

**Declaration:**

I **NIDHI ROY** hereby declare that the cases being submitted to Institute of Clinical Hypnosis And Related Sciences Pvt. Ltd. are true and genuine, in partial fulfilment of the Program Cognitive Hypnotic Psychotherapy.

I ensure that I have delivered the services to the best of my abilities. This is an original work done by me and any reference has been duly acknowledged. I promise to use this information for professional purpose only. The work done here, to the best of my knowledge has never been submitted to other institutes or universities for any purpose. I understand that certificate will not be issued if my cases are fake, manipulated or constructed.

I **NIDHI ROY** have been trained for Cognitive Hypnotic Psychotherapy course and have completed the online and classroom modules. Here is the required information for the same:

Level 1

**Date: December 2020; Trainer Mrs. Mamta Sharma ; Place Online**

Level 2

**Date: October 2021; Trainer Mr. Nitin Shah ; Place Online**

Level 3

**Date: June 2022; Trainer Mr. Nitin Shah ; Place Online**

Level 4

**Date: January 2023; Trainer Mr. Nitin Shah ; Place Online**



---

Signature

Date: 12th September, 2024

### **Note of Acknowledgement:**

I would like to express my heartfelt gratitude to my mentor, **Mr. Nitin Shah**, for his unwavering guidance, support, and encouragement throughout my course and the mentorship program.

Sir, your expertise, wisdom, and insightful teachings have played an integral role in successfully completing these 10 case studies. Your direction and customized approach, as imparted by ICHARS, have empowered me to conduct each session with confidence and purpose, always steering toward the desired outcomes. Your patience, dedication, and ability to challenge my thinking have been a constant source of inspiration, significantly enhancing the quality of my work and my growth as a therapist and researcher.

Thank you for believing in my potential and equipping me with the tools and confidence to pursue and achieve my goals. Your mentorship has profoundly influenced my personal and professional development.

I deeply appreciate the time and effort you have invested in my growth and learning.

Sincerely,



Nidhi Roy

## CASE: 1- Manisha (CLIENT 1)

### Client Information Sheet (remove name if required)

Name	:	Manisha (CLIENT 1)
Sex	:	Female
Age	:	33 years
Address	:	Udaipur
Occupation	:	Fitness Trainer
Relationship Status	:	Married
Health Condition (if any)	:	None
List of Medication (if any)	:	NA
Source of referral	:	Colleague

### **Session 0 :**

Date: **9th November, 2023**

Duration: 60 mins

Place: Online

### **RAPPORT BUILDING METHOD USED:**

*During the initial consultation, CLIENT 1 was encouraged to share the story behind her current concerns and challenges. The session began with **rapport-building techniques**, and she was prompted with open-ended questions like, “**What would you like to talk about?**”*

*I informed her that the document screen would be shared with her as she spoke, allowing her to see every detail being noted. This approach reassured her of **my attentive listening, transparency, and non-judgmental note-taking**. As a result, she felt more comfortable and began to explain her challenges in greater detail. While she continued to express her thoughts and feelings, **I nodded to acknowledge that everything she shared was being recorded**. This gesture further boosted her confidence, encouraging her to open up even more.*

### **CLIENT'S STATEMENT:**

I'm 33 years old, married, and pregnant. I never wanted kids, and I'm not feeling positive about having them. Now that I'm pregnant, I feel I should have some

positive feelings about becoming a mother, but I don't. I don't consider myself a very emotional person. I love my life as it is, and I'm worried that I'll have to compromise it when I become a mother. I can't seem to see the positive side.

I'm also an overthinker, and my mind is often occupied with things that aren't important. I have a lot of negative thoughts. For example, I worry when my parents are out, and I fear getting into an accident while driving. I've started focusing on the negative aspects of life, even though I'm generally positive about my work and life.

I also overthink and obsess about people. When I like someone and talk to them, I tend to overanalyze the interaction. However, there are certain people I don't analyze, and I want to stop this habit. I often divert my attention to social media, but I don't feel motivated in my life.

*She was then asked if there was anything else she would like to share beyond the information already provided. After thinking for a few moments, she responded with a no.*

*Having listened to her story, I explained how my expertise as a **Cognitive Hypnotic Coach and Psychotherapist** involves creating a structured plan that integrates various techniques and processes. This **eclectic approach** helps facilitate sustainable and desirable transformation in her life.*

*After hearing my explanation, she felt hopeful and curious to learn more. I provided her with psychoeducation on the **Model of the Mind** and several therapeutic psychology models, which explained **the stimulus-response framework** at the core of the reality we subconsciously create for ourselves.*

*Referring to the data she had provided, I asked her to review the document to ensure that all the information was accurately recorded and to check if anything needed to be added or revised. She went through the document and expressed satisfaction with the data collected.*

*Finally, she was asked to summarize the entire content she had just shared in about 4-5 lines, to which she provided a concise **SUMMARY**, "I think i want to work on my overthinking part which leds me to obsession. When i am working i am okay, i don't overthink much. I really had an active life and travelling and my freedom will be lost after becoming mother."*

*I illustrated to her that her **current position was point A** and the **desired outcome** she wanted to achieve was **point B**. I then explained that the objective of our comprehensive weekly therapy sessions would be to undertake this journey from point A to point B, step by step, each week.*

*Next, I introduced the **ICHARS SOFT SEA model** that I would be following to facilitate this process, helping to identify and address any concerns and obstacles that might arise, thereby creating the necessary changes.*

*She was then asked to think about her current situation or challenge, which represented point A in her life, and her desired outcome, which represented point B that she wanted to work towards. To aid in this process, I provided her with a template of two fill-in-the-blank sentences to help structure **HER CURRENT CHALLENGE AND DESIRED OUTCOME**. I assured her that she could take all the time she needed to find the right words and that I was available to assist if she needed any help in addressing the issue.*

*The template was: "I feel \_\_\_\_\_ about \_\_\_\_\_ when \_\_\_\_\_."*

*She was very forthcoming and successfully structured her challenges related to her current situation using the provided template.*

**"I feel HELPLESS About MY PREGENNCY AND HAVING A CHILD MOST OF THE TIME. "**

She was now asked to take as much time as she needed and Based on this challenge that we have summarized, what is the **OUTCOME/ point B** that she would like to achieve by filling in the template below:

*I wish.....*

**I wish TO FEEL NORMAL ABOUT HAVING A CHILD.**

*After this, Manisha/ Client 1 decided to continue with the sessions and soon booked his first session.*

### **Session 1 :**

**Date: 9th November, 2023**

**Duration: 75 mins**

**Place: Online**

### **Review of previous session:**

The session began with a recap of the previous session to ensure that Manisha had no doubts or questions. I then asked her to re-read the two statements a few times in her mind and consider if there was anything she wanted to change or modify.

### **Objective of the current session Techniques used / Reasons for choosing the techniques:**

The session involved inducing relaxation followed by the use of a **Transformational Metaphor** within a hypnotic state. This facilitated deep relaxation and provided deeper insights into the key differences between the life she currently had and the life she desired to achieve.

### **Summary of the session:**

After completing the process, Manisha gained insights that highlighted specific tasks on her list, which served as opportunities to move toward her desired future.

### **Client feedback:**

Manisha was pleased with the session. She felt clear about the initial tasks she could undertake during the week.

### **Expected changes:**

She gained clarity on the steps needed to begin her transformational journey by taking initial actions toward her desired outcome.

### **Home-work assignments if any:**

She was assigned initial transformational steps based on the insights gained from the metaphor. The key points that resonated with her were to take steps to:

- a. Start my regular work for 8 hours in a day to start with.
- b. Work on my sleep routine so that I can accommodate my tasks and at the same time take care of my physical health also.

### **Therapist's Diary & Learning from the Session:**

The metaphorical exploration of the client's current challenge and desired outcome was a significant breakthrough in initiating the journey from point A to point B.

### **What Could Be Done Differently:** Nothing

-----

## **Session 2 :**

Date: **14th November, 2023**

Duration: 70 mins

Place: Online

### **Review of the previous session:**

The Client mentioned certain changes that she was noticing and was extremely happy and relieved at the same time.

I slept well after the last session after a long time. I experienced no disturbances at night even if I got up in between my sleep at night, I was able to go back to sleep again.

She also noted a reduction in her overall anxiety and a slight improvement in her emotional response to her pregnancy.

### **Objective of the current session: Techniques used /Reasons for choosing the techniques:**

F / P - Future / Proof - Sensory based & observable

A - Actions & Behaviours - Changes in actions and behaviours of the client

C / S - Capabilities / Skills- that the client would have developed

E / S - Emotional / State- How would the client feel after achieving this outcome +

### **ANCHORING**

**Manisha**, was asked to read the DESIRED OUTCOME statement and the **areas of her life** where she wants to accomplish this outcome. She was also asked to give **indicators of how her desired life would look after the outcome would be accomplished.**

**The miracle question was asked to her :** “Imagine that you have woken up to a day when your life is just the way you wanted and all the changes that needed to take place in the direction of the desired outcome have taken place. You now look forward to your day ahead. If you had to give a sensory- specific account of what such a day would look like keeping all details of thoughts, feelings, emotions, events, etc. Notice how each and every detail of your life is impacted by these transformative decisions taken by you for your desired future.

Manisha began giving an account of what such a day would look like. Through **Meta Model Questioning, observable parameters of the accomplished future were drafted.**

This visualised future comprised the **changed actions and behaviours** of her in the **present tense or present continuous tense**. The client was also questioned about all the **capabilities and the skills** the client possessed in this perfect future.

After all this was documented the client was then asked the **exact emotional state the client had developed as a result of this accomplished outcome**. The client was successfully able to answer all the questions and was conveniently able to experience the sensory specific future with all its details. The client said that she was feeling **MOTIVATED emotionally** on achieving this outcome.

The client had expressed the new concern where she mostly feel lazy when she knows that she has to work and focus on her career. She was asked what would she want to replace this feeling of laziness with to which she immediately replied that she desired to feel **MOTIVATED IN HERSELF** in her daily life so that she feels that energy while she needs to work. .

The process of anchoring was conducted and **MOTIVATION** was established. The client chose a past memory of her satisfied self when she was a working professional and had faced many challenges and was motivated enough to overcome them earning the praise of everyone.

#### **Client feedback :**

Manisha felt more energized and enthusiastic after the session. She appreciated the anchoring process and felt better equipped to maintain **motivation and enthusiasm** regarding her future goals.

**Expected changes:** The client would now feel **motivated** after having broken down the steps to the perfect future and also anchoring of that feeling.

#### **Home-work assignments if any:**

By the end of the session the client was told to add more details to the future that was just written and list at least 5 and preferably 10 aspects of his life that are positively impacted by your choices of your desired future.

*To make it easier for her, she was asked to **break it down into many aspects of her life** :* i) Physical State ii) Mental State iii) emotional state iv) financial state v) family life vi) social life vii) relationship with the self viii) spiritual life .... And any other aspects of her life that were significant to her.



She was also asked to go through the document a couple of times for **homework** and to check if there was something that needed to be added/ edited. And once satisfied she could read it as many times as she could till the next session.

**Therapist's Diary Learning from the session:** Drafting the sensory specific future along with the actions/ behaviours, skills/ capabilities, emotional state resulted in a **very clear road map** towards the desired future.

**What you could do differently:** Nothing

-----

### **Session 3 :**

Date: **21st November, 2023**

Duration: 75 mins

Place: Online

### **Review of the previous session:**

"In the past week, I've noticed a significant improvement in my motivation levels. I've been able to use the motivation anchor effectively, especially during challenging moments. The visualization exercise helped me clarify my goals and how they impact various areas of my life. I've seen positive changes in my work performance and my outlook on future achievements. However, I've faced some challenges with staying consistently motivated during stressful times. Overall, I feel more driven and excited about my goals, but I'm interested in exploring additional strategies to maintain this motivation in the face of difficulties.

### **Objective of the current session: Techniques used /Reasons for choosing the techniques:**

T - Tasks - POA +S - Suggestion - If you were to think of a sentence that you would like your mind to accept that will make achieving this outcome possible + **WHEN THEN STATEMENT**

### **SENSORY SPECIFIC FUTURE AS WRITTEN BY THE CLIENT:**

Here's a significantly expanded version of the future vision, emphasizing tangible behaviors, sensory details, and measurable outcomes:

---

**Morning Routine:**

Every morning, I wake up at 7:30 AM with a smile on my face, feeling a sense of gratitude for the day ahead. As the sunlight filters through the curtains, I stretch my arms and take three deep breaths, energizing myself before stepping out of bed. My room is filled with the soothing aroma of lavender, which I've sprayed the night before to promote better sleep.

I head to the kitchen, where my mom greets me with a warm hug and comments, "Aaj tumhaare chehre par alag hi noor hai." Her words uplift me, setting a positive tone for the day. My husband is already at the dining table, sipping his morning coffee, and he greets me with a cheerful, "Good morning, sunshine!" We exchange a loving embrace, and I feel deeply connected to him.

After freshening up, I slip into my workout attire—comfortable leggings and a bright-colored top—and step into my dedicated yoga and meditation space. The room is clean and minimalistic, with a mat placed in the center, calming wall art, and plants adding a touch of nature. For the next 50 minutes, I engage in yoga, starting with stretches, moving to strength-building asanas, and concluding with a calming meditation. The sound of soft instrumental music plays in the background, creating a serene environment.

Post-workout, I head to the kitchen and prepare a wholesome breakfast. Today's menu includes a steaming bowl of oats topped with almonds, walnuts, and a mix of fresh fruits like bananas and berries. I enjoy my breakfast at the dining table with my family, engaging in light-hearted conversations that make me feel deeply connected and loved.

---

### **Daily Planning:**

With breakfast done, I make my way to my home office, a space thoughtfully designed with a sleek wooden desk, an ergonomic chair, and a vision board displaying my goals and aspirations. I open my laptop and begin planning my day using a digital planner. As I type out my tasks and weekly objectives, I feel a surge of productivity and clarity.

I prioritize my goals, breaking them into actionable steps. For instance, if my weekly goal is to meet three school principals, I schedule meetings, research their schools, and prepare tailored presentations. I also allot time for self-care, learning, and family bonding, ensuring a balanced approach to my day.

---

## Career Achievements:

I actively promote my program, *Goalfit*, by leveraging digital marketing, networking, and word-of-mouth referrals. I schedule in-person meetings with school principals, where I arrive well-prepared with visually appealing presentations and handouts. During these meetings, I confidently articulate the value of our workshops, supported by data and testimonials from past sessions.

In one such meeting, the principal listens attentively as I present our program's benefits. I highlight real-life examples of how our workshops have improved students' mental health and academic performance. The principal nods approvingly and says, "This is exactly what our students need." We finalize a 5-year contract, and as I receive the cheque for ₹1,00,000, I feel immense pride in the impact of my work.

Our workshops, conducted with a team of dedicated trainers, are a resounding success. Teachers applaud the interactive activities, noting how engaged the students are throughout the 90-minute sessions. Students leave with practical tools to manage their emotions and enhance their focus, and many share positive feedback about how the workshop has inspired them.

---

## Health and Fitness:

My mornings are invigorated by my 1-hour yoga routine, which includes deep stretches, balance poses, and mindfulness practices. I follow this up with strength training sessions at the gym in the evenings, where I lift weights, track my progress, and celebrate small victories like increasing my deadlift capacity by 5 kg each month.

My diet is a vibrant mix of vegetables, fruits, and lean proteins, with my plate always looking colorful and appealing. I avoid eating after 6 PM, ensuring my digestive health remains optimal. Regular health check-ups every quarter give me confidence in my overall wellness. My skin glows, and I receive compliments on how youthful and energetic I look.

---

## Relationships:

In the mornings, my daughter wakes up with a big smile, and we share a warm hug before starting our day. I cherish moments like helping her with her homework,

cooking her favorite meals, and watching her play with her friends. She often says, "Mamma, you're the best!" which fills me with pride and happiness.

My husband and I carve out time to strengthen our bond. Whether it's enjoying a quiet coffee date at home or planning a surprise dinner, our relationship feels like a true partnership. We laugh, share dreams, and support each other in our individual pursuits.

I have a harmonious relationship with my in-laws, engaging them in meaningful conversations and spending weekends together watching movies or playing board games. Their support allows me to focus on my work and personal growth.

---

### **Social Life:**

Through *Goalfit*, I interact with parents, educators, and health professionals who appreciate my vision and efforts. Parents frequently send me heartfelt messages like, "Your program has changed my child's outlook on life," which fuels my motivation.

I attend seminars and conferences as a guest speaker, sharing my insights on mental health and child development. These events allow me to meet like-minded individuals who inspire me to aim higher. My network includes ambitious friends who uplift me with their positivity, and I feel grateful to be part of a circle that values growth and success.

As a member of an NGO focused on teenage health, I actively participate in initiatives that make a difference. I lead workshops, interact with young minds, and collaborate with other professionals to create impactful programs.

---

### **Financial:**

I live in a beautifully designed villa with modern architecture, surrounded by lush greenery. My home is a reflection of my success and a sanctuary for my family. It features a cozy reading nook, a spacious garden for morning tea, and a serene balcony where I meditate.

My financial stability allows me to provide generously for my family. I've helped my brother establish his fitness studio, and I feel immense joy in seeing his dream come true. A personal health trainer, a caretaker for my parents and in-laws, and house help ensure everyone's comfort.

The success of *Goalfit* brings me a steady monthly income of ₹10 Lakhs and annual dividends amounting to ₹5 Crores. I work with a financial adviser to manage investments in mutual funds, real estate, and ethical ventures, securing a prosperous future.

I also contribute monthly to an NGO, ensuring my financial success positively impacts others. My net worth of ₹100 Crores allows me to travel luxuriously, invest in my dreams, and still have a robust savings portfolio.

### **General:**

Every day, I wake up with a purpose, dedicating time to learning new skills, achieving my professional goals, and cherishing moments with my family. I balance work, health, and leisure seamlessly, often traveling to explore new places and gain fresh perspectives. My life feels fulfilling, vibrant, and aligned with my dreams.

### **Task List:**

#### **1. Morning Routine and Personal Well-being:**

- Wake up at 7:30 AM daily, practice gratitude, and spend a few minutes setting intentions for the day.
- Engage in a 50-minute yoga and meditation session, focusing on mindfulness, flexibility, and relaxation.
- Prepare and consume a nutritious breakfast rich in fruits, nuts, and whole grains.

#### **2. Daily Planning and Organization:**

- Spend 30 minutes each morning reviewing and updating a digital planner to outline priorities for the day and week.
- Use a task management system (like Trello or Notion) to track progress on professional and personal goals.

#### **3. Professional Outreach and Collaboration:**

- Dedicate at least 2-3 hours weekly to research schools, principals, and educational institutions for potential workshop collaborations.
- Schedule and conduct meetings with at least 3 school principals weekly to pitch *Goalfit* workshops.

- Develop and refine marketing materials, including brochures, videos, and testimonials, to enhance presentation quality.

#### **4. Workshop Preparation and Delivery:**

- Design engaging, research-based workshop content tailored to the needs of students and educators.
- Conduct trial runs for workshops and gather feedback from trusted colleagues to improve delivery.
- Follow up with schools after workshops to collect testimonials, monitor program impact, and explore long-term partnerships.

#### **5. Physical Fitness and Diet:**

- Continue daily yoga and add strength training sessions 3-4 times per week in the evening.
- Maintain a balanced diet, ensuring 3-4 servings of vegetables and 1-2 servings of fruits daily.
- Stay hydrated and avoid processed foods; prioritize meal prep on weekends to save time.

#### **6. Family Connections and Relationships:**

- Set aside 30-60 minutes daily for meaningful conversations with family members, including parents, in-laws, and the child.
- Plan weekly activities or outings with the husband to strengthen the marital bond.
- Involve parents and in-laws in light family games, storytelling, or shared meals to enhance quality time together.

#### **7. Social Networking and Influence Building:**

- Actively participate in at least one seminar, workshop, or NGO activity monthly to build professional connections.
- Write blog posts or articles about mental health, teenage wellness, or parenting tips to establish thought leadership.
- Attend networking events and cultivate relationships with influential individuals in education and mental health sectors.

#### **8. Financial Management:**

- Schedule bi-weekly reviews of financial health with a financial advisor to track income, expenses, and investments.
- Research and explore new investment opportunities, such as ethical funds or real estate, to diversify income.

- Allocate a percentage of monthly income for philanthropic donations and ensure accountability for how funds are utilized.

#### **9. Skill Development and Personal Growth:**

- Dedicate 1-2 hours weekly to learning new skills, such as public speaking, advanced yoga, or digital marketing.
- Enroll in courses or workshops that align with professional goals, such as communication mastery or educational psychology.
- Read 1-2 books monthly on self-improvement, leadership, or education trends to stay informed and inspired.

#### **10. Tracking Progress and Reflection:**

- Spend 15-20 minutes each evening reflecting on the day's accomplishments, challenges, and areas for improvement.
- Maintain a journal to document successes, feedback, and lessons learned from professional and personal experiences.
- Set aside time at the end of each week to review progress against goals and adjust the following week's plan as needed.

#### **11. Community and Public Speaking Engagements:**

- Actively seek out opportunities to speak at events, schools, or webinars about the importance of mental health and student development.
- Collaborate with NGOs to create impactful programs and expand visibility within the community.

#### **12. Leisure and Travel:**

- Plan quarterly family trips or solo retreats to rejuvenate and gain new perspectives.
- Dedicate weekends to hobbies like photography or nature walks to unwind and reconnect with personal interests.

The sensory specific future was now completed and the steps were chalked out that were needed to accomplish the desired future were drafted. Since the client was already organised by habit and had already broken down her plans into smaller steps at a much earlier stage, the sensory specific additions did not take much time.

When the client was asked to spell out that one sentence that the client would like her mind to accept that will make achieving this outcome possible, he specified **“I AM DOING MY BEST”**.

**Trigger:** When I sit with my laptop

**Current thought:** i cannot really start any school in April/ so i have lot of time to prepare/ why to hurry.

**Feeling:** distracted

**New feeling:** focused

**New Thought:** I want to start the goal fit programme in 5 schools from April 2024.

When (the trigger) then I realise (New thought)

When-then Statement to be repeated for this week

**The restructured thought was as follows:**

**When I sit with my laptop then i realize that I want to start the 'Goal fit' programme in 5 schools from April 2024.**

The client was asked to repeat these lines as many times so that she can check if she feels the alignment with it. After verifying it for the desired effect it created, the restructured thought was finalised and adopted.

#### **Client feedback :**

The client felt **better and motivated.**

#### **Expected changes:**

After imparting the tools of When Then and Anchoring the client felt better prepared and equipped to deal with her day to day challenges. He also had his road map to his outcome and how it would feel which made him feel even more convinced.

#### **Home-work assignments if any:**

To complete the selected tasks, consistently practice the release technique whenever feeling stressed, use the "When-Then" statements to guide responses, and regularly access the motivation anchor throughout the week.

1. Go out and talk to the School Management.
  - Call the school reception  
Shreeram Universal School
  - Call the receptionist on 24th Nov at 10 am. - ALARM SET  
Indus Public School
  - call the coordinator - Monday 27th at 10 am. -ALARM SET  
Vidyaashram International School



- Talk to Ravi, BOD and confirm - Message him today
- Calling the Director of the school
- 2. MOU draft/business agreement has to be prepared - Today at 2 pm.
- 3. Devote 1 hr for workout
  - 1hr of yoga (6 days)
  - Join Yoga class:  
Seen some yoga classes and i need to confirm - Today by 1.30 pm  
8-9 am in the morning.
  - Walk in the evening for 45 mins to 1 hr. - NO Hindrance
- 4. Repeat the when then statement:  
When I sit with my laptop then i realise that I want to start the 'Goal fit' programme in 5 schools from April 2024.

#### **Therapist's Diary Learning from the session:**

As the client felt motivated to work on the tasks leading up to the desired outcome, I also felt a sense of fulfilment as a therapist.

**What you could do differently:** Nothing

-----

#### **Session 4:**

Date: 29th November, 2023

Duration: 1 hr 15 mins

Place: Online

#### **Review the previous session: mention all the details of how you reviewed the session.**

The client shared that anchoring worked well for her, contributing to a productive week workwise. She successfully enrolled in a self-help program, and she also selected a topic for study, leading to the creation of a workshop for students in grades 10-12.

#### **Objective of the current session**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps + **AUDIO**

**RECORDING OF THE COMPLETE SEQUENCE**

The client was induced into a **relaxed state and the entire sequence covering her outcome and tasks along with the suggestion she gave to herself, “I AM DOING MY BEST” was conducted and the audio recording was given to her.** She was asked to **listen to it on a regular basis** for his subconscious to get aligned with her desired outcome and the steps that have been constructed for the purpose of achieving the outcome.

The session was **filled with complete calmness and a peaceful clarity** after the total sequence was conducted that enabled her to chalk out the next three tasks as her homework for the following week. Manisha beamed with joy and confidence to continue into the next week with her task list.

**Client feedback :** The client felt empowered after the hypnotic complete sequence was conducted.

**Expected changes:** The audio recording of the complete sequence would help her believe in the **realisation that the desired future was a possible outcome** and that she had already completed 4 tasks in this direction.

**Home-work assignments if any :** To complete the **3 new tasks.**

- a) *Telephonic conversations for taking business appointments and follow up.*
- b) *To go out and meet people - marketing my services.*

**Therapist's Diary Learning from the session :** The complete sequence instilled within the client the faith and belief that her outcome was a possible reality and the hope within the client was clearly palpable.

**What you could do differently:** Nothing

---

### **Session 5:**

Date: 18th December 2023

Duration: 65 min

Place: Online

### **Review previous session:**

Manisha **completed all her tasks** except that while she plans to go and meet people, she often doesn't feel like executing those plans. Additionally, she found it challenging to complete telephonic conversations.

## **Objective of the current session : Techniques used/ Reasons for choosing the techniques**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps + **THOUGHT**

### **RESTRUCTURING**

*Manisha wanted to address the recurring thoughts that would arise when she needed to have a conversation with higher authoritative figures, either over a call or face to face. Despite feeling prepared, she often found herself thinking, "What if I stumble over my words or don't come across as confident?" These thoughts would create a sense of anxiety and self-doubt, though she had previously managed to feel motivated and prepared through anchoring techniques. She wanted to eliminate these self-damaging thoughts entirely.*

**Process:** *I proceeded with the **thought restructuring** aspect of the **CHCP model**, focusing on **Reprogramming the Mind**.*

**Trigger:** *When I need to have a conversation with a higher authoritative figure.*

**Current Thought:** *What if I stumble over my words or don't come across as confident? (creating anxiety and self-doubt)*

**Desired Thought:** *I am fully prepared and capable of having a confident and clear conversation. (creating calmness and assurance)*

**Restructured Thought:** *When I need to have a conversation with a higher authoritative figure, I realise that I am fully prepared and capable of having a confident and clear conversation.*

*Manisha repeated these lines as many times as she needed to feel the resonance they created. After verifying that the restructured thought created the desired calmness and assurance, it was finalized and adopted.*

**Next Steps:** *Following this process, Manisha identified the next three tasks she would focus on during the upcoming week.*

### **Client feedback :**

Manisha read the restructured thought multiple times until she felt a strong resonance and was completely convinced by it. The tasks she identified instilled within her the **calmness and confidence** she desired, helping her feel prepared to handle conversations with higher authoritative figures.

**Expected changes :**

With the thought restructuring, Manisha now feels **CALM along with the motivation and assurance she had previously achieved through anchoring**. She is confident that she will be able to manage herself effectively in all situations, including the planned tasks for the week ahead.

**Home-work assignments if any:**

At the end of the session, Manisha **selected three tasks** to focus on for the upcoming week, which included preparing herself for important work-related interactions:

1. *Will rehearse key points for her upcoming calls or face-to-face meetings with authoritative figures to build familiarity and confidence.*
2. *Will establish a morning routine that includes relaxation techniques such as deep breathing or meditation to ensure she remains calm before important interactions.*
3. *Will start a new morning routine independently, ensuring she can maintain her focus and calm even if her husband is not available to join her for the usual morning activities. She plans to begin this routine from 5/11, allowing herself a week to adjust before any major meetings or calls.*

**Therapist's Diary Learning from the session :**

The client was progressing well and was showing visible signs of independence and confidence about herself and her tasks.

**What you could do differently:** Nothing

-----

**Session 6:**

Date: 27th December 2023

Duration: 70 min

Place: Online

**Review previous session:**

**Manisha** had fared well in all her tasks. Her outstation trip was fantastic and went smoothly without any glitches. During moments when she felt perturbed, she effectively used her tools of release, anchoring, and thought restructuring.

**Objective of the current session : Techniques used/ Reasons for choosing the techniques**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps + **LEVELS OF TRANSFORMATION**

She was overexcited to share the details of her trip, and her confidence and gratitude were palpable. She confessed with triumph that she felt she was nearly at her desired outcome. She had listed the next tasks she had in mind, and this time, she had the energy to take on more than three tasks.

**The process of Level of Transformation was conducted to** understand the degree of progress that had been made from the current situation to the desired outcome and all the concerned behaviours, skills, beliefs that could be handled differently to escalate the process steadily and naturally to the desired outcome.

#### **Client feedback :**

The client experienced a **complete sense of clarity regarding the steps to be taken** and the shackles of beliefs and behaviours that were bothering her and unknowingly preventing her from progressing further.

#### **Home-work assignments if any:**

To **continue with her remaining tasks and get in touch over a call after a week / 10 days** to have a brief review of how things are shaping up. Practising release, anchors, the Levels of Transformation and listening to the audio recording on a regular basis was advised.

#### **Therapist's Diary Learning from the session:**

It became evident that integrating structured time management strategies and addressing procrastination directly contributed to his improved productivity and confidence. The session highlighted the importance of practical, incremental steps in overcoming procrastination and the effectiveness of targeted goal-setting. She progress underscored the value of customizing interventions to align with individual challenges and strengths, reaffirming that focused, actionable tasks can lead to meaningful change. This experience reinforced the need for ongoing adjustment and support tailored to each client's unique needs.

**What you could do differently:** Nothing

#### **CLIENT TESTIMONIAL:**

**Google review given by the client.**

\*\*\*\*\* 24 Feb 2023

I had a very positive experience with Ms. Roy. She was very easy to talk to and gave me space to do sessions in the way that worked best for me and I came out of them feeling refreshed and motivated. I would definitely recommend her to anyone looking to work through things in therapy, she was kind, thoughtful and always reliable even when I was having difficulty finding times that suited my schedule. She helped me in imagining the good and rooting it deep into the subconscious mind.

