

## **Allergy as an emotional phenomenon**

*treatment of a 34-year-old woman with pollen and dust allergy using neuro-linguistic psychotherapy (NLPt)*

### **Psychotherapy case study**

**Motto:**

Dedicated to the memory of Béla Buda, from whom I learned systemic and operational psychotherapy and who helped me to deepen my international studies.

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## Introduction

In my case study, I report on the psychotherapeutic treatment of a 34-year-old woman suffering from pollen and dust allergy symptoms, with a catamnestic outcome of about six months.

The treatment of allergic symptoms (never just symptomatic treatment) must involve profound changes in the patient's emotional system that alter the immune system's response ("phobia of the immune system") in such a way that it is not only "symptomatic" but also "immune-phobic".

"dangerous" substances, such as pollen, as truly harmless.

During psychotherapy, the patient has to undergo intrapsychic *emotional operational steps* that change the emotional structure associated with the allergic mechanism and as a result, the patient does not have to *shift* repressed emotions and emotions to allergens as a defence.

These action steps are largely performed in a hypnotherapeutic trance experience, which offers access to early and deep emotional experiences in concrete or symbolic form.

In this process, the patient partly processes his repressed, repressed emotions and partly puts them to other creative uses. In our case, the repressed, suppressed emotions also become largely

conscious and contribute as released energy to the patient's efforts to become independent and self-reliant and to plan his or her life.

Mary had come to *get to the bottom of* what she thought was a strange allergic phenomenon, which she thought must have a psychological background, at the suggestion of a friend (who had been to see me a year earlier).

### **History**

In mid-July last year, a 34-year-old self-employed woman calls to make an appointment in a kind but firm voice. She says she wants to see me at the suggestion of a close colleague whose allergies have long gone. She explains that she has pollen and dust allergy symptoms. I explain that I can only help with allergies that have a psychological background and are not hereditary. She tells me that she is sure that her allergy has a psychological background. I ask how do you know this for sure? Because it is not always and everywhere. But for example, when he visits his mother in Pécs. As she approaches the city, her allergy comes out.

We can agree on an evening time of 18 hours when you can be free, and also that you can come from far away, I am available for double the hours (90 minutes).

### **First interview**

You arrive exactly on time. A medium height, slightly plump, slim lady enters the door, says hello, but is on the phone, bluetooth in her ear, talking about an estate sale. She gives the impression of an important, determined businesswoman. Her eyes are a little red, her voice nasal. You can hear her nose is stuffed up. She ends the call and apologises, but says that unfortunately one-to-one business meetings are unavoidable and important. His movements are also decisive. As he sits down and the conversation between us begins, his tone changes, becoming softer and kinder. But at times the harder style returns. I get the impression that this "businesswoman voice" is a forced tool of her job, which she would easily give up.

He explains that his son has been allergic since birth. As soon as he woke up, his nose was stuffy and he was sneezing. It's been like that ever since, he wants to blow it out, but "it won't go in or out, it's a vacuum".

She was very young at the time, barely 20 years old, and she became pregnant in the relationship. This was not the man she had imagined for her husband. "Basically there were two voices in the background, one was the un. There were two voices, one was the voice of my "foster mother", the voice of Julcsi, who says that she shouldn't have this pregnancy, she doesn't have children either. She then convinced the son that they should marry after all.

Her family background is that of a governess mother and a skilled worker father. They lived in a state care home where her mother worked. Her interesting impression of this time as a young child is that 'the children in state care envied me because I had parents and rejected me because I had parents'. We spent a lot of time together there, but we didn't develop a relationship.

He is seven or eight years old when they move into a family house in the village. It's his mother's house, but he doesn't like it here. She prefers to spend a lot of time with one of her mother's friends (Julcsi), who has no children. She really considers her to be his "foster mother". She still has an intense relationship with her. He was and still is more attached to her than to his own mother.

How did your relationship with your mother develop?

- We live in a very different world.

What is his world like?

- Falusi. It's a typical rural world, the "what do the neighbours say", "we won't buy this because it's expensive".

Can you give me another example?

- "My mother ran the shop in the village and it was the death of me that the village is good for the home and the village is good for the cican pants, and the men's hairdresser also trims the women, and the whole thing, that I had to convince my mother so that later, when I was an adult, I would take her to a restaurant once in a while, because she never went to a restaurant because it was expensive, when we could eat at home, then why... real pettiness and when she was most concerned about what the neighbour would say..."
- "I remember living in a terraced house and I remember those conversations when he whispered in our own apartment so the neighbour wouldn't hear...well, where do I care what the neighbour thinks? And then there are these petty quizzes, the neighbour who comes over, one day they're on good terms, the next day they're on a dodgy, he's digging in his garden with a shovel handle...everyone is always looking at each other and gossiping about it".
- "in an interesting way, I am proud of it and I admit that I am a village girl, even though I feel like a stranger in that old village environment."

What kind of man was your father?

He was basically a very good man. When my son was born, he died. He died right during my second pregnancy and I had an abortion (cries).

My father had a variety of internal medical conditions. He did not drink regularly, only rarely, but then a lot. He did not die of alcoholism. His death was very painful.

He also has a brother with whom he has a very ambivalent relationship. "The brother is so overbearing, omniscient, humiliating with me. I remember when I was little and he used to put me on top of the climbing frame and wouldn't let me come down".

"My brother has always fancied himself as a supremo, but I've been thinking about it the last few days and I can't understand why? Perhaps he was trying to compensate for his sense of inferiority by lording it over me and ultimately trying to prove that he was better than me. He graduated from a vocational school, I graduated from high school. As long as I was in it, I had a good business, but as soon as he was on his own, he went bankrupt, but I paid for his losses, which he has not paid for since".

"I moved to Pest, started a new life, I'm still in real estate, and he moved back to the countryside. So it's always the case that I can get back on my feet and he's always trying to prove he's better."

What does this mean at the moment?

