

Coaching case study: Somatic mindfulness and psychodynamic transformation

1. Introduction and Session Context

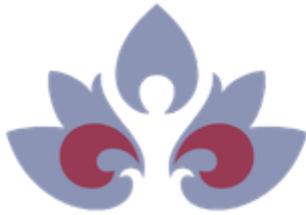
This analysis documents a coaching session with client E, which marks the strategic transition from resource stabilization to depth psychological process work. At the beginning of the session, the focus was on establishing a stable foundation, fed by current positive life events. E reported on a regenerative stay in Brand, which was characterized by experiences in nature and an unexpected wave of interpersonal warmth. At the same time, her new job as a sitting nurse at Hospital B represents an essential resource. From a psychodynamic perspective, this is a significant corrective emotional experience: Despite numerous previous rejections in the application process, E was explicitly valued and "seen" in B for her specific qualifications, in particular her gerontological training. This external validation and physical recovery serve as a necessary kinetic buffer to safely explore stressful biographical layers in the further course of the session.

2. Somatic assessment and clinical symptoms

In psychosomatic case work, physical resonance functions as the primary access route to unconscious conflicts. E exhibits a complex set of symptoms that go beyond purely medical findings. In addition to recurrent migraine attacks and stress-related foot pain after hiking, the focus is currently on cardiological investigations due to dizziness and respiratory restrictions. Clinically significant here is the correlation between shortness of breath and the feeling of massive chest tightness that was discussed later in the process. Psychodynamically, it can be stated that hypothyroidism and cardiac symptoms in particular can be interpreted as somatic echoes of deeper emotional blockages. There is a striking analogy between the thyroid gland as the energetic center of communication and voice and the biographical trauma of maternal rejection of contact. The thyroid problem can be interpreted here as a physical representation of the voice that has been suppressed for years. In this case, the somatic level is the most reliable indicator, as it reflects the client's "heavy backpack" before it becomes fully cognitively tangible.

3. Methodical Intervention I: Somatic Mindfulness and Energization

The first methodological phase used the principle of "energy follows attention" to activate the parasympathetic nervous system. A central element was the use of the "inner smile" during a body scan. This technique served to replace the client's deeply rooted experience of deficiency with an attitude of gratitude towards her own body. In working with the painful feet, a specific breathing visualization was used: the healing energy was directed to the pain point during inhalation and anchored there during



RAUM FÜR BEWUSST SEIN

exhalation. Addressing the thyroid gland, which was externalized not as a defective organ but as a "patient" in need of support, proved particularly effective. From a clinical perspective, this externalization leads to a significant increase in self-efficacy. E shifts from the passive victim role of a chronically ill person to the active role of a caring companion to herself. This physical relaxation created the necessary space to allow the metaphysical heaviness—the image of the backpack and the deep sadness associated with it—to emerge.

4. Psychodynamic analysis: The trauma of maternal rejection

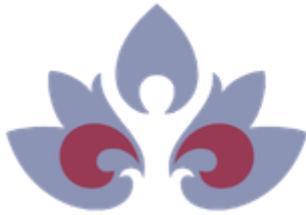
The core of the psychodynamic work lay in deconstructing an early childhood pattern of rejection. E described a specific punishment scenario involving her mother: three days of consistent silence in response to alleged misbehavior. This withdrawal of love through silence must be classified as a form of severe emotional abuse. It left the client with an existential feeling of being fundamentally "wrong." During the session, an image was taken up that originally came from an earlier therapy: the heart behind "bars" in a dark, black environment. While the earlier intervention merely diagnosed this image, the current process work enabled a transformative redesign. Through the conscious presence of the "adult E," these bars—symbols of emotional imprisonment—were broken down. The change in perspective was psychodynamically decisive here: E learned to recognize that she was not the *cause* of her mother's silence, but merely a *witness* to her mother's trauma. This realization dissolves the child's powerlessness and paves the way for integration.

5. Methodical Intervention II: Working with the "Inner Child" and Re-Parenting

Re-parenting served as a strategic method to heal the deficient primary experience through an inner, protective authority. In a guided encounter, the adult E faced her inner child. In this protected space, the child was allowed to express its pent-up unhappiness without fear of reprisals or silence. A sensory-significant moment in the session was the transformation of the heart visualization: the heart, previously described as "milky" and cloudy, cleared up through loving attention and became bright and clear. The final integration of both parts ("We are now one") marks the point at which the old belief "I did something wrong" loses its formative power. The client now experiences herself as a whole, capable of giving herself the protection and love that she was denied in childhood.

