

Case study #1
Training on phobia, allergy and machine room techniques

Mathilde is 47 years old. An executive assistant for a transportation company, she works in a very male-dominated world with a boss, Henri, who is awkward in his communication and loses his temper easily in the face of difficulties. She has been divorced from her husband Patrick for 2 years. He had established a toxic dynamic in the relationship by constantly putting her down, and eventually left her for a young woman of 30. Mathilde and Patrick had a son who is now 22 years old and lives abroad. Mathilde lives alone with a secret wish to start over, but can't bring herself to take the leap into dating.

Mathilde comes to see you because she feels uncomfortable in her body, she does not find herself pretty, feels unattractive, says she lacks self-confidence, has trouble sleeping, is prone to anxiety especially whenever a file falls behind at work, and tends to snack at night when she gets home.

In light of this information:

- 1) Write, according to the rules of the Méthode Dolfino®, what Mathilde's objective(s) could be. (2 maximum).

- 2) Develop your guide strategy in hypnosis over 3 sessions.

Session 1	Session 2	Session 3

Have fun and be creative ;)