



*Lori Donnelly Hypnotherapy*

*Wolf Creek Wellness*

*424-644-9598*

## Case Study

Female

Client states that she has an issue relating to her body.. says she always looked older than she was and describes uncomfortable attention from older men when she was young. She feels that this problem has prevented her from being comfortable and successful in relationships.

**Client is aware this is a case study and no fee will be assessed**

## Intake

Client describes feeling frustrated, and hurt by statements made to her when she was younger about her body, she relays a story about the age of 13 of an adult male friend of the family that would take her and two other girl friends to his sons games and he gave the 2 friends birthstone rings and told her he would give her hers when she lost 10 lbs... feels this is why she isn't married. Literally "cant get a ring until her body is perfect".

Emotions: Hurt, anger, frustration, rebellion, spiteful

Identities (of self and others): mostly uses "I" and "Me"

Negative memories: ring, wedding, crib "let me out"

Any of the 5 patterns of chronicity: maybe-man

## Simple pattern

Used simple pattern for memory of "wedding" 10 years old

Memory was vivid, motion picture, associated, full color, and rated it a 6.

After eye pattern

Less vivid, black and white, motion and still present, in and out of the picture flashes and rated a 5. Feelings of frustration.

Used complex pattern on feeling frustrated found a memory named it

"let me out" age 2, black and white, motion picture, associated, felt it was a feeling of 8.

After eye movement she stated it was now a 2 and frozen image, black and white or even a shadow.



### **Integrative (complex) kinaesthetic pattern**

“Ring memory” she was 10, describes it as sepia in color, still, associated, very familiar and she feels it in her stomach, says feeling of bitterness, rates it a 7.

After eye movements she says its now shadows, and a rates it a 4, she now states a feeling of timid or scared settled on scared. We elicited a memory of “wedding” this was very familiar, vivid she was 10, associated/ dissociated, vivid picture and a still, she rated it an 8. After eye patters she now said it was not as vivid -black and white, far away, and rated it a 3.

### **Patterns of chronicity**

She presented with maybe -man but self corrected multiple times.

### **Session 1 review**

Client expressed feeling confused but lighter. Her big issues is thinking she has to loose weight to be appreciated and accepted. She said she would gain weight in spite. She had some realizations after eye movements where she could see why things had occurred the way they did. She used “I” and “me” frequently in a childlike way.

Client attached to this identity of being pretty in her face but she needed to change her body to be able to get a “ring” after session she stated that she could see how she took on things that were said to her. She seems very sensitive to needing to be accepted for all of her. “You have such a pretty face” inference but your fat....

In the next session I want to review how she sees and feels about the memories over the past week. Work on her identities and see where the “childlike” behaviors are coming from.

### **Session 2**

Client reports feeling lighter and less stubborn about her body image. “Spite” She said she actually lost a few pounds and wasn’t even thinking about it. And contacted someone that was interested in dating her.

### **Identities**

I explained the identities to her and then asked her to revisit them in the problem

### **Simply identity pattern**

#### **Elicitation**

	Age	Location	Happening around
I	4	Chest	Sad
Me	2	Face	It’s mine
Self	20	Shouders	Discovery
You	53	Feet	Strong determined

### **After first set of eye movements**



	Age	Location	Happening around
I	53	Diaphragm	Breathing filling up
Me	3	Face	Giddy happy
Self	53	Shoulders	Discovery
You			

### **After second set of eye movements**

	Age	Location	Happening around
I			
Me	53	Lungs	Me, myself and I
Self			
You			

### **Complex Identity pattern**

Client said she didn't have anything that stood out for her. She said "grandma" called her lazy... but after thinking of the incident she realized that to her grandma it might have seemed lazy...

### **PSAC's**

We found that her problem state was clinched and tight when she thought about certain things, however she had a difficult time eliciting that feeling.. it was more like she could remember feeling that way..we then found a resource of arms open and feeling free...flying.

We moved between neutral and these states she became silly and uncomfortable doing the tight state and then future paced the state. She felt that the tight state was hard to hold onto at that point.

### **Session 2 review**

Client states that she feels so light and free. She wants more sessions and asked how much she owed me..( it was clear this was a pro-bono) :) and clarified again.

She states that she would like to pursue a relationship with someone that has been interested in her and feels she doesn't have the blocks that were there.

### **Overall review**

I feel this client could use more sessions. She has some complex pattern/memories that I feel could use a few more sessions however, I will speak to her in a week and see how the sessions landed. Many of the stuck memories are related to these root memories we addressed. It's possible she may start to use the new learnings towards reframing of other un-resourceful memories. I didn't offer her another session but if I feel there are some unresolved spots I will. She reported the following day that her head feels more spacious



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## **Case Study**

### **Explanation of the client's issues.**

Compulsive snacking, disordered eating, feelings of guilt, Father Alcoholic and emotionally abusive, neighbor sexual abuse, mother critical, feels like she can't be happy.

Client is aware this is a case study no fee.

### **Intake**

Emotions: Client has guilt for being competent, or "happy

How can I be happy if" or "I can't be happy because"

Use the 3 pillars to identify pattern.

And use complex kinesthetic pattern

Identities (of self and others):

client uses "I" and "Myself" and "you" frequently. Second session integrate the different identities in relation to the problem.