-----  
-----

Nidhi K

## CASE: 2- Aditya (Client 2)

### Client Information Sheet (remove name if required)

Name : Aditya (CLIENT 2)  
 Sex : Male  
 Age : 28 years  
 Address : Noida  
 Occupation : IT Professional  
 Relationship Status : Single  
 Health Condition (if any) : Seizures and taking medicines evere hair fall started in December 2019 , in 2020 it became evident, I tried a few medicines, in January 2022 I went for a **hair transplant**.  
 List of Medication (if any) : Not provided  
 Source of referral : Colleague

### **Session 0 :**

Date: **18 February, 2022**

Duration: 60 mins

Place: Online

### **RAPPORT BUILDING METHOD USED:**

*During the initial consultation, **Client 2** was encouraged to share the story behind his current concerns and challenges. The session began with **rapport-building techniques**, and he was prompted with open-ended questions like, "**What would you like to talk about?**"*

*I informed him that the document screen would be shared with him as he spoke, allowing him to see every detail being noted. This approach reassured him of my **attentive listening, transparency, and non-judgmental note-taking**. As a result, he felt more comfortable and began to explain his challenges in greater detail. While he continued to express his thoughts and feelings, I nodded to acknowledge that everything he shared was being recorded. This gesture further boosted his confidence, encouraging him to open up even more.*

### **CLIENT'S STATEMENT:**

I have too many thoughts running through my mind, and the first one is always negative. Whether it's starting a new course or even just going downstairs to get something, the first thing that comes to my mind is, 'What if I don't get that thing? What's the point of going?' This kind of thinking has become so common that it's stopping me from doing anything. I wanted to wake up early, but I just sat in bed, thought about it, and ended up doing nothing. The negative thought that came to me was, 'There's no point in doing it.' Eventually, I just started sleeping all day.

I feel like I have a lot of things on my shoulders, but I'm not even sure where this pressure is coming from. I feel helpless and can't concentrate on anything for more than 10-15 minutes. I don't need any devices to distract me; my own thoughts are enough. It feels like nobody can ever truly get rid of anxiety.

I've been to two different therapists in the past, and I went to them with 20 problems. But instead of helping, they made me realize 80 other problems, and now it feels like my issues have multiplied a hundred times over.

On the productive side, I know that doing some physical activity, following a daily schedule, and having a proper diet could help me, but it's hard to stick to them.

*He was then asked if there was anything else he would like to share beyond the information already provided. After thinking for a few moments, he responded:*

**Medical History:** Back in 2010, I had seizures and have been taking medication for that since. In December 2019, I started losing my hair severely. By 2020, it became really noticeable. I tried a few different treatments, and in January 2022, I went for a hair transplant.

*Having listened to his story, I explained how my expertise as a **Cognitive Hypnotic Coach and Psychotherapist** involves creating a structured plan that integrates various techniques and processes. This **eclectic approach** helps facilitate sustainable and desirable transformation in her life.*

*After hearing my explanation, he felt hopeful and curious to learn more. I provided him with psychoeducation on the **Model of the Mind** and several therapeutic psychology models, which explained **the stimulus-response framework** at the core of the reality we subconsciously create for ourselves.*



Referring to the information he had provided, I asked him to review the document to ensure that all the details were accurately recorded and to check if anything needed to be added or revised. He went through the document and expressed satisfaction with the data collected.

Finally, he was asked to summarize the entire content he had just shared in about 4-5 lines, to which he provided a concise **SUMMARY**, "I struggle with persistent negative thoughts that hinder my daily activities and overall productivity. Despite trying to follow a routine, I often feel overwhelmed and distracted by my own thoughts, which leads to a lack of motivation and feelings of helplessness. My previous therapy experiences have left me feeling more burdened, increasing my anxiety and frustration. I also have a history of fits and am currently managing the aftermath of a hair transplant due to severe hair loss."

I illustrated to him that his **current position was point A** and the **desired outcome** he wanted to achieve was **point B**. I then explained that the objective of our comprehensive weekly therapy sessions would be to undertake this journey from point A to point B, step by step, each week.

Next, I introduced the **ICHARS SOFT SEA model** that I would be following to facilitate this process, helping to identify and address any concerns and obstacles that might arise, thereby creating the necessary changes.

He was then asked to think about his current situation or challenge, which represented point A in his life, and his desired outcome, which represented point B that he wanted to work towards. To aid in this process, I provided him with a template of two fill-in-the-blank sentences to help structure **HER CURRENT CHALLENGE AND DESIRED OUTCOME**. I assured him that he could take all the time he needed to find the right words and that I was available to assist if he needed any help in addressing the issue.

The template was: "I feel \_\_\_\_\_ about \_\_\_\_\_ when \_\_\_\_\_."

He came up with the following statement:

I feel **OVERWHELMED/ANXIOUS** about **MY HAIR LOSS** when **I AM LEFT ALONE WITH MY THOUGHTS**.

He was now asked to take as much time as he needed and Based on this challenge that we have summarized, what is the **OUTCOME/ point B** that he would like to achieve by filling in the template below:

*I wish.....*

I wish **TO FIND A WAY TO DEAL WITH MY ANXIETY AND BE MORE PRODUCTIVE.**

*After this, Aditya/ Client 2 decided to continue with the sessions and soon booked his first session.*

### **Session 1 :**

Date: 25th January, 2022

Duration: 75 mins

Place: Online

### **Review of previous session:**

The session began with a recap of the previous session to ensure that Aditya had no doubts or questions. I then asked him to re-read the two statements a few times in his mind and consider if there was anything he wanted to change or modify.

### **Objective of the current session Techniques used / Reasons for choosing the techniques:**

The session involved inducing relaxation followed by the use of a **Transformational Metaphor** within a hypnotic state. This facilitated deep relaxation and provided deeper insights into the key differences between the life she currently had and the life she desired to achieve.

### **Summary of the session:**

After completing the process, he gained insights that highlighted specific tasks on his list, which served as opportunities to move toward his desired future.

### **Client feedback:**

Aditya was pleased with the session. He felt clear about the initial tasks he could undertake during the week.

### **Expected changes:**

He gained clarity on the steps needed to begin his transformational journey by taking initial actions toward his desired outcome.

### **Home-work assignments if any:**

He was assigned initial transformational steps based on the insights gained from the metaphor. The key points that resonated with him were to take steps to:

- Setting a consistent wake-up time and incorporating a brief physical activity each morning.
- Journaling all the negative thoughts that comes to his mind during the week.

### **Therapist's Diary & Learning from the Session:**

The metaphorical exploration of the client's current challenge and desired outcome was a significant breakthrough in initiating the journey from point A to point B.

**What Could Be Done Differently:** Nothing

---

### **Session 2 :**

Date: **3rd February 2022**

Duration: 70 mins

Place: Online

### **Review of the previous session:**

The Client mentioned certain changes that he was noticing and was amazed that his thoughts are better now.

I noticed that I was able to catch myself when negative thoughts started to creep in. Although it was challenging, I managed to redirect my focus and avoid getting stuck in those thoughts. I also started following a simple morning routine, and even though it's still a work in progress, I felt a bit more in control and less overwhelmed.

Overall, my anxiety seemed slightly more manageable, and I felt a small boost in my ability to stay productive throughout the day.

### **Objective of the current session: Techniques used /Reasons for choosing the techniques:**

F / P - Future / Proof - Sensory based & observable

A - Actions & Behaviours - Changes in actions and behaviours of the client

C / S - Capabilities / Skills- that the client would have developed

E / S - Emotional / State- How would the client feel after achieving this outcome +  
**ANCHORING**

**Aditya**, was asked to read the DESIRED OUTCOME statement and the **areas of his life** where he wants to accomplish this outcome. He was also asked to give **indicators of how his desired life would look after the outcome would be accomplished.**

***The miracle question was asked to him :*** “Imagine that you have woken up to a day when your life is just the way you wanted and all the changes that needed to take place in the direction of the desired outcome have taken place. You now look forward to your day ahead. If you had to give a sensory- specific account of what such a day would look like keeping all details of thoughts, feelings, emotions, events, etc. Notice how each and every detail of your life is impacted by these transformative decisions taken by you for your desired future.

He began giving an account of what such a day would look like. Through **Meta Model Questioning, observable parameters of the accomplished future were drafted.**

This visualised future comprised the **changed actions and behaviours** of his in the **present tense or present continuous tense.** The client was also questioned about all the **capabilities and the skills** the client possessed in this perfect future.

#### **SENSORY SPECIFIC FUTURE AS WRITTEN BY THE CLIENT:**

I wake up at 6:30 AM to the soft chirping of birds outside my window, feeling calm, refreshed, and ready to embrace the day. The first rays of sunlight filter through the curtains, casting a warm glow across the room. I take a deep breath, appreciating the stillness of the morning, and allow myself a moment of gratitude for the blessings in my life. Rising from bed immediately, I feel energized and excited about the opportunities the day holds. As I walk to the bathroom, I notice how light and purposeful my steps feel, a reflection of the calm mindset I’ve cultivated.

Standing in front of the mirror, I meet my own gaze with a smile. Instead of focusing on my hair, I see someone resilient, strong, and growing. I take a moment to affirm, “I am enough just as I am. My journey is unfolding beautifully.” I gently splash cool water on my face, enjoying the refreshing sensation as it invigorates me. As I brush my teeth, I feel grounded, reminding myself that small, consistent actions build a fulfilling life.

Heading to the kitchen, I'm greeted by the comforting aroma of freshly brewed tea. I prepare a wholesome breakfast of warm oatmeal, beautifully topped with colorful fresh fruits like strawberries and blueberries, a handful of nuts, and a drizzle of honey. The vibrant colors and rich textures remind me of the importance of nourishing my body and soul. I set the table with care, arranging everything neatly to create an inviting space. As I sit down, I take my time to enjoy each bite, savoring the flavors and appreciating the effort I've put into this mindful moment. Sipping my tea, I scroll through uplifting news or read a motivational quote, feeling inspired and ready to approach the day with positivity.

After breakfast, I retreat to a quiet corner in my home, where a yoga mat is already laid out. I sit comfortably and close my eyes for 10 minutes of mindfulness meditation. I focus on my breath, feeling each inhale fill me with calm and each exhale release any lingering tension. With every moment, I feel more centered, more in tune with myself, and more prepared to face the challenges of the day. The space around me is serene and uncluttered, enhancing my sense of peace. By the time I finish, my mind feels clear, and my body is relaxed yet energized.

When I arrive at work, I greet my colleagues with warmth and confidence, exchanging smiles and pleasantries that set a positive tone for the day. My workspace is neat and organized, with a to-do list prominently displayed. I sit down, review my priorities, and break tasks into smaller, manageable steps. As I complete each task, I check it off my list, feeling a deep sense of accomplishment. Even when unexpected challenges arise—a tight deadline or a miscommunication—I pause, take a deep breath, and approach the situation with calm and focus. I notice how much more in control I feel, no longer letting stress overwhelm me. My colleagues appreciate my composed demeanor and often seek my input, which boosts my confidence further.

During lunch, I join my colleagues in the break area. The atmosphere is light and cheerful, filled with friendly banter and shared laughter. I feel comfortable contributing to the conversation, sharing stories or ideas without second-guessing myself. The warmth and connection I experience leave me feeling relaxed and energized for the rest of the day. After lunch, I step outside for a short walk, letting the fresh air and natural surroundings refresh my mind. On days when I can't go outside, I take a few moments at my desk to stretch and breathe deeply, ensuring I stay connected to my body and maintain my focus.

After work, I head to the gym, where I've built a fitness routine that feels both challenging and rewarding. As I lift weights or run on the treadmill, I feel my muscles working and my heart pumping, a tangible reminder of my strength and resilience.

The post-workout glow and sense of achievement make me proud of the progress I'm making. I've stopped obsessing over superficial worries and instead celebrate the energy and vitality my body gives me.

In the evening, I return home to a welcoming space where the aroma of dinner being prepared fills the air. I share the meal with my family, sitting together at the table and exchanging stories about our day. My interactions are warm and filled with laughter, and I feel deeply connected to my loved ones. My child often climbs into my lap, giggling as I playfully tousle their hair or share a silly story. My spouse and I engage in meaningful conversations, supporting each other's goals and sharing dreams for the future. These moments of connection bring me immense joy and a sense of completeness.

Later, I spend some time on an activity that brings me joy—reading a favorite book, journaling, or exploring a creative hobby. I lose myself in the moment, feeling relaxed and fulfilled. Before bed, I sit quietly with my journal, reflecting on the day's events. I jot down three positive moments, such as the way I handled a work challenge or the laughter shared over dinner, and one thing I'm looking forward to tomorrow. This ritual fills me with gratitude and helps me recognize the steady progress I'm making in building a balanced, meaningful life.

As I prepare for sleep, I light a calming lavender-scented candle and play soft, instrumental music in the background. I lie in bed, feeling the softness of the sheets and the comforting weight of the blanket. My thoughts are calm, free from the intrusive worries that once kept me awake. I drift off to sleep easily, feeling content, grateful, and excited for the promise of a new day.

### **E / S - Emotional/State - Feelings After Achieving This Outcome:**

Confident, self-assured and Socially engaged and connected

### **Client feedback :**

Aditya felt more motivated and confident after the session.

**Expected changes:** The client would now feel **motivated** after having broken down the steps to the perfect future and visualize the future.

I decided to use the **TRANSFORMATIONAL METAPHOR** during the session that could provide deeper insights into the key differences between the life he had at the moment and the life that he was wanting to achieve.

The process went on smoothly and very effectively with a vision on the steps towards obtaining his desired future.

**Home-work assignments if any:**

By the end of the session the client was told to add more details to the future that was just written and list at least 5 and preferably 10 aspects of his life that are positively impacted by your choices of your desired future.

*To make it easier for him, he was asked to **break it down into many aspects of his life** :* i) Physical State ii) Mental State iii) emotional state iv) financial state v) family life vi) social life vii) relationship with the self viii) spiritual life .... And any other aspects of her life that were significant to her.

**Therapist's Diary Learning from the session:** Drafting the sensory specific future along with the actions/ behaviours, skills/ capabilities, emotional state resulted in a **very clear road map** towards the desired future.

**What you could do differently:** Nothing

-----

**Session 3 :**

Date: **10th February, 2022**

Duration: 75 mins

Place: Online

**Review of the previous session:**

Overall, I feel more driven and excited about my goals, but I'm interested in exploring additional strategies to maintain this motivation in the face of difficulties. And also need to figure out the path to be in a better state of mind.

**Objective of the current session: Techniques used /Reasons for choosing the techniques:**

T - Tasks - POA +S - Suggestion - If you were to think of a sentence that you would like your mind to accept that will make achieving this outcome possible + **WHEN THEN STATEMENT**

**TASK LIST:**

1. **Morning Routine:** Wake up at 6:30 am, start the day with affirmations in front of the mirror focusing on strengths and capabilities.
2. **Engage in 10 minutes of mindfulness meditation** after breakfast each day to center yourself and reduce anxiety.
3. **Workplace Productivity:**



- **Break work tasks into manageable chunks.** Create a daily task list and focus on completing one task at a time. Celebrate small wins throughout the day.
- **Take short breaks during work** to stretch and breathe deeply, helping maintain focus and alignment.

#### 4. **Physical Activity and Self-Care:**

- **Incorporate regular exercise:** Go for workout at the gym after work and focus on appreciating my body's strength rather than its appearance.
- **Maintain a balanced diet:** Prepare and enjoy a nutritious breakfast each morning, and ensure I eat balanced meals throughout the day.

#### 5. **Social Engagement:**

- **Engage in light conversations during lunch with colleagues** to build confidence in social settings.
- **Spend quality time with family or friends** in the evening, focusing on the connection rather than being distracted by worries.
- Go out for party with my friends once in a week.

#### 6. **Bed time:**

- **Reflect on your day before bed:** Focus on positive aspects and moments of productivity.
- Acknowledge my progress and end the day with a sense of contentment and peace through Journaling.

**Trigger:** When I engage in conversations with my colleagues during lunch

**Current Thought:** I struggle to focus on the conversation and feel disconnected.

**Current Feeling:** Anxious and distracted

**New Thought:** my input is valuable and appreciated.

**New Feeling:** Calm and focused

When (the trigger) then I realise (New thought)  
When-then Statement to be repeated for this week

**The restructured thought was as follows:**



**When I engage in conversations with my colleagues during lunch, then I realise that my input is valuable and appreciated.**

The client was asked to repeat these lines as many times so that he can check if he feels the alignment with it. After verifying it for the desired effect it created, the restructured thought was finalised and adopted.

#### **Client feedback :**

The client felt **better and motivated**.

#### **Expected changes:**

After imparting the tools of When Then and Anchoring the client felt better prepared and equipped to deal with his day to day challenges. He also had her road map to his outcome and how it would feel which made him feel even more convinced.

#### **Home-work assignments if any:**

To complete the selected tasks, repeat the "When-Then" statements throughout the week.

#### **Therapist's Diary Learning from the session:**

As the client felt motivated to work on the tasks leading up to the desired outcome, I also felt a sense of fulfilment as a therapist.

#### **What you could do differently:** Nothing

---

#### **Session 4:**

Date: **18th February, 2022**

Duration: 1 hr 15 mins

Place: Online

#### **Review the previous session: mention all the details of how you reviewed the session.**

The client completed the homework as was given. There were also a few more changes that the client noticed during the week that passed. When then Statement really worked for him and his state of mind was better.

### **Objective of the current session**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps + **AUDIO**

### **RECORDING OF THE COMPLETE SEQUENCE**

The client was induced into a relaxed state, and the entire sequence covering his outcome and tasks, along with the **suggestion** he gave to himself, "**I AM ENOUGH THE WAY I AM,**" was conducted. The audio recording was provided to him, and he was encouraged to listen to it regularly to help his subconscious align with his desired outcome and the steps necessary to achieve it.

The session was filled with complete calmness and peaceful clarity after the sequence was conducted, which enabled him to outline the next three tasks as his homework for the following week. Aditya felt a renewed sense of focus and confidence as he prepared to move forward with his task list into the next week.

### **Client feedback :**

He reported that the clarity gained from the session allowed him to tackle his daily challenges more effectively, and he felt a growing sense of confidence as he completed his tasks. Aditya expressed satisfaction with his progress and was motivated to continue using the tools provided to maintain his momentum.

**Expected changes:** The audio recording of the complete sequence would help him believe in the **realisation that the desired future was a possible outcome** and that he had already completed 4 tasks in this direction.

### **Home-work assignments if any :**

To complete the **3 new tasks**.

### **Therapist's Diary Learning from the session :**

The complete sequence instilled in the client a strong belief and confidence that achieving his outcome was within reach, and his hope was clearly evident.

**What you could do differently:** Nothing

---

### **Session 5:**

Date: **26th February, 2022**

Duration: 65 min

Place: Online

### **Review previous session:**

I've made significant progress on most of my tasks, which feels great. I successfully stuck to my morning routine and engaged positively with my colleagues. However, I struggled with the task of reaching out to a professional network to explore new opportunities for collaboration. This task felt particularly challenging and overwhelming for me, and I wasn't able to accomplish it as planned.

### **Objective of the current session: Techniques used/ Reasons for choosing the techniques**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps + **THOUGHT**

### **RESTRUCTURING**

*Aditya struggles with procrastination when it comes to reaching out to his professional network to explore new opportunities for collaboration. He often thinks, "What if I don't get a positive response or the effort isn't worth it?" This leads to delays in taking action, even though he recognizes the importance of expanding his network and exploring new opportunities.*

***Process:*** I proceeded with the **thought restructuring** aspect of the **CHCP model**, focusing on **Reprogramming the Mind**.

### ***When-Then Statement:***

***Trigger:*** When I consider reaching out to my professional network for new opportunities

***Current Thought:*** What if I don't get a positive response or the effort isn't worth it?

***Current Feeling:*** Hesitant and unmotivated

***Desired Feeling:*** Confident and proactive

***New Thought:*** Reaching out to my network can open up valuable opportunities, and taking action now is beneficial.

***When-Then Statement:*** When I consider reaching out to my professional network for new opportunities, then I realise that taking action now can open up valuable opportunities and is worth the effort.

*Aditya repeated these lines as many times as he needed to feel the resonance they created. After verifying that the restructured thought created the desired confidence, it was finalized and adopted.*

**Next Steps:** *Following this process, Aditya identified the next three tasks he would focus on during the upcoming week.*

**Client feedback :**

Felt hopeful and energised

**Home-work assignments if any:**

*At the end of the session, Aditya **selected three tasks** to focus on for the upcoming week, which included preparing himself for important work-related interactions.*

**Therapist's Diary Learning from the session :**

The client **was progressing well and was showing visible signs of independence and confidence about himself and his tasks.**

**What you could do differently:** Nothing

---

**Session 6:**

**Date: 6th March 2022**

Duration: 70 min

Place: Online

**Review previous session:**

In the past session, I made good progress, completing most of my tasks. I managed to start a few new initiatives and felt more productive overall.

**Objective of the current session : Techniques used/ Reasons for choosing the techniques**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps + **LEVELS OF TRANSFORMATION**

**The process of Level of Transformation was conducted to** understand the degree of progress that had been made from the current situation to the desired outcome

and all the concerned behaviours, skills, beliefs that could be handled differently to escalate the process steadily and naturally to the desired outcome.

**Client feedback :**

The client experienced a **complete sense of clarity w.r.t the steps to be taken** and the shackles of beliefs and behaviours that were bothering her and unknowingly preventing her from progressing further.

**Expected changes** : The client was **now completely equipped to handle all challenges** and would be able to take the course to her outcome as all her major challenges had been taken care of.

**Home-work assignments if any:** To **continue with her remaining tasks and get in touch over a call after a week / 10 days** to have a brief review of how things are shaping up. Practising release, anchors, the Levels of Transformation and listening to the audio recording on a regular basis was advised.

**Therapist's Diary Learning from the session :** The wrap up session was **insightful in addressing all the little concerns** that were acting as hindrances in her journey to the desired outcome.

**What you could do differently:** Nothing

**CLIENT TESTIMONIAL:**

**Google review given by the client.**

“Nidhi is all that you can ask for in a therapist. She is really great with listening and understanding my concerns, handled it well, provide a constructive solutions, very interactive and supportive.”

-----

-----

### **CASE: 3 - Zareena**

#### **Client Information Sheet (remove name if required)**

Name : Zareena (CLIENT 3)  
 Sex : Female  
 Age : 15 years  
 Address : Mumbai  
 Occupation : Student (Gr 10th)  
 Relationship Status : Single  
 Health Condition (if any) : None  
 List of Medication (if any) : NA  
 Source of referral : Google

#### **Session 0 :**

Date: **13th May, 2023**

Duration: 60 mins

Place: Online

#### **RAPPORT BUILDING METHOD USED:**

*During the initial consultation, CLIENT 3 was encouraged to share the story behind her current concerns and challenges. The session began with **rapport-building***

*techniques, and she was prompted with open-ended questions like, “What would you like to talk about?”*

*I informed her that the document screen would be shared with her as she spoke, allowing her to see every detail being noted. This approach reassured her of **my attentive listening, transparency, and non-judgmental note-taking**. As a result, she felt more comfortable and began to explain her challenges in greater detail. While she continued to express her thoughts and feelings, **I nodded to acknowledge that everything she shared was being recorded**. This gesture further boosted her confidence, encouraging her to open up even more.*

### **CLIENT'S STATEMENT:**

*I am facing significant stress and pressure related to my academic performance, especially in mathematics. Even though I love science, I've never enjoyed or been good at math, and now it's become a constant source of anxiety for me. The pressure to get good grades and secure a spot in a reputable college is making my vacation anything but relaxing. I feel stuck—guilty when I'm not studying math and unhappy when I do. My parents have faith in my abilities, but I'm unsure whether to continue with math or drop it. I'm scared of the academic and societal consequences no matter what I choose.*

*She was then asked if there was anything else she would like to share beyond the information already provided. After thinking for a few moments, she responded with a no.*

*Having listened to her story, I explained how my expertise as a **Cognitive Hypnotic Coach and Psychotherapist** involves creating a structured plan that integrates various techniques and processes. This **eclectic approach** helps facilitate sustainable and desirable transformation in her life.*

*After hearing my explanation, she felt hopeful and curious to learn more. I provided her with psychoeducation on the **Model of the Mind** and several therapeutic psychology models, which explained **the stimulus-response framework** at the core of the reality we subconsciously create for ourselves.*

*Referring to the data she had provided, I asked her to review the document to ensure that all the information was accurately recorded and to check if anything needed to be added or revised. She went through the document and expressed satisfaction with the data collected.*

Finally, she was asked to summarize the entire content she had just shared in about 4-5 lines, to which she provided a concise **SUMMARY**, “I feel like it’s too late to drop math now, but I’ve spoken to my parents about it. They’ve told me that I can drop it, but it will be difficult to make that change. I’m really torn about what to do. Math is the one subject that has been bothering me my entire life, and now it’s creating even more stress and uncertainty. I’m caught between wanting to continue and just wanting to let it go, but I’m really not sure what the best decision is.”

I illustrated to her that her **current position was point A** and the **desired outcome** she wanted to achieve was **point B**. I then explained that the objective of our comprehensive weekly therapy sessions would be to undertake this journey from point A to point B, step by step, each week.

Next, I introduced the **ICHARS SOFT SEA model** that I would be following to facilitate this process, helping to identify and address any concerns and obstacles that might arise, thereby creating the necessary changes.

I worked with Zareena to list the **PROS AND CONS OF CONTINUING WITH MATH VERSUS DROPPING IT**, helping her weigh the potential benefits and challenges of each option. This exercise aimed to provide her with a clearer perspective, allowing her to make a more informed and confident decision about whether to continue with the subject or move on from it.

### **Pros of Persuing Maths**

1. Wider job scope
2. Parents will be happy.

### **Cons of Persuing Maths**

1. I have to study something i don't like
2. My 10th percentage might drop if i continue
3. I often waste lot of time doing maths. If not i can learn other subject which can guarantee good marks.
4. It will always be in the back of my mind that what if i didd take maths and what if i waste my time and potential
5. There is a guilt when i do something else like watching TV , gong out with m y friends, eating lunch and dinner sometimes that i should rather be doing maths so that i could gbet better percentage.



### Pros of dropping maths

1. MY mind will be at peace as i can focus on other subjects that will be guaranteed
2. I don't have to be constantly worry about it.

### Cons of dropping maths

1. Societal pressure, thats what forced to take this in the first place.
2. A very little peer pressure. Like she is dropping it., she is half way .

*After carefully weighing the pros and cons, **Zareena ultimately decided to continue with mathematics.** Despite the challenges, she felt a sense of calm about her decision, knowing she had thoroughly considered all aspects before making her choice. This approach has allowed her to move forward with greater confidence and reduced anxiety about the subject.*

*She was then asked to think about her current situation or challenge, which represented point A in her life, and her desired outcome, which represented point B that she wanted to work towards. To aid in this process, I provided her with a template of two fill-in-the-blank sentences to help structure **HER CURRENT CHALLENGE AND DESIRED OUTCOME.** I assured her that she could take all the time she needed to find the right words and that I was available to assist if she needed any help in addressing the issue.*

*The template was: "I feel \_\_\_\_\_ about \_\_\_\_\_ when \_\_\_\_\_."*

*She was very forthcoming and successfully structured her challenges related to her current situation using the provided template. She came up with 2 statements:*

**I feel IRRITATED about DOING MATHS when I COULD BE DOING SCIENCE THINGS WITH GUARANTEED SUCCESS.**

**I feel IRRITATED about DOING MATHS when I GET UP IN THE MORNING AND THROUGHOUT THE DAY.**

She was now asked to take as much time as she needed and Based on this challenge that we have summarized, what is the **OUTCOME/ point B** that she would like to achieve by filling in the template below:

*I wish.....*

**I wish to feel confident about pursuing Maths subject.**

*After this, Zareena/ Client 3 decided to continue with the sessions and soon booked his first session.*

### **Session 1 :**

Date: **24th May, 2023**

Duration: 75 mins

Place: Online

### **Review of previous session:**

The session began with a recap of the previous session to ensure that Zareena had no doubts or questions. I then asked her to re-read the two statements a few times in her mind and consider if there was anything she wanted to change or modify.

### **Objective of the current session Techniques used / Reasons for choosing the techniques:**

The session involved inducing relaxation followed by the use of a **Transformational Metaphor** within a hypnotic state. This facilitated deep relaxation and provided deeper insights into the key differences between the life she currently had and the life she desired to achieve.

### **Summary of the session:**

The Transformation metaphor not only deepened her relaxation but also provided her with profound insights, enabling her to see the potential pathways toward her desired life. As the session progressed, Zareena experienced a heightened sense of clarity and motivation, gaining a stronger connection to her goals and the steps needed to move closer to them.

### **Client feedback:**

She said that I felt a deep sense of clarity and calm, and I can now see a clearer path towards the life I want.

### **Expected changes:**

She gained clarity on the steps needed to begin her transformational journey by taking initial actions toward her desired outcome.

**Home-work assignments if any:**

She was assigned initial transformational steps based on the insights gained from the metaphor. The key points that resonated with her were to take steps to:

1. Talk to parents about her decision.
2. Contact the school and talk to her Principal and do all the formalities to complete subject selection procedure.

**Therapist's Diary & Learning from the Session:**

The metaphorical exploration of the client's current challenge and desired outcome was a significant breakthrough in initiating the journey from point A to point B.

**What Could Be Done Differently:** Nothing

---

**Session 2:**

Date: 31st May, 2023

Duration: 70 mins

Place: Online

**Review of the previous session:**

I've noticed that I'm feeling much more at peace with my decision to continue with math. The anxiety has lessened, and I'm able to focus better on my studies without the constant worry. I also find myself more motivated to work on my other subjects, knowing that I'm making progress towards my goals.

**Objective of the current session: Techniques used / Reasons for choosing the techniques:**

F / P - Future / Proof - Sensory based & observable

A - Actions & Behaviours - Changes in actions and behaviours of the client

C / S - Capabilities / Skills- that the client would have developed

E / S - Emotional / State- How would the client feel after achieving this outcome +

**ANCHORING**

**Zareena**, was asked to read the DESIRED OUTCOME statement and the **areas of her life** where she wants to accomplish this outcome. She was also asked to give **indicators of how her desired life would look after the outcome would be accomplished.**

**The miracle question was asked to her :** "Imagine that you have woken up to a day when your life is just the way you wanted and all the changes that needed to take

place in the direction of the desired outcome have taken place. You now look forward to your day ahead. If you had to give a sensory- specific account of what such a day would look like keeping all details of thoughts, feelings, emotions, events, etc. Notice how each and every detail of your life is impacted by these transformative decisions taken by you for your desired future.

She began giving an account of what such a day would look like. Through **Meta Model Questioning, observable parameters of the accomplished future were drafted.**

This visualised future comprised the **changed actions and behaviours** of her in the **present tense or present continuous tense.** The client was also questioned about all the **capabilities and the skills** the client possessed in this perfect future.

