

LAURA *Dabney* MD

Ted's Story
An Incalculable Return
on Investment

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CASE STUDY

An Incalculable Return on Investment: Ted's Story

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"Ted" was nearing his sixties and life was big—he was successful, he had a list of accomplishments, people even knew his name. But they didn't know this: Ted had a serious infidelity problem. His behavior in those days, he says, was, "Terrible, horrible. A nasty thing." And it needed to change.

He turned to Dr. Dabney for help, but even that decision came with serious doubts.

For starters, he'd never been a proponent of therapy. "I thought you should be able to deal with your own problems on your own," he says. "Men are funny like that. [They're] less amenable to discussing problems that they created."

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Even more, he knew that treatment would demand a significant investment of his time—over three hours every week. Dr. Dabney's office was nearly an hour away. "I'm busy," he says. "That was an expensive amount of my time."

Nevertheless, it was a commitment he kept for three years. The work, he could tell, was paying off. Plus, he adds, "I quite enjoyed it."

It was Dr. Dabney's demeanor that helped keep him going. "She was as forthcoming as I was expected to be forthcoming. It made the entire process unduly pleasant, to be quite honest." He still remains reticent to discuss his problems with other people, but he was surprised to find that during their sessions, "Laura made it easy."

Today, Ted is emotionally healthy independent of therapy and describes himself as, "Pleasanter. Calmer. I'm a better person." His work with Dr. Dabney taught him that he isn't the only person to have ever made mistakes. And the mistakes that he did make, he learned, "Those mistakes can be rectified ... and can be overcome."



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