"Nothing, because I don't care. So I've got this feeling that, compared to always wanting to please my brother, I've got to the point where I have a brother and I don't care. But it took me psychodrama and there was a letter I didn't send, which still shocks me, what I wrote down...(crying)..that we didn't become brothers because we were dropped by the freshman at the same time...and I haven't forgiven him for all he did to me...and I hate him and I'm not his brother anymore...(crying)

Can I ask about your mother? How is your relationship with her now?

"Well, yes, I call her because it's the expectation that I keep in touch with my mother at a minimum, but I never call her because I miss her...or because I have something big to tell her. Because I'm a good girl and I'll do it for her and then talk to her for, say, ten minutes about nothing. And I'll listen to what they're doing with Uncle Feri, and I'll tell him what's going on at our house, even though I know it gives him the shivers..."

How did your current relationship develop?

"I've been in a circle of friends and it's natural to hug each other, to say come on, you're my friend and I'll hug you. I'm the caring mum in the group who cooks for the others. One time Lala came up to me and said wow, that was delicious, and hugged me, but really just out of friendship...and I know that only happens in fairy tales, but I really liked her hug, it was so tingly...before that she was just a little boy to me. The company members kept talking about Lala, what a nice kid she was and after a while I really believed that I really liked this kid. I liked the approach because I hadn't had a boyfriend for months at that point. And the next day he called me up and asked me out. And when we met at the Mozart, I still sat down with him, of course he was nice and we had a nice talk, and when we left the Mozart, he took my hand so firmly and never let go after that, that I felt -this is a man...that's it. And when we kissed in the street, I told him that I hadn't done that since I was 18. And it felt so good, because I was such a woman next to him and he was a strong man and has been ever since. That's the big story (laughs)."

Very good. This allergy seems to be a product of the past and some kind of emotional survival. It's interesting to observe which things from the past still annoy you, or bring tears to your eyes, or make you angry. It is very good to observe that if you release your tensions, you can blow your nose. And if he gets annoyed, his nose gets stuffy (laughs).

- By the way, that I am now watching myself is really true.

How do you feel at home and at work?

He is very comfortable at home. He mentions all positive things. They are planning to have a child together. They want to build a house together.

At work, however, he has been feeling very frustrated over the past year. Her boss has appointed another female colleague to the regional manager's post, which is close to her future home. She finds this completely unfair and is extremely annoyed, as it is a professional disrespect for her, who has done so much for the company and the boss.

As if the analogy of the disappointing situation with her brother is repeated here?

He does not say anything, just looks in agreement. I can see on his face that he is calmer now than when he came. That makes me feel reassured too, I feel we can work together.

(I'll use the metaphor of allergy treatment to plant in your mind the steps to take). They say the relationship between an allergic reaction and the immune system is like sentinels in a castle. If someone approaches, they must recognize whether they are a good friend or foe. If for some reason they are mistaken, they will sound the alarm even if a good friend is coming. This alert would be an allergic reaction on the part of the immune system, i.e. it reacts to harmless pollen as

if it were a dangerous substance. We would like to change this in your senses during the treatments so that you do not see harmless pollen as dangerous.

### **Analysis of the first interview and the therapeutic contract**

Based on the objective information from the first interview, the onset of Mary's illness can be interpreted in the context of her ambivalent relationship with her mother and brother. It can be said that as the encounter with her mother or brother approaches, the allergic reaction appears. She suppresses her feelings for them, represses them within herself and shifts them to an external object (pollen). Mary is very keen to comply with the higher command to respect her mother and regularly calls her on the phone to 'talk about nothing'.

So, in the background of the psycho-immunological symptom, there are suppressed annoyances, a lot of frustration, impulsive strivings, which form a specific emotional structure. However, the manifestation of these impulses in concrete behaviour is forbidden by certain norms of the superior self, so that the person experiences them as impulsive frustration and shows a violent defensive reaction to even mild external stimuli (e.g. dusts). Thus the person shifts his repressed emotions to dusts and other substances. This is the mechanism of the psychological allergy symptom. The following quote is a good example:

*"Well, yes, I call her because it's the expectation that I keep in touch with my mother at a minimum, but I never call her because I miss her...or because I have something big to tell her. Because I'm a good girl and I'll do it and then I'll talk to her for, say, ten minutes about nothing."*

We contract for 10 hours, five double hours (90 minutes), once a week in the evening. This is necessary to get rid of your unpleasant allergy symptoms as soon as possible. We agree that she will now have an interconnected experience over several sessions, during which we will always discuss her experiences. The important thing is that he expresses his feelings, his fantasies, his inner physical sensations and feelings well.

### **Operations to treat the allergic symptom**

*However, I would like to point out here that in the case of certain life-threatening allergies, such as Penicillin allergy, I consider psychotherapy experimentation to be prohibited and life-threatening. After all, relapse can occur in many cases if the person decompensates for some reason. However, for most allergic complaints, if symptoms return, they can be unpleasant but not life-threatening.*

In the following, we will describe in detail, step by step, the operational process that helps Mary to change the deep, multi-layered emotional structure responsible for the allergic mechanism.

**1.** At this stage, simply observe and register the patient's thoughts about the allergic symptom and the psychovegetative patterns in his/her face and body language. We do not know what deep emotions the allergic symptom is associated with in the patient. This is why it is useful to work with symbols.

#### **2. The "dangerous substance" symbol**

After indirect induction, when the signs of the trance experience are clearly visible, the patient is asked to imagine, as he or she subjectively experiences it, what the small particle looks like in his or her imagination and feelings, if he or she imagines it by enlarging it to about 10-20 centimetres. So we are not imagining the pollen picture in the lexicon, but the subjective experience of it.

