	1	1	0
	disclaiming those (1 point)	4	3	3	4	4	5	1	0	1	1	0	0	2	0
	average	5.7	4.7	4.7	5.3	5.3	6.7	5.0	2.3	2.3	1.3	0.3	0.7	1.0	0.7
Social relations (negative)	of oneself (3 points)	9	2	5	5	4	3	3	2	2	3	4	2	0	0
	of others (2 points)	7	6	7	9	4	2	3	1	1	1	2	2	2	0
	disclaiming those (1 point)	3	5	2	4	5	2	4	3	2	1	0	0	1	1
	average	6.3	4.3	4.7	6.0	4.3	2.3	3.3	2.0	1.7	1.7	2.0	1.3	1.0	0.3
Social relations (positive)	of oneself (3 points)	2	1	1	2	4	3	6	6	5	7	9	9	4	7
	of others (2 points)	1	1	0	2	2	2	3	5	4	5	6	6	5	8
	disclaiming those (1 point)	4	0	2	1	2	1	4	3	2	0	0	0	2	3
	average	2.3	0.7	1.0	1.7	2.7	2.0	4.3	4.7	3.7	4.0	5.0	5.0	3.7	6.0

For clarity, the analysis of data obtained is presented in the form of graphs that allow comparing the dynamics of indicators of personal anxiety and of social relations (for example, negative manifestations of this indicator are considered) (see Fig. 2, 3, 4).

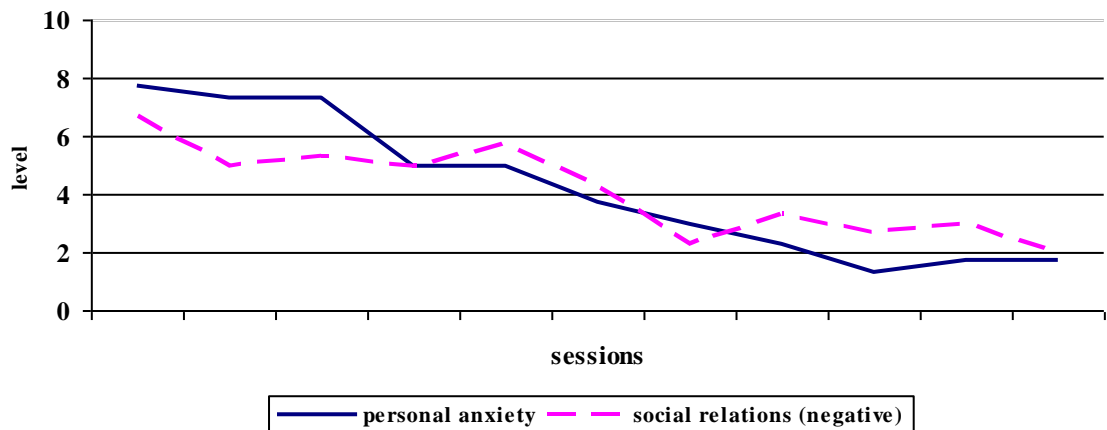


Fig. 2. The dynamics of the first client's level of personal anxiety and social relations (negative manifestations).

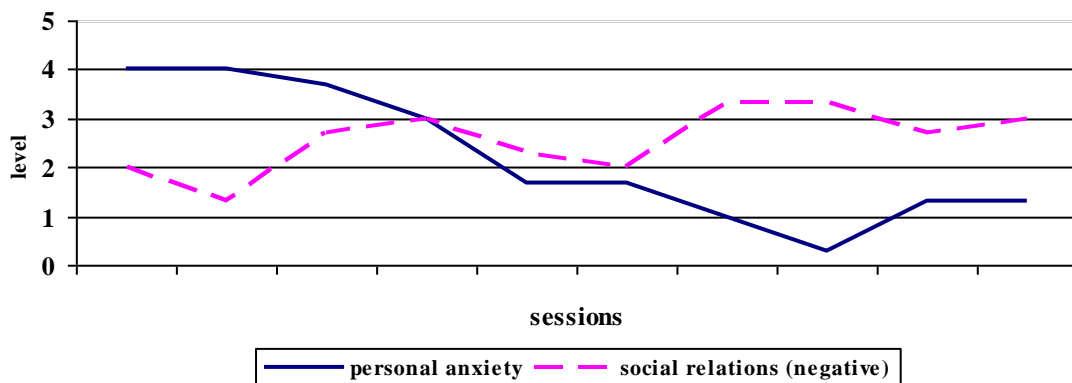


Fig. 3. The dynamics of the second client's level of personal anxiety and social relations (negative manifestations).

