

**Bethenny Frankel** got incredibly emotional while recalling her tumultuous childhood on last night's new episode of *Real Housewives of New York*.

During a session with her therapist, **Dr. Xavier Amador**, the 44-year-old recalled **meeting up with her stepfather, John Parisella**, in Miami. As viewers learned the week before, John had a drug problem and abused her estranged mother, **Bernadette Birk**.



(Photo Credit: Bravo)

"We had the talk I've been waiting for years to have," a stand-offish Bethenny recalled to her therapist. "There wasn't some big 'Come to Jesus' moment."

As the session continued, the doctor kept questioning Bethenny — and he eventually broke through.

"Do you think a five-year-old girl who sees her mother get dragged and hit by a phone feels nothing?" Dr. Amador asked. "Don't close the lid on your feelings. What you can do is understand how what happened affected your ability to feel and trust and how that impacts those you love, including your daughter."



Bethenny's therapy session with Dr. Amador. (Photo Credit: *Bravo*)

And that's when Bethenny completely broke down. "He cracked me. It's hard. It was terror. It was very scary," she said.

Amador then asked, "This was someone you trusted. How do you trust?" to which she replied, "I could pass out. My eyes are closing. That was fun, so thanks for that."