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## ABSTRACT

The rejection of linking and object relations: A psychoanalytic psychotherapy process with a severe eating disorder patient

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This paper describes the method of psychoanalytic psychotherapy for severe eating disorder patients. They try to stay in a narcissistic state, to repeat overeating and vomiting, to refuse linking and knowing emotionally or to destroy these aspects. Client *A* had also a severe eating disorder. From the first session she had rejected me and was aggressive. I felt then fear and anxiety as countertransference. These intolerable feelings made me dysfunctional as a psychotherapist. However, by supervision and doctor's management, it became possible for me to understand the meaning of her psychic pain which was projected into me. And a healthy dependent part also began to appear in the consulting room. But she could not accept her own dependency. So her defense was reinforced again. In her history she had experienced serious loss and deprivation repeatedly and, I think, not been contained enough. Thus she had to reject linking to emotional things. I think that she had to organize the "no-entry" defensive system (Williams, G.), which eliminates anything as intrusive.

**Key Words:** linking, eating disorder, experience of deprivation

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