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 – online and face to face.  UK |
| What issue or problem does your case study address? | Using hypnotherapy long-term to re-establish confidence and independence. |
| Your story:  Summary of the intervention   * What you did, * Why you did it, * What were you aiming to achieve? * Who was it aimed at? | James came to me to have hypnotherapy to regain his confidence and independence after a fall impacted his life in a negative way. Having cerebral palsy had never held him back and he always lived his life fully and care-free. He told me that before the covid pandemic and his fall, he used to go out and about on the spin of a dime, nothing held him back. However, he found that he had lost whatever that thing was and wanted it back again. His journey to work had been impacted the most and he was getting help from his family to get to and from work. Therefore, this was impacting other aspects of his life which he really didn’t want anymore. In his words, he wanted the “old new me back again”.  We had mostly weekly sessions for a year.  Goals – to get to work independently again; to regain control over James’s independence, and to have the choice of going out and about as and when he wanted. |

Meet James:

James came to see me for hypnotherapy as he wanted his independence back. He is an erudite young man who thinks and feels deeply. Having had a fall (where he injured his foot), coupled with the covid pandemic, and all that entailed, his confidence had taken a hit. He wanted to move away from where all of this had taken him and get his life back to a place where he was happy again.

James’s independence is something he holds close and protects with great vigour. He must defend this on a day-to-day basis which, unless you too have a disability, possibly has not ever crossed your mind. The aim of the game was for him to move on in his life and in doing so, to then deal with whatever this would throw up at him. He wanted up and out.

Some of the themes that emerged over the first few months of our sessions, was dealing with overwhelming anxiety that would rear its ugly head during different moments of James’s life, alongside a lack of happiness, and a poor sleep pattern.

Fairly quickly, James’s sleep improved, it’s not perfect but it’s better. And his resilience built up bit by bit. After the 3rd session he noted that if he had a bad day at work, this would not pull him down into a darker place. And by session 5 he could at last see the light at the end of the tunnel, there was hope, getting out and about and to where he wanted to be.

James’s progress was on a far deeper level than I initially imagined it to be. I didn’t really have a plan as such as to where we were going but I knew to trust the process and that whatever progress he made, it would be a deep-rooted progress that would hold him in good stead. This is the beauty of hypnotherapy, the brain will deal with whatever it needs to deal with first, sometimes known, sometimes unexpected, but always in the right order for the best result.

We approached the goals in stages by breaking them down into smaller parts which worked for James’s analytical brain. There were times when he felt he was going up his scale and times when he was sitting on a plateau. This is what I think of as the brain resting between onion layers, preparing for the next layer to be dissolved or bashed down. Different layers need different levels of dissolution! He’d even have the odd downward trajectory but never for long, as his determination and resilience were forever strong.

James used the recordings in different ways. For example, he would have a recording for specific goals, and a recording he would use to aid sleep. This worked well for him, quite likely due to his analytical brain loving to tick off from the to-do list!

James has worked extremely hard on more than his initial goal. I suspect this is because he has always had to work that much harder, but also, I think it’s part of his many facets of his personality. Whatever it is, I have witnessed the work he has done and how hard he has worked and how much he has achieved. Would he have signed up for this if he had known beforehand? You will have to ask him, but for James, I feel like it is a big, old deal. Hitting a low low, is not always something we can share with others. It can be hard to even say it out loud especially when we are thinking about how it may impact the ones we love. But in addressing the things that knocked James down, and then going through the process of letting them go, literally and figuratively, is something that I watched him do at every turn, and he did it with grace and forethought.

Has James got to where he wanted to get to? Again, you will have to ask James. I believe so. His independence has returned; his confidence has become stronger; he goes to work as he wanted to – on his own, music on. When going through this kind of journey, you do hold a potential of difficult processes, elements of a baptism of fire for some of us, but I think that throughout this time with James, I have learnt so much and loved being a “facilitator” to a more positive future.

**James’s thoughts:**

“Hypnotherapy has helped me reach my goal by making me feel calmer and having more control of my own mind and thoughts. Since having hypnotherapy, I feel I have the ability to live in the moment more and not worry about the future. I can now attend work unaided and know how to get myself out of a anxiety crisis should I be in one.

Hypnotherapy has changed my life forever. I now feel that I am a different and hopefully a better person than what I was before I started hypnotherapy. I feel mentally lighter and that I can cope with life’s problems and dramas going forward. I feel less ‘on edge’ about a lot of things and can now take things in my stride more than I used to be able to.

I feel that having hypnotherapy has been like going to a mental gym and I have come out of it stronger and fitter than what I was when I started hypnotherapy.

I feel I have more control over my mind and my thou. Which helps me cope with the challenges I face.

When I started hypnotherapy, I suffered from extreme anxiety that was having a huge negative impact on my life. While I still suffer from anxiety, I feel like I am now in control of it rather than it be in control of me.

I had hypnotherapy for 18 months weekly and whilst I still have it monthly or as and when it is required; I can see the difference in myself as a person from where I started to where I am now.

The biggest and best change of all for me is I now feel I have an effective therapy treatment that I can call upon when life throws up unexpected obstacles. For example, in May my mum was taken very seriously ill, which had a huge impact on me. I turned to hypnotherapy to begin to process mum’s illness. Which was a far better coping mechanism than those I would have turned to in the past such as excessive alcohol use. The fact that I now have this therapy in place gives me confidence that I can cope with anything life throws at me which it will undoubtedly will as I progress down life’s highway.

My only regret is that I did not seek this therapy sooner in my life (ideally at secondary school or in my twenties) so that I could have the kind of mindset I have now when I was younger. But putting a positive mindset on it I am so grateful that I have found it now (in my mid to late thirties) while I am still relatively young and hopefully have a lot of life ahead of me.”