### **F / P - Future / Proof - Sensory based & observable**

I wake up each morning feeling calm, refreshed, and ready to embrace the day. The gentle morning light streams through my window, and I take a deep breath, feeling confident and assured that I can handle any challenges ahead, including math. My heart feels lighter as I remind myself that I am capable and resilient. As I get ready for the day, I silently affirm, *"I am strong, I am improving every day, and I can master math just like any other skill."* These words fill me with a sense of determination that fuels my energy.

At my study desk, I sit with a clear mind and a positive attitude. The sight of my organized materials—color-coded notes, a neatly written math workbook, and helpful study aids—gives me a sense of control. I tackle each topic step by step, understanding that learning is a journey. When I face a challenging problem, I pause, breathe deeply, and remind myself that every problem has a solution. My approach is calm and methodical, and as I solve each equation, I feel a surge of pride and satisfaction.

In class, I actively engage with the lessons, taking notes diligently and raising my hand when I need clarity. The anxiety that once made me hesitant to ask questions is replaced by curiosity and a desire to learn. My teacher acknowledges my efforts, offering encouragement and guidance that motivates me further. With each day, I notice my understanding of math improving, and my confidence grows stronger. I celebrate even the smallest victories, knowing that every step forward is progress.

At home, I maintain a balanced study schedule that includes time for all my subjects. Math has its dedicated slot, where I focus without distractions, using techniques like

breaking down problems, practicing repeatedly, and watching helpful tutorial videos. This structured approach makes studying math feel manageable and even enjoyable. After each session, I close my books with a sense of accomplishment, knowing I am steadily building my skills and confidence.

Outside of studying, I make time for the activities that bring me joy. I laugh with friends during breaks at school, watch my favorite shows to unwind, and enjoy meaningful conversations with my family during meals. These moments remind me that life is about balance and that taking time to relax makes me stronger and more focused when it's time to study again.

My parents notice the positive changes in me and often share how proud they are of my dedication and effort. Their words of encouragement make me feel supported and understood. We talk openly about my progress, and their belief in my abilities reassures me. They remind me that it's okay to make mistakes because every mistake is an opportunity to learn and grow.

As I prepare for my exams, I feel a mix of excitement and readiness. I envision myself sitting confidently in the exam hall, equipped with the knowledge and strategies I've practiced. I tackle each question with focus, and even if I stumble, I calmly think through the problem and find my way to the solution.

Looking ahead, I see myself achieving the grades I aspire to, feeling a profound sense of accomplishment. Math is no longer a source of stress but a subject that has taught me resilience, persistence, and the power of a positive mindset. I feel empowered and capable, knowing that by continuing to work hard and believe in myself, I can overcome any challenge that comes my way. This journey has strengthened me not only as a student but as a person, and I carry this confidence into every aspect of my life.

### **E / S - Emotional / State- How would you feel after achieving this outcome**

Confident and Motivated

#### **Client feedback :**

She felt more **energized and enthusiastic** after the session. She said that "Visualizing my future helped me gain clarity and confidence in my decisions. I feel more **hopeful and motivated** to work towards the life I truly want, and it has eased some of the pressure I was feeling."

**Expected changes:** The client would now feel **motivated** after having broken down the steps to the perfect future.

**Home-work assignments if any:**

By the end of the session the client was told to add more details to the future that was just written and list at least 5 and preferably 10 aspects of his life that are positively impacted by your choices of your desired future.

*To make it easier for her, she was asked to **break it down into many aspects of her life** :* i) Physical State ii) Mental State iii) emotional state iv) financial state v) family life vi) social life vii) relationship with the self viii) spiritual life .... And any other aspects of her life that were significant to her.

**She was also asked to go through the document a couple of times for homework** and to check if there was something that needed to be added/ edited. And once satisfied she could read it as many times as she could till the next session.

**Therapist's Diary Learning from the session:** Drafting the sensory specific future along with the actions/ behaviours, skills/ capabilities, emotional state resulted in a **very clear road map** towards the desired future.

**What you could do differently:** Nothing

---

**Session 3 :**

Date: **7th June, 2023**

Duration: 75 mins

Place: Online

**Review of the previous session:**

Zareena shared her experiences leading up to her April Unit Test in math. She mentioned that she was able to grasp the concepts and practiced as much as possible. However, she sometimes felt bored and was still haunted by the fear of going blank during the exam. Zareena admitted that she never practiced consistently and that she became overconfident in her preparation. She stopped studying two days before the test, feeling calm but also anxious about the possibility of failing.

**Objective of the current session: Techniques used /Reasons for choosing the techniques:**

T - Triggers - POA +S - Suggestion - If you were to think of a sentence that you would like your mind to accept that will make achieving this outcome possible + **WHEN THEN STATEMENT**

### **Session Summary:**

Identifying Triggers:

1. When my math teacher asks me a question in class and I haven't studied that section yet.
2. When I am given a math test with a time limit and I feel like I won't finish in time.
3. When I see a classmate solve a math problem easily while I'm stuck on it for a long time.
4. When my parents ask me how my math homework is going and I feel embarrassed because it's not done.
5. When I feel my heart race and my palms sweat while solving a math problem in front of others esp in examination hall.
6. When my study space is disorganized, making it hard for me to focus on my math homework and I have lot to prepare.

Zareena had begun to experience feelings of “not being good enough” in relation to her performance in math. This belief had become a significant source of anxiety, particularly when she felt pressured by others’ expectations. During our session, I asked Zareena what kind of thoughts she would prefer to have instead of her current negative ones. She expressed a desire to replace her thoughts with “I am capable and enough.”

We proceeded to the thought restructuring aspect of the CHCP model, focusing on reprogramming her mind. I guided Zareena through identifying her current challenging thought and the triggers that caused it.

**Trigger:** Whenever she struggled with a math problem or received feedback that made her feel inadequate.

**Current Thought:** “I am not good enough and can't meet the expectations placed on me.”

**New Emotion:** Confidence

**New Thought:** “I am capable, I can understand and conquer math, and I am enough just as I am, regardless of any external judgments.”

When (the trigger) then I realise (New thought)  
 When-then Statement to be repeated for this week

**The restructured thought was as follows:**

**“When I struggled with a math problem or received feedback then I realise that I am capable, I can understand and conquer math, and I am enough just as I am, regardless of any external judgments”**

Zareena was asked to repeat these lines as many times so that she can check if she feels the alignment with it. After verifying it for the desired effect it created, the restructured thought was finalised and adopted.

#### **Client feedback :**

The client felt **Confident**.

#### **Expected changes:**

After imparting the tools of When Then and Anchoring the client felt better prepared and equipped to deal with her day to day challenges.

#### **Home-work assignments if any:**

To complete the selected tasks, consistently practice the when-then Statement and make the when then statements for the rest of the triggers and task.

#### **Therapist's Diary Learning from the session:**

I also felt a sense of fulfilment and satisfaction by the happiness and confidence I saw in Zareenas eyes.

#### **What you could do differently:** Nothing

-----

#### **Session 4:**

Date: **14th June, 2023**

Duration: 1 hr 15 mins

Place: Online

#### **Review the previous session: mention all the details of how you reviewed the session.**

In our follow-up session Zareena shared how she handled her recent math exam.



She went in with a pretty chill mindset, treating it like just another test. The night before, she used the anchoring technique we worked on, and it really helped her feel more relaxed. On the day of the exam, she felt only a bit of pressure but nothing too overwhelming, which made it easier for her to stay focused on what the teacher was saying.

Overall, she felt much more in control and less distracted, which was a big win for her.

### **Objective of the current session**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps + **AUDIO**

### **RECORDING OF THE COMPLETE SEQUENCE**

The client was induced into a **relaxed state and the entire sequence covering her outcome and tasks along with the suggestion she gave to herself, "I AM ENOUGH JUST AS I AM, REGARDLESS OF ANY EXTERNAL JUDGMENTS."** was conducted and the audio recording was given to her. She was asked to **listen to it on a regular basis** for his subconscious to get aligned with her desired outcome and the steps that have been constructed for the purpose of achieving the outcome.

The session was **filled with complete calmness and a peaceful clarity** after the total sequence was conducted that enabled her to chalk out the next three tasks as her homework for the following week. Zareena beamed with joy and confidence to continue into the next week with her task list.

**Client feedback :** The client felt empowered after the hypnotic complete sequence was conducted.

**Expected changes:** The audio recording of the complete sequence would help her believe in the **realisation that the desired future was a possible outcome.**

### **Home-work assignments if any :**

Listen to the recording for next 21 days.

**Therapist's Diary Learning from the session :** The complete sequence instilled within the client the faith and belief that her outcome was a possible reality and the hope within the client was clearly palpable.

**What you could do differently:** Nothing

---

### **Session 5:**

Date: **22nd June, 2023**

Duration: 65 min

Place: Online

### **Review previous session:**

In our follow-up session Zareena shared how she handled her recent math exam. She went in with a pretty chill mindset, treating it like just another test. The night before, she used the anchoring technique we worked on, and it really helped her feel more relaxed. On the day of the exam, she felt only a bit of pressure but nothing too overwhelming, which made it easier for her to stay focused on what the teacher was saying.

Overall, she felt much more in control and less distracted, which was a big win for her.

### **Objective of the current session : Techniques used/ Reasons for choosing the techniques**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances -

### **Techniques used and Reasons for choosing the techniques:**

After discussing Zareena's concerns, we developed strategies to help her cope when her parents fight.

After our discussion, Zareena decided to try a few **strategies** for dealing with her parents' arguments.

- a. She'll find a quiet spot in the house to use as a calm space for studying and relaxing when things get tense.
- b. To manage her stress, she plans to **use deep breathing**.
- c. Engaging in activities she enjoys, like reading or drawing, will help her stay distracted from the arguments.
- d. Zareena also wants to spend more time with her younger brother to keep him positive.
- e. Finally, she plans to **talk to her parents calmly** about how the conflicts are impacting her and her brother, hoping it will encourage them to find a solution.

**Summary of the session:**

In this session, she shared her struggles with her parents' arguments and how they affect her focus and worry about her younger brother. We discussed strategies to help her manage the stress, including finding a quiet space to study, using positive distractions, and talking to her parents about the impact of their conflicts.

**Client feedback :**

She felt more relaxed and empowered after the session.

**Home-work assignments if any:**

To implement the strategies.

**What you could do differently:** Nothing**Session 6:**

Date: 21st June, 2023

Duration: 70 min

Place: Online

**Review previous session:**

Discuss Zareena's experiences since the last session, focusing on how the strategies for managing stress and conflicts have worked for her.

**Objective of the current session : Techniques used/ Reasons for choosing the techniques**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps + **LEVELS OF TRANSFORMATION**

In her personal life, Zareena has gotten better at setting boundaries with friends, something she used to find really hard. She's proud that she can now prioritize her own needs without feeling guilty. The tools we worked on, like thought restructuring have really helped her tackle these challenges.

**The process of Level of Transformation was conducted to** understand the degree of progress that had been made from the current situation to the desired outcome and all the concerned behaviours, skills, beliefs that could be handled differently to escalate the process steadily and naturally to the desired outcome.

**Client feedback :**

Zareena shared that she has been feeling more in control and confident since our last meeting. She consistently used the recorded visualization and found it very helpful in maintaining a calm and focused mindset. Level of Transformation was a cherry on the cake for her.

**Summary of the Session:**

After discussing our final takeaways and concluding our journey together, Zareena and I parted ways with a sense of accomplishment. She is now well-equipped to continue her progress independently, confident in her abilities and ready to face any future challenges.

To **continue with his remaining tasks and get in touch over a call after a week / 10 days** to have a brief review of how things are shaping up. Practising release, the Levels of Transformation and listening to the audio recording on a regular basis was advised.

**Therapist's Diary Learning from the session:**

In Zareena's last session, I realized the significance of combining practical pros and cons analysis with deeper emotional insights. Guiding her through this process allowed her to align her choices with her true aspirations. This experience reinforced the importance of creating a safe space where clients can explore their inner conflicts and gain the clarity they need to move forward confidently.

**What you could do differently:** Nothing**CLIENT TESTIMONIAL:****Google review given by the client.**

\*\*\*\*\* 47 weeks ago

Dr Nidhi Roy is extremely perceptive and provides valuable insights into situations that helps overcomes problems in an efficient way- both emotionally and technically.

She has helped me get over my fear of mathematics in such a way that I did not even realize how quickly and efficiently I benefitted from it. I'm very thankful to have found her at the right time and grateful to have had her guidance.

**CASE: 4- Simi Bhatia****Client Information Sheet (remove name if required)**

Name	:	Simi (CLIENT 4)
Sex	:	Female
Age	:	32 years
Address	:	Bangalore
Occupation	:	HR Professional
Relationship Status	:	Married
No of Children		
Health Condition (if any)	:	None
List of Medication (if any)	:	NA
Source of referral	:	Colleague

**Session 0 :**

Date: **9th November, 2023**

Duration: 60 mins

Place: Online

**RAPPORT BUILDING METHOD USED:**

*During the initial consultation, CLIENT 1 was encouraged to share the story behind her current concerns and challenges. The session began with **rapport-building techniques**, and she was prompted with open-ended questions like, “**What would you like to talk about?**”*

*I informed her that the document screen would be shared with her as she spoke, allowing her to see every detail being noted. This approach reassured her of **my attentive listening, transparency, and non-judgmental note-taking**. As a result, she felt more comfortable and began to explain her challenges in greater detail. While she continued to express her thoughts and feelings, **I nodded to acknowledge that everything she shared was being recorded**. This gesture further boosted her confidence, encouraging her to open up even more.*

**CLIENT'S STATEMENT:**

I'm 33 years old, married, and pregnant. I never wanted kids, and I'm not feeling positive about having them. Now that I'm pregnant, I feel I should have some positive feelings about becoming a mother, but I don't. I don't consider myself a very emotional person. I love my life as it is, and I'm worried that I'll have to compromise it when I become a mother. I can't seem to see the positive side.

I'm also an overthinker, and my mind is often occupied with things that aren't important. I have a lot of negative thoughts. For example, I worry when my parents are out, and I fear getting into an accident while driving. I've started focusing on the negative aspects of life, even though I'm generally positive about my work and life.

I also overthink and obsess about people. When I like someone and talk to them, I tend to overanalyze the interaction. However, there are certain people I don't analyze, and I want to stop this habit. I often divert my attention to social media, but I don't feel motivated in my life.

*She was then asked if there was anything else she would like to share beyond the information already provided. After thinking for a few moments, she responded with a no.*

*Having listened to her story, I explained how my expertise as a **Cognitive Hypnotic Coach and Psychotherapist** involves creating a structured plan that integrates various techniques and processes. This **eclectic approach** helps facilitate sustainable and desirable transformation in her life.*

*After hearing my explanation, she felt hopeful and curious to learn more. I provided her with psychoeducation on the **Model of the Mind** and several therapeutic psychology models, which explained **the stimulus-response framework** at the core of the reality we subconsciously create for ourselves.*

*Referring to the data she had provided, I asked her to review the document to ensure that all the information was accurately recorded and to check if anything needed to be added or revised. She went through the document and expressed satisfaction with the data collected.*

*Finally, she was asked to summarize the entire content she had just shared in about 4-5 lines, to which she provided a concise **SUMMARY**, "I think i want to work on my overthinking part which leds me to obsession. When i am working i am okay, i don't overthink much. I really had an active life and travelling and my freedom will be lost after becoming mother."*

*I illustrated to her that her **current position was point A** and the **desired outcome** she wanted to achieve was **point B**. I then explained that the objective of our comprehensive weekly therapy sessions would be to undertake this journey from point A to point B, step by step, each week.*

*Next, I introduced the **ICHARS SOFT SEA model** that I would be following to facilitate this process, helping to identify and address any concerns and obstacles that might arise, thereby creating the necessary changes.*

*She was then asked to think about her current situation or challenge, which represented point A in her life, and her desired outcome, which represented point B that she wanted to work towards. To aid in this process, I provided her with a template of two fill-in-the-blank sentences to help structure **HER CURRENT CHALLENGE AND DESIRED OUTCOME**. I assured her that she could take all the time she needed to find*

*the right words and that I was available to assist if she needed any help in addressing the issue.*

*The template was: "I feel \_\_\_\_\_ about \_\_\_\_\_ when \_\_\_\_\_."*

*She was very forthcoming and successfully structured her challenges related to her current situation using the provided template.*

**"I feel HELPLESS About MY PREGENNCY AND HAVING A CHILD MOST OF THE TIME. "**

She was now asked to take as much time as she needed and Based on this challenge that we have summarized, what is the **OUTCOME/ point B** that she would like to achieve by filling in the template below:

*I wish.....*

**I wish TO FEEL NORMAL ABOUT HAVING A CHILD.**

*After this, Manisha/ Client 1 decided to continue with the sessions and soon booked his first session.*

### **Session 1 :**

Date: **9th November, 2023**

Duration: 75 mins

Place: Online

### **Review of previous session:**

The session began with a recap of the previous session to ensure that Manisha had no doubts or questions. I then asked her to re-read the two statements a few times in her mind and consider if there was anything she wanted to change or modify.

### **Objective of the current session Techniques used / Reasons for choosing the techniques:**

The session involved inducing relaxation followed by the use of a **Transformational Metaphor** within a hypnotic state. This facilitated deep relaxation and provided deeper insights into the key differences between the life she currently had and the life she desired to achieve.

### **Summary of the session:**



After completing the process, Simi gained insights that highlighted specific tasks on her list, which served as opportunities to move toward her desired future.

#### **Client feedback:**

Manisha was pleased with the session. She felt clear about the initial tasks she could undertake during the week.

#### **Expected changes:**

She gained clarity on the steps needed to begin her transformational journey by taking initial actions toward her desired outcome.

#### **Home-work assignments if any:**

She was assigned initial transformational steps based on the insights gained from the metaphor. The key points that resonated with her were to take steps to:

- a. Start my regular work for 8 hours in a day to start with.
- b. Work on my sleep routine so that I can accommodate my tasks and at the same time take care of my physical health also.

#### **Therapist's Diary & Learning from the Session:**

The metaphorical exploration of the client's current challenge and desired outcome was a significant breakthrough in initiating the journey from point A to point B.

#### **What Could Be Done Differently:** Nothing

---

#### **Session 2 :**

Date: **14th November, 2023**

Duration: 70 mins

Place: Online

#### **Review of the previous session:**

The Client mentioned certain changes that she was noticing and was extremely happy and relieved at the same time.

I slept well after the last session after a long time. I experienced no disturbances at night even if I got up in between my sleep at night, I was able to go back to sleep again.

She also noted a reduction in her overall anxiety and a slight improvement in her emotional response to her pregnancy.

**Objective of the current session: Techniques used /Reasons for choosing the techniques:**

F / P - Future / Proof - Sensory based & observable

A - Actions & Behaviours - Changes in actions and behaviours of the client

C / S - Capabilities / Skills- that the client would have developed

E / S - Emotional / State- How would the client feel after achieving this outcome +

**ANCHORING**

**Manisha**, was asked to read the DESIRED OUTCOME statement and the **areas of her life** where she wants to accomplish this outcome. She was also asked to give **indicators of how her desired life would look after the outcome would be accomplished.**

***The miracle question was asked to her :*** “Imagine that you have woken up to a day when your life is just the way you wanted and all the changes that needed to take place in the direction of the desired outcome have taken place. You now look forward to your day ahead. If you had to give a sensory- specific account of what such a day would look like keeping all details of thoughts, feelings, emotions, events, etc. Notice how each and every detail of your life is impacted by these transformative decisions taken by you for your desired future.

Manisha began giving an account of what such a day would look like. Through **Meta Model Questioning, observable parameters of the accomplished future were drafted.**

This visualised future comprised the **changed actions and behaviours** of her in the **present tense or present continuous tense.** The client was also questioned about all the **capabilities and the skills** the client possessed in this perfect future.

After all this was documented the client was then asked the **exact emotional state the client had developed as a result of this accomplished outcome.** The client was successfully able to answer all the questions and was conveniently able to experience the sensory specific future with all its details. The client said that she was feeling **MOTIVATED emotionally** on achieving this outcome.

The client had expressed the new concern where she mostly feel lazy when she knows that she has to work and focus on her career. She was asked what would she want to replace this feeling of laziness with to which she immediately replied that

she desired to feel **MOTIVATED IN HERSELF** in her daily life so that she feels that energy while she needs to work. .

The process of anchoring was conducted and **MOTIVATION** was established. The client chose a past memory of her satisfied self when she was a working professional and had faced many challenges and was motivated enough to overcome them earning the praise of everyone.

#### **Client feedback :**

Manisha felt more energized and enthusiastic after the session. She appreciated the anchoring process and felt better equipped to maintain **motivation and enthusiasm** regarding her future goals.

**Expected changes:** The client would now feel **motivated** after having broken down the steps to the perfect future and also anchoring of that feeling.

#### **Home-work assignments if any:**

By the end of the session the client was told to add more details to the future that was just written and list at least 5 and preferably 10 aspects of his life that are positively impacted by your choices of your desired future.

*To make it easier for her, she was asked to **break it down into many aspects of her life** :*  
*i) Physical State ii) Mental State iii) emotional state iv) financial state v) family life vi) social life vii) relationship with the self viii) spiritual life .... And any other aspects of her life that were significant to her.*

**She was also asked to go through the document a couple of times for homework** and to check if there was something that needed to be added/ edited. And once satisfied she could read it as many times as she could till the next session.

**Therapist's Diary Learning from the session:** Drafting the sensory specific future along with the actions/ behaviours, skills/ capabilities, emotional state resulted in a **very clear road map** towards the desired future.

**What you could do differently:** Nothing

#### **Session 3 :**

Date: **21st November, 2023**

Duration: 75 mins

Place: Online

### **Review of the previous session:**

“In the past week, I’ve noticed a significant improvement in my motivation levels. I’ve been able to use the motivation anchor effectively, especially during challenging moments. The visualization exercise helped me clarify my goals and how they impact various areas of my life. I’ve seen positive changes in my work performance and my outlook on future achievements. However, I’ve faced some challenges with staying consistently motivated during stressful times. Overall, I feel more driven and excited about my goals, but I’m interested in exploring additional strategies to maintain this motivation in the face of difficulties.

### **Objective of the current session: Techniques used /Reasons for choosing the techniques:**

T - Tasks - POA +S - Suggestion - If you were to think of a sentence that you would like your mind to accept that will make achieving this outcome possible + **WHEN THEN STATEMENT**

### **SENSORY SPECIFIC FUTURE AS WRITTEN BY THE CLIENT:**

I wake up every morning at 7:30 AM feeling a deep sense of happiness and energy, eager to embrace the day. I immediately get out of bed, taking a moment to express gratitude for a new opportunity to grow. As I head to the kitchen, my mom greets me with a warm hug, and she lovingly comments, “Aaj khush lag rahi hai,” filling me with a sense of joy. I then give my husband a cheerful hug and a “Good morning,” feeling supported and loved. After freshening up, I change into my workout attire and begin my 50-minute yoga and meditation session. My practice space is always neat, with a yoga mat and plenty of open space, creating the perfect environment for calm and focus. The yoga session leaves me feeling rejuvenated and centered, ready to take on the day.

After my practice, I prepare a wholesome breakfast of oats with dry fruits and fresh fruits, nourishing my body with the energy it needs to fuel my busy day. I savor my meal slowly, taking time to enjoy each bite, while also catching up on the latest news. Once breakfast is complete, I sit down at my desk to plan my day, taking out my laptop to organize my tasks for the week ahead. I feel empowered as I write down my goals and set clear intentions for how I will achieve them, making sure to prioritize both personal and professional commitments. This structured planning session brings me a deep sense of satisfaction and sets the tone for a productive day.

**In my professional life**, I continue to grow and thrive. I actively market my services, reaching out to school principals and educational institutions to arrange workshops.

Each time I meet with a principal, I present our workshops with clarity and passion, communicating the positive impact our services will have on their students. I find that my confidence and articulation have improved, and more schools are keen to collaborate with us. I conduct a 90-minute workshop at one of these schools, with both teachers and students responding positively. The feedback is encouraging, and I feel proud of the difference we are making. The school principal, impressed with the results, inquires about our pricing structure, and I am able to provide clear and professional details. This leads to a long-term partnership, and we finalize a five-year contract with the school, receiving a Rs. 1,00,000 cheque. This milestone feels like a huge achievement, and I am filled with a sense of pride for both myself and my team.

In terms of **health**, I continue to prioritize my physical well-being. Each morning, I wake up feeling refreshed and ready to take on the day. My yoga session sets a positive tone for the day, and I maintain a balanced diet with 3-4 servings of vegetables and 1-2 servings of fruit daily. I ensure I stay active throughout the day by taking regular breaks to stretch and move, which helps to maintain my energy levels. I attend the gym in the evening, dedicating myself to strength training, and I see noticeable improvements in my physique as I continue to build muscle. I feel stronger and more energized than ever before, with my health and fitness surpassing even my pre-pregnancy state. I am grateful for my body's resilience and strength.

My **relationships** are thriving as well. I treasure the moments spent with my child, giving her the love and attention she needs, and ensuring that she feels secure and happy. My bond with my husband continues to deepen as we navigate life's challenges together. We support each other wholeheartedly, and our connection grows stronger with every passing day. The presence of my parents and in-laws in our home provides a sense of support and unity. Their involvement in our lives creates a warm and loving atmosphere, allowing me to balance my career and personal life effectively.

In my **social life**, I am making a meaningful impact. My Goalfit program is being implemented in several schools, and I receive heartfelt gratitude from parents who appreciate the positive changes it is making in their children's lives. I am proud to be a role model for many, frequently invited to speak at seminars and share my vision with others. My communication skills have grown, and I am now able to engage with a wide range of people, confidently conveying my message and mission. I am also an active member of an NGO focused on teenage health, where I contribute my expertise and connect with like-minded individuals. My network is expanding, and I have made invaluable connections with successful and ambitious individuals across

the country, which motivates me to continue my impactful work. I have become well-known in the school and child health sectors, and my reputation as a leader continues to grow.

**Financially**, I have achieved great success. I live in a beautifully designed villa with a spacious garden, enjoying a peaceful and serene environment. The house is spacious, with separate areas for my parents, in-laws, and guests, allowing everyone to feel comfortable. My financial security has enabled me to support my extended family, and I have helped my brother set up his own fitness studio. I employ a household staff, including a cook, personal health trainer, caretaker for my parents and in-laws, and house help, ensuring that life runs smoothly. My Goalfit business generates a monthly salary of 10 lakhs, and as a major stakeholder, I also earn substantial annual dividends, which amount to 5 crores per year. I have a financial adviser to help manage my investments, ensuring that I am able to live a luxurious and comfortable lifestyle. I make purchases freely, travel to beautiful destinations, and donate a portion of my income to support an NGO. My net worth has grown significantly, and I am now at 100 crores.

In every area of my life, I feel fulfilled. I am focused and productive, always striving to learn and grow. I am able to maintain a healthy work-life balance, spending quality time with my family and friends while also pursuing my passions. I take time to travel, enjoy new experiences, and continue to build a legacy of positive change.

---

### **Task List for Future Vision:**

1. Develop and refine a structured daily and weekly task list, focusing on clear, actionable goals for both personal and professional growth.
2. Increase outreach efforts to connect with more school principals and educational institutions for workshops and collaborations, aiming to expand the Goalfit program.
3. Continue with the 1-hour yoga and meditation practice each morning to maintain mental and physical well-being, incorporating deep breathing exercises to reduce stress.
4. Maintain a balanced diet by focusing on fresh, whole foods, ensuring at least 3-4 servings of vegetables and 1-2 servings of fruit per day.
5. Dedicate time each day to family, especially my child, by actively engaging in bonding activities like playing or reading together.
6. Plan weekly one-on-one quality time with my husband to strengthen our relationship, including date nights or shared activities.

7. Stay active in the gym, increasing strength training and progressively building muscle mass while monitoring my health metrics.
8. Participate in seminars, guest speaking opportunities, and networking events to enhance my influence and build stronger professional relationships.
9. Actively contribute to the NGO focused on teenage health, attending monthly meetings and offering my expertise whenever needed.
10. Regularly review financial health with my adviser, making sure my investments align with my goals for both personal wealth and philanthropy.
11. Set aside time for personal growth by reading, learning new skills, and staying updated with trends in education and child health.
12. Plan and execute at least one family trip per year to create lasting memories and experiences with my loved ones.
13. Research new income-generation opportunities, such as diversifying my business ventures or exploring passive income streams.
14. Continue building a strong online presence by sharing my expertise on platforms like social media, blogs, or podcasts to reach a wider audience.
15. Review and adjust the financial strategy for my Goalfit business, ensuring that it continues to be profitable while supporting my philanthropic initiatives.
16. Implement regular reviews of my personal goals and adjust them as necessary to stay aligned with my evolving vision for success.
17. Develop a plan for future investment in real estate or other income-generating assets to secure long-term financial stability.
18. Strengthen my reputation in the child health sector by publishing articles, research, or case studies related to the work I'm doing with Goalfit and the NGO.
19. Continue fostering my network of successful friends and colleagues, making sure to nurture relationships that are mutually beneficial.
20. Actively mentor others in my field, offering guidance and support to young professionals who share my vision for health and wellness.

The sensory specific future was now completed and the steps were chalked out that were needed to accomplish the desired future were drafted. Since the client was already organised by habit and had already broken down her plans into smaller steps at a much earlier stage, the sensory specific additions did not take much time.

When the client was asked to spell out that one sentence that the client would like her mind to accept that will make achieving this outcome possible, he specified **“I AM DOING MY BEST”**.

**Trigger:** When I sit with my laptop



**Current thought:** i cannot really start any school in April/ so i have lot of time to prepare/ why to hurry.

**Feeling:** distracted

**New feeling:** focused

**New Thought:** I want to start the goal fit programme in 5 schools from April 2024.

When (the trigger) then I realise (New thought)

When-then Statement to be repeated for this week

**The restructured thought was as follows:**

**When I sit with my laptop then i realize that I want to start the 'Goal fit' programme in 5 schools from April 2024.**

The client was asked to repeat these lines as many times so that she can check if she feels the alignment with it. After verifying it for the desired effect it created, the restructured thought was finalised and adopted.

#### **Client feedback :**

The client felt **better and motivated.**

#### **Expected changes:**

After imparting the tools of When Then and Anchoring the client felt better prepared and equipped to deal with her day to day challenges. He also had his road map to his outcome and how it would feel which made him feel even more convinced.

#### **Home-work assignments if any:**

To complete the selected tasks, consistently practice the release technique whenever feeling stressed, use the "When-Then" statements to guide responses, and regularly access the motivation anchor throughout the week.

1. Go out and talk to the School Management.
  - Call the school reception  
Shreeram Universal School
  - Call the receptionist on 24th Nov at 10 am. - ALARM SET  
Indus Public School
  - call the coordinator - Monday 27th at 10 am. -ALARM SET  
Vidyaashram International School
  - Talk to Ravi, BOD and confirm - Message him today



- Calling the Director of the school
- 2. MOU draft/business agreement has to be prepared - Today at 2 pm.
- 3. Devote 1 hr for workout
  - 1hr of yoga (6 days)
  - Join Yoga class:  
Seen some yoga classes and i need to confirm - Today by 1.30 pm  
8-9 am in the morning.
  - Walk in the evening for 45 mins to 1 hr. - NO Hindrance
- 4. Repeat the when then statement:  
When I sit with my laptop then i realise that I want to start the 'Goal fit' programme in 5 schools from April 2024.