Any of the 5 patterns of chronicity: "maybe-man"

Negative memories: Client has several negative memories. The neighbor molesting her and her mother "shooting her down" dismissing her.

## **Simple pattern**

Started by asking client if she had a negative memory unrelated to the issue she brought today that she felt would be nice to lighten the load on.

Client found an un-resourcesful memory and called it "dinner" this was a very vivid memory, she was 10 years old, she was in the memory, it was a movie, and she rated it a 9.

After running eye pattern she found the memory to be cloudy, she was disassociated, it was a still frame, and she now rated it 2.



### **Integrative (complex) kinesthetic pattern**

In discussing her problem...she identified a feeling of “being shot down”  
Now we elicited a memory of the very first time she felt this feeling, she named it “Jamaica”, she was 8 years old, this was a very vivid memory, movie in style, here she presented with the “maybe man” and vacillated between 8 and 9 for discomfort....she couldn’t name the emotion just as discomfort.  
I asked her to be specific and she then decided on 9.

I ran the the eye movements.

After she now felt the memory was hard to see however, she now felt a feeling of intense sadness.

I had her identify the first time she could remember feeling this sadness and she named it “bedroom” she was 10 and the memory was a movie, familiar, vivid, associated, she rated it an 10.

Ran pattern: Now the “bedroom” memory was no longer vivid, it was a still and she was disassociated, she rated the sadness now a 3 however, she felt an intense nervousness.

She named this “swimsuit” and it was familiar, vivid, movie, and associated. Rating of a 9.

After running eye pattern she now said it was cloudy, and she had a difficult time remembering however she reflected on the new knowings/ perspective she now has.  
She rated it a 2

### **End 1st session**

### **Patterns of chronicity**

Client used “I”, “myself” and you frequently As I corrected her on the use of “you” she self corrected frequently.

### **Session 1 review**

While “guilt” was initially on intake as the session went on there was not as much guilt noted and she didn’t express any feeling of guilt. I noted that two times after running eye patterns when she was a 2 she described her memory as cloudy. I am curious if that is for her a level that is a “comfort zone” so to speak..

Client expressed feeling peaceful and calm and is surprised by how she is viewing things in her life.



## **Review the work done in the previous session**

Client describes a much lighter feeling, calm and more sure of herself. Some realizations that she wants praise but before thought she didn't need it (deserve). This past week someone praised her for a job well done and she describes feeling proud. In the past she said she would feel uncomfortable with praise. As it drew attention to her.

Thus a feeling of not being "needy" came up.

She recalled a memory related to "shame" the shame was very familiar, She named this memory "nuns" it was a very vivid memory, movie, she was associated and it was an 8. I ran the CKP.

Afterwards it was cloudy and far away and rated it a 2.

## **Simply identity pattern**

We moved on to the Identity work. I explained the concept of identities and how we are certain ages in a problem and that we would be intergrading I, me, self and you.

### **Elicitation**

	Age	Location	Happening around
I	11	Home	Demands, drama, tension
Me	10	In room	Reading, being by herself
Self	10	Outside	Lonely, detached
You	10	Home	Confusion, conflict, isolated

## **After first set of eye movements**

	Age	Location	Happening around
I	40	Home	Breezy smooth
Me	10	Outside	Nature bikingnenjoying
Self	25	College	Creating, taking in life
You	50	Outside/ barn	Orderly, kids helping



## After second set of eye movements

	Age	Location	Happening around
I	67	Here	Working on <b>self</b> (found that interesting)
Me	5	Outside	Sister taking thing from me
Self	21	College	Developing myself, confident
You	67	Boat	Order, progress building new skills

## After third set of eye movements

	Age	Location	Happening around
I			
Me	67	Outside	Independent, adventurous, patient, naughty, humor
Self	67		Embracing new skills and abilities, learning
You			

Client expressed excitement that she was now all the same age.. she said she felt that this was the most interesting thing.

A bit like parts work but simplified in a way.

## Complex Identity pattern

Client wanted to work on the father she expressed he wanted her to be mediocre and that she was “so easy” never needed anything. She realized he was over stressed with the other kids and he just appreciated that she was not as challenging as them. She was just more like him.



### **PSAC's**

I explained to her PSAC's and she landed on a state of not being able to not eat snacks while cooking. (Control herself) She chose a resource state of being totally empowered and in control.. (riding horses) she then applied to a future situation that she might feel out of control with her eating and she was able to drop into the resource state.

We ran through it a few times and she said she can see herself not doing that and applying this positive powerful state to unwanted habits.

### **Did you make any suggestions to the client to continue their progress? If so please give details.**

She is very optimistic and excited that she feels that some burdens or weight has been lifted off her. She is excited to continue learning new skills and feels proud of her abilities.

I suggested an anchor of placing 2 fingers together in the resourceful state if she felt the need to snack. Adding this gave her a feeling of control. I asked if she wanted to do anything with "mother" as she stated on intake that she criticized her often. She didn't feel the need now.

### **Overall review**

The client was a great candidate for IEMT as she had several unresolved memories/ feelings. She stated she felt great, lighter, happier.. after the first session and was excited to do more today and was happy she did afterwards.

For myself I confirmed that each time this client gets the desired emotion/feeling to a 2 she described the picture as cloudy. Ill be looking out for this treasure with other clients.. to see if there is any correlation between how people perceive the memory as compared to the rating..



