ReBOUND Hypnotherapy

Finding Positive Solutions for Life's Challenges

Case Study

A Working Mum:
Trying to be the best at home and at work.



Case Study: Working Mum

Names have been changed, and this study is shared with the client's full permission.

When Things Started to Feel Too Much

Rebecca first got in touch after following my Instagram page for a few months. Certain posts had resonated with her, and she'd started to notice she was **feeling overwhelmed** in situations that wouldn't usually bother her.

She described feeling like she was ***'failing at everything'***, as a mum, a wife and at work. Eventually, she decided to reach out and find out whether solution focused hypnotherapy could help.

A Bit About Rebecca

- Works full time in a demanding role
- Lives with her husband and daughter, who had just started secondary school
- Usually describes herself as resilient and capable
- Recently started feeling anxious, tired and unlike herself

When she first contacted me, she was experiencing:

- disrupted sleep/ irritability/ racing heart/ nausea/ occasional dizziness/ lower confidence/ overthinking/ catastrophising

As she put it, she **'just wanted to feel like herself again.'**



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The Breaking Point

These changes were affecting **every part of her life**:

- By the time she got home from work, she was exhausted and short-tempered
- Socialising had become a chore
- She felt she had 'let herself go'
- A caring colleague gently encouraged her to speak to her GP

Her GP discussed a few options for support, but Rebecca wanted to **explore a positive, forward-focused approach** and decided to get in touch with myself.

What Rebecca Wanted to Achieve

When we spoke during her Initial Consultation, Rebecca said she wanted to:

Regain a **sense of control/ rebuild her confidence/ feel calmer** and **more balanced/** work towards a promotion she'd been considering before things felt overwhelming.

How We Worked Together

Format of sessions:

- All sessions attended in person
- Initial Consultation: information gathering, goals and desired outcomes
- 12 sessions in total
    - 9 sessions weekly
    - 3 sessions fortnightly

Each session began by reflecting on what had gone well that week, helping Rebecca focus on positives and build momentum.



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From there, I shared simple, **practical explanations** about how the brain works, helping her **understand why** she was feeling the way she was and how **small changes** could start to make a **big difference.**

We explored ideas such as:

- How the **emotional brain** sometimes reacts in unhelpful ways
- The concept of a '**stress bucket**' and how to empty it
- Strengthening the **intellectual** (rational) part of the brain
- Creating **new neural pathways** to support confidence and calm
- Building **positive neurotransmitters** to improve wellbeing

These ideas were introduced gently and made personal to Rebecca's experiences, giving her space to **apply them in her own way.**

The Changes She Noticed

By session six, things had already begun to shift. Rebecca arrived with her own **list of positives** from the week, a big improvement from struggling to name just one or two at the start.
Here are some of the key milestones along the way:

- Better sleep/ falling asleep faster and not waking in the night
- Colleague feedback: by week six, others noticed she looked 'more like herself'
- Exercise return: re-joined her gym class and regained motivation
- Home life: her husband said she seemed calmer and more positive, creating a lighter, happier atmosphere



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By the end of her sessions, Rebecca was:

- Sleeping soundly
- Feeling calmer, more confident and balanced
- Enjoying time with her family again
- Ready to apply for that promotion she'd once put aside

She described **feeling back in control** of her thoughts and emotions and proud of how far she'd come.

The End Result

Rebecca's story is a great example of how small, consistent changes, combined with the right mindset and support, can lead to meaningful, **lasting transformation.**
It was a genuine pleasure to see her **confidence return** and to watch her begin **enjoying life again.**



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In Rebecca's Own Words

*"From the very first session, I felt **completely safe** and heard. Pat explained things in such a straightforward and understandable way, it really helped me **rationalise what was going on in my mind.***

Each week gave me a focus to make small, positive changes and before I knew it, I was feeling like myself again.

I honestly thought therapy would be serious and I'd be crying every session, but it wasn't like that at all, it was uplifting and even enjoyable. I recommend Pat to everyone I meet who's not quite feeling themselves."

Your Next Step

Everyone's journey to feeling better looks a little different.
If you're feeling overwhelmed, stuck, or not quite yourself, there is a way forward. Book a free discovery call today.

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