### **Therapist's Diary Learning from the session:**

As the client felt motivated to work on the tasks leading up to the desired outcome, I also felt a sense of fulfilment as a therapist.

### **What you could do differently:** Nothing

-----

### **Session 4:**

Date: 29th November, 2023

Duration: 1 hr 15 mins

Place: Online

### **Review the previous session: mention all the details of how you reviewed the session.**

The client shared that anchoring worked well for her, contributing to a productive week workwise. She successfully enrolled in a self-help program, and she also selected a topic for study, leading to the creation of a workshop for students in grades 10-12.

### **Objective of the current session**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps + **AUDIO**

### **RECORDING OF THE COMPLETE SEQUENCE**

The client was induced into a **relaxed state and the entire sequence covering her outcome and tasks along with the suggestion she gave to herself , " I AM DOING**

**MY BEST' was conducted and the audio recording was given to her.** She was asked to **listen to it on a regular basis** for his subconscious to get aligned with her desired outcome and the steps that have been constructed for the purpose of achieving the outcome.

The session was **filled with complete calmness and a peaceful clarity** after the total sequence was conducted that enabled her to chalk out the next three tasks as her homework for the following week. Manisha beamed with joy and confidence to continue into the next week with her task list.

**Client feedback :** The client felt empowered after the hypnotic complete sequence was conducted.

**Expected changes:** The audio recording of the complete sequence would help her believe in the **realisation that the desired future was a possible outcome** and that she had already completed 4 tasks in this direction.

**Home-work assignments if any :** To complete the **3 new tasks**.

- a) *Telephonic conversations for taking business appointments and follow up.*
- b) *To go out and meet people - marketing my services.*

**Therapist's Diary Learning from the session :** The complete sequence instilled within the client the faith and belief that her outcome was a possible reality and the hope within the client was clearly palpable.

**What you could do differently:** Nothing

---

### **Session 5:**

Date: 18th December 2023

Duration: 65 min

Place: Online

### **Review previous session:**

Manisha **completed all her tasks** except that while she plans to go and meet people, she often doesn't feel like executing those plans. Additionally, she found it challenging to complete telephonic conversations.

**Objective of the current session : Techniques used/ Reasons for choosing the techniques**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps + **THOUGHT RESTRUCTURING**

*Manisha wanted to address the recurring thoughts that would arise when she needed to have a conversation with higher authoritative figures, either over a call or face to face. Despite feeling prepared, she often found herself thinking, "What if I stumble over my words or don't come across as confident?" These thoughts would create a sense of anxiety and self-doubt, though she had previously managed to feel motivated and prepared through anchoring techniques. She wanted to eliminate these self-damaging thoughts entirely.*

**Process:** *I proceeded with the **thought restructuring** aspect of the **CHCP model**, focusing on **Reprogramming the Mind**.*

**Trigger:** *When I need to have a conversation with a higher authoritative figure.*

**Current Thought:** *What if I stumble over my words or don't come across as confident? (creating anxiety and self-doubt)*

**Desired Thought:** *I am fully prepared and capable of having a confident and clear conversation. (creating calmness and assurance)*

**Restructured Thought:** *When I need to have a conversation with a higher authoritative figure, I realise that I am fully prepared and capable of having a confident and clear conversation.*

*Manisha repeated these lines as many times as she needed to feel the resonance they created. After verifying that the restructured thought created the desired calmness and assurance, it was finalized and adopted.*

**Next Steps:** *Following this process, Manisha identified the next three tasks she would focus on during the upcoming week.*

#### **Client feedback :**

Manisha read the restructured thought multiple times until she felt a strong resonance and was completely convinced by it. The tasks she identified instilled within her the **calmness and confidence** she desired, helping her feel prepared to handle conversations with higher authoritative figures.

#### **Expected changes :**

With the thought restructuring, Manisha now feels **CALM along with the motivation and assurance she had previously achieved through anchoring**. She is confident that she will be able to manage herself effectively in all situations, including the planned tasks for the week ahead.

### **Home-work assignments if any:**

*At the end of the session, Manisha **selected three tasks** to focus on for the upcoming week, which included preparing herself for important work-related interactions:*

- 1. Will rehearse key points for her upcoming calls or face-to-face meetings with authoritative figures to build familiarity and confidence.*
- 2. Will establish a morning routine that includes relaxation techniques such as deep breathing or meditation to ensure she remains calm before important interactions.*
- 3. Will start a new morning routine independently, ensuring she can maintain her focus and calm even if her husband is not available to join her for the usual morning activities. She plans to begin this routine from 5/11, allowing herself a week to adjust before any major meetings or calls.*

### **Therapist's Diary Learning from the session :**

The client **was progressing well and was showing visible signs of independence and confidence about herself and her tasks.**

**What you could do differently:** Nothing

---

### **Session 6:**

Date: 27th December 2023

Duration: 70 min

Place: Online

### **Review previous session:**

**Manisha** had fared well in all her tasks. Her outstation trip was fantastic and went smoothly without any glitches. During moments when she felt perturbed, she effectively used her tools of release, anchoring, and thought restructuring.

### **Objective of the current session : Techniques used/ Reasons for choosing the techniques**

E - Evaluate & Review

A - Assignment & Commitment

## H - Hindrances - What stops you from taking each of these steps + **LEVELS OF TRANSFORMATION**

She was overexcited to share the details of her trip, and her confidence and gratitude were palpable. She confessed with triumph that she felt she was nearly at her desired outcome. She had listed the next tasks she had in mind, and this time, she had the energy to take on more than three tasks.

**The process of Level of Transformation was conducted to** understand the degree of progress that had been made from the current situation to the desired outcome and all the concerned behaviours, skills, beliefs that could be handled differently to escalate the process steadily and naturally to the desired outcome.

### **Client feedback :**

The client experienced a **complete sense of clarity regarding the steps to be taken** and the shackles of beliefs and behaviours that were bothering her and unknowingly preventing her from progressing further.

### **Home-work assignments if any:**

To **continue with her remaining tasks** and **get in touch over a call after a week / 10 days** to have a brief review of how things are shaping up. Practising release, anchors, the Levels of Transformation and listening to the audio recording on a regular basis was advised.

### **Therapist's Diary Learning from the session:**

It became evident that integrating structured time management strategies and addressing procrastination directly contributed to his improved productivity and confidence. The session highlighted the importance of practical, incremental steps in overcoming procrastination and the effectiveness of targeted goal-setting. She progress underscored the value of customizing interventions to align with individual challenges and strengths, reaffirming that focused, actionable tasks can lead to meaningful change. This experience reinforced the need for ongoing adjustment and support tailored to each client's unique needs.

**What you could do differently:** Nothing

### **CLIENT TESTIMONIAL:**

**Google review given by the client.**

**CASE: 5- Aekta (Client 5)****Client Information Sheet (remove name if required)**

Name	:	Aekta (CLIENT 5)
Sex	:	Female
Age	:	32 years
Address	:	Thane

Occupation	:	Home Maker
Relationship Status	:	Married
Health Condition (if any)	:	PostPartum
List of Medication (if any)	:	NA
Source of referral	:	Friend's referral

### **Session 0 :**

Date: **4th March 2024**

Duration: 60 mins

Place: Online

### **RAPPORT BUILDING METHOD USED:**

During the initial consultation, CLIENT 5 was encouraged to openly share her current challenges and concerns. The session began with **rapport-building techniques** to ensure comfort and trust. I used open-ended questions such as, "**What would you like to talk about today?**" to guide the conversation.

To enhance transparency and assure CLIENT 5 that I was fully engaged, I shared my screen and **took notes in real-time, allowing her to see everything** being documented. This approach **helped her feel more at ease and validated** in her expression, leading to a detailed account of her challenges.

### **CLIENT'S STATEMENT:**

I feel overwhelmed and helpless in managing my daily tasks. Since the birth of my second child, I've been feeling disconnected from myself and those around me. There's a constant sense of guilt and inadequacy as if I'm not doing enough. I frequently feel tearful and frustrated, especially when my baby cries, and I can't seem to soothe them. My thoughts are often clouded, making it difficult to focus on anything, and I find myself forgetting even the simplest tasks.

I'm struggling with feelings of anger and resentment towards my partner, who, despite being supportive, doesn't understand the depth of my struggle. He often suggests I just 'relax' or 'take it easy,' but it's not that simple. I find myself snapping at him and then feeling immense guilt afterward.

I've noticed I'm increasingly withdrawing from social interactions. I used to be very active with my friends, but now I avoid their calls and messages. I fear being judged

as a bad mother or being pitied, and I'm constantly worried about how others perceive me.

I also overeat when I am overstressed and then feel disgusted with myself, leading to more anxiety. I've started isolating myself even from my older child, as I'm scared I might lose my temper and hurt him emotionally.

I sometimes also fear and become anxious about my husband's health especially when he is away on tour.

*She was then asked if there was anything else she would like to share beyond the information already provided. After thinking for a few moments, she responded with a no.*

*Having listened to her story, I explained how my expertise as a **Cognitive Hypnotic Coach and Psychotherapist** involves creating a structured plan that integrates various techniques and processes. This **eclectic approach** helps facilitate sustainable and desirable transformation in her life.*

*After hearing my explanation, she felt hopeful and curious to learn more. I provided her with psychoeducation on the **Model of the Mind** and several therapeutic psychology models, which explained **the stimulus-response framework** at the core of the reality we subconsciously create for ourselves.*

*Referring to the data she had provided, I asked her to review the document to ensure that all the information was accurately recorded and to check if anything needed to be added or revised. She went through the document and expressed satisfaction with the data collected.*

*Finally, she was asked to summarize the entire content she had just shared in about 4-5 lines, to which she provided a concise **SUMMARY**, "I'm struggling with feelings of guilt and inadequacy after the birth of my second child. I feel disconnected from myself and my family, often withdrawing and developing unhealthy habits of eating too much and ignoring important tasks. Despite my partner's support, I feel misunderstood and overwhelmed."*

*I then discussed the importance of **identifying her current situation** (Point A) and her **desired outcome** (Point B). We talked about our therapy sessions as a journey from A to B, focusing on gradual but consistent progress.*



Next, I introduced the **ICHARS SOFT SEA model** that I would be following to facilitate this process, helping to identify and address any concerns and obstacles that might arise, thereby creating the necessary changes.

She was then asked to think about her current situation or challenge, which represented point A in her life, and her desired outcome, which represented point B that she wanted to work towards. To aid in this process, I provided her with a template of two fill-in-the-blank sentences to help structure **HER CURRENT CHALLENGE AND DESIRED OUTCOME**. I assured her that she could take all the time she needed to find the right words and that I was available to assist if she needed any help in addressing the issue.

The template was: "I feel \_\_\_\_\_ about \_\_\_\_\_ when \_\_\_\_\_."

She was very forthcoming and successfully structured her challenges related to her current situation using the provided template.

**"I feel overwhelmed and inadequate when I can't manage my daily tasks, leading to frustration and guilt"**

She was now asked to take as much time as she needed and Based on this challenge that we have summarized, what is the **OUTCOME/ point B** that she would like to achieve by filling in the template below:

*I wish.....*

**"I wish to regain my sense of self-worth and balance, remaining calm and composed in managing my responsibilities"**

*After this, Aekta/ Client 5 decided to continue with the sessions and soon booked his first session.*

### **Session 1 :**

Date: **12th May 2024**

Duration: 75 mins

Place: Online

### **Review of previous session:**

The session began with a brief recap of our initial discovery call. I asked CLIENT 5 if she had any lingering doubts or questions from the last session. She was also

encouraged to revisit the statements she had crafted to assess if there were any modifications or additions she wished to make. After re-reading her statements, Aekta expressed that she felt they accurately captured her current situation and desired outcome.

### **Objective of the current session Techniques used / Reasons for choosing the techniques:**

The session involved inducing relaxation followed by the use of a **Transformational Metaphor** within a hypnotic state. This facilitated deep relaxation and provided deeper insights into the key differences between the life she currently had and the life she desired to achieve.

### **Summary of the session:**

During the process, Aekta gained several valuable insights. She identified specific areas in her life where she felt she had some control and could make positive changes. These insights were added to her task list as actionable steps toward achieving her desired outcome.

### **Client feedback:**

Aekta felt relieved and optimistic by the end of the session. She expressed that for the first time, she saw a clear path forward and felt empowered to start making changes in her life though a little restlessness and worry was there in her thoughts as to how she will change her current situation to a desired one.

### **Home-work assignments if any:**

Aekta figured out the following tasks to help initiate change:

1. I'm going to spend more time with people who lift me up and make me feel good. I need that kind of positivity around me. Few of my friends are there in my mind.
2. I'll try to reconnect with something I love, even if it's just for 30 minutes a day, like reading a book or just enjoying some quiet time with a cup of tea sitting on my balcony jhoola.
3. I need to keep on talking/chatting with my husband. We need to make time to talk, laugh, and support each other as we figure out this parenting thing together.
4. I'm going to start being more mindful about what I eat and keep check. Not in a strict way, but by making choices that feel better for my body and cater to my health needs right now.

5. I am going to be kinder to myself as i was before the baby. I have to remind myself that I'm doing my best, and that's something to be proud of.

### **Therapist's Diary & Learning from the Session:**

The metaphorical exploration of the client's current challenge and desired outcome was a significant breakthrough in initiating the journey from point A to point B.

**What Could Be Done Differently:** Nothing

---

### **Session 2 :**

Date: **22nd May 2024**

Duration: 70 mins

Place: Online

### **Review of the previous session:**

Aekta had made some progress in taking initial steps. She also observed some changes in her behavior:

1. *I had a mini meltdown when my husband mocked the way I talk. I usually wouldn't say anything, but this time I told him that I was hurt, and I wasn't okay with it. He walked off, but later he came back and apologized. That was a first for me!*
2. *Last week, I tried riding a two-wheeler. Normally, I'd avoid it and just say no, but this time, I took a few rounds around my area without overthinking. It felt good.*

### **Objective of the current session: Techniques used /Reasons for choosing the techniques:**

F / P - Future / Proof - Sensory based & observable

A - Actions & Behaviours - Changes in actions and behaviours of the client

C / S - Capabilities / Skills- that the client would have developed

E / S - Emotional / State- How would the client feel after achieving this outcome +

### **ANCHORING**

Aekta was asked to read the DESIRED OUTCOME statement and consider areas of her life where she wants to achieve this outcome. She was then asked to visualize and describe what her life would look like once she achieved this desired outcome.

**The "Miracle Question"** was posed: "Imagine you wake up one day, and your life is exactly how you've always wanted it. All the changes needed to achieve your desired outcome have occurred. How does this day look, feel, and unfold? What are you thinking, feeling, and experiencing?"

Through guided questioning, we drafted a detailed, sensory-specific vision of her future.

### **A - Actions & Behaviours - Changes in actions and behaviours**

### **C / S - Capabilities / Skills - that the client would have developed**

**ACTIONS:** *Doing my daily tasks like taking care of my baby and managing household chores without feeling overwhelmed.*

**BEHAVIOURS:** *Staying calm and relaxed while handling everything, with a smile on my face.*

**CAPABILITIES:** *Being able to focus on what truly matters to me, without getting sidetracked by irrelevant things.*

**SKILLS:** *Maintaining my boundaries and not letting unimportant things affect me.*

This visualized future was expressed in the present tense, emphasizing the actions, behaviors, skills, and capabilities CLIENT 5 would have developed.

### **E / S - Emotional / State - How would the client feel after achieving this outcome + ANCHORING**

Aekta was then asked to identify the exact emotional state she would have in this accomplished future. She was able to vividly experience and describe this future, stating that she would feel **CONFIDENT & CALM**.

She expressed a strong desire to feel confident in her daily life consistently, as this would help her perform her tasks better and combat her occasional feelings of inadequacy.

We conducted a process of **anchoring** to establish and reinforce this sense of **CONFIDENCE and CALMNESS**.

### **Client feedback :**

She felt *equipped, confident, fueled, motivated, clearer, and lighter* after the session.

### **Expected changes:**

She is expected to feel more motivated and confident after breaking down the steps to her ideal future into achievable and realistic actions.

### **Home-work assignments if any:**

By the end of the session the client was told to add more details to the future that was just written and list at least 5 and preferably 10 aspects of his life that are positively impacted by your choices of your desired future.

*To make it easier for her, she was asked to **break it down into many aspects of her life** :* i) Physical State ii) Mental State iii) emotional state iv) financial state v) family life vi) social life vii) relationship with the self viii) spiritual life .... And any other aspects of her life that were significant to her.

**She was also asked to go through the document a couple of times for homework** and to check if there was something that needed to be added/ edited. And once satisfied she could read it as many times as she could till the next session.

### **Therapist's Diary Learning from the session:**

Creating a sensory-specific vision of her future, including her actions, behaviors, skills, and emotional state, provided a clear roadmap toward her desired future.

**What you could do differently:** Nothing

---

### **Session 3 :**

Date: **29th May 2024**

Duration: 75 mins

Place: Online

### **Review of the previous session:**

She completed the homework assignments and noticed several changes during the week:

- Anchoring: Used the anchoring technique regularly and found it effective. Situations that would have previously caused significant stress were managed calmly, resulting in a reduction in the intensity of the problem statement from a 10 to a 4 on a scale of 1 to 10.
- Improved Communication with Hubby: Communicated with husband without getting overwhelmed. During a family discussion about the marriage issues of her elder brother-in-law, she confidently shared her views. Her thoughts were well-received, and everyone listened to her without interruption. This experience left her feeling empowered and confident.

**Objective of the current session: Techniques used /Reasons for choosing the techniques:**

T - Tasks - POA +S - Suggestion - If you were to think of a sentence that you would like your mind to accept that will make achieving this outcome possible + **WHEN THEN STATEMENT**

**SENSORY SPECIFIC FUTURE AS WRITTEN BY THE CLIENT:**

I wake up as the soft rays of the morning sunlight gently touch my feet, bringing a wave of calm and energy. The peaceful stillness of the house reflects the deep rest I've had, and I feel completely refreshed after a restful night's sleep. My husband, Naseef, is still sleeping soundly beside me, his steady breathing adding to the serenity of the moment. My daughter, Noa, is curled up beside me in her little corner, peacefully lost in her dreams. As I rise from bed, I take a deep breath and stretch, grateful for another new day full of possibilities.

I head to the bathroom and quickly freshen up, enjoying the solitude and the chance to collect my thoughts. In the quiet, I have a brief moment to myself, reflecting on how much I value these peaceful, mindful moments before the day begins. I move into the kitchen, where the aroma of freshly brewed coffee fills the air. I savor each sip, letting it awaken my senses as I sit down to enjoy a quiet start to my day. Naseef joins me soon after, his warm smile lighting up the room as he greets me with a soft "Good morning." We chat about our plans for the day, from the smallest details to the larger goals, and share thoughts about how we want to balance work and family. Our conversations are always uplifting and grounding, helping me feel centered and in control of the day ahead.

As the morning progresses, I get Noa ready for her play school. Her excitement for the day ahead is contagious, and we share a few playful moments before I prepare breakfast. I opt for a healthy, nutrient-packed breakfast for the family, ensuring that every meal we eat helps fuel our minds and bodies. Naseef and Noa head off for their day, and I feel a sense of contentment as I send them off, knowing they're set for a productive and joyful day of their own.

After a brief break, I take a few minutes for myself, indulging in some quiet time while I listen to soft music that soothes my mind. This small moment of relaxation before diving into my tasks helps me stay grounded. It's important to me to maintain a healthy work-life balance, so I make sure to stay mindful about how I use my time. Once I feel mentally refreshed, I move on to my chores, completing them efficiently and with a sense of purpose. I've learned to enjoy the little routines that keep our home in harmony and running smoothly.

Next, I move into my home office, where I dedicate focused time to my professional work. I make sure to plan out my day, organizing my tasks and setting clear intentions. I spend time learning new things, honing my skills, and growing in my field. There's a sense of accomplishment when I check off completed tasks, and each milestone feels like a step toward achieving the bigger picture. As I work, I remind myself that every little effort is a piece of the puzzle that builds my career and shapes my success.

In the afternoon, I take a break from work to pick up Noa from school. Her face lights up as soon as she sees me, and I can't help but smile at how happy she is. We spend some quality time outdoors, taking a walk in the park or simply enjoying the fresh air. Being in nature always clears my mind, and Noa's joy adds to the healing power of these moments. I've made new friends in the neighborhood who share similar values, and our conversations bring new energy into my life. We laugh, share stories, and exchange advice about motherhood and life, creating a circle of positive support around us.

Later in the evening, Naseef joins us at home, and we sit down together for a family dinner. We talk about our day, and I take pleasure in listening to Noa's stories and Naseef's reflections on his work. Our dinners are not just about eating but about connecting, sharing, and appreciating one another's presence. This time together is sacred, and I cherish every meal we have as a family. It's a reminder of how much we've built together and how grateful I am for this shared life.

As the night draws in, I set aside time for myself. I wind down with a good book or a quiet moment of reflection. Reading helps me escape into different worlds, offering new perspectives and a sense of tranquility. I also engage in my self-care routine, whether it's skincare, a warm bath, or simply journaling my thoughts. Writing helps me process my emotions, reflect on the day, and release any lingering tension. It's a ritual I've cultivated over time to bring closure to my day, creating space for peace and gratitude.

As I drift off to sleep, I feel a deep sense of contentment. My heart is full from the love I've shared with my family, the work I've accomplished, and the small moments of self-care that keep me grounded. Tomorrow will bring new opportunities and challenges, but I am ready to face them with balance, love, and positivity.

### **Task List:**

1. Take a daily walk either in the morning or evening, around Naseef's work schedule, to get some fresh air and clear my mind.
2. Set aside a few minutes each evening to write in my journal, reflecting on the day and noting any thoughts or feelings I want to explore.
3. Start spending more time with familiar faces, like catching up with old friends or colleagues, and slowly build new connections.
4. Create a flexible daily routine that lets me balance work, personal time, and family so that I can enjoy both without feeling overwhelmed.
5. Make self-care a regular part of my week, whether it's a skincare routine, a bath, or just taking some quiet time for myself.
6. Stick to a fitness routine that includes yoga or stretching, and make sure I'm eating healthy, balanced meals.
7. Dedicate some time to learning something new that will help me grow, whether it's a new skill, a course, or something fun.
8. Plan special moments with Naseef and Noa, whether it's an outing, family game night, or cooking together.
9. Sit down with Naseef regularly to talk about our finances, plan for the future, and see if there are ways we can improve our financial situation.

#### **Client Feedback:**

The client felt confident, comfortable, and motivated after the session. She was inspired to continue working toward her goals, with a clear understanding of the steps needed to achieve her desired future. She expressed feeling lighter, clearer, and more confident, and even mentioned that she might refer a friend to the sessions.

#### **Expected Changes:**

The client is expected to feel more confident and motivated as she progresses toward her desired outcome. Regular practice of the Release Process and anchoring will help her maintain a sense of calm and clarity and get her tasks done.

#### **Home-Work Assignments:**

1. **Morning/Evening Walk:** Incorporate a daily walk into her routine, either before or after her husband's work hours.
2. **Journaling:** Start journaling thoughts, emotions, and ideas regularly.
3. **Social Interaction:** Begin interacting with familiar faces and work on building friendships.

#### **Therapist's Diary Learning from the Session:**

The client is now equipped with tools to manage stress and discomfort.



**What You Could Do Differently:**

Nothing.

---

**Session 4:**

Date: 5th June 2024

Duration: 1 hr 15 mins

Place: Online

**Review the previous session: mention all the details of how you reviewed the session.**

The client successfully completed all assigned tasks. She expressed satisfaction with her progress, noting that she felt as if her life was now moving smoothly. The client was pleasantly surprised by the rapid improvements in her emotional and mental state and expressed happiness with her newfound self.

**Objective of the current session**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps + **AUDIO**

**RECORDING OF THE COMPLETE SEQUENCE**

The client was induced into a **relaxed state and the entire sequence covering her outcome and tasks along with the suggestion she gave to herself , “ LOVE YOURSELF’ was conducted and the audio recording was given to her.** She was asked to **listen to it on a regular basis** for his subconscious to get aligned with her desired outcome and the steps that have been constructed for the purpose of achieving the outcome.

**Client feedback :**

The client reported feeling empowered and confident after the hypnotic sequence. She expressed joy and eagerness to continue working on her tasks and felt reassured about her ability to achieve her goals.

**Expected changes:**

The audio recording of the **complete sequence** is expected to further solidify the client's confidence and ensure the sustainability of the positive changes she has been experiencing.

**Home-work assignments if any :**

To complete the following tasks:

1. *Will plan a weekly family activity i.e. movie night at home.*
2. *I have to create a consistent bedtime routine for both of my children to help them sleep better.*
3. *I have to schedule regular check-ins with a friend or support group for postpartum support.*
4. *I will set up a household chore rotation with my spouse to share responsibilities more evenly.*
5. *Will try cooking a new, healthy recipe for the family to enjoy together.*

**Therapist's Diary Learning from the session :** The complete sequence instilled within the client the faith and belief that her outcome was a possible reality and the hope within the client was clearly palpable.

**What you could do differently:** Nothing

---

**Session 5:**

Date: **13th June 2024**

Duration: 65 min

Place: Online

**Review previous session:**

She was able to complete almost all her task. Life is good and more balanced- she said.

**Objective of the current session : Techniques used/ Reasons for choosing the techniques**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps + **THOUGHT**

**RESTRUCTURING**

*She wanted to address some recurring negative thoughts triggered by interactions with her mother in law.*

***Process: I proceeded with the **thought restructuring** aspect of the **CHCP model**, focusing on **Reprogramming the Mind**.***

**Trigger:** *When my MIL makes a dismissive comment about my parenting.*

**Current Emotion:** *Frustration & Inadequacy*

**Current Thought:** *"I'm failing as a parent and people don't respect my efforts."*

**Desired Emotion:** *Self-assured*

**Desired Thought:** *"My parenting choices are valid, and I choose to focus on my baby's well-being rather than others' opinions."*

**The restructured thought was formulated as:**

***"When my MIL makes a dismissive comment about my parenting, I remind myself that my parenting choices are valid and I choose to focus on my Baby's well-being rather than others' opinions."***

*She repeated these lines as many times as she needed to feel the resonance they created. After verifying that the restructured thought created the desired calmness and assurance, it was finalized and adopted.*

**Next Steps:** *Following this process, she identified the next three tasks she would focus on during the upcoming week.*

#### **Client feedback :**

he client resonated with the restructured thought and felt it brought a sense of calm and self-assurance. She felt well-prepared to handle future challenges and was motivated to continue with her tasks.

#### **Expected changes :**

With the restructured thought, the client anticipates feeling more **CALM and CONFIDENT**, allowing her to manage various situations and complete planned tasks effectively.

#### **Home-work assignments if any:**

*At the end of the session, Aekta **selected three tasks** to focus on for the upcoming week, which included preparing herself for important work-related interactions:*

- 1. I will pick up a new book to read and incorporate regular reading into my routine.*
- 2. I will curate and update a music playlist to enhance my relaxation time.*
- 3. I will start an exercise routine, focusing on consistency and enjoyment.*
- 4. I will continue participating in family cooking activities, applying my anchor and restructured thought to maintain a positive mindset.*

**Therapist's Diary Learning from the session :**

Aekta demonstrated significant progress, showcasing increased independence and confidence in managing her tasks and emotions.

**What you could do differently:** Nothing**Session 6:**

Date: **20th June 2024**

Duration: 70 min

Place: Online

**Review previous session:**

She successfully completed all tasks. Her week went smoothly, and she effectively used the tools of release, anchoring, and thought restructuring when needed. Her confidence and satisfaction were evident.

**Objective of the current session : Techniques used/ Reasons for choosing the techniques**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps + **LEVELS OF TRANSFORMATION**

She was overexcited to share the details of her trip, and her confidence and gratitude were palpable. She confessed with triumph that she felt she was nearly at her desired outcome. She had listed the next tasks she had in mind, and this time, she had the energy to take on more than three tasks.

**The process of Level of Transformation was conducted to** understand the degree of progress that had been made from the current situation to the desired outcome and all the concerned behaviours, skills, beliefs that could be handled differently to escalate the process steadily and naturally to the desired outcome.

**Client feedback :**

Aekta reported **a clear understanding of the next steps and felt confident** about the changes and progress she had made.

**Home-work assignments if any:**

i) I will continue with any remaining tasks from my list and make any necessary adjustments.

- ii) I will reach out for a brief review call in a week or 10 days to discuss progress and any new developments.
- iii) I will keep practicing release techniques, use my anchors, and listen to the audio recording regularly to reinforce my progress.

### **Therapist's Diary Learning from the session:**

The wrap-up session provided valuable insights into addressing minor concerns and solidifying the client's journey toward her desired outcome.

**What you could do differently:** Nothing

### **CLIENT TESTIMONIAL:**

**Google review given by the client.**

\*\*\*\*\* 8th July 2024

Working with Nidhi has been a game-changer. She helped me regain control and confidence, turning my overwhelming days into manageable ones. I'm now more at peace and better connected with my family and a guilt free mother :-)) I truly appreciate the support and practical strategies provided. Highly recommend her!

-----

## **CASE: 6- Aanchal (Client 6)**

**Client Information Sheet (remove name if required)**

Name	:	Aanchal (CLIENT 6)
Sex	:	Female
Age	:	28 years
Address	:	Bangalore
Occupation	:	IRS Officer
Relationship Status	:	Married
Health Condition (if any)	:	None
List of Medication (if any)	:	NA
Source of referral	:	Referred by a Colleague

### **Session 0 :**

**Date: 25th November, 2022**

Duration: 60 mins

Place: Online

### **RAPPORT BUILDING METHOD USED:**

During the initial consultation, CLIENT 6 was encouraged to openly share her current challenges and concerns. The session began with **rapport-building techniques** to ensure comfort and trust. I used open-ended questions such as, **"What would you like to talk about today?"** to guide the conversation.

To enhance transparency and assure CLIENT 6 that I was fully engaged, I shared my screen and **took notes in real-time, allowing her to see everything** being documented. This approach **helped her feel more at ease and validated** in her expression, leading to a detailed account of her challenges.

### **CLIENT'S STATEMENT:**

I've been struggling with an inferiority complex, and I know something isn't right. Sometimes, I become harsh with the people closest to me, and I find it difficult to make peace with things that aren't going my way.

I got married last year after dating for ten years. For the first eight years, I was completely committed. But when I cleared my UPSC Mains exam and started a short training program, I met another guy who caught my attention. I didn't understand the feelings I was developing for this charming man who seemed to possess all the qualities I desired.

