**Clinical Case Analysis – Eko**

**Age and Gender**

Female, 19 years old

**Summary of Identified Issues**

• Unstable and conflictual family relationships: chronic conflict with the mother, repeated disappointments and betrayal by the father, climate of mistrust and double discourse (e.g., what the father says about her to the mother).  
• Repeatedly broken hopes for reconciliation, especially with the father: oscillation between relational illusion and brutal return to reality.  
• High level of emotional vigilance and mistrust: constant need to protect herself, disillusioned discourse, emotional withdrawal as a defense mechanism (“I don’t care,” “It doesn’t matter”).  
• Intense mental load due to physical exhaustion (internship + commuting) and family stress.  
• Sleep disorder marked by hyperactivation: difficulty falling asleep despite going to bed early, persistent mental activity, probable bodily tension.  
• Need for validation, listening, and recognition, particularly embodied by the grandmother figure (containing function, “like my therapist”).  
• Underlying beliefs:  
 - “I have to defend myself alone.”  
 - “You can’t trust anyone, even those you love.”  
 - “If I let my guard down, I’ll get hurt.”  
 - “I’m seen as a problem, not as a person.”

**Dominant Emotions**

• Disappointment  
• Sadness  
• Hurt pride  
• Confusion  
• Suppressed anger  
• Sense of injustice  
• Latent anxiety  
• Psychological exhaustion

**Identified Emotional Triggers**

• Indirect and malicious communication from parents (behind her back)  
• Lack of recognition for personal investment (internship, fatigue)  
• Inconsistency in relationships (mother, father)  
• Suspicions of being used by parental figures  
• Implicit comparisons (dirty vs. clean, good vs. bad daughter)

**Psychological Mechanisms at Play**

• Relational hypervigilance: constant monitoring for signs of rejection or betrayal.  
• Exhausting over-adaptation: conforming to others’ expectations without recognition.  
• Need for sincere and reparative connection (grandmother figure, rare moments with the father).  
• Refusal to show vulnerability: fear of being used or ridiculed again.  
• Partial emotional dissociation: narrating experiences in a “neutral” tone, with occasional verbal outbursts (“he’s so annoying”).

**Primary Therapeutic Objective**

Deactivation of emotional hypervigilance at night and calming of the nervous system to restore restorative sleep.

**Eko Therapeutic Action Plan**

**1. Immediate Solutions**

• “Reverse body scan” each night before sleep: from top to bottom, then bottom to top to regain bodily control in a safe mode.  
• Emotional separation ritual before bedtime: write down what made her angry in a notebook and close it ritually each evening.  
• “Silent” breathing with mindful awareness: inhale for 4 counts, hold for 2, exhale for 6, hand placed on chest.  
• Self-anchoring: visualize a place where she feels “non-judged,” associated with a comforting sensory texture (e.g., grandma’s blanket, armchair, a summer bed).

**2. Intermediate Solutions**

• Family dialogue rewriting session (with AI or therapist) to transform the emotional charge of hurtful words.  
• Emotional remediation exercise focused on the father figure: imagine what she wished he had said instead.  
• Creation of an imaginary “personal space”: symbolic bedroom or mental refuge to activate at bedtime.  
• Audio therapy: use of a gentle, repetitive voice (hypnosis or guided meditation) to deactivate ruminative thinking before sleep.

**3. Long-Term Solutions**

• Immersive therapeutic hypnosis on the theme:  
“Let the body digest what the mind holds on to”  
Goals:  
 • Release tension linked to parental expectations.  
 • Re-establish an inner protective boundary.  
 • Soothe the mind through bodily reconnection.  
 • Separate sleep from the toxic family sphere.

**Personalized Hypnosis Session to Be Programmed**

Title: “Let the body digest what the mind holds on to”  
Ambiance: soft silence or soothing sounds (rain, light wind)  
Dominant sensory approach: kinesthetic (bodily sensations)  
Guidance level: intermediate (suggestions + visualizations)

**Progress Monitoring and Indicators**

• Each night before sleep: rate mental tension level (1 to 5).  
• After each audio session: evaluate physical relaxation.  
• Weekly sleep curve: number of hours, perceived quality, sleep onset.  
• Self-observation of nighttime intrusive thoughts: frequency, intensity.

**Personalized Motivational Phrase**

You don’t have to carry the weight of what your parents failed to give you into your sleep. Your body already knows how to rest. Sometimes, it just needs to breathe… far from words, blame, and expectations. Just you, at peace, in the silence of your inner room.