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? | History of severe anxiety, school refusal, suicidal ideations, and depression. Anxiety was the main concern. |
| Your story:  Summary of the intervention   * What you did, * Why you did it, * What were you aiming to achieve? * Who was it aimed at? | For the purposes of anonymity, I shall refer to my client as Alex.  I had originally met Alex Year 10 but most of the work we did together was in Year 11.  Alex had been in their words “unable, point blank to get into school”. Alex felt there was no support anywhere. There was bullying and possible ADHD and ASD. The GP was very supportive. Alex had a history of issues with other students from primary school through to secondary school and found it very difficult to make meaningful relationships with the other students. |

Meet Alex:

Alex lives with her family – mum, dad, and sibling. Both Alex and her parents have given permission to tell her story.

Alex initially presented as fidgety and overwhelmed with school and relationships. We had 2 sessions, but then she chose to dis-continue as she felt they weren’t helping. At her request after 4 months, we started again.

This time we spent the first session hashing out what was needed and the goals and intentions of the therapy, in as simpler terms as possible.

These goals were to stop the anxiety; to be able to go in to school; to embrace and understand relationships at school, and more importantly, to stop the suicidal ideations.

We talked about the stress bucket and what that meant – there was a great deal of overwhelm of emotions that she felt unable to cope with. Alex found it difficult to read people’s intentions and body language as there was a real misunderstanding from previous friendships and where she blamed herself, when the relationships broke down. She had a mature approach to many of her so-called problems, and was aware she couldn’t stop the hurtful things said at school, but she wanted to be able to cope and manage them, to be empowered in her responses and actions.

Alex was a lot more engaged in the process this time round and listened to her recording most nights. This hugely improved her sleep and she seemed to enjoy the sessions more as she became more animated as time went by. We had sessions at the intervals that she felt was right for her – these were weekly or 2 weekly, and always face to face.

As time went on, the anxiety lightened considerably, and she was going to school far more. She didn’t feel she could talk to the school because she felt they had never listened or taken her concerns seriously. She reported that their answer to her concerns were: “you’ll get over it in time” or “just ignore it”. I believe that Alex was not given the opportunity to really talk or be heard to what was happening. It is a shame as it just shut off any lines of communication for her. However, her GP was supportive and had advised Alex on the effects of bullying, possible ADHD and ASD. She had a good understanding of these things, of which she agreed wholeheartedly, but didn’t want to go through the process of diagnosis partly because she felt she would get more “hassle” at school, and partly because she felt it wasn’t going to hold her back in life.

Alex has had 12 sessions in total and we are continuing with sessions throughout the GCSE exams.

I am so pleased for Alex and how hard these past few years have been, but she has worked so hard in changing her thought patterns and being able to move on and enjoy her life more.

**This is what Alex said about her sessions:**

“I had hypnotherapy to help relieve anxiety and depression and to cope with life. It has helped me by giving me a greater understanding of everything that goes on in my head. It’s turned down – actually it has got rid of – any suicidal thoughts. It has given me more reason to go through the bad – so on days when things are more stressful, I have more courage to get through those days. It has definitely helped me to understand other people around me and also in learning how to cope with the people I find difficult. Things still hurt but I can plough through it. It’s given me motivation to do stuff and take care of myself. It’s massively helped with my sleep, and it’s also lifted my depression and allowed me more meaning in my life.”