*T: "you do know that imagination, fantasy, experience, these are very important things...and I would like to ask you, if you were to magnify these tiny things in your imagination, if you were to magnify these tiny things in your imagination, if you were to magnify these tiny things in your imagination, if you were to magnify these tiny things in your imagination, if you were to magnify these tiny things in your imagination, what would it look like, but in a completely subjective way, not as it looks in the encyclopaedia or under the microscope, but in your imagination, in your imagination..."*

P: It's a very round ball with a lot of these little tentacles on it...which at first glance don't move, but then when I look closer I see that they can move like octopus arms and they can grab you. Or if I think about it, it starts to come towards me like that and then its tentacles are moving and they come towards me and grab me.

*T: Where will they catch it?*

P: It doesn't matter, it doesn't matter where, as long as they can hold me and wrap their arms around me, it can be my finger if it's close by, it's just that they can hold me and wrap their arms around me. And I can't shake it, it's so sticky...

*T: And what happens if it is annexed?*

P: If you get sucked in? Then I feel ... they're pressing down on me, so they're pressing down on me and I can't breathe, but I'm not being suffocated, I just feel like they're squeezing my lungs... I can almost feel my lungs squeezing, I can't breathe and I can't breathe and I can't breathe, my lungs expand just a little bit and I can feel it physically.

T: And if they get in your nose, in your eyes, what's this ...how things happen there, with the same fantasy...how do you get your nose blocked, how do you get your nose blocked by these tentacles...

P: They stick to me and that sticking... not these powders that clog me up, but that sticking makes me swell up, so they blow and clog my nose and I can physically feel my nose tingling and my mucous membranes getting bigger....They inflate it all up like a big mosquito bite and it starts to spread fast, fast and just from touching me, just from being nuzzled, it starts to spread. It's not my imagination that my nose gets blocked by a lot of tentacle things getting in it, like a tunnel that's been plugged up, but the way I react to their touch, the way they set me on fire.

*T: as the mucous membrane swells...*

P: as it ignites or ignites and I often feel a tingling sensation...I can only blow it out if I force it...when I blow so furiously, Lala tells me not to push it so hard, because when I try and try and I feel it's completely...it's a real vacuum... it's neither up nor down and I'm blowing, the veins are swelling in my head, I'm so nervous and I want to blow it out so badly and then all of a sudden it starts... I blow it out, it's fine for a second and then I feel it all start to come back again. I get a real angry violent feeling when I do that...it's the only way to blow it out.

T: What could this feeling of angry violence be compared to?

P: The feeling or the action?

T: *Both, you're right. First the feeling.*

P: The feeling? (laughs) Well, to feel tight, you tense up, you try and you want it, but you can't. And for the action, when you're up against a huge big truck or a chandelier and you push and push and push and you're all red and you put all your strength into it and nothing moves...

T: What is the material of this tentacle ball, what is the tentacle made of?

P: It's intangible, I can see it's so soft, I can put my hand in it and it doesn't disappear, you see it in science fiction movies, you can put your hand in it and it's still round and round and round, it's a ball. It's like these tiny little balls, I can imagine it's there and I can't touch it. It's impossible to grab it because it's all around you and when you do grab it, it's fixed and hard. Then I can't get my finger out of it because it's stuck...

These accounts of subjective mechanisms implicitly point to peer conflicts, helpless resentment, and self-worth insecurity.

### **3. What makes the subjective mechanism work?**

According to the systemic approach, we may rightly ask which conscious or unconscious representation of the allergic person is the one that makes him or her aware of the harmless substance such as pollen as dangerous? We could also say which part of the personality is responsible for shifting the patient's emotions and annoyance - suppressed within himself - to the harmless substance, thus presenting it as dangerous. We have to look for this in some superior self-content, which is not currently available to the patient.

This symbolic mode of operation, however, allows us to make the patient associate in a trance experience with the *image that appears in front of or inside him or her when he or she asks himself or herself what could make him or her think that this is what a pollen is like, for example, a tentacle ball? What might be the reason for his or her acting in this way? Or what makes her function in this way?*

This is perhaps the most difficult part of working in trance. For we are not asking the cause of the problem, but the superior self-representative that is running the subjective system of the patient. This process requires patience and perseverance, since the content of this superego is not conscious in the patient. However, the negative feeling of allergic symptomatology (the subjective mechanism mentioned above) is related to this representation of the superego (a value, a norm). In most cases, an image or picture of a previous experience appears as a surprise, which the patient subjectively perceives as closely related to the allergic mechanism. The therapist's task here is to test whether the spontaneously appearing image is actually fulfilling a function of the superego. The representative image of the superior self is almost always a symbolic image and is commanding, demanding, abusive, threatening.

P: A big cloud over my head. A big cloud that can change shape, but I can't tell what it is. That can be commanding and I feel it towering over me. That I can look up to, but when I look up I can't see anything, but I can feel it's there. A big cloud of clouds...

### **4. Internal dialogue with the representative above me**

T *...that can be commanding...what does this big cloud of clouds command, that can change shape...can be commanding...what are its commands?*

P: I don't know what his orders are, I just feel that I don't want to. I know I have to do it, but I don't want to do it...when a child is ordered to put on your long pants and I feel that he wants the short ones and is trying to have his way...it's so threatening.

(When the patient finds a connection between the image of this superego content and the subjective mechanism caused by the "dangerous" substance, we have the opportunity to ask about the function of the image.)

*T: Just let your imagination run wild... what does this big cloud of clouds really want from you?*

P: Well, to live up to it, to be better, to be more special...to be special and I've been thinking about that, I always had this image of...since I couldn't be special, I chose to be so special. I think of myself as so simple, so nothing, so I do things that are special, that I think are special, like skydiving.

/ The symbolic image of the superior self-representative is almost always obnoxious, demanding or threatening. But if we ask further what the original intention is, or what it is trying to educate the patient to do by being demanding or threatening, it turns out to represent a norm or value. The first associations always refer to the fact that the purpose of the superior-self symbol is to punish, humiliate, obstruct or threaten. This moment, however, is a moment of insight and reassurance, because it is here that the patient understands that the symbol of the superior self is not persecuting him, but protecting him! The meaning and the positive intention of the symbol, spontaneously and involuntarily created from unconscious, symptomatic feelings, becomes conscious and comprehensible to the patient!

