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## Successful Outcomes: four recent cases

This article recounts four cases I have treated recently, using a mix of NLP, hypnotherapy and Reiki,\* which combine to very good effect and lead to successful outcomes. The names of the patients have of course been changed.

*Wendy: a 62-year-old with a drink problem, irritable bowel syndrome (IBS) and spondylosis*

At first, I was not aware of all problems this lady brought to my consulting room. On the phone she said she “wanted to stop drinking alcohol.” Fine. Let’s see what we can do. I don’t usually say no to anything until I have had a chance to talk it over with the client during a free consultation. Except for the psychotic, the totally deranged, the very young and the very old, there aren’t many people whom we cannot help with the array of techniques available to us today.

On the appointed day, we discussed what Wendy presented as her main problem: that she drank too much and wanted to stop. How much was too much? Well, it could go into the third bottle of wine in one session. How often did that happen? Oh, not that often. Once or twice a month. So, it wasn’t every time that she would knock off more than two bottles of wine; just when things “got a bit on top of her.”

\* Reiki is a non-invasive, hands-on, healing technique originating in the Far East and dating back thousands of years. Its techniques were lost or fell into disuse and it was rediscovered by Mikao Usui, a Japanese doctor, in the late 1800s. It works through the universal energy (the Qi or Chi of the Chinese and Prana from India) and is channelled through the practitioner to the client. It works on the spiritual and physical (mind/body) levels, is both calming and healing, cannot be overdosed on or cause any harm. Both the client and the practitioner receive the benefits of Reiki simultaneously.