By January 2020, I found myself increasingly drawn to him. In March, my husband Aaradhya discovered some notes exchanged between us, leading to many heated arguments. I even asked a friend to mediate. During the lockdown, when I had more free time, I found myself spending more time with this man, Ramit. Things became intense between us.

By October, we returned to the academy, and I asked my parents to initiate my marriage with Aaradhya. However, before our marriage, Ramit and I became physically involved. Later, I discovered that Ramit had been in multiple relationships, which broke me completely. Two other girls and I confronted him, which damaged his reputation in the batch also.

I told Ramit that we could only be friends, but he cried a lot. To comfort him, I began distancing myself from the batch, focusing on supporting Ramit as a friend. Meanwhile, I started drifting away from Aaradhya emotionally and physically. Whenever I cried in front of him, he tried to comfort me and make me understand.

I opened up to a friend, Devanshi, who was also in the same setup as I was with Ramit. When the academy ended, we all returned home. Despite everything, I continued to have deep intellectual conversations with Ramit, something I still miss with Aaradhya. By May-June, I was feeling suffocated by the situation and wanted to break free from Ramit.

My parents wanted me to get married, but I wasn't ready. Later, I found out that Ramit had erectile dysfunction (ED), which further complicated things. In August, we separated again, with him returning to Kerala.

Despite everything, I couldn't let go of Ramit. He would call me late at night, and we remained in touch. Just before my marriage in November, Ramit came to see me. A week after my marriage, we met again, and this time, we became physically involved for an entire week. The connection felt so clean and good that I couldn't bear to be away from him. I didn't want to lose him as a friend, so I kept going back to him. During a dry phase with Aaradhya, I even engaged in phone sex with Ramit, feeling deeply attached to him.

Recently, Ramit told me he wanted to get married. A few weeks ago, he asked if I was coming to his engagement on the 17th, and I was shattered. He planned to invite 50 of our batchmates, which hurt me deeply. Now, he wants to celebrate his marriage, and it's tearing me apart. He said that 60% of him doesn't want me to attend because he knows it will hurt me. He also mentioned that he couldn't stand the thought of me being intimate with my husband.

The anger and darkness I feel have taken over me, and I'm losing my calm with Aaradhya. I'm trying so hard to keep myself cool, but it's a constant struggle.

*She was then asked if there was anything else she would like to share beyond the information already provided. After thinking for a few moments, she responded with a no.*

*Having listened to her story, I explained how my expertise as a **Cognitive Hypnotic Coach and Psychotherapist** involves creating a structured plan that integrates various techniques and processes. This **eclectic approach** helps facilitate sustainable and desirable transformation in her life.*

*After hearing my explanation, she felt hopeful and curious to learn more. I provided her with psychoeducation on the **Model of the Mind** and several therapeutic psychology models, which explained **the stimulus-response framework** at the core of the reality we subconsciously create for ourselves.*

*Referring to the data she had provided, I asked her to review the document to ensure that all the information was accurately recorded and to check if anything needed to be added or revised. She went through the document and expressed satisfaction with the data collected.*

*Finally, she was asked to summarize the entire content she had just shared in about 4-5 lines, to which she provided a concise **SUMMARY**, "I'm struggling with intense emotional conflict after getting married last year to Aaradhya, following a ten-year relationship. Despite being married, I'm still deeply attached to another man, Ramit, with whom I had a strong physical and emotional connection. This has caused ongoing turmoil in my marriage, and I find it hard to maintain peace with Aaradhya. Ramit's upcoming marriage is leaving me feeling rejected and overwhelmed, making it difficult to move on and be at peace".*

*I then discussed the importance of **identifying her current situation** (Point A) and her **desired outcome** (Point B). We talked about our therapy sessions as a journey from A to B, focusing on gradual but consistent progress.*

*Next, I introduced the **ICHARS SOFT SEA model** that I would be following to facilitate this process, helping to identify and address any concerns and obstacles that might arise, thereby creating the necessary changes.*



*She was then asked to think about her current situation or challenge, which represented point A in her life, and her desired outcome, which represented point B that she wanted to work towards. To aid in this process, I provided her with a template of two fill-in-the-blank sentences to help structure **HER CURRENT CHALLENGE AND DESIRED OUTCOME**. I assured her that she could take all the time she needed to find the right words and that I was available to assist if she needed any help in addressing the issue.*

*The template was: "I feel \_\_\_\_\_ about \_\_\_\_\_ when \_\_\_\_\_."*

**"I feel a lot of anger and resentment against Ramit because of the way he has manipulated me and played with my feelings and betrayed me again and when i have the thought that he is going to make his life and live his life with someone else."**

She was now asked to take as much time as she needed and Based on this challenge that we have summarized, what is the **OUTCOME/ point B** that she would like to achieve by filling in the template below:

*I wish.....*

**"I wish to be at peace and let go of all the negative things that have happened and ultimately forgive myself for being so gullible and stupid in the past."**

Ultimately, while talking about this statement, she made the below final wish statement:

**"I wish to go back to my olderself."**

*After this, Aanchal/ Client 6 decided to continue with the sessions and soon booked his first session.*

### **Session 1 :**

**Date: 7th December, 2022**

Duration: 75 mins

Place: Online

### **Review of previous session:**

The session began with a brief recap of our initial discovery call. I asked CLIENT 6 Aanchal if she had any lingering doubts or questions from the last session. She was

also encouraged to revisit the statements she had crafted to assess if there were any modifications or additions she wished to make. After re-reading her statements, She expressed that she felt they accurately captured her current situation and desired outcome.

After this she added few more points that triggers her in general offlate:

- I've **had to consciously try to be present and enjoy the moment**, but it feels like my mind is always somewhere else, making it hard to stay grounded.
- **Shopping, which used to be simple, now makes me anxious**, especially when my husband tells me not to buy much. His words, though likely well-intentioned, make me feel restricted and uneasy.
- I get very **uncomfortable when I sense someone is trying to manipulate or take advantage of me**, whether it's someone asking for money and not returning it or just exploiting my kindness. These situations make me feel **helpless and angry**.
- Even small things, like being charged extra for towels or minor items at a parlor, trigger me. It's not the money but **the feeling of being taken advantage of that makes me aggressive**, and I dislike that reaction in myself.
- I miss the person I used to be—**calmer and more at peace with the people and situations around me**. I feel like I've lost that sense of inner peace.
- I'm not expressing my feelings or letting them out, and I feel like **I'm bottling everything up inside**, which is building pressure within me.
- I struggle with **forgiving myself for cheating on my husband** and for making someone else a priority who didn't value me in return. **I constantly see flaws in myself and engage in self-criticism**, which I know is damaging, but I can't seem to stop.

### **Objective of the current session Techniques used / Reasons for choosing the techniques:**

The session involved inducing relaxation followed by the use of a **Transformational Metaphor** within a hypnotic state and **HO'OPONOPONO**. This facilitated deep relaxation and provided deeper insights into the key differences between the life she currently had and the life she desired to achieve.

Additionally **HO'OPONOPONO** technique was integrated with Transformational Metaphor because she came up with intense emotions while feeling of guilt was consist in her in multiple events.

**Summary of the session:**

The process of Ho'oponopono was a breakthrough into all the emotional baggage that she was feeling within her that was acting as a hindrance in her life.

**Client feedback:**

I felt little calm with the process done but somewhere I experienced a sense of fear at the end of the process at the beach. .

**Home-work assignments if any:**

Initial **transformational steps** that could be taken as a result of the insights received as a result of the metaphor. Some of the steps that she felt she could begin with were:

1. *I need to start with 10-20 Minutes of Mindfulness activity each day which is long overdue. .*
2. *Write down any times when I feel like someone is taking advantage of me. This will help me to figure out how I can handle similar situations better in the future.*

**Therapist's Diary & Learning from the Session:**

The metaphorical exploration of the client's current challenge and desired outcome was a significant breakthrough in initiating the journey from point A to point B.

**What Could Be Done Differently:** Nothing

-----

**Session 2 :**

Date: **14th December 2022**

Duration: 70 mins

Place: Online

**Review of the previous session:**

She had made some progress in taking initial steps. She also came up with the following points:

1. *I'm unsure about what I want from this relationship, but I want the feelings of love for Ramit to fade away.*
2. *I was always there for Ramit when he needed me, but he was never there when I needed him. This lack of balance makes me feel irritated.*

3. *I need to find peace and let go of Ramit. Our relationship has been on and off, and I don't have strong negative feelings toward him, but I'm struggling with why he doesn't value me.*
4. *I need to find ways to say no to him and stop reaching out or looking for him.*

### **Objective of the Current session: Techniques used /Reasons for choosing the techniques:**

F / P - Future / Proof - Sensory based & observable

A - Actions & Behaviours - Changes in actions and behaviours of the client

C / S - Capabilities / Skills- that the client would have developed

E / S - Emotional / State- How would the client feel after achieving this outcome +

### **ANCHORING**

Aanchal was asked to read the DESIRED OUTCOME statement and consider areas of her life where she wants to achieve this outcome. She was then asked to visualize and describe what her life would look like once she achieved this desired outcome.

**The "Miracle Question"** was posed: "Imagine you wake up one day, and your life is exactly how you've always wanted it. All the changes needed to achieve your desired outcome have occurred. How does this day look, feel, and unfold? What are you thinking, feeling, and experiencing?"

Through guided questioning, we drafted a detailed, sensory-specific vision of her future.

### **F / P - Future / Proof - Sensory based & observable**

Morning Routine:

- I wake up in the morning **feeling happy and energized**. I listen to music, kiss my husband, and say good morning. I go to the kitchen, make a hot beverage for myself, and sit on the sofa or go to the balcony, thinking, "The day has begun."

- The weather is right, I go out for a walk, or I do yoga at home without interruption. I calmly communicate what needs to be done instead of losing my patience with anyone.

Career & Professional Life:

- I take on all my responsibilities without complaining. I leave for the office, looking forward to the day ahead, including the work and interactions with people. This positive outlook is reflected in my productivity. I keep my staff more engaged,

ensuring no one sits idle, and I hear compliments from them like, “Madam, how do you manage so many things without losing your patience?” I am challenging myself professionally, setting bigger goals in my life.

#### Personal Growth & Hobbies:

- After work, I do things that make me feel happy. I read more books and take up hobbies like playing tennis with my husband at HSR Club. I also play badminton, table tennis, and sing. I am frequently invited to tournaments and receive appreciation from seniors and colleagues who see me as a formidable opponent. I feel proud when I hear compliments like, “You are a formidable opponent, and I want to partner with you.”
- I am having deep, intellectual conversations with my husband about topics like “working women and the glass ceiling.” We maintain eye contact while talking, and I feel a warm connection during these moments. These conversations positively challenge me to learn more.

#### Social Life & Relationships:

- I go out with my husband more often to meet our friends. We visit Aniket and his flatmates, where we play board games, drink, and have a good time. I feel light and happy, knowing I am among people who accept and appreciate me for who I am. I also enjoy playing indoor games with my husband and my sister, Sakshi.

#### Spiritual Connection:

- I feel more connected to my inner self, supported by an inner strength that I see as a blessing from God. I appreciate and nurture my body, mind, and soul, feeling grateful for the life I have been given.

#### Health:

- I get good sleep at night and wake up feeling lighter and motivated. I get out of bed eager to start the day, rather than lying down longer. I am committed to working out and doing yoga, knowing it helps my stress levels and improves my PCOS condition. I feel relaxed in my body, no longer tense. My husband and sister notice the positive changes in me, including my breezier attitude, which shows that I am doing well mentally and not taking pressure for small things.

#### Self-Image & Confidence:

- I no longer doubt myself or my abilities. I take on challenges head-on, believing I can overcome them. My tendency to overthink, especially about what could go wrong, has significantly reduced. Instead, I think, even if something goes wrong, I have the strength to make it right.

- I have stopped associating my worth solely with how much I impact others' lives. Now, I value myself more, understanding that I matter too. I have established boundaries with people (outside my family) so they can no longer hurt me. Their actions no longer affect me deeply, and I don't let them control me. My husband and mother appreciate that I share everything with them, and I feel strong enough to move on from things that used to disturb my mental peace.

Finances:

- I have started shopping more for myself and investing in feeling and looking better. My personal budget has seen some fluctuations, but I'm okay with that. My husband and I have become more mindful about our expenses, finding creative ways to minimize them, like cooking together instead of eating out or playing board games instead of going to the movies. I look forward to building our wealth together, creating a beautiful home, and saving enough to travel and raise our kids.

### **E / S - Emotional / State - How would the client feel after achieving this outcome + ANCHORING**

She was then asked to identify the exact emotional state she would have in this accomplished future. She was able to vividly experience and describe this future, stating that she would feel **CONFIDENT & PEACE**.

She expressed a strong desire to feel confidence and calmness in her daily life consistently, as this would help her perform her tasks better and combat her occasional feelings of inadequacy.

We conducted a process of **ANCHORING** to establish and reinforce this sense of **CONFIDENCE and PEACE**.

### **Client feedback :**

She felt *equipped, confident, fueled, motivated, clearer, and lighter* after the session.

### **Expected changes:**

The client would now feel **Confident and at peace** after having broken down the steps to the perfect future that were doable and possible.

### **Home-work assignments if any:**

By the end of the session the client was told to **go through the document a couple of times to decipher the steps to the desired future and list them as tasks for homework** . Also the client could check if there was something that needed to be added/ edited to the sensory specific future. And once satisfied she could read it as many times as she could till the next session.

### **Therapist's Diary Learning from the session:**

Drafting the sensory specific future along with the actions/ behaviours, skills/ capabilities, emotional state resulted in a **very clear road map** towards the desired future.

**What you could do differently:** Nothing

---

### **Session 3 :**

Date: **21st December 2022**

Duration: 75 mins

Place: Online

### **Review of the previous session:**

The client had checked and gone through the document a few times over and was **satisfied with the way it was shaping up especially after she had drafted the tasks in an exhaustive manner.**

### **Objective of the current session**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps + **AUDIO**

### **RECORDING OF THE COMPLETE SEQUENCE**

The sensory specific future was now studied and the **exhaustive list of the steps** that were drafted to accomplish the desired future were reviewed. When the client was asked to spell out that **one sentence that the client would like her mind to accept that** will make achieving this outcome possible, she specified almost automatically **"I AM ENOUGH"**.

The client was induced into a **relaxed state and the entire sequence covering her outcome and tasks along with the suggestion she gave to herself was conducted and the audio recording was given to her** . She was asked to **listen to**

**it on a regular basis** for her subconscious to get aligned with her desired outcome and the steps that have been constructed for the purpose of achieving the outcome.

### **Client feedback :**

The client reported feeling empowered and confident after the hypnotic sequence. She expressed joy and eagerness to continue working on her tasks and felt reassured about her ability to achieve her goals.

### **Expected changes:**

The audio recording of the **complete sequence** is expected to further solidify the client's confidence and ensure the sustainability of the positive changes she has been experiencing.

### **Home-work assignments if any :**

To listen the recording for next 21 days.

**Therapist's Diary Learning from the session :** The complete sequence instilled within the client the faith and belief that her outcome was a possible reality and the hope within the client was clearly palpable.

**What you could do differently:** Nothing

---

### **Session 4:**

Date: **28th December 2022**

Duration: 65 min

Place: Online

### **Review previous session:**

She was able to listen to the recording.

### **Objective of the current session : Techniques used/ Reasons for choosing the techniques**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps + **THOUGHT**

**RESTRUCTURING**



*Aanchal wanted to address some recurring negative thoughts that are triggered. She was asked to list down the specific triggers in her relationship with Ramit. The triggers identified were:*

- a. Ambiguity about what she wants from the relationship but a strong desire for the feeling of love for Ramit to dissipate.
- b. The imbalance in the relationship where she felt she was always available for Ramit, but he was not there for her when she needed him.
- c. The irritation caused by the lack of reciprocity, as the "give and take" was absent.
- d. A need to find ways to say no to Ramit and to resist the urge to reach out to him.

I helped her with the **Thought Restructuring process**- When-Then Statement to change her old pattern of thoughts: We picked up the below trigger and worked further on it.

***Process:*** I proceeded with the **thought restructuring** aspect of the **CHCP model**, focusing on **Reprogramming the Mind**.

***Trigger:*** When I take a break from work

***Current thought:*** I want him to think about me. I want to listen to his voice.

***Current Emotion:*** longingness, irritation/restlessness

***New thought:*** if he is not thinking about me, why should I think about him.

***New emotion:*** calmness and assurance

*When (trigger) then I realize (new thought).*

**When I take a break from the routine then I realize that my self respect and mental health are extremely important and he doesn't have the right to breach these boundaries.**

She made certain amendments after this:

**When I take a break from the routine, then I realise my desire to be a versatile and confident person, whom I would be proud of.**

*She repeated these lines as many times as she needed to feel the resonance they created. After verifying that the restructured thought created the desired calmness and assurance, it was finalized and adopted.*

**Next Steps:** Post this, all the tasks that the client was motivated on doing herself were marked and the client picked up 5 tasks that she would be able to complete the coming week.

### **Client feedback :**

In this session as I focused on identifying specific triggers related to Ramit, especially those that lead to negative emotions and unhealthy patterns of behavior. I felt better with the alternative options.

### **Expected changes :**

With the restructured thought, the client anticipates feeling more CALM and ASSURED, allowing her to manage various situations and complete planned tasks effectively.

### **Home-work assignments if any:**

*At the end of the session, she **selected three tasks** to focus on for the upcoming week, which included preparing herself for important work-related interactions:*

Stop checking Ramit's Whatsapp, Dp any photos anywhere		
Think more actively about my goal		
Ask Aaradhya to give me more space		
Take care of my Physical Health	<b>1. Walk for 5 days</b> <b>2. Start doing yoga</b> <b>- from 17th March</b> <b>3. Start Dancing fitness</b> <b>- from 19th March Sunday and Wednesday</b> <b>on Sunday at 8.30 am - alarm set</b> <b>on Wednesday at 11.30 am -alarm set</b> <b>4. Breathing Exercises</b> <b>- on Wednesday, Friday, Sunday and</b> <b>Monday</b> <b>at 9 am. for 5-10 minutes</b> <b>5. Taking better care of skin and hair</b> <b>- I have started having supplement every</b> <b>night before going to sleep</b>	

	When then- When I finish cleaning the kitchen at night then I realize that if i have good hair and skin I will feel pretty and confident and i will be noticed. 6. Eating more clean food	
I need to Continuing my hobbies		
Reading a book - 10 to 10.30 pm	at 10.00 pm - 10.30 pm	
Play TT -Saturday at 4 pm and Monday at 7.30 pm	Saturday and Monday - Saturday at 4 pm Monday at 7.30 pm	
Go for a walk - 7000 steps	at 7.45 am 1. wakeup at 7 2. 7.30 - Me time 3. Eat and drink - 4. Change	
Reading New Paper	9.10 to 9.20	Alarm

*She picked up the tasks in red for this week.*

### **Therapist's Diary Learning from the session :**

Nothing as such.

**What you could do differently:** Nothing

-----

### **Session 5:**

Date: 5th January 2023

Duration: 70 min

Place: Online

### **Review previous session:**

Aanchal has made progress in recovering faster from conflicts with Ramit but still struggles with his emotional manipulation. She's aware that he doesn't care about her feelings and wishes he would acknowledge his wrongdoings. Although the intensity of her feelings for him has decreased to a 5 on a scale of 1-10, it still bothers her. After a recent fight, Ramit apologized, but it felt insincere, as if it were just a formality. Despite her awareness and efforts, she finds it difficult to fully focus on her husband Aaradhya due to these lingering emotions and her fondness and madness for Ramit. .

### **Objective of the current session : Techniques used/ Reasons for choosing the techniques**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps + **VOID**

### **MANAGEMENT**

Because she has this conflict and void inside her, which prevents her from fully focusing on her husband, the process of **VOID MANAGEMENT** was conducted. During this process the client was able to follow all the steps and release all the negative emotion that was troubling her. She also accessed the gift in the form of a flower , that resonated with the message of courage and boldness.

### **Client feedback :**

Aanchal would be able to let go of her inner despair and indifference and felt hopeful.

### **Home-work assignments if any:**

To continue with the tasks and the ongoing ones with renewed approach and notice developments. Encouraged to journal to document thoughts to have a brief review of how things are shaping up.

Most importantly, I will try and make my communication better and regular with Aaradhya.

### **Therapist's Diary Learning from the session:**

The client **was progressing well and was showing gradual visible signs of letting go of her the anger and resentments that she had spoken about.** The session was **insightful in addressing the underlying concerns** that were acting as hindrances on her journey to the desired outcome.

**What you could do differently:** Nothing

**Session 6:**

Date: **12th January 2023**

Duration: 70 min

Place: Online

**Review previous session:**

Aanchal reported feeling little lighter than before. She expressed that she is now stuck and unable to resolve the ongoing conflict with her husband. This unresolved tension is hindering her from building compatibility with her current partner, Aaradhya, due to the differences in their personalities. Despite her efforts, she is struggling to bridge this gap, leaving her feeling frustrated and disconnected.

**Objective of the current session : Techniques used/ Reasons for choosing the techniques**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps +

**PSYCHOEDUCATE ON LOVE LANGUAGE AND SEXUALITY**

Discussed that now, with some emotional clearing done(in the past sessions), the focus will shift to helping the client and her partner better understand each other's love languages and sexualities.

Planned to use the two models (Love Languages and E&P Sexuality) to guide the client in resolving conflicts and building compatibility with her partner.

**Introduction to Communication as a Key Ingredient:**

- Emphasized that effective communication involves both giving out information and receiving/interpreting it.
- Explained that understanding both aspects of communication is crucial for improving relationships.

**Love Languages:**

**Explanation:** Introduced the concept of Love Languages, based on Gary Chapman's book "The 5 Love Languages." Explained that conflicts in relationships often arise when partners have different ways of expressing and receiving love. Summarized the five love languages: Words of Affirmation, Acts of Service, Receiving Gifts, Quality Time, and Physical Touch.

**Application:** Discussed how differences in love languages can create misunderstandings between partners. Provided examples to help the client identify her own love language and that of her partner. Asked the client questions to assess where conflicts might be occurring due to differences in their love languages.

### **Emotional and Physical Sexuality (E&P):**

**Explanation:** Introduced the theory of Emotional and Physical Sexuality, commonly covered in hypnotherapy. Explained that individuals can be categorized as either Physical Sexuals (PS), who are more comfortable expressing feelings, or Emotional Sexuals (ES), who are more comfortable with thinking and logic.

**Application:** Explored how these differences might be influencing the client's relationship dynamics. Asked the client questions to identify her and her partner's sexual types and how these might be contributing to their conflicts.

### **Client feedback :**

**1. Greater Understanding of Love Languages:** Aanchal expressed that the concept of Love Languages was eye-opening for her. **She realized that she and her partner might have different ways of expressing love**, which could be causing some of the misunderstandings in their relationship. She found the examples provided helpful in identifying her own love language and her partner's, which gave her a new perspective on their interactions.

**Insight into Emotional and Physical Sexuality:** Aanchal appreciated learning about the Emotional and Physical Sexuality theory. **She identified herself more with the Emotional Sexual type**, while recognizing that her partner might be more of a Physical Sexual. This understanding helped her see why they might approach intimacy and emotional expression differently, and she felt more equipped to navigate these differences.

**Increased Motivation to Improve Communication:** Aanchal **felt motivated to work on her communication with her partner**, especially after understanding how crucial it is to not just express herself but also to interpret her partner's expressions accurately. She is eager to apply what she learned in the session and is looking forward to exploring these concepts further in their relationship.

**Realization of Potential Areas of Conflict:** The session helped Aanchal identify specific areas where conflicts might be arising due to differences in love languages

and sexuality types. She acknowledged that these differences don't necessarily mean incompatibility but rather areas that need more understanding and effort.

### **Home-work assignments if any:**

Aanchal expressed a commitment to using the insights gained from the session to improve her relationship. She plans to start implementing small changes, like being more aware of her partner's love language and sexual type, to have a stronger connection.

### **Therapist's Diary Learning from the session:**

I learned the importance of introducing psychoeducation on Love Languages and the Emotional and Physical Sexuality theory to help clients like Aanchal better understand their relationship dynamics. It reinforced the need to tailor the therapeutic approach to the unique ways in which each partner experiences and expresses love and intimacy. Additionally, it highlighted the significance of addressing underlying communication issues by bridging the gap between emotional needs and logical understanding, which can be pivotal in resolving relationship conflicts.

**What you could do differently:** Nothing

### **Session 7:**

**Date:** 20th January 2023

**Duration:** 65 min

**Place:** Online

### **Review previous session:**

CLIENT 6, said that the discussion on Love Languages and Emotional and Physical Sexuality provided her with new insights into her relationship with Aaradhya. She now better understands why they sometimes struggle to connect and communicate effectively. Aanchal also shared that she has started recognizing her own love language and has become more aware of how her emotional and physical needs play a role in her interactions with her partner. She feels more equipped with tools to improve her relationship and has begun applying what she learned in her daily life. She expressed that her struggles with fully letting go of Ramit has come to very minimum which she will handle on her own.

### **Objective of the current session : Techniques used/ Reasons for choosing the techniques**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps + ***TIMELINE***

The process of TIMELINE was conducted to wrap up the sessions with an overview to understand the extent of progress keeping the desired outcome at the progressive end of the timeline. By means of this process, the client was effectively able to recognise - understand -transform all the challenges on the way to the desired outcome. To analyse the degree of progress that had been made from the current situation to the desired outcome, the process was used as a yardstick to assess more details that could help in the run up to the outcome.

**Expected changes** : The client would emerge with complete clarity w.r.t all the factors that contribute to the journey to the outcome and their independent roles - favourable as well as unfavourable and make the required changes both at the conscious as well as at the subconscious levels.

**Home-work assignments if any** : *To continue with the tasks and the ongoing ones with renewed approach and notice developments. Encouraged to journal to document thoughts and **get in touch over a call after a week / 10 days** to have a brief review of how things are shaping up. Practising release, anchors, Timeline and listening to the audio recording on a regular basis was advised.*

**Therapist's Diary Learning from the session** : The client was progressing well and was showing gradual visible signs of independence and confidence about herself and her tasks. The session was insightful in addressing the underlying concerns that were acting as hindrances on her journey to the desired outcome.

**What you could do differently:** Nothing

**CLIENT TESTIMONIAL:**

No review was shared by the client because of confidentiality reasons.

-----



## CASE: 7- Prince (Client 7)

### Client Information Sheet (remove name if required)

Name	:	Prince (CLIENT 7)
Sex	:	Male
Age	:	28 years
Address	:	Surat
Occupation	:	Small Business Owner
Relationship Status	:	Single
Health Condition (if any)	:	attempted suicide in the past/ digestive issues
List of Medication (if any)	:	NA
Source of referral	:	Referred by a Colleague

### **Session 0 :**

**Date:** 19th June, 2023

Duration: 60 mins

Place: Online

### **RAPPORT BUILDING METHOD USED:**

During the initial consultation, CLIENT 7 was encouraged to openly share his current challenges and concerns. The session began with **rapport-building techniques** to ensure comfort and trust. I used open-ended questions such as, "**What would you like to talk about today?**" to guide the conversation.

To enhance transparency and assure him that I was fully engaged, I shared my screen and **took notes in real-time, allowing her to see everything** being documented. This approach **helped him feel more at ease and validated** in his expression, leading to a detailed account of his challenges.

### **CLIENT'S STATEMENT:**

I have started a business and taken a loan from relatives, but the debt is high. I've had to seek help from my brother, which has caused family conflicts. My goal is to

stabilize my business, hire employees, and eventually become financially independent. However, I don't feel connected to my family anymore. I used to be close with my mom and brother, but that connection seems to be gone. I want to establish my own business, buy my own house, and achieve financial freedom, but I don't have enough backup right now.

I haven't slept well since 2016. I was in love, but she betrayed me. She had a similar personality to mine and a lot of ego, and our attachment was very strong. I wanted to study engineering and go abroad, but I faced financial issues because of my father's drinking addiction and his lack of concern for the family. I felt tortured both at home and outside, and I was so confused that I even considered ending my life.

My good memories are with a friend, but after the breakup, I distanced myself from everyone. For 6-7 years, I was close to one friend, but that relationship eventually broke too. Now, I have no family support and only one friend, but I feel completely alone.

If anyone triggered me anytime i become violent and get triggered and i am not able to set boundaries. 2016 relationship bothered me a lot and i am not able to accept that my father is like that. I want to accept my father and i want ground level to support my self. Not communicated with him since 8 years and now my relationship with my mother has also become like that. My mother called police and she supported my father. So i don't trust and connect with my mother too. I don't want to trust and connect with my family and anyone who break my trust.

*He was then asked if there was anything else he would like to share beyond the information already provided. After thinking for a few moments, he responded with a no.*

*Having listened to his story, I explained how my expertise as a **Cognitive Hypnotic Coach and Psychotherapist** involves creating a structured plan that integrates various techniques and processes. This **eclectic approach** helps facilitate sustainable and desirable transformation in his life.*

*After hearing my explanation, he felt hopeful and curious to learn more. I provided him with psychoeducation on the **Model of the Mind** and several therapeutic psychology models, which explained **the stimulus-response framework** at the core of the reality we subconsciously create for ourselves.*

*Referring to the data he had provided, I asked him to review the document to ensure that all the information was accurately recorded and to check if anything needed to be*

*added or revised. He went through the document and expressed satisfaction with the data collected.*

*Finally, he was asked to summarize the entire content he had just shared in about 4-5 lines, to which he provided a concise **SUMMARY**, “job bhi situation hai hai, jinhone kiya unki galti nahi hai, they have only reacted. I think because of my father’s strict and abusive nature, I think i have traumatized a lot and i don’t have the energy like earlier to fight back.”*

*I then discussed the importance of **identifying his current situation** (Point A) and his **desired outcome** (Point B). We talked about our therapy sessions as a journey from A to B, focusing on gradual but consistent progress.*

*Next, I introduced the **ICHARS SOFT SEA model** that I would be following to facilitate this process, helping to identify and address any concerns and obstacles that might arise, thereby creating the necessary changes.*

*He was then asked to think about his current situation or challenge, which represented point A in his life, and her desired outcome, which represented point B that he wanted to work towards. To aid in this process, I provided him with a template of two fill-in-the-blank sentences to help structure **HER CURRENT CHALLENGE AND DESIRED OUTCOME**. I assured her that he could take all the time he needed to find the right words and that I was available to assist if he needed any help in addressing the issue.*

*The template was: “I feel \_\_\_\_\_ about \_\_\_\_\_ when \_\_\_\_\_.”*

**“I feel frustrated About my father When i see everyone have family support and i have to struggle for my basic needs.”**

*He was now asked to take as much time as he needed and Based on this challenge that we have summarized, what is the **OUTCOME/ point B** that he would like to achieve by filling in the template below:*

*I wish.....*

*I wish to move on from childhood trauma*

*I wish to grow in my relationship with healthy boundaries*

*I wish my happiness only depends on myself not on any situation or any person.*

*He came up with different outcomes but finally selected one to move ahead:*

**“I wish to be financially stable and see growth in my career”**

*After this, Client 7 decided to continue with the sessions and soon booked his first session.*

### **Session 1 :**

**Date: 26th June, 2022**

Duration: 75 mins

Place: Online

### **Review of previous session:**

The session began with a brief recap of our initial discovery call. I asked CLIENT 7 if he had any lingering doubts or questions from the last session. He was also encouraged to revisit the statements he had crafted to assess if there were any modifications or additions he wished to make. After re-reading her statements, he expressed that he felt they accurately captured his current situation and desired outcome.

