ReBOUND Hypnotherapy

Case Study

Teenage Girl

Overwhelm, school pressure and friends



Case Study: Teenage Girl

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

When I work with children the initial contact always comes from a parent. Most often I have a telephone conversation first where the parent shares what has been going on with the child, their concerns, symptoms. From there we book in an initial consultation (IC).

During the IC the child can either come in on their own or with their parent, normally the child prefers their parent there, especially for the first meeting.

In this session, I really want to hear from the child. It is my responsibility to build rapport with them and get their point of view on what they want to achieve by attending sessions. Depending on the age of the child and any specific needs the session will be planned appropriately.

Mum's point of view

It was Olivia's mum who got in touch. She had heard me speaking at a networking event and felt I could help her daughter who had been struggling for several months. Her daughter had initially presented with physical symptoms, but after tests and discussions with her GP, they believed Olivia had symptoms of anxiety. The waiting list for support was very long and she didn't feel like she could wait, wanting to get support as soon as she could.

Olivia's point of view

She didn't like the way she started to feel. She felt embarrassed after outbursts but felt so overwhelmed at the time, she couldn't stop herself. She was concerned about the feelings she was having and just wanted to feel happier and more in control like she used to.

About Olivia

- 15 years old, Year 10 at school
- A good circle of friends but sometimes feels left out
- Enjoys dancing and drama, attends sessions in the evenings
- Wants to do well at everything, has clear future plans

When she first contacted me, she was experiencing:

- Poor sleep/ always tired/headaches/ low mood/ angry outbursts/ OCD tendencies/ nauseous/ poor appetite/ crying a lot

Getting too much

- Struggling to get up for school in the morning
- More short tempered with younger sibling
- Leaving mock exams mid way through in tears