Separating the original, positive intention from the punitive function is not always easy. It is also useful and helpful to use metaphor here. For example:..." a young child is playing with a wet head, running around in the winter yard, one of the parents, say his father, sees him and with great severity shoves him into the heated room. In the midst of loud shouting, he wipes his hair quite aggressively, leaving a lot of hair in the father's hands and in the towel. The child feels his toys have been ruined and is aggressive with his father. But the father's original intention is to save the child from more serious harm, such as meningitis! So the father's original intention is protection, not punishment..."

P: It's funny. I still thought I was special...I didn't want to fall and I didn't enjoy falling, but I thought that if I skydived I was special, I was different. I chose skydiving because it was fun to be part of the team. And then I had a group of friends and then I became the mother of my group of friends because we used to meet all the time, we used to eat at our place, I used to cook, I still cook... if it's a group of friends, I'm the hostess. And that's the correspondence, as I said.

*T: This is the answer...and what else does this cloud say?*

P: To be good. To be the best in the company, so that when I started college, I didn't go to college because of my child. I perform well periodically. But in the long run I can't do it and I always try and start a course but I don't get to the point where I finish it,

*T: What's holding you back?*

P: The fear of not meeting you. The fear that I won't pass the exam the way I should (voice trembling)...

And then I felt like....husband, because then we wouldn't be alone, and then I'd be a match.

*T: I have to get married, because then we won't be alone and I'll be able to...*

P: I absolutely can't blow my nose now, it's so stuffed up right now.

*T: Yes. It was able to blow it out before, but now it's clogged again. ...  
So meet, be good and get married, because then you won't be lonely...*

### **5. Boosting and leveraging positive intentions /description of a session/**

In this phase, the patient is helped to experience the positive message or messages of the superior self that are important to him or her, as he or she has already fulfilled them at some time, in some form. (*In the case of Mary, the message of the big cloud: be responsive, be good and be special.*)

The process of gathering, connecting and experiencing together experiences and emotions of different time, content and content can be summarized as follows:

*"Now just dive in, let your feelings, your memories go, and in doing so, live through how much you have experienced of that in your life so far, to be responsible, to be better, to be a special person. You may feel that way today in certain situations, you may have felt that way before, even a few years ago, or even earlier. Some of these experiences come to you fully consciously, but some of them come to you spontaneously, involuntarily, perhaps not fully understood by you, just as an unexpected guest. Just live through them and gather them all together..."*

When we see the vegetative signs (relaxation pattern) of the experience unfolding in the face, relaxed muscles, we ask the patient to tell us why it is important for them *to be fulfilled, to be better, to be a special person*. What is the deep and overarching value behind this? Then, what he says, he will experience. And we always ask: what is behind this something broader and deeper? It is a broader capacity, some deep conviction, in which the series of experiences that you have had can be summed up. We continue to do this until this rich, positive experiential material is complete and integrated to the point where the patient is able to formulate his or her own identity. For example, *"because this is who I am" etc.*

This comprehensive and physically and spiritually pervasive experience of identity is further intensified by "now for a while let flow within you all that you are experiencing both physically and spiritually... further intensify within you *this here and now experience* and just let this complex experience flow within you".

This is the flow-experience itself (Csíkszentmihályi Mihály, 1997). The image created from feelings is a symbolic image that condenses the many different self-experiences, and therefore it is a powerful source of emotional power.

In Mary's case, the induction was as follows:

*T: ...Listen and dive in to broaden the message of the big cloud of thunder....get as comfortable here as you can...and just listen to yourself, to the person that you are...listen to the feelings that you have in you right now, listen to the emotions and feelings that you have in your body...listen to which hand feels lighter or heavier...that's it...you can feel your head resting on the back of your chair and just let your head rest now...feel your breathing so even, so beautiful...and just dive into yourself, into your experiences, into your experiences...into the many, many experiences, thoughts, memories that can come to you at this time...sometimes like an unexpected guest..and as you go into yourself, it's easy to relive, to recall memories, thoughts, when in other situations you have actually fulfilled, accomplished this thing, so that... you **are fulfilled, you are good enough...and you are special enough to have** accomplished these things...and you have these experiences when they have been accomplished...and you feel physically and spiritually one and unified....that **it is good, it is fulfilling and it is special**...let Mary experience such situations...maybe she has had them recently, maybe she has had them in the past...and let her observe what such an experience feels like...and experience that good experience -that's a good feeling when you feel that you are being met in front of you, you are special and good and treating someone well, you feel accepted, you feel met...and what the body experience of that is...what you feel in your body. So you can keep your eyes closed but you can talk...what does it feel like?*

P: Happiness...and laughter...

*T: Happiness and laughter...what are the body sensations of that, what is the feeling in your body? In the chest?*

P: Airborne

*T: Airman*

P: An airy warm feeling.

*T: Where specifically do you feel this warm feeling?*

P: In my heart...in my heart.

*T: In the heart...in the heart.*

*T: Just feel, if you listen to this and you can observe it more closely... this feeling of warmth in the heart... this airy feeling, maybe you feel light in your body and just dive into what's behind it, why it's important... to feel the warm feeling, which is also a feeling of happiness, is there some wider context behind why it's important to you...*

P: At this time...I feel beautiful.

*T: You feel beautiful...well...live through experiences Mary, when you knew and you got feedback and you felt beautiful...there are many situations like that...your love of life, your serenity, your specialness...it really makes you beautiful....live through specific situations when you experienced it, being beautiful and all that it means, all that you have about it, feelings in different situations...live through it, being beautiful. You can just come up with memories...feelings, situations that you have experienced being beautiful...whether it's a face of your own, or a movement, or a feeling that says yes, I am beautiful...beautiful... ..just observe, if you get into a situation like that, as if it's happening now...being beautiful, what feelings does that bring?*

P: To keep smiling.

