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**Therapy Case Study**

**COMPLEMENTARY THERAPY**

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BACKGROUND

Mrs P was receiving bereavement counselling after her husband died at St Gemma’s.

She could not sleep and felt stressed and unable to relax.

The bereavement worker referred her to complementary Therapy at St Gemma’s.

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GOALS

1. To promote sleep
2. To provide strategies to aid relaxation on a daily basis
3. To reduce anxiety levels

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I feel confident that I can manage my stress levels now

I feel much better as I am getting more sleep

PATIENT’S/CARERS COMMENTS

OUTCOMES

1. Sleeping much better (longer periods and able to get to sleep easier)
2. Uses relaxation strategies on a daily basis
3. Awareness of how to monitor anxiety & stress levels and how to use strategies to reduce

INTERVENTIONS

1. 4 hypnotherapy sessions
2. Provision of strategies to reduce anxiety
3. Calm bag provided as relaxation aid
4. Relaxation CD provided
5. Homework to practice the strategies