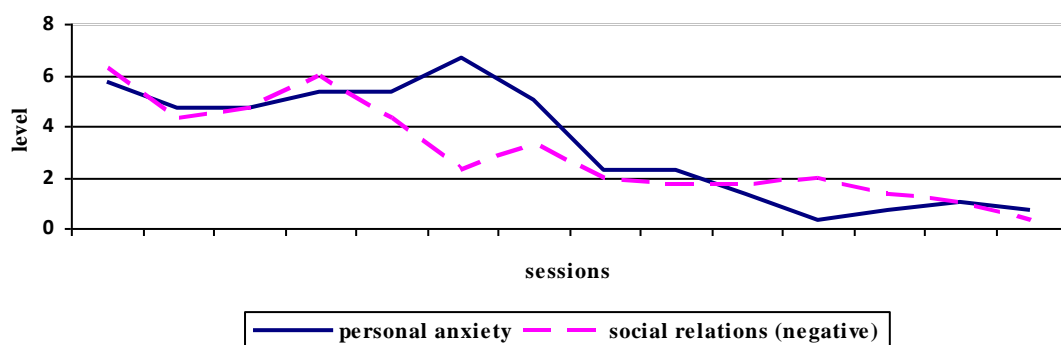


Fig. 4. The dynamics of the third client's level of personal anxiety and social relations (negative manifestations).

4. Discussion

The experimental study showed that psychoanalytic counseling causes a decrease in the level of personal anxiety of clients, which affects the reduction of tension in social relations with their friends and acquaintances. The coherent use of quantitative and qualitative methods allows recording these changes.

The results obtained via *the Spilberger-Hanin method* in the study group of education workers allow noting that almost every second participant of the study has a moderate or severe level of personal anxiety, which implies their poor preparedness for alarm reactions, permanent anxiety and no confidence in their future.

According to the IDP methodology of T. Leary, workers with a high and medium level of personal anxiety showed that they have such qualities prevailing as irritability, criticality, intolerance to a partner's mistakes, as well as

the desire for dominance, independence, which is accompanied by incredulity, suspicion, jealousy, susceptibility and rancor in social relations.

Thus, the group with a *high PA level* has those types of behavior in the social environment prevailed that are focused on the desire for dominance, irritability, criticality, intolerance to a partner's mistakes, incredulity, suspicion, susceptibility and rancor.

This group almost does not use such relationship options as respectfulness, gratitude, desire to bring joy to a partner and has weakly manifested ability to mutual assistance, sociability, kindness and attentiveness.

According to the IDP methodology of T. Leary, the group of participants *with a low level of personal anxiety* has such behavioral states prevailing as criticality, modesty, timidity and shyness, which indicates the willingness to manifest delicacy, tenderness, the desire to take care of close friends and relatives, as well as tolerance for others' defects and ability to forgive. Self-confidence, independence and general proficiency are peculiar to them.

It is unusual for this group to use such relationship options as: the desire for dominance, independence, the ability to take responsibility, self-confidence, independence, efficiency, suspicion, jealousy, resentment and vindictiveness.

The results obtained by the QIR method of W. Schutz showed that the following trends are more pronounced in the group with a high level of PA:

- low indicators for Ie ("the trend to be in the group of other people") were defined, which means that people from this group do not feel comfortable among people and try to avoid them.

- rather low indicators for Iw ("the desire of an individual to receive interest from others and to be accepted into their society") allow concluding that people from this group tend to communicate with a small number of people.

- low indicators for Ae ("the trend to establish close relations with others") show tension when establishing close relations.

Relatively to the group of participants *with a low PA level*, it should be noted that the results on all indicators of scales of W. Schutz's QIR method are in the middle range, which means that these indicators are the balanced. Thus, it can be considered that people with a low PA level do not have extreme manifestations of indicators of interpersonal relationships and they do not tend to attract others in relationships by all means, to excessively control relationships or affectively respond even in hard situations. This allows noting that the level of relations differentiation, selectivity and trust in relations are more peculiar to this group.

