

**Table 2.2**  
**Presenting Symptoms and Challenges to the Therapeutic Relationship**

<b>Disorder/Condition</b>	<b>Challenging Symptoms/Behaviors</b>	<b>Challenges to the Therapeutic Relationship</b>
Depression	Low energy, irritable, apathy, passive, pessimism, hopeless, suicidal thoughts and behaviors	Establishing rapport, expressing thoughts and emotions, engage and motivate, developing autonomy
Bipolar (mania)	Intrusive, irritable, extreme impulsivity, risky behaviors, charming, seductive, mood fluctuations, minimization, suicidal thoughts and behaviors	Boundaries, treatment adherence (including medication compliance), acknowledging problems to change
Substance use	Deceptive to self and others, manipulative, blaming others/the system, minimization, cunning, low motivation to change	Establishing trust, treatment adherence, providing empathy, acknowledging problems to change, engage and motivate
Borderline personality disorder	Chaotic and unstable relationships, seductive, impulsive, intense and erratic emotions, self-harm, demanding, suicidal thoughts and behaviors	Boundaries, treatment adherence, developing autonomy, burnout
Anger	Argumentative, insulting, stubborn, confrontational, critical/blaming others, sensitive, defensiveness	Establishing rapport, providing empathy, providing/receiving feedback, engage and motivate