# Clinical Case – PTSD & Somatic Anxiety After Pathological Pregnancies

Age and Gender: Female, 38 years old

Occupation: Educational Assistant

Main Issue: Post-traumatic anxiety related to pathological pregnancies (ectopic, molar pregnancy, blighted ovum) with somatic triggers and loss of bodily trust.

## 1️⃣ Summary of Detected Issues

• Somatic anxiety: panic peaks triggered by physical symptoms (tingling), with immediate catastrophic thoughts (“I’m going to die”).  
• Active traumatic memory: ectopic pregnancy with severe internal bleeding, post-operative awakening marked by a brutal announcement (“one more day and you would have died”).  
• Diffuse guilt: surrounding uncarried pregnancies, reinforced by misunderstanding the body (“why is this happening to me?”, “my body isn’t working”).  
• Hyper-rationalization & comparison: tendency to minimize her own suffering by comparing it to others’, generating a form of emotional self-invalidation.  
• Emotional overadaptation: desire not to “add grief to grief,” at the expense of her own feelings.  
• Disconnection from the body: loss of trust in pain as an alert signal, development of a limiting belief about her resilience (“I’m too resilient to feel the signals”).

## 2️⃣ Dominant Emotions

• Chest tightness, physiological anxiety (tachycardia, remembered physical pain)  
• Fear of dying, acute panic  
• Underlying anger (toward the body, the injustice of events)  
• Suppressed sadness, internalized guilt  
• Sense of existential injustice

## 3️⃣ Emotional Triggers and Psychological Mechanisms

• Triggers: any atypical physical sensation (tingling, pain, discomfort) revives the bodily trauma.  
• Mechanism: perception of a failing body → anxiety → loss of control → panic peak → attempt to regain control through breathing techniques (e.g., Respirelax).  
• Underlying schema: “I can’t trust my body / I must control everything or I’ll fall apart.”

## 4️⃣ Immersive Situation

You’re in your room, the lights are dim, you feel tingling in your arm. The anxiety rises… A wave crashes over you: what if it’s serious? What if you’re going to die, like the first time? Your mind races, your heart pounds. You remember the announcement, the blood, the terrible words from the doctor. Everything blurs together… Yet, you take a breath, slow. Another. Your hands clench the blanket. You’re fighting the invisible, the memory, the body that has cost you so much.

## 5️⃣ Proposed Solutions

### Immediate Solutions:

• Guided coherent breathing (Respirelax – 5/5, 3 minutes), paired with an anchor (e.g., safety gesture or mental image).  
• Internal emotional validation dialogue: “What I went through was a real ordeal. My feelings are valid.”  
• Personalized crisis sheet: track symptoms / thoughts / actions taken / post-action feelings.

### Intermediate Solutions:

• Cognitive restructuring of beliefs: “Resisting pain ≠ ignoring signals” / “It’s not my body’s fault.”  
• Emotional journaling: guided writing on each pregnancy → what I lost, what I overcame, what I forgive myself for.  
• Regular EMDR sessions to desensitize highly charged memories (post-op awakening, wait before surgery, harsh medical announcements).

### Long-Term Solutions:

• Immersive hypnosis session: Reconnection to the body – Reconciliation with pain – Deactivation of traumatic memory  
• Sensory body meditation to recreate inner safety through bodily sensations.  
• Progressive resilience anchoring: regular visualization of the resources mobilized at each stage (e.g., the colleague who encouraged her to consult, post-crisis management, courage through pain…).

## 6️⃣ Adapted Hypnosis Session

Title: “My Body, the Survivor – Rebuilding Trust After the Trial”  
  
Integrated Themes:  
• Safe bodily reconnection  
• Deactivation of somatic anxiety memories  
• Integration of lived resilience into personal narrative  
• Dissociation of pain as the sole indicator of severity  
• Permission to feel without minimizing

## 7️⃣ Progressive Follow-Up and Indicators

Goal: Reduction in somatic panic attacks  
Indicator: Number of peaks > 7/10 per week  
Tool: Daily log  
  
Goal: Increased body trust  
Indicator: Ability to identify early body signals without panic  
Tool: Self-evaluation 1-10 scale  
  
Goal: Emotional self-validation  
Indicator: Frequency of validating feelings without comparison  
Tool: 1x/day (checkmark or note)  
  
Goal: Lightening of guilt  
Indicator: Decrease in self-blaming discourse in memories  
Tool: Guided journal

## 8️⃣ Final Motivational Phrase

“You stood when your body could have fallen. Today, it’s time not only to survive in your body, but to return to it as a friend. Your story doesn’t define you – your ability to transform it will.”