

# Adult Summary Handout for New Patients

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Welcome and thank you for the opportunity to gain experience about the world of our subconscious and how it affects us in living a balanced and 'awake' conscious life or causes us emotional and physical disruptions. Disruptions in navigating life on earth can affect us both emotionally (anxiety, depression, agitation, irritability, anger, feeling badly about ourselves) and physically (headaches, migraines, heart palpitations, high blood pressure, stomach issues as well as chronic fatigue, body aches, among numerous other disruptions).

**FIRST VISIT: HISTORY:** Obtaining general history of current family situation: age of all living in the home, work, marriage, divorce, children, and stepchildren. **2. DIAGNOSIS/SYMPTOMS OF DISRUPTION:** Patient perspective of his/her "DISRUPTION". Review of symptoms that are causing distress. **3. SHORT FILM: AN INTRODUCTION TO SUBCONSCIOUS AND 'DOWNLOADS' WE ARE EXPOSED TO FROM CHILDHOOD TO AROUND AGE 8.** We all have within our subconscious LIMITED BELIEFS that affect our self-esteem and question our confidence. These are REFLEX subconscious responses to stimuli within our outside of the body. This causes our disruptions and is the core of hypnotherapy. The old programs' that lie in our subconscious mind result in a reflex response that affects our actions, behaviors, perspective, and perceptions. Christine's specialty is her therapeutic model of hypnotherapy to assist one to 'REWIRE/REPROGRAM' the limited beliefs that lie within the subconscious, cause disruptions, and prevent us from living with awareness of what is ours to own and determine our 'truth.' The process of life is what Carl Jung, the renowned psychiatrist, defines as the process of 'INDIVIDUATION,' the journey to awaken to our truth (own our 'lower' and 'higher' selves), which includes awareness we are all imperfect in human life. **4. REVIEW OF THORNS IN ONE'S LIFE:** The goal of the first visit is to UPLOAD – review all the THORNS in one's life currently that are causing both emotional and physical disruptions. This include what the CONSCIOUS MIND knows are **SYMPTOMS OF DISRUPTIONS**. The **overview of 'NAVIGATING LIFE WITH METAPHORS'** presentation (30 minutes) is used to TICKLE the subconscious and allow for memories of the past to surface (which can remain on a subconscious level).

**SECOND VISIT:** Complete the metaphors and concepts in Navigating Life with Metaphors Power Point Slides. Review any thorns that may have been tickled out from the metaphors, or past thorns that have been rewired from an adult perspective. **Christine using her guided imagery, discuss how hypnotherapy sessions to help one 'RELEASE' or 'REPROGRAM' the past limited beliefs from childhood or past events in life.** For some, select a SIGNAL or METAPHOR, to DIVERT from negative thinking by selection of a SCENE OF SERENITY to calm any disruptive reflex of thought or emotion. Session two is to help one shift their emotional and physical state to achieve coherence in understanding how their thoughts and feelings affect their reactions. Many feel an ability to shift from anxiety, depression, and not feel a physical stress response. **KEY CONCEPT:** Focus on POSITIVE THOUGHTS, which are key to creating a POSITIVE BELIEF SET. **"OUR BELIEFS CREATE OUR REALITY."** **In shifting our belief, we can create changes in our response to life events and relationships.**

**THIRD VISIT: GENERAL DEEP CLEANSING HYPNOTHERAPY TO REPROGRAM CHILDHOOD PROGRAMS THAT ARE WITHIN US ALL: "I'M NOT GOOD ENOUGH," "I'M NOT WORTHY," "I'M LESS THAN ..."** etc. **Guided imagery is used to induce deep theta state trance to allow the subconscious mind to be reprogrammed to the reality we are all EQUAL ... molecules of matter that MATTER!**

**ADDITIONAL VISITS:** Follow up visits are based on the individual's need or desire including for:

1. **LEARNING SELF-HYPNOSIS IS USEFUL FOR PAIN, ANXIETY, STRESS MANAGEMENT among other reflex conditions.** Use of relaxation music and self-guided imagery helps the neurons of the brain to focus on positive thought and imagery.
2. Development of **POSITIVE AFFIRMATIONS** to **DIVERT** from self-sabotaging thoughts, fearfulness, anxiety, subconscious negative REFLEX. Learning to **DODGE** negative projections from others.
3. **INVESTIGATIVE HYPNOTHERAPY** is used to help one determine KEY ISSUES within one's subconscious that may cause disruptions unknown to one's conscious mind.
4. **PATIENTS MUST SCHEDULE FOLLOW-UP APPOINTMENTS FOR INDIVIDUAL ISSUES NEEDING FURTHER EXPLORATION.**