Clinical Case – Female, 57 years old, on medical leave

# Summary of Identified Issues

1. Post-bereavement guilt: She blames herself for not acting soon enough or appropriately to save her mother, despite her constant involvement.

2. Hyper-responsibility: 'Pillar' attitude, often seen in parentified children or dysfunctional family systems.

3. Institutional anger: Deep sense of injustice towards the healthcare system, experienced as systemic abuse.

4. Distrust towards medical system: Perceived abandonment, inhumanity, and disconnection from healthcare professionals.

5. Past relationship marked by domestic violence: Previous trauma, likely affecting self-esteem and perception of human relationships.

6. Mental fatigue and emotional overload: Burnout from having carried a critical situation alone to exhaustion.

# Dominant Emotions

• Guilt  
• Anger  
• Powerlessness  
• Sadness  
• Disgust  
• Distrust  
• Weariness

# Limiting Beliefs and Cognitive Patterns

• 'If I don't do everything, others fail or disappear.'

• 'Others are negligent; I'm the only one who can truly care.'

• 'Love is proven through total sacrifice.'

• 'Structures meant to protect become places of danger.'

# Emotional Triggers and Psychological Mechanisms

• Central trigger: Deterioration of the mother’s health in an environment perceived as hostile and incompetent.

• Recurrent mechanism: Emotional fusion with the mother → perceived vital duty of protection → failure of this mission → self-destructive guilt.

• Reactivation of old patterns: Systemic abuse reactivates control and domination experiences from a past violent relationship.

# Immersive Scenario & Emotional Anchor

It’s as if she tried to hold back a cracked dam with her bare hands, alone, facing a storm. Each unanswered call, each lack of human response from the medical staff, every moment watching her mother weaken felt like a silent slap. She screamed without being heard. And in the end, silence. But a silence she still carries, filled with inner screams.

# Proposed Solutions

**1. Immediate Solutions**

• Post-trauma self-soothing exercise: guided breathing with visualization of the mother peaceful in a safe place.

• Directed cathartic writing: a letter to her mother expressing everything that couldn’t be said or acknowledged.

• 'I am not guilty of…' exercise → Recognizing objective facts and placing them within a systemic, non-personal context.

**2. Intermediate Solutions**

• Progressive work on dismantling sacrificial beliefs.

• 'Acts of presence' journal to document everything she did.

• Recontextualizing guilt-related emotions (e.g., inner child work).

• Body scan practice to detect emotional overload signals.

**3. Long-term Solutions**

• Symbolic hypnotherapy: reintegrate the mother figure into a peaceful memory.

• Healing of the wounded feminine: restore self-esteem degraded by the abusive relationship and fusion with a dominant or idealized mother.

• Rituals of passage: personal ceremony to close this chapter (burning a letter, planting a tree, etc.).

# Recommended Hypnosis/Meditation Sessions

1. Hypnosis to release the invisible burden: Allow the body to release the symbolic weight (mother, anger, responsibility).

2. Immersive reparative grief session: Recreate a peaceful final exchange with the mother.

3. Guided meditation 'You did what you could': Gentle, deep repetition of a non-blaming message.

4. Inner reconciliation hypnosis: Work on the split between the woman who wants to move forward and the one stuck in pain.

# Progress Tracking & Indicators

|  |  |  |
| --- | --- | --- |
| Monitoring Axis | Progress Indicator | Associated Tools |
| Emotional load | Reduction in rumination | Thought journal |
| Guilt | Ability to reframe without blame | Symbolic letters / hypnosis |
| Mental fatigue | Perceived recovery rate | Body scan + soft meditation |
| Self-image | Reemergence of desire | Weekly vitality scale |
| Institutional distrust | Increased tolerance to imperfection | Guided cognitive restructuring |

# Final Motivational Phrase

“You were there until the very end—more than most people would have been. It’s not the fault of a loving daughter if a system fails. Now, it’s time to give yourself what you never dared to ask for: peace.”