

Hypnosis



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CHRYSA LIS Diploma in Psychotherapeutic Counselling Case

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Case word count 2040 Mr X is a 45 years old man, he works for an estate agency, and is working in this company for 18 years, and now the manager??
™s job in his branch has become available, but he has some reservations about applying as he does not want to upset the apple cart if he is not successful. He says that he was always recognized as a good worker, and he knows deep down that he can do the job as he has stood in for the present manager many times when he has been on leave, but something seems to be holding him back and he cannot quite put his finger on it. And he is afraid of what everyone might think if he applies to the job.

He has a girlfriend, and they are in this relationship for 6 years. He says that they have a good relationship, and he would like to marry her, but he feels that he does not have much to offer her at present, and he is afraid that she might say no. He says that she is very supportive. His father died 10 years ago, and his mother is 80 years, and she lives alone at the home he was brought up. He has a brother that is successful in his career as a Manager in a Hotel. His brother is 40 years old, and lives in other city with his wife and two children.

He says that he does not have much contact with his brother as he would like to have. He says that he feels in the responsibility of looking after his mother, and visiting her regularly. And because of this he never goes out with his friends or his work at Friday night, because he always visits his mum on that day, and if he wouldn??™t go to visit her on that day she wouldn??™t understand and would pick on him even more than usual. But he would like

to go out with his friends on other day, but feels afraid of asking them, as they might say no, because he thinks that they see him as a boring person.

He says that his mother never respected him, and never encouraged him to do the things he likes, and she always think that he wasn't capable of becoming a successful man. He believes that his mother would change his opinion, and give him more respect if he could get the Manager's job. On his free time he goes out for dinner with his girlfriend, or for walk in the park or a walk down the riverside. But he says that mostly he stays at home watching TV with his girlfriend.

And he says that he doesn't have any dislikes, but is biggest fear is losing his girlfriend, and staying alone. He says that he doesn't fear heights, enclosed places. If he was to relax his favorite place to go would be walking down the riverside, observing the water flow of the river and observing the trees and the birds, and is favorite color is blue. When assessed is medical condition, he said that he only takes vitamins, and he has no medical problems. When asked for GP details he informs that he never had gone to the GP, but still gives the details of the GP he is registered with.

He also said that he never had seek for help in past, so this is the first time he is looking for professional help to achieve what he wants. He decided to seek for help because his girlfriend told him that one of her friends had use hypnotherapy to lose weight, and she had great success, so he decided to try hypnotherapy. He informed that he looked in the internet what hypnotherapy is, and what hypnotherapy can make people achieve, and he thought that this therapy could help him to get the Manager's job.

Because it is important that the client is aware of what is Hypnosis, a leaflet would be given to him, so he could read it, and also should be given time for him to ask anything he would like to know about hypnosis, and any doubts he has. This can also help building the rapport between the therapist and client. Looking into this initial assessment, there are no ethical issues that would prevent us of helping this client. Now looking into the therapist experience, we can say that this is one of the areas of work of the therapist, so he can work to help the client to achieve the goal. A contract is signed with Mr. X, having as goal that Mr.

Mr. X wants the manager's job; but it's important that Mr. X is made aware that there are no guarantees that he will get the manager's job, and that during the course of the hypnotherapy he might have to face other issues, and the goal maybe may need to be changed, and the number of sessions agreed where 3 sessions per week, for four weeks (because he will have the interview at the end of the fourth week), and after the fifth session we will review the treatment plan. Mr. X agrees with this plan, and is happy for us to work towards his goal. Mr. X was assessed as visual in his modalities, and he scored 35 when assessed with the Chrysalis client Screed Assessment. These details are important when creating the induction, and the screeds, because we must use personalized screeds so we can achieve the results that the client wants. And in this case the screeds should be authoritarian but a bit gentle, because as Chrysalis (2010) says if the client scores between 20 and 50 in the screed assessment, the scripts should be authoritarian but can be more gentle, and the style should be directive in a more nurturing way.

Because Mr. X was assessed as visual in the modalities the scripts should give more emphasis to visual language cues, allowing fantasy and imagination. Using these tips we can have personalized screeds, and this may help to build better rapport, and to help the client going into deep state of hypnosis and we can achieve greater results. Analyzing the client's condition, it is possible to notice the underlying issues such as lack of confidence, low self-esteem, some anger or frustration, fear of failing, some sense of guilty.