6. Transformation through forgiveness and cognitive restructuring

The final forgiveness work was framed as an act of self-liberation. The therapeutic focus was on releasing the energetic bond to the mother's devaluation by reframing the mother's actions as the result of her own injuries and traumas. The mother was simply unable to maintain the emotional connection, but this said nothing about the client's worth. Through this cognitive restructuring, Es's attitude shifted from powerlessness to self-efficacy. She developed the ability to view future emotional waves—such as sudden



RAUM FÜR BEWUSST SEIN

anger—as "patients" who need attention and compassion, rather than experiencing them as a threat to her self-image. The session culminated in a state of deep inner peace and emotional permeability.

7. Summary and therapeutic outlook

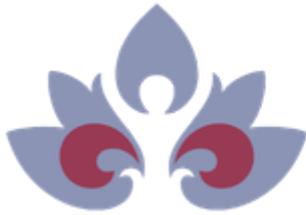
From a clinical perspective, the session was a highly effective process of bio-psycho-social integration. The key points of transformation include the journey from somatic symptoms (thyroid/shortness of breath) to the psychological cause, the dissolution of internalized barriers to opening the heart, and overcoming maternal rejection through re-parenting. For the further coaching process, stabilization of this newly gained self-efficacy is indicated. The next major issue is the father, who has already been metaphorized by E as a "giant elephant" in the room. Biographically, this father, referred to as "Muck," was characterized by absence and constant work, which left the client with the feeling of being a disturbance or an obstacle. Working through this level of powerlessness will be crucial in the further course of the process in order to permanently consolidate emotional balance and integrate future triggers as "manageable" phenomena of the present.

Methodology Glossary: Coaching Session "E – From the Backpack of Childhood to Inner Unity"

1. Status analysis: The client's path of transformation

The following analysis illustrates the profound transformation of client E from somatically stressed exhaustion to integrated self-efficacy.

Dimension	Initial state	Final state
Physical	Chronic foot pain after hiking; hypothyroidism; shortness of breath and palpitations ("as if trapped in bars"); diffuse dizziness.	Experience of warmth and energetic flow; the heart feels "light and clear"; physical symptoms are perceived as "patients" who need care rather than rejection.



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Emotional	Massive sadness and burden ("heavy backpack"); feeling of emotional powerlessness and constriction; reactivity to childhood injuries (withdrawal of love through silence).	Deep inner peace; development of self-compassion; dissolution of emotional barriers (the "milky disc" in front of the heart becomes clear; the "bars" are broken).
Mental	Experience of instability ("ground pulled out from under your feet"); feeling of invisibility despite high professional qualifications; focus on deficits and performance.	Regaining self-efficacy; acceptance of one's own fallibility ("being scatterbrained is okay"); recognition of the inseparable unity of body and mind.

Learning impulse: The conscious contrastive comparison of the initial and target states is essential for the healing process, as it directs the neural focus from the problem trance to the experienced change and stabilizes the new identity.

This profound change was made possible by the methodically precise use of specific psychological and mindfulness-based interventions.

2. Chronological list of methods used

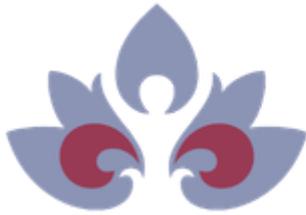
The interventions followed a clear didactic structure that led from somatic centering to deep biographical integration:

1. Mindfulness & Breath Anchor

- *Definition:* Consciously focusing attention on the present moment using the breath as a physiological stabilizer.
- *Application:* At the beginning, the coach uses conscious breathing to anchor E in the "here and now" and regulate the autonomic nervous system.

2. Inner smile & gratitude practice (mindfulness)

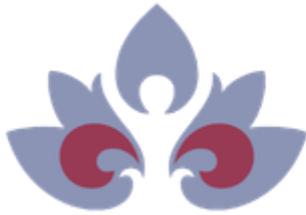
- *Definition:* A technique for promoting a benevolent inner attitude toward one's own organism in order to dissolve resistance to symptoms of illness.