The results of mathematical processing of data obtained in the first and second measurements executed in both the EG and the CG with the use of the Wilcoxon T-test according to *the Spielberger-Hanin method of assessing anxiety* allow noting the significance of changes in personal anxiety only for the EG. The dynamics of changes in a clients' PA level may be associated with the fact that this personality trait acts as an indicator of the assessment of various social situations and is responsible for a person's reactions to threatening situations in the shape of anxious state.

In the process of working with clients, considerable attention was paid to discussing situations that trigger client's tension and anxiety and start their conflict with everyone involved in the situation.

For instance, in the process of working with clients, they discussed such situations concerning their relatives and friends, when clients had nervous breakdowns. As the result of this work, two clients experienced a decrease in their anxiety during the repeated discussions on problematic and conflict situations, and all the clients acquired ability to discuss the details of such situations.

The results of a comparative analysis *of the data of T. Leary's methodology* show that in the EG there were significant differences in 50% of the indicators of the relationship types. The presented changes should be more connected with the dynamics that occurred in the hierarchy of the presented types of clients' relations. Of course, this cannot be recognized as changes associated with the dynamics in relations of the clients themselves in their actual relationships with friends and relatives.

At the same time, it should be noted that these differences allow noting the high dynamics of these indicators for such a small number of counseling sessions (11.3 sessions conducted on the average). Despite this, it should be noted that in the process of work, changes in the hierarchy of types of social relations were manifested in the clients mentioning that they had become: less irritable and more tolerant to the mistakes of relatives and friends (for example: "... at least I can listen to a story about it..."); independence in relationships is manifested more often (for example: "... I often can just say what I want... not what they expect from me..."); the level of distrust, suspicion, resentment has decreased (example: "...I can just tell...", "... I listen and for some reason I understand, especially now The last time it is so!").

The results of a comparative analysis conducted according to the QIR method of W. Schutz before and after psychological counseling in the EG and between the measurements in the CG allowed drawing up the following conclusions:

1. In the EG, more significant changes occurred on 4 scales of the methodology, while in the CG – only on one scale. The most significant changes (decrease) in the EG are observed on the scales Cw "need for control" and Aw "need for affect".

This dynamics (the decrease in parameters of Cw) indicates that obtaining information by clients during the process of counseling significantly reduces the perception of excessive control by their relationship partner, suggesting a more harmonious satisfaction of a person's need for mutual control. According to N. Ackerman, N. Mc-Williams and O. Kernberg, a high level of control in relations gives rise to distrust in the relations of partners, tight control over their one's own emotions. Sometimes control can be expressed through moralizing or guilty statements like (examples from clients' description of their relationship): "...I'm very upset that he is not responsible..."; "...such thoughtful person like

you should be more understanding..."; "...I would not have liked it if someone had treated me like that." Clients usually supplement their actions by explanations that they do right things: "I don't want to do this that, I just have to...", "...it should be scrupulously discussed, not a detail should be missed...".

The decrease in data of the EG by the Aw indicator ("need for affect") suggests that the clients want to create satisfactory relationships with a partner based on love and positive emotions. Harmonization of these relationships is between the two poles: sensually deficient behavior (very low rates) and excessively sensual behavior (very high rates). Thus, R. Fairbairn believes that the decrease in higher Aw indicators ("need for affect") implies an important adaptive function, preparing a partner in communication to a corresponding reaction to external or internal events in relationships, to the contact of internal state of one partner with another's internal state. The partner's level of perception and intrapsychic representation (valued, integrated, and consistent with past relationships) plays an important place in this process.

2. Less significant changes, not in terms of importance, but in the scale of changes (clients of the EG), are defined on the Ie scale ("need for inclusion"). Increase in the indicator on the Ie scale suggests that expanding the partner's knowledge of the issues considered during the process of counseling activates the partner's need to build and maintain satisfactory relationships with another partner, which become the basis for the development of their interaction and cooperation. This implies that in the relationships of partners, the range of joint opportunities for overcoming problems will expand, the resistance to disintegrating effects of interaction will increase, the complementarity of relations will improve, and the partner will be encouraged to make positive changes.

S. Bich, E. Sandin, K. O'Liri assume that a high level of demnad for establishing a psychologically healthy relationship with a partner can be expressed in the cohesion of these people, acceptance and encouragement of emotional expression of a partner, help in overcoming the conflict situation, direct support of partner's self-esteem, presence of trust-based relation to each other [1].