*T: To smile all the time...what's it like to smile all the time?*

P: Carefree

*T: Carefree...you can experience situations like this where you've been smiling and feeling carefree all the time...carefree, ....all kinds of situations like this that you've experienced before...carefree...smiling...you can experience more than one of these situations and it's a great feeling...to experience these situations again...to be carefree, to smile, it's a great feeling, why is it important, what's behind it? Is there some deeper context why it is important to be carefree, to smile?*

P: Mom is never carefree and never smiles...

*T: He's not...But you're different and special. And for you, why is it important to smile, to be carefree, what's behind it that makes it important?*

P: Then I'm not Mum...

*T: Not Mum, then. But always on your own. Some deeper feeling that makes this important, I wonder what it is?*

P: (blowing nose)...I don't want to be a victim...

*T: How would you say that without no? If not a victim, what would you like to be?*

P: Free man.

*T: Free man. Very good. Mary, you have experienced situations where you felt that you were a free man and that's very important. Where you felt that you were a free person, an individual...and there are many situations like that...where you were free to choose, free to decide...where you were a free person...live that...where you felt your own freedom, individuality...and specialness...and so it makes sense of many things that maybe weren't always so...understandable...what is it like to feel like a free person? In a situation where you live yourself as a free man?*

P: You can choose

*T: What's the feeling of the body when you experience that you have a choice? What is the feeling, the emotional state of that, where you feel within yourself that you can choose? What is your feeling?*

P: Airy.

*T: Airy, well even*

P: Exciting and confident.

*T:...and confident...very well. Notice what the signs of that are, that she's confident, airy...excited...what she feels exactly in her body, in her breathing, in her blood flow, in her face, maybe in her mouth, in her forehead, in her nose, in her legs...excited...confident.*

P: Satisfaction...I feel the recognition of being looked at and being around and being a safe point for others...and I feel great

*T: Okay. Just experience that...feel that sense of satisfaction, to see them look at you and feel satisfied...to be around you and feel good and safe for others...and feel great...let those feelings...flow within you...like a river flows from the source to the ocean...changing, but always the same as itself...like Mary herself is the same as herself...as she feels content, as she feels free to choose, free to be a human being, as she feels she can choose, as she feels she is an individual, carefree, smile, feel she is beautiful...as she sees them content as they look at her...as they are sure of her point to others...and at the same time she feels great, as she is sure of her point to others...and to yourself...just let those feelings, memories, voices flow through you...just experience yourself as one, whole, an individual who can choose...as smiling and beautiful...and that allows you to be a free person. Just experience all of yourself...and out of the many, many feelings and situations you are experiencing now, experience all of these feelings at once...that you are beautiful...that you are constantly smiling, that you are carefree, that you see yourself being looked at...that you are safe for others...that it feels good to be around you...as you feel good and big...as you are fulfilled...as it feels good to look at yourself for others...you know that you are safe, content, free, beautiful and carefree...as you experience all these feelings, all at once, you feel new feelings, new sensations in your body, new emotions, all these feelings together...and of these many, many feelings, you would like to express in a picture, what would you see in such a picture, which would express all these many memories, many feelings in you? Expressing your beauty, your smile, your carefree, your freedom, your individuality, your contentment as you see them content, as they watch you, your confidence, your pleasure to be around and your sense of contentment and greatness...what would a picture be that would express all of this to you? What would such a picture be?*

**P:** A fairy princess.

*T: A fairy princess. Very good! Look at this picture of the fairy princess, what her face is like, what her smile is like, what her voice is like, her gestures... and look at it in a way that best reflects, best enhances that complex feeling...so that you can experience even more, through this picture of the fairy princess, that you are beautiful and carefree and content...and that it feels good to look at her...and that it feels good to be around her...and that she is safe...and content and great...and this experience, with this image of the fairy queen girl, only amplifies this deep complex feeling within you.... and let it all flow within you.....on and on...on and on....to permeate your whole being, both physically and spiritually. And the more this deep and complex feeling flows through you with this image of the fairy queen, the more of it is generated...the more intensely you feel this feeling...this deep and pervasive feeling...and this deep and pervasive feeling flows into the things you believe in, Mary. And you might want to believe even more. She also has this feeling, this sense of contentment, this sense of freedom...that she wants to believe in more than her own abilities. It also flows into the situation where you have doubts about yourself...it flows into you to have more, stronger faith in yourself, confidence in yourself, to have a safe point, to feel good to be around... and you see that they are happy with you, and you are good, and content, and you feel great...This pervasive feeling from deep inside you flows into your face, into your body, into your abilities, into your belief in yourself, so that you can believe more in what you have doubted, and it flows into your behaviour, into your actions, into every situation you have been in, everywhere you have been in your life, it flows into you, with this fairy queen image...it also flows into situations where you are with your mother but there is nothing to talk about...it flows into situations where you have doubts...it flows into situations where you were pregnant...but now it gives you hope and fills in all the situations later on that didn't turn out the way you imagined...but now it also flows into Mary who had her first allergy when she was pregnant...She flows into every situation where she feels different from her mother...but she also flows into her relationship with her mother and with Julci...she is filled with this feeling, this deep, pervasive feeling of freedom, a feeling of choice, a feeling of satisfaction, of knowing that it feels good to look at you because you are beautiful, because you are a sure thing, because you are*