After this he added that his week went pretty good. Frustration and anger levels went down to 4-5 on the scale of 1-10

### **Objective of the current session Techniques used / Reasons for choosing the techniques:**

**Induced Relaxation followed by Transformational Metaphor**, using a induced hypnotic state facilitating relaxation to provide deeper insights into the key differences between the life she had at the moment and the life that he was wanting to achieve.

### **Summary of the session:**

After completing the process, he gained insights that highlighted specific tasks on his list, which served as opportunities to move toward his desired future.

### **Client feedback:**

Prince was pleased with the session. He felt clear about the initial tasks he could undertake during the week.

### **Expected changes:**

He gained clarity on the steps needed to begin his transformational journey by taking initial actions toward his desired outcome.

**Home-work assignments if any:**

He was assigned initial transformational steps based on the insights gained from the metaphor. The key points that resonated with him were to take steps to:

- Setting a consistent wake-up time and incorporating a brief physical activity each morning.
- Journaling all the negative thoughts that comes to his mind during the week.

**Therapist's Diary & Learning from the Session:**

The metaphorical exploration of the client's current challenge and desired outcome was a significant breakthrough in initiating the journey from point A to point B.

**What Could Be Done Differently:** Nothing

---

**Session 2 :**

Date: 26th June , 2022

Duration: 70 mins

Place: Online

**Review of the previous session:**

The Client mentioned certain changes that he was noticing and was amazed that his thoughts are better now.

I noticed that I was able to catch myself when negative thoughts started to creep in. Although it was challenging, I managed to redirect my focus and avoid getting stuck in those thoughts. I also started following a simple morning routine, and even though it's still a work in progress, I felt a bit more in control and less overwhelmed.

Overall, my anxiety seemed slightly more manageable, and I felt a small boost in my ability to stay productive throughout the day.

**Objective of the current session: Techniques used /Reasons for choosing the techniques:**

F / P - Future / Proof - Sensory based & observable

A - Actions & Behaviours - Changes in actions and behaviours of the client

C / S - Capabilities / Skills- that the client would have developed

E / S - Emotional / State- How would the client feel after achieving this outcome +

**ANCHORING**

He was asked to read the DESIRED OUTCOME statement and the **areas of his life** where he wants to accomplish this outcome. He was also asked to give **indicators of how his desired life would look after the outcome would be accomplished.**

***The miracle question was asked to him :*** “Imagine that you have woken up to a day when your life is just the way you wanted and all the changes that needed to take place in the direction of the desired outcome have taken place. You now look forward to your day ahead. If you had to give a sensory- specific account of what such a day would look like keeping all details of thoughts, feelings, emotions, events, etc. Notice how each and every detail of your life is impacted by these transformative decisions taken by you for your desired future.

He began giving an account of what such a day would look like. Through **Meta Model Questioning, observable parameters of the accomplished future were drafted.**

This visualised future comprised the **changed actions and behaviours** of his in the **present tense or present continuous tense.** The client was also questioned about all the **capabilities and the skills** the client possessed in this perfect future.

#### **SENSORY SPECIFIC FUTURE AS WRITTEN BY THE CLIENT:**

Every morning, I wake up feeling refreshed, full of energy, and ready to tackle the day ahead. There's a natural smile on my face as I start my day. I begin by freshening up, feeling the cool morning air and preparing for the gym. At 5 AM, I head to the gym where I work out with my friends. The camaraderie and energy at the gym set the tone for a productive day. After my workout, I take a cold shower, feeling revitalized and ready to embrace the rest of the day.

I then dedicate some time for prayer and meditation. These practices help me center myself and bring peace to my mind. Afterward, I focus on my business and personal finances, creating my to-do list and making sure I'm staying on top of things. I prioritize eating lunch on time, ensuring I stay energized and maintain a balanced routine.

In the evening, I spend quality time with my spouse. We enjoy each other's company, whether it's talking about our day or sharing a quiet moment together. After dinner, we take a walk outside, enjoying the fresh air and reflecting on our day.

Throughout the day, I am mindful of how I interact with others. I make sure to show respect and kindness to everyone I meet, treating people with the care and

understanding they deserve. I am conscious of the impact I have on others and always strive to avoid hurting anyone.

**Work Life:** My work is an essential part of my life, and I approach it with the utmost professionalism. I dress in a well-fitted suit and formal shoes, exuding confidence and competence. I wear my Rolex watch, a symbol of my hard work and success. I drive my BMW car to the office, enjoying the independence and comfort it brings. My office is immaculate, with a calming white decor that helps me stay focused and clear-minded. I have two offices, and one of them is my personal space. It is well-organized, with ten comfortable chairs for my team and guests, creating an atmosphere of efficiency and collaboration.

**Health:** I am committed to maintaining my health and fitness. I go to the gym six days a week, waking up early each morning to ensure I make time for my workout. I spend an hour at the gym, focusing on building strength and endurance. Afterward, I take a cold shower to refresh myself and then enjoy a high-protein post-workout meal, including a protein shake. I follow a vegan meal plan, making sure to eat healthy, nourishing foods that support my body's needs. I take my daily supplements, including multivitamins, Omega 3, and Biotin. I prioritize sleep, ensuring I get 7-8 hours of rest each night, and go to bed by 10 PM. I keep my sugar intake low and prefer jaggery in my tea and meals as a natural sweetener. I indulge in junk food only on Sundays, keeping my diet healthy and balanced.

I apply Robin Sharma's 20-20-20 formula to start my mornings with focus and intention. On Mondays, Wednesdays, and Saturdays, I dedicate 20 minutes to prayer at 8 AM. On Tuesdays, Thursdays, and Fridays, I meditate for 20 minutes at the same time, bringing calm and mindfulness to my daily routine.

**Finances:** I continuously seek opportunities to grow my wealth by investing in assets. I actively listen to podcasts from my mentors, Jasvinder and Sharn Hedje, who provide valuable insights into financial growth. I am learning about tax deduction strategies to minimize my tax liabilities. I am also expanding my knowledge of the stock market and connecting with like-minded individuals who are at the next level financially. I am part of a group where I discuss financial matters, gaining wisdom from others and sharing my experiences.

**Self-Growth:** I am dedicated to my personal development, spending time alone twice a month for recovery and reflection. During these retreats, I immerse myself in deep meditation, away from distractions, in Himachal Pradesh. This time allows me to reconnect with myself, reset my priorities, and focus on healing. I work on improving my level of forgiveness, letting go of negative emotions, and cultivating



happiness within. I aim to spread positivity by helping and healing the people around me, including my employees, friends, and family. I take time to guide my younger brother and my children, offering support and love. I also enjoy spending time with other kids, offering them mentorship and care. I am committed to exploring different religious temples and learning from various people, broadening my understanding of life and different perspectives.

**Relationships:** My family is the foundation of my happiness, and I make it a priority to spend time with them. We have dinner together every evening, strengthening our bond and sharing meaningful conversations. Twice a month, we plan family trips, enjoying new experiences and creating memories together. During Diwali vacations, we travel as a family, enjoying each other's company and celebrating the festival of lights. I also maintain a strong relationship with my Guru Maharaj, connecting with him through meditation. I visit my Guru Maharaj four times a year in Kalyan, seeking his guidance and wisdom.

By following this routine, I ensure that I maintain balance in all areas of my life: my health, work, relationships, finances, and personal growth. I strive to live a life of purpose, always improving and evolving, while also serving and helping others around me.

### **E / S - Emotional/State - Feelings After Achieving This Outcome:**

Confident, self-assured and Peace.

### **Client feedback :**

Prince felt more motivated and confident after the session.

**Expected changes:** The client would now feel **motivated** after having broken down the steps to the perfect future and visualize the future.

I decided to use the **TRANSFORMATIONAL METAPHOR** during the session that could provide deeper insights into the key differences between the life he had at the moment and the life that he was wanting to achieve.

The process went on smoothly and very effectively with a vision on the steps towards obtaining his desired future.

### **Home-work assignments if any:**

By the end of the session the client was told to add more details to the future that was just written and list at least 5 and preferably 10 aspects of his life that are positively impacted by your choices of your desired future.



To make it easier for him, he was asked to **break it down into many aspects of his life** : i) Physical State ii) Mental State iii) emotional state iv) financial state v) family life vi) social life vii) relationship with the self viii) spiritual life .... And any other aspects of her life that were significant to her.

**Therapist's Diary Learning from the session:** Drafting the sensory specific future along with the actions/ behaviours, skills/ capabilities, emotional state resulted in a **very clear road map** towards the desired future.

**What you could do differently:** Nothing

---

### **Session 3:**

Date: **3rd July 2023**

Duration: 75 mins

Place: Online

### **Review of the previous session:**

Overall, he felt more driven and excited about his goals, he shared following details:

- Feeling Less frustration in general
- Got some Career growth and clarity
- Shoulder injury 90% recovered
- Relationship with my brother recovered and is better now
- I have set a boundary with my mom and my bhai.

Prince mentioned that he still harbors bitterness and resentment toward his father due to the childhood trauma and financial scarcity he experienced. His father's lack of financial support continues to frustrate and anger him, which in turn triggers emotional responses that hinder him from taking certain actions or making progress in his life.

### **Objective of the current session: Techniques used /Reasons for choosing the techniques:**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps + HYPNO DRAMA

The process of HYPNODRAMA was conducted and he connected with his father to sort and vent out his resentments. Before Hypnodrama, the anchor was activated

for the required emotional conditioning of GRATEFULNESS AND PEACE. Post the release, resolution and integration the client was woken up and he felt so much better in her own words.

**Expected changes :** The client had now resolved anger and frustration stemming from his past and he would now feel completely transformed in situations that would otherwise challenge him.

**Home-work assignments if any :** To continue with the new tasks and the ongoing ones with renewed approach and notice developments during the week. Encouraged to journal to document mental and emotional states and to complete the added tasks:

Task List:

1. Increase my protein intake.
  - Purchase protein shake (in the month of August)
  - Consume post workout.
2. Decrease my sugar and caffeine intake.
  - Replace with jaggery powder
  - Buy coffee and jaggery powder and peanut butter, Brown bread/ Butter./ dry fruits.
  - One cup coffee in the morning.
  - One cup coffee in the evening.
3. Stop eating junk food/ outside
  - I am not liking home food.
  - I feel hungry at 10 am and i tend to eat maida ka food
  - I can buy bananas
  - Badam Shake
  - Can keep dry fruit box with me.
  - brown bread and peanut butter - 2 days a week (Monday and Friday)
4. Regularize my sleep pattern. (10 pm -6)
  - 9 o clock screen time off.
  - On Blue light filter on mobile.
  - 9.30 pm Meditation to calm my mind -Alarm set.
5. Water intake.
  - Set alarm for water intake.
6. Regular Supplements
7. Regular Workout

**Clients Feedback:**

Prince felt that the session was highly productive and appreciated the structured approach to creating a detailed task list. He expressed confidence in his ability to implement the changes discussed, particularly in terms of improving his diet, sleep, and overall routine. Prince also noted a sense of empowerment from setting clear, actionable goals aligned with his future aspirations.

**Therapist's Diary Learning from the session** : The client **was progressing well and was showing gradual visible signs of independence and confidence about himself and his tasks.** The session was **insightful in addressing the underlying concerns** that were acting as hindrances on his journey to the desired outcome.

**What you could do differently:** Nothing

#### **Session 4:**

Date: **11th July 2023**

Duration: 75 mins

Place: Online

#### **Review of the previous session:**

At the start of this session, I reviewed Prince's progress since our last meeting. The key observations were:

- **No Sugar Cravings:** Prince reported successfully managing his sugar cravings for the entire week, which was a significant achievement considering his previous challenges.
- **Craving for Junk Food:** Despite the success with sugar, he experienced a strong craving for junk food.
- **Relationship Issues:** Prince mentioned that he was struggling to connect with his girlfriend, indicating an emotional or communication gap that needed to be addressed.

#### **Objective of the current session: Techniques used /Reasons for choosing the techniques:**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps + **AUDIO**

**RECORDING OF THE COMPLETE SEQUENCE**

The client was induced into a relaxed state, and the entire sequence covering his outcome and tasks, along with the **suggestion** he gave to himself, "**I AM CAPABLE OF EVERYTHING**," was conducted. The audio recording was provided to him, and he was encouraged to listen to it regularly to help his subconscious align with his desired outcome and the steps necessary to achieve it.

The session was filled with complete calmness and peaceful clarity after the sequence was conducted, which enabled him to outline the next three tasks as his homework for the following week. He felt a renewed sense of focus and confidence as he prepared to move forward with his task list into the next week.

### **Client feedback :**

The client felt empowered after the hypnotic complete sequence was conducted.

**Expected changes:** The audio recording of the complete sequence further strengthened his confidence in the sustainability of the new changes that had been taking place.

**Home-work assignments if any :**To complete the new tasks .

### **Surat Supply Market Tender - Mineral Water by April 2028**

1. I have to arrange for fund of Rs. 17 Lakh
  - To build a good relationship with the Managers and give good service
    - a. To be social
      - Join BNI Community and Make rapport with the leaders
        - i. I will talk to Harish Sir my sir and try to attend their as a guest.
        - li. earn points and references. Highest
    - b. 7-8 Lakhs
  - I have to learn Investement
  - Share Market Trading
  - I can be a partner with my cousins for investment
2. I want to hire 3 employees
3. I need 2 vehicles
4. I need water coolers
5. I have to increase my income to 70k per month.
  - I have to start my work at 4.30
  - I have to Save 50k (60%)
  - I have to clear my debt of Rs. 3 lakh 70 Thousand. (40%)
  - I am not able to sleep.
  - I have to search for a good dealer

- a. I have to put inquiries.
  - either hire employee.
  - ask my brother.
- I have to work on my cash flow.

### **I NEED CAPITAL 35 K PROFIT.**

**Therapist's Diary Learning from the session**: The complete sequence instilled within the client the faith and belief that his outcome was a possible reality and the hope and excitement within the client was clearly palpable.

**What you could do differently**: Nothing

### **Session 5:**

Date: **17th July, 2022**

Duration: 65 min

Place: Online

### **Review previous session:**

At the start of this session, I reviewed Prince's progress since our last meeting. The key observations were:

- **Craving for Junk Food**: Despite the success with sugar, he experienced a strong craving for junk food.
- **Relationship Issues**: Prince mentioned that he was struggling to connect with his girlfriend, indicating an emotional or communication gap that needed to be addressed.

### **Objective of the current session: Techniques used/ Reasons for choosing the techniques**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps + **THOUGHT**

### **RESTRUCTURING**

The primary goals for this session was to address the triggers related to his junk food cravings and his difficulty connecting with his girlfriend.

**Process:** *I proceeded with the **thought restructuring** aspect of the **CHCP model**, focusing on **Reprogramming the Mind**.*

**When-Then Statement:**

**Trigger:** Feeling bored or stressed at work.

**Current Thought:** I need junk food to feel better.

**Current Feeling:** Craving and stress

**Desired Feeling:** Energised

**New Thought:** Eating healthy will make me feel more energized and in control.

**When-Then Statement:** *When I feel bored and stressed at work then I realise that reach for a healthy snack and take a short break to walk or do deep breathing exercises.*

*Prince repeated these lines as many times as he needed to feel the resonance they created. After verifying that the restructured thought created the desired confidence, it was finalized and adopted.*

**Next Steps:** *Following this process, he identified the next three tasks he would focus on during the upcoming week. Prince was instructed to implement the new tasks related to managing junk food cravings and improving his relationship.*

Practice Thought Restructuring: He was also asked to continue repeating the When Then Statement for the whole week.

#### **Client feedback :**

Felt hopeful and energised

#### **Home-work assignments if any:**

*At the end of the session, Aditya **selected three tasks** to focus on for the upcoming week, which included preparing himself for important work-related interactions. He was also asked to continue repeating the When Then Statement for the whole week.*

#### **Therapist's Diary Learning from the session :**

The client was progressing well and was showing visible signs of independence and confidence about himself and his tasks.

**What you could do differently:** Nothing

## **Session 6:**

**Date: 25th July 2022**

Duration: 75 min

Place: Online

### **Review previous session:**

In this session, Prince reported that he has successfully completed nearly all of the tasks we had previously outlined. He noted significant improvements in his dietary habits, sleep routine, and overall productivity. However, he continues to face difficulties in effectively communicating with his customers, a challenge that has been mentioned multiple times in past sessions. This issue remains a key focus for our ongoing work.

### **Objective of the current session : Techniques used/ Reasons for choosing the techniques**

T - Tasks - POA +S - Suggestion - If you were to think of a sentence that you would like your mind to accept that will make achieving this outcome possible + **SVIT + INNER CHILD + REFRAMING + PROS & CONS**

Process Done: SVIT/Inner child/PAB/Reframing

The client was experiencing a feeling of discomfort. On further exploring the discomforting emotion, it unravelled as the feeling of EGO, because of which 'I am not able to communicate with my customers when needed'.

The next thoughts came was 'My relationship with my uncles'.

'They have treated me badly- 'God wants me to grow individually and independently'

The next emotion came up was **fear and loneliness** - because of the traumas by my father gave me when I was 17 years old. Fear and Loneliness came in loop.

### **Inner Child process done:**

1st child with 17 years old.

- Ballon released but not feeling good-thinking child has to make friends/make podcast/be social

2nd child of 16 years

Confused - not known what has to be done

3rd child 15-16 years - the child wanted to talk to the father, that was done.

He could see a child with physical wound on thumb applied bandaid.

1% of wound left to headland also the balloon was not getting released completely.

### **Reframing process done - to find out the positive intension**

Another child 24 years - This part is very sensitive and always needs care. He was confused to keep it or let go.

### **PROS and CONS done**

Conclusion: I will protect this part from those who are not good for me and i will make a wall to protect this part as a boundary.

4 children from age between 5-6 years - They are feeling scarcity

Again 23 old years old. - Child happily integrated

**Future pacing** - integrating and visualising applications of the learnings

### **Client feedback :**

The client experienced a **complete sense of clarity w.r.t the steps to be taken** and the shackles of beliefs and behaviours that were bothering her and unknowingly preventing her from progressing further.

### **Expected changes :**

After conducted EET followed by Inner Child the client felt better prepared and equipped to deal with his day to day challenges. He also had his road map to his outcome and how it would feel which made him feel even more convinced.

### **Home-work assignments if any:**

To complete the selected tasks and regularly practise the release (from the earlier session in case he felt stressed at any time). The client added the following steps to his task list for the next week.

### **Actionable steps:**

1. Talking a little bit more to my father by asking him about his day and including him in conversations where I have previously ignored him.
2. Not putting pressure on myself to win everything.
3. Water intake to be regular
4. Every month end/start work on my billing
5. To need to work on my payment collection. Put my energy on payment collection:
  - I need to buy new shoes (after 22-25 online purchase)
  - I need to get my clothes stitches
  - Work on my grooming - after 25th August
6. To start workout
  - To consult doctor (by next week )
  - To do MRI
  - Home workout 5-6 pm
7. To listen to audio book everyday for 20 minutes (i get energy with this)
  - Morning from 7.30 to 7.50 am



- Robin Sharma - everyday hero manifesto

### **Therapist's Diary Learning from the session :**

The client was now equipped and consequently highly motivated to work on her tasks without feeling nervous, irritated , angry etc leading up to the desired outcome **both for the client as well as me as a therapist.**

**What you could do differently:** Nothing

### **Session 7:**

**Date: 3rd August 2022**

Duration: 65 min

Place: Online

### **Review previous session:**

In the previous session, we explored Prince's ongoing struggle with resentment toward his father, which has roots in his childhood trauma, financial difficulties, and emotional neglect. This bitterness has been a significant emotional trigger, often holding him back from taking necessary actions toward personal and financial progress. We focused on emotional release techniques to help him acknowledge and process these feelings. Prince shared that while he's aware of these triggers, they doesn't provoke frustration and hinder in his decision-making now, especially when thinking about his financial goals and independence.

### **Objective of the current session : Techniques used/ Reasons for choosing the techniques**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps + ***TIMELINE***

The **Timeline Therapy** was used as the primary technique for this session. This process helped Prince gain a clearer view of the progress he has made, aligning it with his long-term goals of financial independence, family reconciliation, and emotional well-being. Prince was able to recognize the challenges he faces on this journey and how unresolved emotions were acting as barriers.

### **Expected changes :**

The Timeline is expected to bring Prince clarity regarding the factors contributing to his emotional struggles. With this newfound clarity, he is likely to be more conscious of both favorable and unfavorable influences and can begin transforming them at both the conscious and subconscious levels. This, in turn, will help him take action toward his goals with more confidence and less emotional baggage.

---

**Home-work assignments if any :** *To continue with the tasks and the ongoing ones with renewed approach and notice developments. Encouraged to journal to document thoughts and **get in touch over a call after a week / 10 days** to have a brief review of how things are shaping up. Practising release, anchors, Timeline and listening to the audio recording on a regular basis was advised.*

**Therapist's Diary Learning from the session :**

The session showed that Prince is gradually developing more confidence in managing his emotional triggers. The Timeline process was especially effective in giving him clarity about his progress and the steps needed to achieve his goals. This session reaffirmed the importance of addressing both emotional and practical challenges in a structured way.

**What you could do differently:**

No changes required for this session. The approach and techniques used aligned well with Prince's needs.

**CLIENT TESTIMONIAL:**

\*\*\*\*\* 17 Aug 2022

Nidhi mam doing amazing work,I have lot of past traumas I can't get over from there and i stucked there and I was facing lot of physical problems too but after therapy i healed and my physical problems are too gone and she also help me to get clearty in my career.

---

## CASE: 8- Charvi (Client 8)

### Client Information Sheet (remove name if required)

Name	:	Charvi (CLIENT 8)
Sex	:	Female
Age	:	17 years
Address	:	Thane
Occupation	:	Student (Grade 12)
Relationship Status	:	Single
Health Condition (if any)	:	Frequent headaches and dizziness
List of Medication (if any)	:	Mild medicines for anxiety and headaches
Source of referral	:	Google my Business

### **Session 0 :**

**Date:** 29th September, 2023

**Duration:** 60 mins

**Place:** Online

### **RAPPORT BUILDING METHOD USED:**

During the initial consultation, CLIENT 8 was encouraged to openly share her current challenges and concerns. The session began with **rapport-building techniques** to ensure comfort and trust. I used open-ended questions such as, "**What would you like to talk about today?**" to guide the conversation.

To enhance transparency and assure her that I was fully engaged, I shared my screen and **took notes in real-time, allowing her to see everything** being documented. This approach **helped her feel more at ease and validated** in her expression, leading to a detailed account of her challenges.

### **CLIENT'S STATEMENT:**

"I feel tired and overwhelmed after coming home from school. I have frequent headaches and often feel stressed, anxious, and dizzy while at school. My head hurts when I try to study, and I experience anxiety for no apparent reason, even when just

sitting. My heartbeat feels fast, and I tend to overthink a lot. It's hard for me to focus and concentrate on my studies. I feel exhausted and sometimes I can't understand the material, and other times I can't focus at all. I struggle to sit for long hours.

I feel lost and lonely because I don't have any good friends; the ones I did have are in other sections. This loneliness adds to my stress. When I'm unable to study, my parents scold me, but they don't seem to understand what I'm going through. My energy levels are low.

I have PCOD, which affects my mood, my period cycle, and my body. It has caused me to gain weight, slowed my metabolism, and drained my energy further.

A year ago, I felt exhausted. Since the lockdown, I started journaling as a way to cope, and I really enjoyed writing. But my dad threw away all my journals, which were deeply personal to me. It hurt a lot, and I haven't been able to journal since. He didn't apologize, and I still feel deeply hurt by it.

My parents used to fight a lot, and that had a big impact on me emotionally. I find it upsetting and draining. I don't have many memories of my childhood because both my parents were working. I was more attached to my grandparents, and my grandmother still supports me. My parents don't seem to understand me, and even when I try to make my mom understand, she sometimes does, but other times she doesn't. For example, I need a proper diet, but my mom doesn't always provide one. She gives me comfort food to make me feel better, which frustrates me because it's not what I need. Since she's always busy with work, she isn't very attentive to my needs.

My relationship with my father is strained. I don't like him much, and he doesn't understand me at all. It's very upsetting and disheartening. I feel like he's toxic, and being around him makes me feel suffocated. Overall, I don't feel good about being with my family, especially my father.

*She was then asked if there was anything else she would like to share beyond the information already provided. After thinking for a few moments, she responded with a no.*

*Having listened to his story, I explained how my expertise as a **Cognitive Hypnotic Coach and Psychotherapist** involves creating a structured plan that integrates various techniques and processes. This **eclectic approach** helps facilitate sustainable and desirable transformation in his life.*

*After hearing my explanation, she felt hopeful and curious to learn more. I provided her with psychoeducation on the **Model of the Mind** and several therapeutic psychology models, which explained **the stimulus-response framework** at the core of the reality we subconsciously create for ourselves.*

*Referring to the data she had provided, I asked her to review the document to ensure that all the information was accurately recorded and to check if anything needed to be added or revised. She went through the document and expressed satisfaction with the data collected.*

*Finally, she was asked to summarize the entire content she had just shared in about 4-5 lines, to which he provided a concise **SUMMARY**, "I feel tired, stressed, and anxious. I'm exhausted, my heart races for no apparent reason, and I often have headaches and feel dizzy. In class, there's a lot of groupism, and I don't have any close friends in my section. My relationship with my father is not good, especially because of the fights between my parents. I am more attached to my grandparents. The incident with my journal has made me feel even more distant from my father."*

*I then discussed the importance of **identifying her current situation** (Point A) and her **desired outcome** (Point B). We talked about our therapy sessions as a journey from A to B, focusing on gradual but consistent progress.*

*Next, I introduced the **ICHARS SOFT SEA model** that I would be following to facilitate this process, helping to identify and address any concerns and obstacles that might arise, thereby creating the necessary changes.*

*She was then asked to think about his current situation or challenge, which represented point A in his life, and her desired outcome, which represented point B that she wanted to work towards. To aid in this process, I provided her with a template of two fill-in-the-blank sentences to help structure **HER CURRENT CHALLENGE AND DESIRED OUTCOME**. I assured her that she could take all the time she needed to find the right words and that I was available to assist if she needed any help in addressing the issue.*

*The template was: "I feel \_\_\_\_\_ about \_\_\_\_\_ when \_\_\_\_\_."*

*She came up with few statements and finally picked up one.*

I feel angry/hurt about remembering the past journal incidence when I have to write/journal as I get upset.

**I feel sad/upset when I see other girls who have good relationship with their father/parents.** (they used to fight a lot when i was small) (with the fights i just cant go back to studies.)

I feel stressed/anxious about my studies and completing my portion when I think about my exams. (everyone is going for some competitive exams and i don't even know what I have to do)

**"I feel sad/upset when I see other girls who have good relationship with their father/parents."**

She was now asked to take as much time as she needed and Based on this challenge that we have summarized, what is the **OUTCOME/ point B** that she would like to achieve by filling in the template below:

*I wish.....*

I wish to not get effected by my father and the fights between my parents and me.

*She came up with the above outcome and with further questions and understanding that the outcome should be focused on yourself, she finally gave the below statement:*

**"I wish to remain calm and not get anxious/angry by my father and the fights between my parents and me."**

*After this, she decided to continue with the sessions and soon booked her first session.*

### **Session 1 :**

**Date:** 6th October, 2023

**Duration:** 75 mins

**Place:** Online

### **Review of previous session:**

The session began with a brief recap of our initial discovery call. I asked **Client 8** if she had any lingering doubts or questions from the last session. She was also encouraged to revisit the statements she had crafted to assess if there were any

modifications or additions she wished to make. After re-reading her statements, she expressed that they accurately captured her current situation and desired outcome.

**Objective of the current session: Techniques used /Reasons for choosing the techniques:**

F / P - Future / Proof - Sensory based & observable

A - Actions & Behaviours - Changes in actions and behaviours of the client

C / S - Capabilities / Skills- that the client would have developed

E / S - Emotional / State- How would the client feel after achieving this outcome

She was asked to read the DESIRED OUTCOME statement and the **areas of her life** where she wants to accomplish this outcome. She was also asked to give **indicators of how her desired life would look after the outcome would be accomplished.**

**The miracle question was asked to him :** “Imagine that you have woken up to a day when your life is just the way you wanted and all the changes that needed to take place in the direction of the desired outcome have taken place. You now look forward to your day ahead. If you had to give a sensory- specific account of what such a day would look like keeping all details of thoughts, feelings, emotions, events, etc. Notice how each and every detail of your life is impacted by these transformative decisions taken by you for your desired future.

She began giving an account of what such a day would look like. Through **Meta Model Questioning, observable parameters of the accomplished future were drafted.**

This visualised future comprised the **changed actions and behaviours** of her in the **present tense or present continuous tense.** The client was also questioned about all the **capabilities and the skills** the client possessed in this perfect future.