Thus, it should be noted that clients from the EG have statistically significant changes observed in most indicators of W. Schutz's methodology "Questionnaire on Interpersonal Relationship", which allows mentioning the possible impact of counseling on changes in personal relationships with family and friends.

A more thorough analysis will be carried out with the use of discriminant function analysis, which allows identifying the level of influence of one variable on changes in other variables.

The results of the discriminant function analysis presented in Table 5 allows pointing out that the effect of a PA level of clients and the features of their real life social relations is identified, which confirms the hypothesis that a client's severe personal anxiety affects their social relations. It appears in the growth of tension, in conflicts, excessive control of the client over their acquaintances, friends, in sensually deficient behavior with partners, in a low level of resistance to disintegrating factors of a conflict interaction, in the decline in complementarity of relationships and identity disturbance.

However, for a more complete picture of the impact of reducing the level of personal anxiety on the social relations of clients, qualitative analysis of the results of counseling is to be executed.

A qualitative analysis of the proceedings of psychoanalytic counseling sessions provided for 3 clients, which was presented according to the criteria listed in table 6, allows mentioning that all the clients experienced changes manifested as the decrease in their PA level and, consequently, reduction of negative emotions expressed in their relationships, of tension that formerly occurred in actions and conversations with their friends and acquaintances. As part of the discussion, it should be noted that a longer interaction with clients reveals more visible manifestations of established patterns, which implies a certain prospect of this type of research and studies on more significant changes in clients with similar problems.

In addition, it is worth mentioning that the decrease in a PA level within the process of counseling and the observed tendency to decrease in the negative description of social relations of clients may be associated with the awareness of possible options for their own response and behavior when discussing hard and stressful situations.

In the process of psychoanalytic counseling, a client perceives the atmosphere of psychotherapeutic relations as the safe one and detects attention of a counselor to their problems, which in turn increases the level of trust and enables safe discussion of social problems. Several phrases from sessions of the 1st client can be an example: "...now it is much easier for me to talk about it, although I'm not sure if everything is over" or "...for some reason I felt relief when I spoke this out... this is probably because you are here with me...". At the session, the client said that she was thinking about the problem more calmly then: "...I kept my mind off the problem", "...why did I felt such a stress...", "...something annoys me, but only now I finally said about this conflict".

At the last sessions, the client said that at that moment she felt the freedom in the discussion, and there was no fear of thinking about that: "... I feel relief and freedom, it's easy and possible to say...", "...even dreams don't scare me, it's like watching a movie and then everything passes ...". The client associates her condition with her relationship with family: "Many things have become much easier for me now... probably this is because the negative emotions have gone...", "I did not notice what was happening in a conflict, probably because my tension was like a wall...", "...why I spoke to them like that, I could just listen to them after all...".

5. Conclusions

The following conclusions drawn up from the experimental study on changes in an individual case of psychoanalytic counseling are to be noted:

1. An experimental study on an individual case of psychoanalytic counseling, which was carried out to reduce

the level of personal anxiety, confirmed that psychological counseling is an elaborately structured interaction, which is aimed to create favorable conditions for reconstruction of clients' early memories. This creates a space for changes in the client's level of personal anxiety within such a short period.

2. When the level of personal anxiety decreases during the process of psychoanalytic counseling, there appears a tendency to the reduction of client's negative descriptions of social relations, which is associated with the fact that as far as they discuss difficult situations with their friends and relatives, they become aware of possible options for their own responses and behavior.

3. The discriminant function analysis helped determine the dependence between a client's personal anxiety level and their social relations in real life. This proves the hypothesis that a high level of personal anxiety of a client affects their social relations, which is manifested in the increase in tension, conflict, excessive control of their acquaintances, friends, sensually deficient behavior with partners, a low level of resistance to the disintegrating effects of conflict interaction, worsening of complementarity of relations.

4. The coherent use of both distribution-free methods of mathematical statistics and methods of qualitative analysis of data from the records of counseling sessions allows one to identify small, but statistically significant changes in manifestations of a client's problem, as well as within a fairly short duration of psychotherapy enables estimating micro-changes in qualitative indicators that appear in a client's description of their hard relationships with their social group.

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