*smiling, because you are carefree, because you are content and you feel great, even more so as she is filled with this pervasive feeling...Every situation she's ever been in, wherever she's ever done anything, she's imbued with this feeling of the fairy queen image, and she can pass on these feelings to others, to herself, to the faces of herself in the past...and just keep on flowing this complex feeling, because there are so many memories and experiences in it...Just now, in your mind, take this feeling from today into the night...into the day...into tomorrow...into the day after tomorrow, into every situation where you are likely to need it. And look now how things might be different if this deep, all-pervading feeling, this experience of self, is present in situations that are likely to happen, whether at work or at home, because these are your own feelings, but your own freedom, your own smile, your own individuality, your own contentment are all in there...it is really you...it is your feeling, your identity with yourself...like a river going from the source to the ocean, small at first, easy to cross, then deepening, widening, changing...but always flowing, just as these feelings flow within you and are always the same as you...just as these feelings are the same as you. Her individuality, she is here in this feeling and she is here in the way it feels good to be looked at and she is certainly spot on as it feels good to be around her and she feels big...with this fairy queen image...just take this image and put it in your body sensations, you might put it in your chest, you might put it in your face, or you might melt your whole body into yourself, where your head is her head, her head is your head, your shoulders are common, your body...and it's from your own feelings that this image comes, just take it in, that accompanies you everywhere... so... it feels good to breathe and as you exhale, really, it's as if you're blowing out deep tensions, fears, while you're getting better feelings in your chest... in your face... in your body, a feeling of contentment, a feeling of being free, a feeling of being able to choose...(pause)*

*(dehypnosis, louder) And slowly, at your own pace, you will feel good about coming back here and your eyes will open, and only later will you become aware of the inner confidence that is so important to discover your own powers, your own abilities, with this deep, all-pervading feeling...It will feel good to come back here, to this room, and as your eyes open more and more, you will experience more and more your own powers, your own feelings, your own faith in yourself, which will accompany you everywhere.*

*How are you feeling?*

P: Much better now. I feel so strange. I can breathe.  
I found out some strange things.

*T : Report on these...*

P: Well...about Mum. That I tried to ignore it and I didn't think it made that much difference. How dismissive he is...until now I thought it didn't matter...and I realized that it matters a hell of a lot, which is negative and it feels really bad  
And with it comes a fear.

*T: A fear of what?*

P: To report the same to my son. I think it's because it takes awareness to relate well to Anton, to listen to him, and I often feel that I'm not listening to him. And I'm thinking now of how much Mum didn't listen to me and then the parallel is made. I'm thinking that Anton sucked that I gave birth to him in an unstable relationship and that makes me feel guilty.

*T: I think you're treating Anton very well, because he's getting love from you, he's getting care from you...his experience is quite different. But it's definitely important to have that thought in your head about how to be even better for Anton.*

*Well, every mother worries sometimes. ...we can't be with the child all day, we have to let him play a little...*

P: Are you allowed to feel that you wish you didn't?

*T: In that situation, when you're alone with a baby and you don't know what's going to happen, you can't really work because you have to breastfeed, or I don't know... of course. It's a vulnerable situation. You know that the husband didn't want the child, you know that they're going to get divorced, you know that it's not a good relationship, so a lot of thoughts go through your head...*

P: (blowing nose) And at the same time, I couldn't imagine not taking care of him or leaving him...when I moved to Pest and my life was very uncertain, Mum said that until my life was certain and it turned out, I should leave him there and it never occurred to me to leave him.

*How was this fairy queen picture?*

P: That felt good. I could see her face beaming and smiling and her eyes sparkling and I thought it was a star creation, some kind of radiance coming from her face that you can't even describe, it just gives you a feeling of happiness...

P: I don't want my son to feel what I felt towards my mother (crying), that I always felt that my brother was loved more...

*T: Yes, that's right, but that's not the case! Not in time, not in circumstances. ... (pause)  
Well, that was it for today.*

## **6. Exploring the emotional history of the allergic symptom**

The powerful flow experience helps the patient to be recharged with psychic energy and emotionally open for the next exploration. The patient is asked to experience only slight traces of the physical sensations of the last allergic symptom (e.g. nasal congestion, etc.) as a reminder and this is combined with indirect age-regression suggestion, where the thread of age-regression is formed by so-called *emotional bridges*.

Meanwhile, we watch for changes in the patient's vegetative signs, and when a so-called problem pattern appears, especially on the face, we address him again. "Where is he? What are you feeling? What is happening around him? How old is he here?". This is always a negative experience and the feelings in the patient are feelings of frustration.

*As follows: 'With this feeling (as this **tentacle ball** stimulates you), you slowly start to go back to the events of the past, this feeling leads you somewhere completely involuntarily, perhaps wondering very much where and into what situation you will arrive, following the thread of this feeling.*

P: Until I was 19, when I found out I was pregnant.

*T: See how you feel there, in the situation where this sneezing, nasal congestion experience has taken you? What do you see around you, memories, as if you were there now?*

P: I'm half-conscious, I can't breathe and my throat is dry and I have to sneeze.

*T: Where does your attention go from here?*

P: I must be about seven or eight years old and I'm talking to my nieces and my uncle is there...and I remember he caught me in a lie. I felt such pressure...that's what I remember now, so that feeling of Uncle Josh being caught in a lie and it was such a banal little lie just to make it interesting.

*T: And what's the story?*

P: There was a party in the village and the ringlispiles, a former classmate of mine, Béla Patkó, swung the ringlispile swing so far that it kicked the window of the stall from which it was launched.

*T: And then your uncle exposed it?*

P: Yes, he deduced in front of my niece in half a minute that it was a lie.

*T: And what did you feel here?*

P: I felt a terrible tightness in my stomach, and my heart was pounding up to my throat and my face was flushed. I remember my ears burning and flaming and I wondered if it showed, because if it did, they would know I was lying.

*T: And where do your memories go from here?*

P: When I was younger. I remember when I was younger, they were building next to us and I fell into the foundation at night. I came out to get tomatoes because we always had tomatoes and I really liked tomatoes...I was 6 or 7...it was dark and I couldn't climb out...I was thinking about screaming now, but my mum was in the house, that's what I remember.

*T: How did you get out of that ditch in the end?*

P: Mum and Dad came out to see where I was. I remember standing inside and the ground is damp and I want to climb out, the dirt is falling back on me like this. I'm trying to...