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- *Application:* E gives her body an "inner smile" in recognition of its daily performance, which lays the foundation for the subsequent healing work.
- 3. Focused Energy Management (Attention Management, NLP Reframing)**
- *Definition:* The use of attention as a controllable resource ("energy follows attention") to induce healing processes in specific areas of the body.
 - *Application:* The coach instructs E to view the painful foot and thyroid gland as "patients." Through targeted inhalation and exhalation, energy is directed into these organs and "stored" there to address the underactivity or pain.
- 4. Visualization & Emotional Heart Exploration (Waking Hypnosis and NLP Submodalities)**
- *Definition:* The translation of diffuse emotional states into visual metaphors in order to gain therapeutic access to the unconscious.
 - *Application:* Examination of the heart space initially reveals "bars" and a "milky disc" (cloudiness). Through mindful observation, the sadness flattens out, the image clears and becomes "bright."
- 5. Reparenting by the adult self (ego state therapy, NLP reframing, timeline)**
- *Definition:* The therapeutic encounter between the stable, adult self and a wounded child part in order to retroactively address old deficits.
 - *Application:* The "adult E" symbolically takes the "little E," who suffered from the mother's silence, by the hand. This shift from the role of victim to active caregiver ends the biographical powerlessness.
- 6. Systemic forgiveness work & NLP perception positions**
- *Definition:* Relieving the client by recognizing that the misconduct of the caregivers was often the result of their own trauma.
 - *Application:* E recognizes that her mother's silence reflected her own injuries. The phrase "I forgive you with all my heart" releases energetic blockages toward the past.
- 7. Psychoeducation on self-efficacy and NLP state of excellence**
- *Definition:* Imparting knowledge about psychological mechanisms in order to strengthen the client's autonomy.
 - *Application:* The coach makes it clear to E that she is not defenseless against her emotions (anger/sadness), but can actively influence them by controlling her posture and paying attention to her inner representation.

However, methods only unfold their transformative power when they address the client's deep-seated beliefs and open them up to new experiences.



RAUM FÜR BEWUSST SEIN

3. Analysis of belief systems (beliefs)

In E's system, there are both openly stated rules and rules hidden deep in the unconscious that presumably have a significant influence on her physical health.

Explicit beliefs (quotes):

- "Mommy didn't talk to me for three days when I did something wrong." (Punishment through isolation).
- "No one is interested in [my qualifications]." (Feeling of devaluation).
- "I am simply powerless against this feeling of emptiness." (Experienced helplessness).

Implicit beliefs (synthesis):

- **"Love is linked to flawless functioning"**: The fear of one's own "clumsiness" in everyday life is a continuation of the fear of the mother's silence.
- **"The motif of the invisible expert"**: Despite a high level of professional competence (gerontology), the childlike feeling of not being seen remains. This reflects the dynamic with the father, who was present as a "mighty, huge elephant" but was emotionally intangible.
- **"Security comes from control"**: The massive accumulation of doctor's appointments can be interpreted as an attempt to regain control over a body that carries the unconscious burdens of childhood.

Insight focus: These beliefs are psychological stressors that can directly affect thyroid function and the heart rate system. Physical healing is likely inextricably linked to exposing these "old programs."

Mindfulness serves as a spotlight that illuminates these hidden patterns and breaks their automated access to the system.

4. Synthesis for the learner: Key insights from the session

Three fundamental principles can be derived from this case for professional coaching practice:

1. The psychosomatic patient metaphor: Physical symptoms are often "silent cries" of the soul. By addressing the thyroid gland or the foot as the "patient," the coach changes the client's attitude from



RAUM FÜR BEWUSST SEIN

fighting (resistance) to caring (integration). This immediately lowers stress levels and activates self-healing powers.

2. The power of reparenting: The decisive healing moment lies in the shift of power: when the *adult E* takes *little E* by the hand, the lifelong dependence on parental approval ends. The individual becomes their own safe haven.

3. Self-efficacy as an antidote to powerlessness: The feeling of powerlessness in the face of symptoms disappears the moment the client learns to actively direct her attention. Mindfulness here transforms from a relaxation tool into a strategic tool for self-control that can neutralize even the deepest imprints (such as those of the "elephant-like" father or the silent mother).

Based on E's final experience of "deep peace," it becomes clear how the mindful integration of all parts has the transformative power to shed even lifelong burdens and create inner unity.

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