

# PUBLISHED CASE STUDIES INDEXED BY SYMPTOM, DEMONSTRATING THE THERAPEUTIC RECONSOLIDATION PROCESS AS FACILITATED IN COHERENCE THERAPY, PROMPTLY PRODUCING TRANSFORMATIONAL CHANGE

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- Some publications are listed for more than one symptom.
- Coherence Therapy prior to 2005 was known as Depth Oriented Brief Therapy or DOBT.
- In the symptom column, terms in brackets indicate the discovered, underlying emotional themes where this is likely to be of special interest.
- "UEB" stands for *Unlocking the Emotional Brain: Memory Reconsolidation and the Psychotherapy of Transformational Change* (2<sup>nd</sup> Edition) by Bruce Ecker, Robin Ticic, and Laurel Hulley (2024). All other publications are indicated in the list of references below the symptom index.

Symptom	Publication	Chapter / Page Numbers
Agoraphobia with delusion	Ecker & Hulley, 1996	28–39
Alcoholism	Martignetti, 2024: UEB	Ch. 16
Anger/rage	Ecker, 2018	See citation (Section 7.1)
	Ecker, Ticic & Hulley, 2013a	See citation
	UEB	Ch. 5, Raoul
	Vaz & Ecker, 2020	See citation
	Neimeyer, 2009	91–95
	Ecker & Hulley, 1996	186–194
Anxiety	Ecker & Hulley, 2000b	63–89
	Ecker, 2003	See citation
	UEB	Ch. 3, Richard
Anxiety, social	UEB	Ch. 5, Regina
	UEB	Ch. 16, Cliff
	UEB	Ch. 20
	Ecker, Ticic & Hulley, 2013a	See citation
	Ecker, Ticic & Hulley, 2013b	See citation
	Ecker 2024b	See citation
	Ecker & Bridges, 2025	See citation

Symptom	Publication	Chapter / Page Numbers
Attachment insecurity		
merging, obsession.....	UEB Ecker & Hulley, 1996	Ch. 4, Charlotte 167–170, 211–214
avoidance of intimacy.....	UEB	Ch. 5, Travis
obsession with following rules....	Lydon, 2024: UEB	Ch. 21
unable to leave parent’s home..	Sibson & Ticic, 2014	See citation
negative attention.....	Ecker & Hulley, 2008a	See citation
[terror of mother’s rage].....	Ecker & Hulley, 2008b	---
[parental rejection].....	Ecker & Hulley, 2008c	---
[had to be the perfect child]....	Ecker & Hulley, 2016	---
Borderline personality	Vaz & Ecker, 2020	See citation
Child’s emotional instability	Ciechowicz, 2024: UEB	Ch. 23
Child’s self-blame for parents’ divorce	Bussanich, 2024: UEB	Ch. 24
Child’s social aggression	Ecker & Hulley, 1996	221–230
Compulsive behavior		
eating, overweight.....	Ecker & Hulley, 2008a Geoghegan, 2024: UEB	See citation Ch. 17
lateness.....	Ecker & Hulley, 2016	---
Couple therapy		
always fighting again.....	Ecker & Hulley, 1996	22–24
[molest, complex trauma].....	Ecker & Hulley, 1996	240–256
chronic conflict.....	Ecker & Hulley, 1999a	32–41
sexual, weight problems.....	Ecker & Hulley, 1999b	See citation
power conflicts.....	Ecker & Hulley, 2000a	181–187
Depression		
with disability.....	Connor, 2024: UEB	Ch. 18
with workaholism.....	Ecker & Hulley, 1996	63–91
over daughter’s molestation.....	Ecker & Hulley, 1996	184–185
long-term "black cloud".....	Ecker & Hulley, 2002a Ecker & Bridges, 2020	See citation See citation
in complicated bereavement.....	Ecker & Hulley, 2008d	---
annually recurring.....	Ecker & Hulley, 2008c	---
of a middle-aged woman.....	Ecker 2015 Ecker 2024c	26–27 See citation
Disruptive behavior of young teen	Noppe-Brandon, 2024b: UEB	Ch. 22
Family problems		
blended family problems.....	Neimeyer & Raskin, 2001 Neimeyer & Bridges, 2003	407–411 308–310
son’s social aggression, A.D.D. ...	Ecker & Hulley, 1996	221–230
Grief: complicated bereavement	Ecker & Hulley, 2008d Neimeyer et al., 2010	--- 80–82
Guilt		
of a father.....	Sibson, 2024: UEB	Ch. 15
of a step-mother.....	Neimeyer & Raskin, 2001	407–411
Hallucination and delusion	Connor, 2024: UEB	Ch. 18

Symptom	Publication	Chapter / Page Numbers
Homophobic persecution	Noppe-Brandon, 2024a: UEB	Ch. 20
Low self-worth	Ecker & Bridges, 2025 Ecker & Hulley, 1996 Ecker & Hulley, 2002a UEB UEB UEB	See citation 42–63, 116 See citation Ch. 3, Richard Ch. 5, Regina Ch. 20
Panic attacks	Ecker & Hulley, 2000b Ecker & Hulley, 2002b Ecker, 2003 UEB	63–89 See citation See citation Ch. 21
Perfectionism	Vaz & Ecker, 2020	See citation
Phobia: fear of flying	Martignetti & Jordan, 2001 Neimeyer & Bridges, 2003	See citation 308–310
Procrastination, inaction	UEB Ecker & Hulley, 2013 Ecker & Hulley, 2008b	Ch. 19 Graciela ---
Racist oppression	Ecker, 2024: UEB	Ch. 19
Self-harming impulses, suicidality	Vaz & Ecker, 2020	See citation
Sexual aversion	Neimeyer & Bridges, 2003 UEB Ecker, Ticic & Hulley, 2013a Ecker 2015 Ecker 2024c	290–292 Ch. 5, Carol See citation 26–27 See citation
Shame	UEB UEB UEB	Ch. 5, Regina Ch. 15, John Ch. 18, Emma
Stage fright	UEB	Ch. 4, Brenda
Trauma, PTSD		
[manifesting as social anxiety and low self-esteem]	Ecker 2024b Ecker & Bridges, 2025	See citation See citation
[manifesting as stage fright]	UEB	Ch. 4, Brenda
[complex trauma]	Ecker, 2018 Ecker & Hulley, 2017 UEB UEB	See citation (Section 7.2) --- Ch. 4, Ted Ch. 5, Regina
[childhood sexual molestation]	Ecker, 2018 Ecker & Hulley, 1996	See citation (Section 7.1) 240–256
Underachieving/marginality	UEB Ecker 2008 Ecker & Hulley, 2008b	Ch. 4, Ted See citation ---
Wife's unmet desire to have baby	Ecker & Hulley, 1996	163–166, 175–176

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