

# CASE STUDY OF MANIA & FEAR STIMULI IDENTIFICATION THERAPY (FSIT)

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## **Abstract**

Mr. Y (*initial instead of real name*), 66 years old; father of five children visited me with his son. His son complained that father is very aggressive (specifically with wife and all other female family members), talkative and having problem of sleeplessness. Although sometime he gets episodic attack and during such attack he looks very hopeful and energetic and his other problems disappear during attack. The duration of this kind of attack is usually 3 to 4 days and by the end of this attack again he gets much aggressive, sleepless and talkative. He also strongly believes that he has some strong spiritual powers and no one can hurt him in this world. His previous psychiatrist diagnosed that he is patient of Mania.