*T: And is there a history of this ditching...if it goes on in this thread, where is there any history?*

P: I see Daddy hugging another girl. I mean, she was a big girl, she worked there in the institute, she was an aide after school, her name was Violet, she used to come to play badminton and games, it was so nice, she was my girlfriend and there was a glass door between the hall and the living room and I was pulling my shoes in the hall, how nice, we're going to play badminton with Violet again and as I got up I saw Daddy hugging this Violet...and then I quickly sat down again to tie my shoes and I remember that I didn't want to play with Violet anymore (laughs).

*T: And how did you feel about yourself there?*

P: I was afraid of being noticed. And disappointment that Violet was not my friend. And a kind of anxiety that you shouldn't tell anyone, because it would get you in trouble.

P: I was about 5-6 years old... when I had my tonsils out. And they came to see everybody, it was in Pécs, they came to see everybody but me. And I'd always turn in, feel the cold tile, resting my head on it, during the visit and cry there.

*T: they didn't come to visit...*

P: Mum said they came, and so did Gretel, but they weren't allowed up to my place, but I still don't understand why. And there was a big girl who read us stories.

P: But it was a big disappointment for me. And I remember when my mom brought me home, she made me mashed sugar snap peas and it was delicious, I've been looking for that taste ever since.

In the course of evaluating these experiences, the author became convinced that repressed, suppressed emotions and annoyances lie behind the allergic symptoms. Frustration never triggers behavioural aggression, because allergic persons do not allow their strict, norm-conforming superiors.

## **8. Creating corrective emotional experiences through intrapersonal communication**

"Take that feeling and put it where you need it" (Milton H. Erickson, 1979.)

We do not ask for a more detailed verbal description here, as it is a very complex process of experience. This intrapersonal process in a hypnotic trance is often a cathartic, profound experience. It brings a whole range of emotional understanding and insight experiences, often in ways that are difficult to verbalise.

If the child-self experiences the same event with different feelings through this intrapersonal process, it will also give the situation a different meaning in retrospect. Experienced as a child, the original situation could then indeed be literally *hopeless*. In the bodily-spiritual interaction of the adult self with the child self (in fact, in its intrapersonal communicative experience), it is already in perspective, having long since transcended that situation. Thus, the series of experiences itself takes on a *new emotional meaning*, and this change in *the functioning of the autonomic and neuroendocrine systems creates a new reactive pattern!*

Then, moving from the past to the present, we take the process further by having Mary's child-self experiencing itself with other feelings (here we repeat her expression) When the corrective emotional experience of the situation closest to the present is also made, then we ask the patient to "read into" her other "helpers" and so "what would the other self - experiencing these changes - be like if she had had so much help when she was the age you are now"?

This is a difficult suggestion, give the patient time to create a visually well-structured image, which is also a kind of self-ideal. Ask the patient about the qualities of this other self and how they see them in the image of the self, in posture, in speech, in movements. At this stage, a lot of repressed feelings, desires, aspirations come to the surface and formulation, which naturally stem from the personality of the patient and are now beginning to be integrated in him.

*T: Mary, now let's go back a little bit to this last experience you had, this fairy queen, and in the fullness of her powers...do you remember this last experience you had? And what did her image trigger, what did she make you feel?*

P: Confidence.

*T: Can you feel it now? Just dive in, like you did the last time, to feel this confidence and lightness...that things are easy...and it feels good to help others and it feels good to have people around you who are happy---and to feel big, with this fairy queen face...and with this fairy queen image, return in your mind to this timeline, you now, as a mature adult, to this little Mary, 5-6 years old, but a little earlier in time, to the front, where she will go out in the evening and fall into the foundation ditch of the house that is being built...but not fall in yet, but go there with her and from this fairy queen feeling, give her the things...she will need...as she falls into the ditch, into the bottom and as she feels the damp earth under her feet and doesn't know whether to cry or scream...and give her the feelings, the thoughts that she was missing there...for the 5-6 year old Mary...you as a mature adult...you know her well, she knows you well...and as a deep inner encounter, just give her the feelings, the thoughts, the future conviction that this Mary needs there...and guide her through this stage...and if you have helped her well...but of course everything happens in the same way...but you can hold the hand of this Mary, this little one, hold her...and observe, if you help her well, how will she be different from when she came out of the ditch...or later...how will she be different?*

P: Well done. Brave.

*T: Look at her face, how you can tell she's agile,...her speech, her movements...and this agile Mary, and Mary now the mature adult, moving in time to the present, go to the Mary who saw Father by chance...and there she feels ashamed, and that this is not something to talk about...and*

*the two of them...this clever Mary, the six-year-old, and herself, the mature adult for this other Mary...help her a little through this experience of noticing her father hugging this adult friend who has come to play with you...(pause)...and guide this Mary through it too...give her the feeling, the thought she needs...this clever Mary can give her something and you can give her something as a mature adult...and now watch how this Mary will be a little different...if she gets so much help in this strange situation.....*

P: Bolder.

*T: Okay. Then this braver Mary, this clever one, and you as a mature adult, go over there and guide this 6-7 year old Mary through this difficult stage when she had tonsillectomy...and they came to visit her but they couldn't come up...go to her so she can understand, feel the care she needed there...and all the feelings she was missing...this clever Mari, the little girl, the braver one, the slightly bigger one and you as a mature adult...can give her the feelings she needs...*

P: You have to give him security...

*T: give him a sense of security... and see him, feel him, and feel that little child there, during the tonsillectomy, is taking that sense of security over there....(pause)...Hmm...observe this experience in the little child, the experience of being given a sense of security, ...and how he or she takes it in...and how he or she experiences this hospital experience...(pause).....and observe what happens....*

*...what a difference Mari has made after the hospital...if she gets so much help, thoughts, feelings, a sense of security....when she turns to the wall, presses her forehead to the tiles, ..she is guided through this experience...the clever Maria, the brave, the mature adult...*

P: It's big and confident.