**SENSORY SPECIFIC FUTURE AS WRITTEN BY THE CLIENT:**

*I wake up early in the morning, feeling calm and energized. The soft melody of my favorite song fills the air, gently waking me up and setting a positive tone for the day. As I slip into my sports outfit, I feel a sense of anticipation for the day ahead. I roll out my yoga mat and begin my yoga practice, focusing on deep breathing and stretching. The movements flow effortlessly, grounding me in the present moment and allowing me to center myself. I feel peaceful, calm, and ready to take on whatever comes my way.*



*After finishing my yoga session, I head to the kitchen, where my grandmother is busy cooking. With a warm smile, I ask her, "What are you cooking today?" Her eyes light up, and we chat about her favorite TV shows and the little details of her day. The conversation is lighthearted and filled with laughter, leaving me feeling uplifted and happy. I then turn to my mother and ask, "What's the plan for today?" She smiles and replies, "We're going to spend some quality time together shopping and relaxing." Her words fill me with excitement, knowing that the day will be spent with those I love.*

*I make myself a cup of green tea, taking a moment to savor its warmth and aroma. The simplicity of the tea brings me comfort, and it's a small act of self-care that I cherish. I prepare a simple yet nutritious breakfast of an omelette and granola with milk. As I sit down at the table with my tea, I take a deep breath, feeling grateful for the peaceful start to my day. There's something special about having breakfast with my family, knowing we're all sharing these little moments together.*

*After breakfast, I take some time for myself to complete my self-care routine. I take my vitamins, feeling proud of how I'm nurturing my body and mind. Each step of my morning routine—whether it's taking care of my health, or simply enjoying a hot shower—makes me feel good about myself, both inside and out. The shower is a moment of relaxation, where I pay attention to my skin and hair, knowing that I'm taking care of my physical well-being.*

*Later in the morning, my family and I gather in the living room to share stories. We laugh about funny memories from the past, bringing us even closer. It's a beautiful reminder of how important these small, everyday moments are. We decide to watch a comedy film together, and I capture these moments with photos, wanting to remember the joy of being together. While watching, my parents enjoy their tea, and my brother and I share ice cream. The laughter and warmth we share in this simple activity create a sense of togetherness that fills my heart.*

*After the movie, we decide to play a competitive but fun game of Ludo. It's a family tradition, and it's always filled with laughter and excitement. As the game unfolds, I feel deeply connected to my family, and I appreciate these simple moments of joy. It's these kinds of memories that make me feel truly content.*

*In the afternoon, I take a quiet moment to myself in my room. I sit with my pink journal, reflecting on the positive moments of the day. I write, "Today felt like the calm I've always wanted," capturing the peace I've experienced throughout the day. Writing in my journal helps me process my thoughts and feel more grounded. I also paint, letting my creativity flow freely. The colors and brushstrokes are an expression of my inner peace and joy.*



*Later in the day, my parents and I go on a long drive to Pune. The journey is serene, and we enjoy the beautiful scenery along the way. I love these drives because they allow us to be together, away from the distractions of daily life. When we arrive in Pune, we enjoy a meal at a local restaurant, savoring the flavors and laughing together. Afterward, we indulge in ice cream, treating ourselves to a sweet moment of indulgence. We visit a temple, taking in the beauty of the Pune fort and feeling a deep sense of appreciation for the culture and history around us.*

*As the day continues, we stop by a waffle shop, and I enjoy a warm chocolate waffle, feeling relaxed and content. The small pleasures of the day add up to create a sense of fulfillment and happiness. We head to the mall, where I calmly shop for clothes, taking my time to choose what feels best. My parents encourage me to trust my own judgment, and I feel confident in making my own decisions. I appreciate their suggestions, but in the end, I know what makes me feel comfortable and happy.*

*To wrap up the day, we visit a bookstore. My father suggests a book, and I happily pick a nonfiction title that I've been wanting to read. It's a reminder of the importance of continuous learning, and I feel grateful for the books that have shaped my life. On the way home, we talk about the delicious food we ate and the books I should read more often. The conversation is light and thoughtful, and I feel a sense of connection with my family as we reflect on the day.*

*By the end of the day, I feel deeply satisfied with how I've spent my time. It's been a day filled with love, laughter, and meaningful moments. I appreciate the simple joys of life—spending time with family, taking care of myself, and savoring each moment as it comes.*

#### **A - Actions & Behaviours - Changes in actions and behaviours of the client**

1. Establish a consistent morning routine with yoga and self-care.
2. Reconnect with journaling to document thoughts and emotions.
3. Engage in meaningful, positive conversations with family.
4. Plan and maintain a balanced, nutritious diet.
5. Spend quality time with parents, working towards better relationships.

#### **C / S - Capabilities / Skills- that the client would have developed**

6. Practice assertiveness and patience during family outings and shopping.
7. Explore new books and hobbies for personal growth.

#### **E / S - Emotional/State - Feelings After Achieving This Outcome:**

Calmness and Self assured.

**Client feedback :**

Charvi felt a sense of intrinsic motivation.

**Expected changes:**

After writing her detailed future, Charvi felt a sense of intrinsic motivation. Seeing so many advantages and benefits in her envisioned future made her feel motivated to take action on the things she had been avoiding. This positive outlook on what her life could be inspired her to start doing what needed to be done to reach her goals.

I decided to use a **TRANSFORMATIONAL METAPHOR** during the session to provide deeper insights into the key differences between the life she was currently living and the life she aspired to achieve.

The process flowed smoothly and effectively, offering her a clear vision of the steps needed to reach her desired future.

**Home-work assignments if any:**

By the end of the session, the client was encouraged to add more details to the future she had just written and list at least 5 aspects of her life that would be positively impacted by her choices toward her desired future. To help her with this, she was guided to break it down into various aspects of her life:

- i) Health - Physical, Mental & Emotional state
- ii) Family life
- iii) Social life
- iv) Relationship with the self/ personal growth

She was also asked to reflect on any other significant areas of her life. Additionally, she was instructed to write down the **insights she gained during the transformational metaphor process** about her desired future, helping her to further explore and connect with the vision she aims to achieve.

**Therapist's Diary Learning from the session:** Drafting the sensory specific future along with the actions/ behaviours, skills/ capabilities, emotional state resulted in a **very clear road map** towards the desired future.

**What you could do differently:** Nothing

**Session 2 :**

**Date:** 12th October, 2023

**Duration:** 80 mins

**Place:** Online

### **Review of the previous session:**

In the next session, Charvi expressed that she found the exercise of adding more details to her envisioned future both insightful and challenging. She shared that breaking down her future into various aspects (physical, mental, emotional, financial, family, etc.) allowed her to gain a much clearer picture of what she truly wants. She realized that many of her past frustrations stemmed from not having a well-defined sense of direction, but now she felt more aligned with her goals.

### **Objective of the current session: Techniques used /Reasons for choosing the techniques:**

T - Tasks - POA +S - Suggestion - If you were to think of a sentence that you would like your mind to accept that will make achieving this outcome possible + H - Hindrances - What stops you from taking each of these steps + **THOUGHT RESTRUCTURING**

### **TASK LIST- T:**

- a. **Start a Journal:** Begin journaling regularly to document thoughts, feelings, and progress.
- b. **Engage in Painting** - Every weekend for an hour from 8-9 pm
- c. **Plan Outings and Travel with Friends:** Going out with friends every fortnight.
- d. **Start a Physical Activity:** Yoga on Saturday and Sunday from 8.30 to 9.30 am
- e. **Gain Clarity on Future Goals:** Explore and clarify what to pursue after 12th grade. Consider seeking guidance or career counseling to address uncertainties and family expectations.
- f. **Openly communicate with my mom** regarding my needs and aligning our expectations.
- g. **Regular study to reduce Academic Pressure:** I need to create a structured plan to manage academic workload and reduce stress, including time management and study techniques.

### **SUGGESTION:**

When the CLIENT 8 was asked to spell out that one sentence that she would like her mind to accept that will make achieving this outcome possible, she specified **"I AM LOVABLE AND I LOVE MYSELF"**.

1. Yoga
  - Not able to wakeup as I am very tired.
  - Because of school
  - Try to sleep early - 10 pm (on my phone)
  - **Wake up at 7**
  - **Go to yoga at 8.30 -9.30 am (Saturday and Sunday)- Alarm**
2. Diet Plan

*I proceeded with the **thought restructuring** aspect of the **CHCP model**, focusing on **Reprogramming the Mind** when she told me that the above task of study makes her feel anxious.*

**When-Then Statement:**

**Trigger:** When I think of studying

**Current Feeling:** *anxious*

**Current Thought:** I am very behind and I have to complete my portion and I can fail, I am the older one i have to get a career to myself.

**Desired Feeling:** *Calm*

**New Thought:** Don't worry, you can do it, this is not the end.

**When-Then Statement 1:** *When I think about studying then I realize don't worry, you can do it. The body achieve what your mind believes.*

Another **When-Then Statement** was made by her where she **the task of sleeping on time** difficult:

**When-Then Statement 2:** **When I see the bedtime reminder on my phone then I realize that i need a good night sleep so that i can wake up early.**

**Client feedback :**

Charvi felt hopeful and energised.

**Home-work assignments if any:**

*At the end of the session, Charvi **selected three tasks** to focus on for the upcoming week, which included Sleeping on time, Study regularly and Journaling before bedtime. She was also asked to continue repeating the When Then Statement for the whole week and make new statements for the tasks and triggers.*

### **Therapist's Diary Learning from the session :**

This session highlighted the importance of addressing both emotional and practical concerns for Charvi. Her anxieties are closely tied to academic pressures and family dynamics, and creating a balance between her personal aspirations and external expectations will be key to her progress. Recognizing her need for clarity and self-expression through creative outlet like journaling for her emotional well-being.

**What you could do differently:** Nothing

### **Session 3:**

Date: **19th October 2023**

Duration: 75 mins

Place: Online

### **Review of the previous session:**

Charvi feels upset with her mom for not following the diet plan she set, leading to guilt about repeating unhealthy eating patterns. Fights with her mother further exacerbate her stress, resulting in headaches and eye strain as well.

Additionally, her prolonged screen time of 3-4 hours a day has caused eye strain, headaches, dizziness, and overall fatigue.

She also shared that she craves sweets during low moments of her day, which adds to her feelings of guilt and frustration.

On a deeper level, Charvi described feeling a sense of emptiness and void inside. She finds it hard to pinpoint exactly where this feeling comes from but suspects it may stem from the lack of a meaningful connection with her parents, especially her mom, who she wishes understood her better. She also feels lost about her future and is uncertain about her purpose, which adds to this inner emptiness. The pressure of academics, combined with not feeling emotionally supported or understood, contributes to her feeling disconnected and unfulfilled.

**Objective of the current session: Techniques used /Reasons for choosing the techniques:**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps + **VOID**

## **MANAGEMENT**

Based on Charvi's review, the decision to focus on void management stems from her expressed feelings of emptiness, disconnection, and a lack of emotional fulfillment. She feels unsupported in her relationships, particularly with her mother, and is unsure about her future direction. The combination of academic pressure, unresolved emotional needs, and the craving for comfort during low moments suggests a deeper void that needs to be addressed.

The process of **VOID MANAGEMENT** was conducted. During this process the client was able to follow all the steps and release all the negative emotion that was troubling her. She also accessed a positive message as a gift at the end of the process, that said **"FOCUS ON STUDYING"**

### **Expected changes :**

Charvi is expected to experience improved emotional awareness, helping her recognize and address her triggers more effectively. This can lead to better coping strategies during low moments, reducing her cravings for comfort foods like sweets. Her focus and concentration on studies may improve, alongside a decrease in anxiety-related symptoms such as headaches and fatigue.

Additionally, the session might enhance her relationship with her mother and provide her with more clarity about her future, fostering a stronger sense of purpose and emotional balance.

**Home-work assignments if any :** To continue with the tasks and make extensive study schedule and time table and complete the ongoing ones with renewed approach and notice developments. Encouraged to journal to document thoughts to have a brief review of how things are shaping up.

### **Therapist's Diary Learning from the session :**

The session was **insightful in addressing the underlying concerns** that were acting as hindrances on her journey to the desired outcome.

**What you could do differently:** Nothing

-----

### **Session 4:**

Date: **26th October 2023**

Duration: 75 mins

Place: Online

### **Review of the previous session:**

Charvi reported improvement in her awareness of emotional triggers but continued to experience heightened anxiety, particularly when she couldn't follow her study routine as expected. She shared feeling overwhelmed by the increasing volume and complexity of academic content, which has intensified her stress.

Additionally, she expressed frustration over her inability to effectively schedule her studies, which has contributed to her feelings of being overwhelmed and anxious about covering the portion in time.

### **Objective of the current session: Techniques used /Reasons for choosing the techniques:**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps + **AUDIO**

### **RECORDING OF THE COMPLETE SEQUENCE**

Charvi was guided into a relaxed state during the session, and we revisited her outcome and tasks. As part of the process, she affirmed her own empowering suggestion, "I AM STRONG AND CAPABLE OF DOING WHATEVER I WANT" This affirmation was integrated into a calming visualization exercise, helping her connect with her potential and desired outcome. An **audio recording** of the session was provided to Charvi, and she was encouraged to listen to it regularly to reinforce this affirmation and support her subconscious alignment with her goals.

Additionally, I assisted Charvi in preparing a structured study and daily routine to better manage her time and reduce anxiety. This planning was aimed at improving her focus and overall well-being.

Wake up 6 am.

School 7-2.30 pm

### **Monday**

Class 2.30 to 5 pm

Rest 5 to 6.30 pm

Studies 7.30 pm to 8.30 pm- **ALARM**

Dinner	8.30 to 9 pm
Misc work	9 to 10 pm
Sleep	10 pm

### **Tues/Thursday/Friday**

Rest	2.30 to 3.30 pm
Homework	3.30 to 4.30 pm
Online Class	4.30 to 6.30 pm
Rest	6.30 to 7.30 pm
Study	7.30 to 8.30 pm- ALARM
Dinner	8.30 to 9 pm
Misc work	9 to 10 pm
Sleep	10 pm

### **Wednesday**

Rest	2.30 to 3.30 pm
Homework	3.30 to 4.30 pm
Self Study	4.30 to 6.30 pm-ALARM
Rest	6.30 to 7.30 pm
Study	7.30 to 8.30 pm- ALARM
Dinner	8.30 to 9 pm
Misc work	9 to 10 pm
Sleep	10 pm

### **Saturday/Sunday**

Wake up	7 am
Freshnup	7-7.30 am
Yoga	7.30 to 8 am
Organising	8 to 9 am
Shower and BF	9 to 10.30 am
Study	10.30 to 1 pm -ALARM
Rest/Lunch	1 to 2.30 pm
Study	2.30 to 4.30 pm- ALARM
Free Time	4.30 to 5.30 pm
Study works	5.30 to 6.30 pm- ALARM
Rest	6.30 to 7.30 pm
Study	7.30 to 8.30 pm- ALARM
Dinner	8.30 to 9 pm
Misc work	9 to 10 pm
Sleep	10 pm

### **Client feedback :**



Charvi felt more grounded and focused, which allowed her to clearly outline her **next three tasks** for the upcoming week. She expressed a renewed sense of confidence and motivation, ready to approach her task list with more intention and balance as she moved forward.

**Expected changes:** The audio recording of the complete sequence further strengthened her confidence in the sustainability of the new changes that had been taking place.

**Home-work assignments if any :** To complete the new tasks .

1. Follow Daily Study Schedule: Follow the structured study plan that has been made with set times for each subject and breaks.
2. Practice Daily Yoga: Integrate deep breathing or yoga into her routine to manage anxiety and boost energy.
3. Eat Balanced Meal
  - **Discuss Diet Needs with Mother:** Have a conversation with her mother to communicate her dietary requirements and preferences.
  - **Plan Balanced Meals:** Outline a weekly meal plan with balanced, nutritious options, including fruits, vegetables, proteins, and whole grains and purchase grocery with Grandma.
  - **Replace sweets or junk food:** Aim to replace comfort foods with healthier alternatives and ensure proper hydration.
  - **Monitor and Adjust:** Keep a food diary to track adherence to the plan and make adjustments as needed based on her body's responses.

**Therapist's Diary Learning from the session :** The complete sequence instilled within the client the faith and belief that his outcome was a possible reality and the hope and excitement within the client was clearly palpable.

**What you could do differently:** Nothing

### **Session 5:**

Date: **2nd November 2023**

Duration: 65 min

Place: Online

**Review previous session:**

She reported **ongoing struggles with sleep**, finding it difficult to rest well at night, which leaves her feeling tired upon returning from school. Despite taking Vitamin D, iron, and B12 daily since January, which helps mitigate fatigue and headaches, she still experiences significant tiredness and a lack of energy.

Charvi continues to face challenges with **maintaining focus and often gets distracted**. She feels anxious about managing her study load and is overwhelmed by the large amount of material she needs to cover, which contributes to her ongoing stress and difficulty in concentrating.

### **Objective of the current session: Techniques used/ Reasons for choosing the techniques**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps + **ANCHORING AND INNER CHILD**

The Session was focused on **anchoring the emotions of motivation and passion**, a significant aspect of the process involved exploring Charvi's INNER CHILD, which immersed during the anchoring process initial stage.

**Inner Child Representation:** A 12-year-old anxious child emerged during the start of the anchoring process, reflecting Charvi's current feelings of anxiety and overwhelm.

**Child 2:** A 13-year-old, potentially reflecting an age of transition and emotional complexity.

**Child 3:** A group of younger children ranging from 4 to 15 years old, each representing different stages of Charvi's early development. Notable is a 3-year-old feeling lonely, which highlights a persistent sense of isolation.

**Sad Child:** A 7-8 year old emerged, holding onto sadness and expressing difficulty in moving past it. Initially, this child was only crying and not responsive to interventions.

**Transition:** The crying eventually subsided, leaving the child in a state of stillness and emotional numbness.

**Balloon Release:** Charvi visualized a balloon representing happiness and relief. This symbolized a release of the accumulated sadness and an embrace of positive emotions. The inner child expressed both happiness and sadness, indicating a

complex emotional state where the child simultaneously desired to let go of sadness while also feeling attached to past positive experiences.

**Parts of the Inner Child: Part 1:** Expressed a willingness to let go of negative emotions and move forward. **Part 2:** This part showed resistance to fully letting go, as it was reluctant to forget the positive memories associated with the past.

The process of **REFRAMING** was done to finally release all the negative emotions and all the children were happily integrated with the client.

And lastly, the happy emotion of Motivation and contentment was **ANCHORED**.

**Summary:** The process of anchoring revealed various aspects of Charvi's inner child, demonstrating how her current emotional struggles connect with different stages of her past. The session highlighted the challenges of releasing sadness while retaining valuable positive memories. The integration of these insights aims to facilitate Charvi's journey towards embracing motivation and passion, while addressing her underlying emotional needs.

**Client feedback :**

It was a profound exploration of my inner child.

**Home-work assignments if any:**

*At the end of the session, Charvi **selected three tasks** to focus on for the upcoming week.*

**What you could do differently:** Nothing

---

**Session 6:**

**Date: 10th November 2023**

Duration: 70 mins

Place: Online

**Review previous session:**

Charvi shared that she continues to feel overwhelmed and struggles with procrastination, particularly when it comes to studying. She expressed general anxiety about all subjects, noting that she feels as though she wasted time and didn't accomplish much. She described the anxiety she experiences when thinking about

studying, which often leads her to eat or engage in other distractions instead of returning to her work. The thought patterns of postponing study tasks, uncertainty on where to start, and forgetting concepts like chemistry add to her confusion, causing her to get distracted even more.

On a positive note, Charvi reported that her dizziness has greatly reduced and is now minimal. She also felt very focused during her practical exams over the past week, which was a marked improvement. Furthermore, she mentioned that her relationship with her mother has improved regarding their discussions about food. Her mother ensures she gets the appropriate meals, and even when they argue, the intensity has lessened, and Charvi no longer holds onto grudges as she did before.

### **Objective of the current session : Techniques used/ Reasons for choosing the techniques**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps + HYPNO DRAMA

Charvi revealed that she often feels anxious when her mother says she is busy or when they have arguments. She also experiences heightened anxiety when her mother doesn't provide something she needs or seems unable to understand her. Since a significant portion of Charvi's anxiety stems from her relationship with her mother, I decided to conduct a therapeutic process called PAB

The process of **HYPNODRAMA** was conducted and she connected with her mother. Before Hypnodrama, the anchor was activated for the required emotional conditioning. The mother was invited by 14 years old and the conversation between the two began. The mother asked forgiveness by the end of the session and promised to give her a fair chance at her capabilities and strengths. Post the release, resolution and integration the client was woken up and she felt so much better in her own words.

### **INNER CHILD**

After the Hypnodrama, she saw a child coming in, Inner Child process was done:

Child 1: 8-9 yrs old child came crying

Child 2: 17-18 years old- anxious

Post the release, resolution and integration the client was woken up and she felt so much better, happy and content.

**Expected changes** : The client had now resolved guilt and fear stemming from her past and she would now feel completely transformed in situations that would otherwise challenge her.

**Home-work assignments if any** : To continue with the new tasks and the ongoing ones with renewed approach and notice developments during the week. Encouraged to journal to document mental and emotional states.

**Therapist's Diary Learning from the session** : The client **was progressing well and was showing gradual visible signs of independence and confidence about herself and her tasks.** The session was **insightful in addressing the underlying concerns** that were acting as hindrances on her journey to the desired outcome.

**What you could do differently:** Nothing

### **Session 7:**

**Date: 17th November 2023**

Duration: 65 min

Place: Online

### **Review previous session:**

In the last session, Charvi reported significant improvement in managing her emotions, particularly in her interactions with her mother. She shared that although there were still occasional disagreements, she no longer felt overwhelmed or anxious during these moments. She noticed that she could let go of arguments more quickly, without holding on to frustration or resentment. Additionally, Charvi felt more focused during her studies, especially with her practical exams, and experienced a reduction in dizziness and fatigue. Overall, she expressed feeling more in control of her emotions and optimistic about continuing her progress.

### **Objective of the current session : Techniques used/ Reasons for choosing the techniques**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps + ***TIMELINE***

The **Timeline Therapy** technique was the primary focus of this session with Charvi. This process allowed her to gain a clearer perspective on the progress she has made, aligning it with her long-term goals of academic success, emotional balance, and improved relationships, particularly with her mother. Charvi was able to identify the

challenges she faces in these areas and how unresolved emotions, such as anxiety and frustration, were acting as barriers to her growth and well-being.

### **Expected changes :**

The Timeline is expected to bring her clarity regarding the factors contributing to her emotional struggles. With this newfound clarity, she is likely to be more conscious of both favorable and unfavorable influences and can begin transforming them at both the conscious and subconscious levels. This, in turn, will help her take action toward her goals with more confidence and less emotional baggage.

---

**Home-work assignments if any :** *To continue with the tasks and the ongoing ones with renewed approach and notice developments. Encouraged to journal to document thoughts and **get in touch over a call after a week / 10 days** to have a brief review of how things are shaping up. Practising release, anchors, Timeline and listening to the audio recording on a regular basis was advised.*

### **Therapist's Diary Learning from the session :**

The session showed that she is gradually developing more confidence in managing his emotional triggers. The Timeline process was especially effective in giving her clarity about his progress and the steps needed to achieve his goals. This session reaffirmed the importance of addressing both emotional and practical challenges in a structured way.

### **What you could do differently:**

No changes required for this session. The approach and techniques used aligned well with her needs.

### **CLIENT TESTIMONIAL:**

\*\*\*\*\* 35 weeks ago

I quite liked it, she is very sweet and understanding 😊 helped me alot very supportive and my anxiety is goneeeee!!

---

### **CASE: 9- Aindrila (Client 9)**

#### **Client Information Sheet (remove name if required)**

Name	:	Aindrila (CLIENT 9)
Sex	:	Female
Age	:	24 years
Address	:	Thane
Occupation	:	Working in a private firm
Relationship Status	:	Single (In a relationship)
Health Condition (if any)	:	PCOD and migraine and sleep issues.
List of Medication (if any)	:	Have been taking sleep medicines.
Source of referral	:	Google my Business

#### **Session 0 :**

**Date:** 29th March 2024

**Duration:** 60 mins

**Place:** Online

#### **RAPPORT BUILDING METHOD USED:**

During the initial consultation, CLIENT 9 was encouraged to openly share her current challenges and concerns. The session began with **rapport-building techniques** to ensure comfort and trust. I used open-ended questions such as, "**What would you like to talk about today?**" to guide the conversation.

To enhance transparency and assure her that I was fully engaged, I shared my screen and **took notes in real-time, allowing her to see everything** being documented. This approach **helped her feel more at ease and validated** in her expression, leading to a detailed account of her challenges.

#### **CLIENT'S STATEMENT:**

I have been experiencing sleep issues for the past month, which initially began in 2016. I was diagnosed with PCOD and migraines and has previously taken sleep medication.

I've been having these really disturbing dreams lately. One night, I found myself in a dark room, and I could hear crying and screaming. It felt like someone was trapped and trying to hurt me. The next night, I had a similar dream, but this time it involved my roommate. Then, on the third night, I dreamt about a huge wave coming and destroying my home.

There was another dream where my brother was trying to come too close to me, which made me really uncomfortable. In that dream, there was also lightning and more screaming. I saw my mother looking at old childhood pictures and crying. The next morning, she shared those exact pictures with me on WhatsApp, which felt so eerie.

I also had a dream where my boyfriend was giving me a second chance to get back together, and it seemed like it was because of something related to my parents. All these dreams seem to be connected to things that have actually happened in my past.

I also experiences episodes of sleep paralysis, during which I feels as though my hands and feet are tied, rendering me unable to move. After a few minutes, I manages to break free from the paralysis.

**Childhood Memories:** Growing up, I was mostly alone as both her parents were working. My older brother frequently fought with me and, on several occasions, came too close, making me uncomfortable. I was shy, introverted, and unable to express my feelings. This loneliness led me to crave attention.

At 14, I had a dream where her brother attempted to rape me. When she was 16, I was kidnapped and kept at home for 4-5 months.

**Panic Attacks:** In 2020, following conflicts in my relationship and family disagreements, I experienced a severe panic attack. Symptoms included difficulty breathing, cold extremities, an inability to stand, and low oxygen levels, resulting in hospitalization for two days.

**Relationships:** In 2021, I entered an inter-caste relationship, which was otherwise positive, but ended due to caste differences.



In 2022, I entered my current relationship, which is generally good, though there are significant misunderstandings. My partner's over-caring nature adds stress to the relationship.

I have been on migraine medication since 2021 and previously took treatment for eczema in 2020-2021.

*She was then asked if there was anything else she would like to share beyond the information already provided. After thinking for a few moments, she responded with a no.*

*Having listened to his story, I explained how my expertise as a **Cognitive Hypnotic Coach and Psychotherapist** involves creating a structured plan that integrates various techniques and processes. This **eclectic approach** helps facilitate sustainable and desirable transformation in his life.*

*After hearing my explanation, she felt hopeful and curious to learn more. I provided her with psychoeducation on the **Model of the Mind** and several therapeutic psychology models, which explained **the stimulus-response framework** at the core of the reality we subconsciously create for ourselves.*

*Referring to the data she had provided, I asked her to review the document to ensure that all the information was accurately recorded and to check if anything needed to be added or revised. She went through the document and expressed satisfaction with the data collected.*

*Finally, she was asked to summarize the entire content she had just shared in about 4-5 lines, to which he provided a concise **SUMMARY**, "I am not able to get out of my first relationship. I used to cry sitting in the dark room, I cannot forget that. My breakup phase of the previous relationship, I still remember my past relationship and I feel regret. I have never gone out alone and come to Mumbai (I ate 10 sleeping pills) Coming to Mumbai and completing my dreams is a challenge. I have to prove myself that my decision was correct. Joined the course in January 2024".*

*I then discussed the importance of **identifying her current situation** (Point A) and her **desired outcome** (Point B). We talked about our therapy sessions as a journey from A to B, focusing on gradual but consistent progress.*

Next, I introduced the **ICHARS SOFT SEA model** that I would be following to facilitate this process, helping to identify and address any concerns and obstacles that might arise, thereby creating the necessary changes.

She was then asked to think about his current situation or challenge, which represented point A in his life, and her desired outcome, which represented point B that she wanted to work towards. To aid in this process, I provided her with a template of two fill-in-the-blank sentences to help structure **HER CURRENT CHALLENGE AND DESIRED OUTCOME**. I assured her that she could take all the time she needed to find the right words and that I was available to assist if she needed any help in addressing the issue.

The template was: "I feel \_\_\_\_\_ about \_\_\_\_\_ when \_\_\_\_\_."

She came up with two statements and finally picked up one.

**I feel guilty/sad about what I have done in the past when something familiar happens in the present.**

I feel anxious about achieving my goals when somebody talks about money/job-related things.

She was now asked to take as much time as she needed and Based on this challenge that we have summarized, what is the **OUTCOME/ point B** that she would like to achieve by filling in the template below:

*I wish.....*

**I wish to overcome the guilt of the past.**

*After this, she decided to continue with the sessions and soon booked her first session.*

### **Session 1 :**

**Date:** 6th April, 2024

Duration: 75 mins

Place: Online

### **Review of previous session:**

The session started with a quick review of our initial discovery call. I asked Client 9 if she had any lingering doubts or questions from our previous discussion. She was also encouraged to revisit the statements she had created to see if she wanted to make any changes or additions. After going through her statements again, she confirmed that they accurately reflected her current situation and desired outcome.

**Objective of the current session: Techniques used /Reasons for choosing the techniques:**

F / P - Future / Proof - Sensory based & observable+ **TRANSFORMATIONAL METAPHOR**

She was asked to read the DESIRED OUTCOME statement and the **areas of her life** where she wants to accomplish this outcome. She was also asked to give **indicators of how her desired life would look after the outcome would be accomplished.**

**The miracle question was asked to him :** “Imagine that you have woken up to a day when your life is just the way you wanted and all the changes that needed to take place in the direction of the desired outcome have taken place. You now look forward to your day ahead. If you had to give a sensory- specific account of what such a day would look like keeping all details of thoughts, feelings, emotions, events, etc. Notice how each and every detail of your life is impacted by these transformative decisions taken by you for your desired future.

She began giving an account of what such a day would look like. Through **Meta Model Questioning, observable parameters of the accomplished future were drafted.**

This visualised future comprised the **changed actions and behaviours** of her in the **present tense or present continuous tense.** The client was also questioned about all the **capabilities and the skills** the client possessed in this perfect future.

