

Case study #3
Training on childhood wounds

Patricia is 65 years old, and she comes to see you about a psoriasis issue. She has been married for 40 years and has a harmonious relationship. She had breast cancer 15 years ago. She came through the illness very well, which she says was triggered after the death of her little dog Toby. She says she has no lasting effects from that cancer.

The psoriasis has been present for about ten years, and she doesn't recall having experienced any particular traumatic event during that period. She says she isn't stressed, but she worries regularly about her parents, who are 83 and 85, as well as about her husband. She has a sister, Annick, one year older than her, who seems to have a hold over her.

Patricia doesn't like being on her own and says she likes taking care of others. She doesn't like being alone.

In light of this information:

1) Write, following the rules of the Méthode Dolfino®, what Patricia's objective(s) could be. (2 maximum).

2) Develop your hypnosis guiding strategy over 3 sessions.

Session 1	Session 2	Session 3

Have fun and be creative ;)