And we can help reducing the effect of these by enhancing his self-esteem, creating an image of a successful man, and letting the client know that he has the right to be successful. Because the client said that his goal is to get the manager's job, and there is a closing date to apply, a date for the interview, so we will need to work within those times. The treatment plan for Mr.

X would be to enhance his self-esteem and think of himself as the knowledgeable person that he is, because as he said, he already has replaced the manager and he has done well the job, which means that he knows that he is capable of doing the job, he just doesn't have enough confidence to apply for the position; then will be important to help the client to program an image of himself as a confident person, who knows about what he is talking about and communicate his knowledge in a assured, confident manner; and use positive imagery to see himself as the manager of that company, working effectively in that new position, this image is very powerful, because Chrysalis (2010) quoting Coue says that imagination is more powerful than willpower, and whenever there is a conflict between

imagination and the will, it is always the imagination that wins. It is important to improve the self-esteem of the client because low self-esteem is one of the reasons that make people afraid of attempting anything new (Hadley & Staudacher, 1996), and as mentioned above the client has some reservations about applying as he does not want to upset the apple cart if he is not successful, showing some fear of attempting to this new opportunity. Other thing about self-esteem is that people tend to inherit the thinking style of their judgmental parent, acquiring the inner voice that produces an internal fear (Hadley & Staudacher, 1996). The client said that if he wouldn't go to visit his mother on a specific day she would pick on him even more than usual, which means that she picks on him all the time, and also that she never encouraged him to do the things he wanted to do, and also she never believed that he would be successful. So this now can have turned into one of his internal voices telling him that he shouldn't apply, and he won't be successful. With this we can see an underlying issue, and could be more explored, but the client says that he wants to get the manager job, so we will focus on it, as it's not ethical to work in order to achieve something that wasn't agreed or the will of the client. Haudley & Staudacher (1996) say that to achieve success there are three goals to help, which are: being motivated for success, achieving success and enjoying success. They also say that is important that the subject has a positive outlook and attitude about him-self, and is needed to program the client to achieve specific goals, and the client has to assimilate success into his life and enjoy it.

Which means that is needed to create a script attending these aspects, so we can help the client to achieve success. As we can note, the client specific

goal is to become the manager in his current job. And we can notice that for Mr X the rewards for achieving that success, the way he will enjoy his success will be having more respect from his mother, and she will be more proud of him, will recognize him as capable, successful, and also achieving this success he will feel that he have more to give to his girlfriend, and so he can impress her with it. Also his relationship with his work colleagues will improve, so these are the things that we can add to the script. In the first consultation we will use the Progressive Muscle Relaxation, which has to be in an authoritarian style (annex 1), according to what was mentioned above. At the second consultation, and following consultations we can use the rapid induction (annex 2), and after we use the deepener (annex 3), then we use the screed for self-esteem (annex 4), and after we use the motivation for success induction (annex 5), to be done three times a week, as agreed with the client, and at the beginning of each session it's important that we discuss with the client the improvements that he have noticed in his life.

And the end of the second week, at the sixth consultation we review with Mr. X the treatment plan, how his he feeling, and if should continue. If so we continue and then there will be great chance for Mr. X to be successful in getting the Manager's position. We can also encourage Mr. X to use positive suggestions at bedtime, and when he gets up also. Crhysalis (2010) says that clients can employ positive affirmations to assist them with change and help them to establish a permanent change in their belief system.

Creating an image of a required outcome in the mind of the client is one of the processes that we employ in order to achieve change. Murphy (2006) says that the subconscious mind will take the orders that we give, based

upon what the subconscious mind believes and accepts as true. Murphy (2006) also says that all the experiences, events, conditions, and acts are produced by our subconscious mind in reaction to our thoughts. Using the positive suggestions can help Mr. X to achieve the Manager??™s position.

And as positive suggestions he could say to him: ??? I am safe and secure. I am worthy, I am capable, I am confident and I am smart. I have the energy, I am just right for the Manager??™s job, and I can take charge.

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