**SENSORY SPECIFIC FUTURE AS WRITTEN BY THE CLIENT:**

*I wake up feeling completely refreshed and lightheaded, a clear indication of how deeply and restfully I slept through the night. The weight of any lingering stress or worries has lifted, leaving me with a sensation of freedom and lightness. My mind is clear, and I greet the day with a smile, ready to embrace whatever comes my way. The calmness of the morning wraps around me like a warm blanket, and I'm eager to start my day on a positive note.*

*My morning begins with a nourishing breakfast of cornflakes topped with fresh fruit, shared with my dad and sister-in-law. We sit together at the table, chatting cheerfully about the little details of life. I ask my mother, "Maa, tumi kheyecho ki na, aur ki koircho?" A simple question, but it helps me feel grounded and connected to my family. The conversation flows easily, filled with love and warmth. It's a moment of calm before the day gets busier, and I enjoy it fully. As I sip my tea and savor my breakfast, I feel mentally strong and centered, ready to tackle whatever lies ahead.*

*Throughout the day, I handle any challenges or disagreements that arise with a sense of poise and composure. If there's an argument with my brother or a disagreement with my fiancé, I approach the situation with a calm and clear mind. I focus on effectively communicating my thoughts without letting emotions escalate. I don't react impulsively; instead, I take a deep breath, gather my thoughts, and respond with maturity. This approach helps me avoid unnecessary conflict and ensures that I can resolve issues peacefully and constructively.*

*When I'm out and about, if I receive questions or comments from others, I respond with patience and grace. I've learned how to maintain my calm in such situations, no matter how unexpected or challenging they might be. I no longer feel the need to rush or react defensively. Instead, I remain grounded and composed, letting my words reflect my inner peace. This sense of emotional stability allows me to navigate social interactions with ease, and I find myself engaging more thoughtfully with others.*

*In my personal growth journey, I've learned to reflect on past mistakes without being overly critical of myself. I no longer hold on to regrets but instead see them as valuable lessons. These lessons have shaped me into someone who can handle challenges with confidence and resilience. I've developed a strong sense of self-reliance, knowing that I am capable of overcoming obstacles. My emotional strength has also grown, allowing me to maintain a balanced mindset, even in stressful situations. When difficulties arise, I remind myself that I am well-equipped to handle them.*

*At work, I've become much better at managing my commitments. I balance my work and social life effectively, ensuring that neither one overshadows the other. Whether I'm returning from the institute or attending lunch, I handle phone calls and messages with efficiency. When my fiancé calls while I'm busy, I calmly send a message saying, "Aami baire aachi, ami pore kotha bolbo," letting him know I'll talk later. This helps me enjoy my time without feeling overwhelmed, and I find that I can savor my lunch or social moments without external stress affecting me.*

*I've become much better at managing negative conversations or criticisms. Instead of reacting impulsively or feeling attacked, I remain calm and respond constructively. I*

*use the coping strategies I've learned to address emotional challenges in a thoughtful, mature way. This emotional stability allows me to keep a positive outlook, no matter what the situation might be. I feel grounded and secure, knowing that I can handle any emotional ups and downs with ease.*

*Gone are the days of overthinking or feeling mentally exhausted. I now engage in conversations thoughtfully and mindfully, listening to others and responding with clarity. This mental liberation brings me peace, allowing me to focus on the present moment. My sleep continues to be deeply restorative, and I wake up with a normal heartbeat, feeling energized and ready to take on the day. I've also incorporated freehand exercises into my morning routine, which leaves me feeling invigorated and contributes to my overall well-being.*

*When confronted with people who raise their voices or become aggressive, I respond with calm assertiveness. I communicate clearly and firmly that shouting is not a productive way to solve the issue. My approach to conflict resolution is based on understanding and patience, and I feel empowered to address such situations in a way that promotes peace and respect. This approach allows me to handle tense moments without losing my composure or letting the situation escalate.*

*My energy levels remain high throughout the day, and I maintain motivation to accomplish my tasks. Whether it's work, social engagements, or personal projects, I approach everything with enthusiasm and a positive attitude. My improved emotional and mental health has given me the ability to stay focused and engaged, even when faced with challenges. I feel balanced and fulfilled, knowing that I am managing my life in a way that brings me peace and satisfaction.*

### **Expected changes:**

After writing her detailed future, she felt a sense of intrinsic motivation. Seeing so many advantages and benefits in her envisioned future made her feel motivated to take action on the things she had been avoiding. This positive outlook on what her life could be inspired her to start doing what needed to be done to reach her goals.

I decided to use a **TRANSFORMATIONAL METAPHOR** during the session to provide deeper insights into the key differences between the life she was currently living and the life she aspired to achieve.

The process flowed smoothly and effectively, offering her a clear vision of the steps needed to reach her desired future.

### **Home-work assignments if any:**

By the end of the session, the client was encouraged to add more details to the future she had just written and list at least 5 aspects of her life that would be positively impacted by her choices toward her desired future. To help her with this, she was guided to break it down into various aspects of her life:

- i) Health - Physical, Mental & Emotional state
- ii) Family life
- iii) Social life
- iv) Relationship with the self/ personal growth

She was also asked to reflect on any other significant areas of her life. Additionally, she was instructed to write down the **insights she gained during the transformational metaphor process** about her desired future, helping her to further explore and connect with the vision she aims to achieve.

**Therapist's Diary Learning from the session:** Drafting the sensory specific future along with the actions/ behaviours, skills/ capabilities, emotional state resulted in a **very clear road map** towards the desired future.

**What you could do differently:** Nothing

## **Session 2 :**

**Date:** 12th April, 2024

**Duration:** 80 mins

**Place:** Online

## **Review of the previous session:**

In the next session, Aindrila shared that she found the exercise of adding more details to her envisioned future to be both insightful and challenging. She mentioned that breaking down her future into various aspects—such as physical, mental, emotional, financial, and family—helped her gain a clearer understanding of her true desires. Aindrila realized that many of her past frustrations stemmed from a lack of a well-defined sense of direction. However, she now feels more aligned with her goals and more confident in her path forward.

Additionally, Aindrila noted improvements in managing her anger and reducing conflicts. She has found better ways to handle her emotions and is working on overcoming the guilt she carried. This guilt was tied to several past experiences: feeling sadness when reflecting on her past, being blackmailed and coerced by her



ex, a troubling incident where she mixed sleeping pills into her parents' drinks, and past abuse from her brother, which has left her with lingering anger. Aindrila feels that these realizations have contributed to her emotional growth and clarity.

**Objective of the current session: Techniques used /Reasons for choosing the techniques:**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps + **HO'OPONOPONO**

Aindrila has been grappling with **feelings of guilt and hopelessness stemming from multiple sources and events in her life**. These emotions have been triggered by various individuals and circumstances, including past relationships, family conflicts, and specific incidents that have left deep emotional scars.

To address these complex and lingering emotions, the process of Ho'oponopono was introduced. Ho'oponopono, a traditional Hawaiian practice of reconciliation and forgiveness, was used to help Aindrila release these burdens. The process guided her through acknowledging and addressing her feelings of guilt and hopelessness, allowing her to take responsibility for her emotional responses and seek forgiveness for herself and others involved. This practice aimed to bring healing by promoting self-forgiveness, reconciliation with others, and ultimately, inner peace.

She received her message through a sea shore shell that said **"THANK YOU TO SELF"**

**Client feedback :** The process of Ho'oponopono was a breakthrough into all the emotional baggage that client was feeling within her that was acting as a hindrance in her confidence.

**Expected changes :** The client would be able to spend the next few days with some clarity on the deeper issues that were troubling her for a long time.

**Home-work assignments if any :** *None.*

**Therapist's Diary Learning from the session :** The session was **insightful in addressing the underlying concerns** that were acting as hindrances on her journey to the desired outcome.

**What you could do differently:** Nothing

**Session 3:**Date: **19th April 2024**

Duration: 75 mins

Place: Online

**Review of the previous session:**

At the start of the session, Aindrila shared that she had recently experienced a significant conflict with her fiancé, which left her feeling very upset. She expressed frustration with not being able to allocate sufficient time or communicate effectively due to her living situation in a PG (paying guest) arrangement, which limits her privacy. This lack of privacy has exacerbated her feelings of anger and made it challenging for her to handle her emotions constructively. Aindrila noted that managing her anger continues to be a struggle, and she is finding it difficult to cope with these intense feelings amidst the constraints of her current living conditions.

**Objective of the current session : Techniques used/ Reasons for choosing the techniques**

E - Evaluate &amp; Review

A - Assignment &amp; Commitment

H - Hindrances - What stops you from taking each of these steps + **THOUGHT RESTRUCTURING**

I proceeded to the **thought restructuring aspect of the CHCP model, which is involved with the Reprogramming of the Mind.**

**She was asked to furnish the following information:**

*Trigger: When my fiancée doesn't understand my point of view.*

*Current emotion: Angry.*

*Current thought: kainu eta bhujathe chiche na, kainu aamake blame kore, aami efforts dicchi tokhun kainu efforts dichhe na bolche.*

*New emotion: calm*

*New thought: or minde jeta aschche sheta thakuk, ami oke pore bujhabo.*

**When-Then Statement:**

**When (the trigger) then I realise (New Thought)**

**“When my fiancée doesn’t understand my point of view then I realise or minde jeta aschche sheta thakuk, ami oke pore bujhabo.”**



Another **When-Then Statement** was made by her where she **the task of sleeping on time** difficult:

**When-Then Statement 2: When I see the bedtime reminder on my phone then I realize that i need a good night sleep so that i can wake up early.**

Aindrila shared that she has been **struggling with sleep issues**. She is unable to achieve deep sleep and often feels as though she is awake even when she is asleep. She mentioned that her room is not completely quiet, and she can hear music playing even while she is sleeping. She also noted that taking migraine medication has caused her to stay awake the entire night.

To help with her sleep, she plays music, including waves and other soothing sounds, throughout the night. Despite this, she has been experiencing these issues for the past year. Additionally, she finds that she can think about things while falling asleep, but she does not remember them upon waking. She frequently wakes up more than 5-6 times each night.

*I helped her prepare the **task list**:*

1. Swap out the night bulb for a better one.
2. Take a look at your room and see if anything's affecting your sleep.
3. Set some clear boundaries for yourself and others.
4. Write a self-love affirmation that feels right for you before going to bed.

#### **Client feedback :**

Aindrila felt better equipped and little ensured that she will be able to sleep properly this week.

#### **Home-work assignments if any:**

*To focus on the above tasks for the upcoming week and to repeat the When then Statement and make more such statements for all the other triggers.*

#### **Therapist's Diary Learning from the session :**

I learned the importance of addressing both the client's immediate concerns and underlying issues, such as sleep disturbances and boundary-setting. My focus on personalizing strategies to fit the client's unique needs and help in formulating actionable steps for better emotional and physical well-being was crucial.

**What you could do differently:** Nothing

#### **Session 4:**

Date: **26th April, 2024**

Duration: 75 mins

Place: Online

#### **Review of the previous session:**

##### **Follow-Up on Previous Issues:**

1. I'm still **struggling to move on from my first relationship**. I often find myself crying in a dark room, and I can't seem to forget the breakup. I still feel a lot of regret about it.
2. I've been working on my "When-Then" statements repeatedly.
3. How's my sleep been? I've changed my environment, and it's a bit better.

##### **Current Issues:**

When I'm awake, I zone out when people talk to me. This happens 6-7 times a day, and I'll zone out for 2-3 minutes before snapping back.

It's the same with my sleep. It feels like I'm thinking a lot and not actually sleeping. I wake up realizing I was just thinking and can't remember what I was thinking about. My mind keeps racing with little things, but I don't remember them. I'm averaging around 8.5 hours of sleep, but I wake up 5-6 times because of this.

#### **Objective of the current session: Techniques used /Reasons for choosing the techniques:**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps + **AUDIO**

#### **RECORDING OF THE COMPLETE SEQUENCE + MINDFULNESS TECHNIQUES**

She was guided into a relaxed state during the session, and we revisited her outcome and tasks. As part of the process, she affirmed her own empowering suggestion, "Aami saksham sab kichu korar jonno". This affirmation was integrated into a calming visualization exercise, helping her connect with her potential and desired outcome. An **audio recording** of the session was provided to her, and she was encouraged to listen to it regularly to reinforce this affirmation and support her subconscious alignment with her goals.

Additionally some mindfulness techniques were discussed as follow:

**Aindrila's Statement: I feel lost while having a conversation.**

- Ensure that you observe your breath when having a conversation with other, pay attention to the words, even if you are getting lost in the beginning before anyone else brings it into your notice, you should be able to recall that and recall and come back to the conversation. Gradually your attention span will increase. It's a skill set.
- **Mindfulness (future pace/anchoring done)**- that she is having a conversation and with every conversation her attention span is increasing.

**Client feedback :**

I am sure I will practice the mindfulness techniques you taught me. It might feel a bit awkward to focus on my breath during conversations, but I am going to try. I hope with more practice, it'll become easier.

**Expected changes:** The audio recording of the complete sequence further strengthened her confidence in the sustainability of the new changes that had been taking place. She will be more mindful during her conversations.

**Home-work assignments if any :** To complete the new tasks .

**Practice Mindfulness:** Continue to practice observing your breath during conversations and when you notice yourself zoning out, gently bring your attention back to the conversation.

**Journal Observations:** Keep a daily journal of your mindfulness practice, noting instances where you successfully refocused and any improvements in your attention span.

**Reflect on Sleep:** Monitor any changes in your sleep quality and note any differences in how you feel upon waking up.

**Therapist's Diary Learning from the session :** The complete sequence instilled within the client the faith and belief that his outcome was a possible reality and the hope and excitement within the client was clearly palpable.

**What you could do differently:** Nothing

**Session 5:**

Date: **2nd May 2024**

Duration: 65 min

Place: Online

### **Review previous session:**

I've been working on the mindfulness techniques we discussed. At first, it was challenging to keep my focus on my breath during conversations, but I've noticed some improvement. I'm more aware when I start zoning out and am able to bring myself back to the conversation more often.

I've been waking up multiple times during the night and noticing that the pattern is repeating. Even though I've made some changes to my environment and tried mindfulness techniques, I still find myself frequently waking up.

I often feel like I'm not fully asleep, as I'm aware of my thoughts and can remember them vaguely, but I can't hold onto them. I wake up 5-6 times throughout the night, and it's affecting how rested I feel in the morning. I'm hoping to understand better how to manage this and make further improvements.

### **Objective of the current session: Techniques used/ Reasons for choosing the techniques**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps + **REFRAMING** followed by **INNER CHILD**

Aindrila discussed **her struggle with waking up multiple times** throughout the night and her experience of feeling as though she's not fully asleep. She described how this pattern interrupts her rest and affects her overall well-being.

In the session, Aindrila was guided into a hypnotic trance, followed by **deepening and progressive relaxation**. Despite these efforts, she continued to feel a sense of restlessness in her chest, which was addressed using a release process.

We then moved to the **REFRAMING** process **to explore the positive intention behind her nighttime awakenings**. It was discovered that these disturbances were serving as a way for her to remain alert and vigilant due to underlying anxieties and unresolved fears related to her past experiences. The frequent awakenings were her mind's way of protecting her from perceived threats or discomfort, even if they were subconscious.

By reframing this behavior, Aindrila began to understand that her body's heightened state of alertness was a protective mechanism rooted in past traumas and anxieties.

The process of **INNER CHILD** was initiated, when Aindrila was connected with her younger self during reframing to address these deeper concerns.

**Client feedback :** The process of reframing followed by the inner child was a breakthrough into the pain points he had been struggling with since a long time.

**Expected changes :** The client would be able to spend the next few days with some clarity on the deeper issues that were troubling her for a long time. She also had the tools of release to let go of any kind of stress that she may experience during the week.

**Home-work assignments if any :** *To continue with the tasks and the ongoing ones with renewed approach and notice developments.*

**Therapist's Diary Learning from the session :** The session was **insightful in addressing the underlying concerns** that were acting as hindrances on her journey to the desired outcome.

**What you could do differently:** Nothing

### **Session 6:**

**Date:** 10th May 2024

**Duration:** 70 mins

**Place:** Online

### **Review previous session:**

Aindrila shared that she had experienced **notable improvements in her sleep** and overall well-being. She mentioned that the sleep issues she had previously struggled with, such as waking up multiple times and feeling restless, had significantly diminished. She felt more rested and less disturbed during the night, leading to better energy and focus during the day.

### **Objective of the current session : Techniques used/ Reasons for choosing the techniques**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking each of these steps + ***TIMELINE***

The **Timeline Therapy** technique was the primary focus of this session with her. This process allowed her to gain a clearer perspective on the progress she has made, aligning it with her long-term goals.

#### **Expected changes :**

The Timeline is expected to bring her clarity regarding the factors contributing to her emotional struggles. With this newfound clarity, she is likely to be more conscious of both favorable and unfavorable influences and can begin transforming them at both the conscious and subconscious levels. This, in turn, will help her take action toward her goals with more confidence and less emotional baggage.

**Home-work assignments if any :** *To continue with the tasks and the ongoing ones with renewed approach and notice developments. **To get in touch over a call after a week / 10 days** to have a brief review of how things are shaping up. Practising release, anchors, Timeline and listening to the audio recording on a regular basis was advised.*

#### **Therapist's Diary Learning from the session :**

The session showed that she is gradually developing more confidence in managing his emotional triggers. The Timeline process was especially effective in giving her clarity about his progress and the steps needed to achieve his goals. This session reaffirmed the importance of addressing both emotional and practical challenges in a structured way.

#### **What you could do differently:**

No changes required for this session. The approach and techniques used aligned well with her needs.

#### **CLIENT TESTIMONIAL:**

Not given because of confidentiality.

---

**CASE: 10- Anju (Client 10)****Client Information Sheet (remove name if required)**

Name : Anju (CLIENT 10)  
Sex : Female  
Age : 43 years  
Address : Thane  
Occupation : Housewife  
Health Condition (if any) : None  
List of Medication (if any) : NA  
Source of referral : Neighbour

**Session 0 :**

**Date:** 29th March 2024

**Duration:** 60 mins

**Place:** Online

**RAPPORT BUILDING METHOD USED:**

During the initial consultation, CLIENT 10 was encouraged to openly share her current challenges and concerns. The session began with **rapport-building techniques** to ensure comfort and trust. I used open-ended questions such as, "**What would you like to talk about today?**" to guide the conversation.

To enhance transparency and assure her that I was fully engaged, I shared my screen and **took notes in real-time, allowing her to see everything** being documented. This approach **helped her feel more at ease and validated** in her expression, leading to a detailed account of her challenges.

### **CLIENT'S STATEMENT:**

My fear for dog has been growing day by day. Whenever the lift opens, I worry that a dog will come out. I've even stopped going to the upper floors because of this. After a recent singing session at a trainer's house where a dog was present, my fear intensified significantly.

While my fear of street dogs has decreased a bit, I still feel much more anxious around pet dogs. This fear has a history, stemming from a past accident. The more people say things like, 'Don't worry, the dog won't do anything,' the more fearful I become, feeling like they're not telling the truth. I literally shiver and have a strong aversion to dogs.

*She was then asked if there was anything else she would like to share beyond the information already provided. After thinking for a few moments, she responded with a no.*

*Having listened to her story, I explained how my expertise as a **Cognitive Hypnotic Coach and Psychotherapist** involves creating a structured plan that integrates various techniques and processes. This **eclectic approach** helps facilitate sustainable and desirable transformation in his life.*

*After hearing my explanation, she felt hopeful and curious to learn more. I provided her with psychoeducation on the **Model of the Mind** and several therapeutic psychology models, which explained **the stimulus-response framework** at the core of the reality we subconsciously create for ourselves.*

*I then asked her to **identifying her current situation** (Point A) and her **desired outcome** (Point B). Although the desired outcome was quite clear in this case, writing it down made it easier for us.*

*She was then asked to think about his current situation or challenge, which represented point A in his life, and her desired outcome, which represented point B that she wanted to work towards. To aid in this process, I provided her with a template of two fill-in-the-blank sentences to help structure **HER CURRENT CHALLENGE AND DESIRED OUTCOME**. I assured her that she could take all the time she needed to find*



*the right words and that I was available to assist if she needed any help in addressing the issue.*

*The template was: "I feel \_\_\_\_\_ about \_\_\_\_\_ when \_\_\_\_\_."*

"I feel **zooned out** About (situation) **the dog comes and bounce at me** When (trigger) **I hear the barking of the dog.**"

She was now asked to take as much time as she needed and Based on this challenge that we have summarized, what is the **OUTCOME/ point B** that she would like to achieve by filling in the template below:

*I wish.....*

**"I wish to make peace with the situation when the dog is around me."**

She instantly booked for her 1st session next week.

### **Session 1 :**

**Date:** 6th February, 2024

**Duration:** 75 mins

**Place:** Online

### **Review of previous session:**

The session started with a quick review of our initial discovery call. I asked Anju, if she had any lingering doubts or questions from our previous discussion. She was also encouraged to revisit the statements she had created to see if she wanted to make any changes or additions. After going through her statements again, she confirmed that they accurately reflected her current situation and desired outcome.

### **Objective of the current session: Techniques used /Reasons for choosing the techniques:**

F / P - Future / Proof - Sensory based & observable behaviours +

### **TRANSFORMATIONAL METAPHOR**

Recognizing this opportunity to explore further, I asked Anju what **specific behavioural changes she would like to notice** within herself when faced with her fear of dogs, and how she envisions these changes impacting her daily life.

Anju reflected and said, "I picture myself being near a dog, maybe even passing by one on the street, without feeling overwhelmed or panicked. I want to be able to stay composed, knowing that I can handle the situation without fear."

Curious about the emotional state that would accompany this composure, I inquired further.

"If you were not feeling scared, what emotions would be present for you?" I asked.

After a pause, Anju replied, "**Without the fear, I would feel calm and in control of my surroundings.**"

Wanting to deepen her reflection, I then asked Anju to imagine a scenario where her newfound calmness would be evident and asked her to describe it.

She took a moment and responded,

"I see myself walking in my neighbourhood, hearing a dog barking, and not feeling frozen or panicked. Instead, I just keep walking, talking to someone or maybe listening to music, without the fear of being attacked."

### **Home-work assignments if any:**

To keep Anju engaged in the therapeutic process, I gave her a home task. I asked her to expand on the transformative changes she envisions in her life, describing how her day-to-day experiences would shift if this fear were no longer controlling her actions.

**Therapist's Diary Learning from the session:** Drafting the sensory specific future along with the actions/ behaviours, skills/ capabilities, emotional state resulted in a **very clear road map** towards the desired future behaviours and actions.

**What you could do differently:** Nothing

### **Session 2 :**

**Date:** 12th February, 2024

**Duration:** 80 mins

**Place:** Online

### **Review of the previous session:**

In the subsequent session, we began by reviewing the progress Anju had made since our last meeting. I inquired about the homework assignment, where she was tasked with reflecting on how her life would change without the fear of dogs. Anju shared that she had faced difficulties envisioning herself staying calm around dogs, especially when hearing barking, as the fear remained strong. Despite these challenges, she pushed through and managed to complete the task, acknowledging some progress in her ability to reflect on the changes she desires.

**Objective of the current session: Techniques used /Reasons for choosing the techniques:**

E - Evaluate & Review

A - Assignment & Commitment

Process- **RELEASE + FAST PHOBIA CURE**

While reviewing Anju's homework, I dug a little deeper to pinpoint **specific situations that triggered her fear of dogs**. Based on her experiences, I introduced the **Release Metaphor**, explaining how she could use it as a quick way to ease her anxiety when around dogs.

After discussing the metaphor, I asked Anju to recall a recent moment where she encountered a dog and felt really scared. I also encouraged her to think back to a funny or lighthearted memory that still makes her laugh.

With these memories in mind, I guided her through the **NLP FAST PHOBIA CURE** technique, which is aimed at reducing her fear of dogs.

**Client feedback :**

Anju seemed noticeably more relaxed when talking about being around dogs. She shared that she felt more confident about handling future situations with dogs, and there was a clear sense of relief on her face. When i ask her to scale the fear on the scale of 1-10, she stated that the fear is at 3.

**Home-work assignments if any :**

Gradually expose herself to situations where she might encounter dogs, starting with less intimidating scenarios (like watching dogs from a distance). She can observe her feelings during these encounters and practice the Release Metaphor when she feels discomfort.

**Therapist's Diary Learning from the session :**

Noticing Anju's response to gradual exposure and how she is managing her fear of dogs step by step, allowing insight into how effective small, manageable doses of exposure can be.

**What you could do differently:** Nothing

### **Session 3:**

Date: **19th February 2024**

Duration: 75 mins

Place: Online

### **Review of the previous session:**

In the subsequent session, Anju shared a noteworthy shift in her experience with dogs. She recounted an incident where she was out walking with two friends and saw a dog approaching. Unlike before, she didn't immediately panic but still felt an overwhelming sense of fear.

She explained, "The dog owner said it would just sniff and move on, but I still felt the familiar fear rising within me. As I walked, thoughts like 'Is it following me?' and 'What if it comes over?' kept popping up in my head. Although I didn't react as strongly as I usually do, the fear was still very present."

### **Objective of the current session : Techniques used/ Reasons for choosing the techniques**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from taking the desired behaviour + **THOUGHT RESTRUCTURING + ANCHORING**

Reflecting on her feedback, Anju expressed a sense of progress but acknowledged that she has a long way to go. "It's a bit better, but the fear is still there," she said. She noted that even though she felt more composed than before, the anxiety continues to surface whenever she steps outside, especially with the constant anticipation of encountering dogs. Despite this, she recognized that she has made some improvement in managing her reactions.

Curious about when Anju felt the most scared or anxious, I asked her about the specific triggers. She mentioned two things: hearing a dog bark and the worry that she might run into a dog while on her walk. I then asked her what she would like to feel in those moments instead.

Anju said she wants to think, “I’m safe, and the dog won’t hurt me,” and feel calm instead of fearful. To help her shift her mindset, we worked on **When-Then statements**, which can help her refocus away from the fear.

I proceeded to the **thought restructuring aspect of the CHCP model, which is involved with the Reprogramming of the Mind.**

**She was asked to furnish the following information:**

Behaviour - Fear of dog

**Trigger:** When i saw them coming towards me

**Current Thoughts:** i will be attacked right now

**Current feeling:** fearful, afraid, heartbeat rises, (i don't have control in my actions, i shout)

**New feeling:** fearless (it shouldnt bother me)

**New thoughts:** its just coming to sniff and go away.

**When-Then Statement:**

**When (the trigger) then I realise (New Thought)**

**“When i see dog coming towards me then I realize its just coming to sniff and it will go away”**

I also introduced her to the emotional **ANCHORING** process to help her feel **CALM** and **IN CONTROL** when she encounters dogs. This will help her lock in that feeling of safety and confidence when she’s out and about.

With these techniques, we’re working toward boosting her confidence and easing her fear around dogs.

#### **Client feedback :**

She shared that the anchoring process feels real and when then worked when she repeated it while forming the statement.

#### **Home-work assignments if any:**

For the coming week, Anju will practice her *When-Then* statements. She will also note down her feelings in a journal after each encounter to track her progress.

### **Therapist's Diary Learning from the session :**

The session highlighted the importance of continuous reinforcement through structured thought processes like *When-Then* statements. The anchoring technique seems to be gradually helping Anju gain some control over her fear. Consistent journaling and tracking her reactions will likely accelerate her progress.

**What you could do differently:** Nothing

### **Session 4:**

Date: **26th February, 2024**

Duration: 75 mins

Place: Online

### **Review of the previous session:**

Anju shared that **she still feels fear** when she encounters dogs, but the intensity has slightly reduced. She's more aware of her triggers and tries to remind herself that she's safe, but still finds it challenging. She mentioned moments when she could keep her fear in check but is seeking more progress.

### **Objective of the current session: Techniques used /Reasons for choosing the techniques:**

E - Evaluate & Review

A - Assignment & Commitment

H - Hindrances - What stops you from completely calm- **REFRAMING**

**The process of Reframing was conducted to** understand the Positive Intention / secondary Gain that her subconscious was deriving from HOLDING ON TO THE FEAR and this repeated behaviour pattern of feeling fearful and anxious now that most of the causal variables were addressed. Reframing started with the Finger Installation.

Anju's subconscious holding on to the fear of dogs was the fear serves as a form of protection. Her subconscious believes that by maintaining this fear, she is keeping herself safe from potential harm, even though logically she knows the dogs pose no real threat. This fear was also be a way for her to stay in control of situations she perceives as unpredictable, avoiding environments where she feels vulnerable.

Reframing process was done with replacing the behaviour with positive ones keeping the Positive intention intact.

**Client feedback :**

I am hopeful that my fear goes down now.

**Expected changes:**

After the reframing process, Anju may start to feel more in control when she encounters dogs. Instead of experiencing intense fear, she could begin to approach these situations with greater calmness and rational thinking. She might feel less reactive and start to perceive dogs as less threatening, recognizing that her fear was a way to protect herself rather than a true danger.

**Home-work assignments if any :**

She was asked to practice daily visualization where she imagines herself calmly walking past a dog, without fear or anxiety. Focus on the feelings of safety and confidence. Also, to take small steps toward confronting her fear.

**Therapist's Diary Learning from the session :**

It was enlightening.

**What you could do differently:** Nothing**Session 5:**

Date: **2nd March 2024**

Duration: 65 min

Place: Online

**Review previous session:**

Anju shared some encouraging updates - she successfully managed a few instances where she encountered dogs without overwhelming fear. This was a significant step forward for her.

Anju also mentioned that she felt more at ease going for walks and spending time outside, even when dogs were around. Her increased confidence was evident, and she felt less anxious overall.

**Objective of the current session: Techniques used/ Reasons for choosing the techniques**

E - Evaluate & Review

A - Assignment & Commitment

To further support Anju, I introduced her to a **simple relaxation technique** that she can use whenever she feels anxious about dogs. This technique will help her maintain calm and address any lingering fears more effectively.

By incorporating this new tool into her routine, Anju will have an additional resource to manage her anxiety and continue making positive strides in overcoming her fear of dogs.

**Home-work assignments if any :** *To get in touch over a call after a week / 10 days to have a brief review of how things are.*

**Therapist's Diary Learning from the session :**

In our sessions, I've observed that some techniques, like the Fast Phobia Cure, can initially seem puzzling or even amusing to clients. However, it's crucial to remember that these methods, despite their unconventional appearance, produce impressive and lasting results. Even if the logic behind them isn't immediately clear to the client, the outcomes often speak for themselves.

**What you could do differently:**

No changes required for this session. The approach and techniques used aligned well with her needs.

**CLIENT TESTIMONIAL:**

Wow, working with Nidhi has really made a difference! I'm way less freaked out by dogs now and feel so much more confident. The sessions were super helpful and made a real impact. Thank you dear friend and my therapist now :- ) - Anju

---



Personal Journey in this Profession:

**Mention your favourite part(s) about the course.**

The course is very well structured, i like the framework so much because it gives you a readymade structure for your sessions.

**Which techniques/methods/concepts are your favourite and why.**

My favourite if Transformational Metaphor because of the fact that you can use it with every client and see the instant result and also it can be clubbed with different other processes.

**How have you evolved as a person as a result of learning these techniques/concepts/methods.**

My whole personality has seen a 180 degree shift during the course and confidence level has gone really high. Inner child process has really helped me overcome my self doubts and fear.

**How do you market your practise? (Even if you are in an organisation, what do you do to encourage people to take up therapy with you?)**

I use Instagram and Google my business to promote my private practice.

**Do you use any of the processes on yourself? If yes, which one? (optional)**

LOT and Self hypnosis.

**What about the course would you like to change?**

Relationship counselling part can be little more extensive and structured.

**How confident are you as a therapist on a scale of 1 to 10, 1 being the lowest and 10 being the highest. And Why?**

8 right now, and i am learning everyday and with every client session

**Your areas of improvement -**

Questioning skills and relationship counselling (couple counselling)

**Your strengths as a therapist.**

Rapport building and smooth way in which i use and integrate different processes as per client's requirement.

**Mention one change in your life which happened as a result of joining this course.**

My communication skills has improved a lot and I have become more calm and confident about myself.

**If you were to name your entire journey of studying, case collection and submission, what would you name it?**

Blissful and never ending pleasure.

**If you need any help and support from ICHARS, what would that be?**

Nothing, I am already getting enough whenever required.

\*\*\*\*\*