

Colin's Insomnia

INSOMNIA

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This symptom can go on to affect you in many other ways, in your place of work for example not being able to concentrate on the job in hand, your home life can be affected greatly, and only the sufferer knows the true horrors of this terrible disorder.

The question of course is why? The answer of course is simple. Your subconscious mind does not allow you to relax into a deep sleep, therefore depriving you of a good nights sleep. The cause of course is simple, a repressed negative memory from some traumatic event that you have experienced in the past. The answer and the way to gain relief from this symptom is of course. Analytical Advanced Hypnotherapy.

When I'm conducting analytical hypnotherapy especially for this disorder I always use case histories as an example, I will relate a case history to the client's subconscious mind has to the possible cause of the symptom. This technique can assist the subconscious mind greatly in locating the cause of and then being able to bring about the relief of the symptom.

To follow are two case histories, the second case history will give you an insight into the benefits of hypnotherapists relating case histories to the subconscious mind, it also demonstrates another clear view of the workings of the subconscious mind. It's perfect memory for example and the natural healing powers it does possess.

The first case history that I am going to relate to you was for me a very emotional experience. This case history is the

one that I now use on a regular basis to relate to other sufferers of insomnia giving them a possible insight into the cause of their disorder.

The reason this particular case history has been an emotional event for me is that the person involved is my elder brother Colin. He gave me his permission with enthusiasm that I write his case history, and also gave me a clear instruction to use his correct name, (only wanting to be anonymous when convenient to him, when it's his round for example.) Colin is several years older than I, it shows and always has.

I received a phone call late one night to inform me that Colin had been taken to hospital because of an accident at work; the message wasn't that clear about the extent of any injuries caused by the accident, only that Colin had been rushed from work to the Prince Charles Hospital Merthyr Tydfil and then onto Morriston Hospital Swansea where they specialise in the surgery Colin needed as a result of the injuries that he had sustained.

After my enquiries that night to both hospitals I was informed that Colin would be in the operating theatre for several hours and that my presence at the moment will achieve very little, but would be very much appreciated the following morning.

As promised I attended the hospital the following morning to visit Colin and was taken aback to discover that his left arm had been amputated from just above the elbow. Colin remained in hospital for the next ten days.

Some months later Colin phoned me to explain that he was having great difficulty sleeping since his accident and that he can't sleep for long periods of time, even on a good night he couldn't achieve more than two hours sleep.

I suggested that we conduct some hypnotherapy to discover the cause of his insomnia, and knowing that it had started since his accident and that he had never suffered insomnia in the past there must be a link but what?

During our first therapy session Colin relaxed well but understandably most of the memory recalls were of the accident and these memories were from the conscious mind, Colin recalled being in work on night shift, his shift included operating a shredding machine and all was going well until the cuff at the end of his sleeve got caught up in a part of the machinery, this dragged his arm into the machine and begun tearing at his arm.

There were no other memories of the accident in that session, the only other memory recall Colin had was being in an ambulance with the sirens going.

We continued with therapy the following week again with Colin recalling memories from the conscious mind of the accident, but now with other little memories popping into the conscious mind from the subconscious mind, a picture of the events that took place were now becoming clearer.

At the beginning of session three I asked Colin's subconscious mind to focus in to the cause of the insomnia that he now suffered, what memory has been repressed that is the cause of this terrible disorder of not being able to sleep.

Colin then recalled being startled by being shaken by a nurse who seemed quite hysterical screaming out to others quick quick we are losing him. (At this point there were abreactions from Colin's right eye.) They thought I was dying he continued I must have been in so much shock and pain that it put me in a comatose state.

The reaction of the subconscious mind was to repress the memory of that experience so now with an active repressed negative memory being labeled (that to go into a deep sleep is dangerous even life threatening.) Now with the repression being active whenever Colin began going deeper into sleep the subconscious mind would act as an alarm system waking the conscious mind immediately.

With Colin abreacting in this session I was more than confident that success had been achieved and that the symptom of insomnia had been relieved and that Colin would begin to experience a better night's sleep. The repressed memory that caused the symptom had now been registered as passive and the emotions of those memories released so therefore the symptom relieved.

A month after Colin's therapy the symptom of insomnia was totally relieved.

NOTE

We did continue therapy for some time after for another symptom as a result of the accident. I will eventually publish it. The other symptom Colin suffered was cramps in his left hand?

Has mentioned I have used this case history achieving great success on many occasions and none more so than the case history that follows.

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