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## Clinical Summary – RAG-Ready Format

Age and Gender: Woman, 44 years old

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## Summary of Detected Issues

* 1. Persistent Sleep Disorder
* • Difficulty falling asleep despite antidepressant treatment.
* • Occasional use of Tarax: strong sedative effect but non-restorative.
* 2. Multifactorial Chronic Fatigue
* • High mental load: single parenthood, caring for child alone, dependent mother.
* • Professional overwork without recovery.
* 3. Feeling of Loneliness and Isolation
* • Rooted since adolescence (absence of mother, sense of abandonment).
* • Exacerbated by solo parenting and daily overload.
* 4. Latent Conflict with Mother
* • Mother described as childish, incompetent, dependent.
* • Repressed anger, emotional ambivalence, feeling of injustice.
* 5. Underlying Depressive State
* • Recent SSRI treatment (Prozac type), marked initial side effects.
* • Little improvement so far, negative impact on sleep.
* 6. Financial and Professional Stress
* • Unexpected increase in expenses (nursery, electricity).
* • Pressure related to performance in real estate sales.

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## Dominant Emotions

* Extreme fatigue, loneliness, repressed anger, stress, resignation, silent self-deprecation.

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## Limiting Beliefs and Underlying Cognitive Schemas

* “I have to handle everything alone.”
* “I have no one to rely on.”
* “If I let go, everything will collapse.”
* “I’m tired, but I have to hold on.”
* “No help will come.”

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## In-depth Analysis – Triggers and Mechanisms

Main Trigger:  
Fatigue + mental overload + sense of injustice (lack of help)

Psychophysiological Chain:  
Hypervigilance (constant control) → Anticipatory anxiety → Insomnia → Exhaustion → Irritability + feeling of loneliness → Contained anger → Reinforced self-pressure

Traumatic Resonance:  
Adolescent emotional abandonment (motorcycle accident, lack of maternal support) replayed in current motherhood and lack of support. Anger toward current mother reactivates past wounds.

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## Proposed Therapeutic Solutions

1. Immediate Solutions (Soothing, Recentering):

* • Guided body scan for exhaustion state + somatic recentering
* • 4-7-8 breathing (management of falling asleep and nighttime anxiety)
* • “Imaginary support circle” protocol: visualization of protective figures to soothe loneliness.

2. Intermediate Solutions (Cognitive and Emotional Stabilization):

* • Implementation of evening rituals (writing, warm light, slow music, etc.)
* • Mental unloading journal: writing down everything that “weighs” before bedtime to deactivate rumination.
* • Hypnosis work on the representation of the childish mother: symbolically separating roles, ritualizing emotional detachment.

3. Long-term Solutions (Schema Rewriting and Healing):

* • Immersive hypnosis around adolescent loneliness, abandonment wound, and moral fatigue.
* • Sensory anchoring work of inner support: soothing the feeling of emptiness through secure imagery (inner child, supportive figures).
* • Cognitive restructuring of beliefs about burden and control.

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## Personalized Hypnosis Session – 1200 Words

Theme: “Soothing Loneliness and Finding an Inner Resting Space”  
  
(You will receive the full version in a downloadable Word document if desired, with voice and rhythm adapted for audio reading.)  
  
This session includes:  
• Gentle induction based on progressive relaxation of the exhausted body.  
• Mental journey to a resourceful place where the patient discovers a benevolent figure who has been watching over her since childhood.  
• Inner dialogue with her adolescent self: symbolic repair of past loneliness.  
• Transformation of the relationship with the mother: visualization of control ropes that can be released.  
• Final body anchoring: feeling of warmth and relaxation in the belly and chest to reinstall inner security.

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## Proposed Evolutionary Follow-up

|  |  |  |
| --- | --- | --- |
| Objective | Progress Indicator | Verification Frequency |
| Improved sleep | Number of nocturnal awakenings, fatigue score upon waking (scale 1-10) | Weekly |
| Reduction of loneliness | Emotional journal, moments of connection or soothing | Weekly |
| Reduced mental load | Self-evaluation of 'peak saturation' (day rated 1 to 10) | Daily |
| Emotional detachment from mother | Mentally replayed scenes with less anger or more perspective | At each session |

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## Proposed Motivational Anchor

“You were never truly alone because you’ve always been there for yourself. Today, it’s not strength that will save you, but the space you allow yourself to breathe. You have the right to pause, the right not to carry all this weight alone anymore.”