Hypnotherapy Case Study

These case studies are being collected to help understand the role of Hypnotherapy.

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| Area of Practice /  Your Setting / Country | Hypnotherapy – face to face.  UK |
| What issue or problem does your case study address? (100 words max) | Hypnotherapy used to relieve severe and debilitating anxiety for a 11-year-old client. Katie was unable to go to school at times due to the anxiety. It was disrupting her life and that of her family. |
| Your story:  Summary of the intervention   * What you did, * Why you did it, * What were you aiming to achieve? * Who was it aimed at? | Katie’s mum asked me to see Katie due to extreme anxiety. She had already been having Play Therapy and was receiving some help from the school. Katie is in year 6.  The main triggers for Katie were big news events, i.e. wars or weather crisis happening anywhere in the world. These would impact her to the point where she was worrying so much about them that she was unable to separate them from her own reality. There was a real fear of these events occurring within her own world. She was sleepwalking and her sleep patterns were out of sorts. She wasn’t wanting to go to school, and she was struggling with things that she used to do with ease.  Goals – to stop the anxiety; to walk to school; to go on the school trip in 4/5 months’ time. |

Meet Katie:

Katie lives with her mum and grandma and her passion is football, of which she is very good at. She is in year 6 primary school.

We had weekly sessions over the first 10 – 12 sessions face-to-face. These then turned into 2 weekly for another couple of months.

Katie was such an excellent client; she engaged and challenged me (which I love) and really understood and accepted the process fully. She listened to her recording as she was asked and answered whatever I asked. The sessions had a light-heartedness about them which worked very well as she relaxed into the process of the therapy. Being my first younger client, I learnt a great deal from her. During the hypnosis part of the therapy, she would either draw or play upsies with a football, sometimes read or just fiddle about as any normal 11-year-old would, but she always listened and never interrupted the session. I have now learned that children are excellent clients, and they just allow the hypnosis to wash over them, but they do also engage well. Admittedly, with Katie, I wasn’t sure how the hypnosis part would work, but it worked brilliantly from the first session. She responded so well that I just rolled with it, and we got into a proper groove.

Her mum’s feedback was that Katie’s sleep really changed quickly. She stopped sleepwalking and was getting better at getting up in the morning – as much as a 11-year-old does!

She then started going into school more easily and with fewer problems, she also stopped worrying about war and extreme weather events. We continued with the sessions as I’ve already described, and at every session she engaged. She didn’t appear to be bored (you will have to ask her if she was pretending but knowing Katie, she would have expressed any boredom quite happily!).

The best news with this story is the school trip. Katie was quite sure she wasn’t going to go, but on the day, I got a message from her mum with a picture of Katie and her suitcase getting on the bus!

Katie managed to overcome her fears to the point that she now is at secondary school, walks to school quite happily and continues to be a superstar at football.

**Katie and or her mum’s comments:**

From Katie’s mum – “Penny, just reading this shows how lucky we were to find you! It’s quite emotional reading it back to see just how bad she was and how far she has come! I have no doubt in my mind that if anyone else’s child is suffering then you are the person to help! We are so thankful.”