*T: Okay. Look at this confident and big Mari...and this little girl, this 7-8 year old, more like 8, the braver one and you as a mature adult, go to this 7-8 year old Mari who you catch lying...and guide her through this stage wisely, tell her, give her, the thoughts, feelings, desires that she needed...*

*What will Mari be like when she gets so much help...when she gets over this situation?*

P: Interesting. Fun and good company.

*T: Interesting, fun and good company...just look at his face..your voice, what a fun and good company Mary is...the big and confident...the braver and more skilful and you too, surround yourself with five of you...this 19 year old Mary who is about to give birth to her child with a caesarean...and help her with the feelings and thoughts she needs...this six year old is nimble, the six year old is braver and the seven year old is confident and the eight to nine year old is fun and you as a mature adult just go there...you know well, maybe not just here at the birth...maybe throughout the pregnancy...the feelings, the thoughts of the future, the inner faith that she needs at this stage, this Mary...this 18-19 year old Mary...*

P: (in a very girlish voice) he needs happiness...

*T: ...give her that feeling...each one of you has something to give that is important...this little girl, the bigger one, this one who is smart, brave...the confident, big, fun one, give her the faith to take those feelings almost from here to now, to that Mary, there for the birth and during the pregnancy...(break).....they can even touch her, stroke her, touch her tummy...and give her the feelings she needs...so she can experience this pregnancy differently...so she can experience this*

*birth differently...and when she wakes up, they will be there around her...look at what she will be like with all this help, what will be different?... how will she be different?*

P: Proud.

*T: She'll be proud...very good...look at that proud face...and having fun with children...great...you can almost see Anton growing up...he'll be just like he is today...and it's a great feeling...what would a Mary be like who had so much help and was the age you are now...?*

P: Satisfied?

*T: Look at her face, what a satisfied Mary looks like, what her voice, her speech, her walk...her feelings...and experience for yourself what a satisfied Mary feels like...and what a satisfied Mary will look like in three years....?What will she look like in three years...see her face, hear her voice...see her walk, what will she look like if she grows like this with all this help...*

P: Balanced.

*T: Balanced...just look at his face, his walk, his style, his speech...would you accept him as an advisor? Would you like to be like him or similar?*

P: Yes

*T: He became like that by giving her so much help...from the age of 5-6, 6-7, 7-8, 19, and she can probably help herself if she wants to be like him in a year or two or three years and she's giving you a message...she's helping you but she may not be giving you a message, she may be giving you feelings, feelings that you need right now....it may not be a message in words, it may be a message in thought, in feeling, in experience...listen...because his message is only understood by you...because he became like this by you helping him...now he is helping you...listening to you, caring, telling you when there is a problem...it may be that this inner message coming from him only becomes conscious in you later...but you can feel physically, you can feel spiritually how important it is, what you may be sensing, but you can feel it...what that message is...and there may be more messages...how you can become like him...what is the first step you need to take or do to become like him, because he became like him by getting so much help from you....*

*And experience the past, the present, the future together, this flow, like a river flowing from its source to the ocean... and it flows constantly, just as your feelings flow, change, but are always the same as yourself, just as this advisor is the same as you. And now, slowly, at his own pace, it will feel good to come back here, his eyes will open, more and more, but only at his own pace, at his own rhythm, it will feel good to stretch, to be fresh...to live past, present, future...*

*How are you, dear Mary?*

P: (sighs) My nose has popped out.

P: I could feel myself getting better and better, feeling more and more confident and confident in who I want to be. In the beginning I had a fear, of being a little village girl, how boring, it's really, how did it come up again, it's so weird, it's always the kind of thing that I haven't remembered for years and then it just clicks...and it felt good to go to my pregnant self and encourage myself there.

*T: How did you give him feelings? And how did he take it from the little ones?*

P: In choir we were saying, my many, many selves were saying how good it would be and what a joy it would be...and then I could almost feel the love in my chest almost overflowing...(moved)

*T: He's doing very well...*

P: The love that I feel not only for myself, but for my child...it felt good.

*T: And his nose stuck out...*

P: It was good. Now I felt a sense of security, that I'm not alone and not only because of that, but because I have Jani and Berci by my side, which gives me a good feeling of security... it wasn't there before. I often felt alone and lonely...

*T: Is this a new feeling? Is this a new feeling?*

P: Yes. And maybe that's why I'm not afraid of the future, or I don't care, because I have that kind of good feeling.

## **6. Updating and settling the claims of the representative of the superior in a new way**

At this stage of the operation, help the patient to re-experience the flow experience and its symbol, which for him or her is a peak emotional experience with great emotional energy. In this state, the person's abilities, creativity, early learning, problem-solving patterns are readily available, the "wisdom of the unconscious" is present in this state, so to speak (Erickson, M.H., 1979). Then have the patient imagine the representative symbolic image of the superior self ("zygote"), referred to by the therapist by its specific name, as Mary called it earlier. Then mention the positive messages of the superior self representative, i.e., **to conform, to be good, and to be special**. We then deepen the trance experience and create emotional communication between the symbol of the flow experience ("fairy princess" ) and the symbol of the superior self representative ("*big cloud of thunder*") in the patient as follows:

*"And let your imagination run wild as to how this 'fairy princess' might help you to achieve these desires **to be fulfilled, to be good and special in new ways, new feelings, perhaps new ways of doing things, as you have done before.***

*Just let your imagination run wild and maybe you will find ways, inner paths, feelings to empower yourself in a different way.... how many new ways and new ways are possible? This deep inner feeling with this fairy princess picture might find a way to offer many ideas, thoughts on how to be differently **fulfilled, good and special.** ...*

*Observe that out of all these ideas, feelings and possibilities, there will be those that this "**big cloud of clouds**" will sow and those that it will accept. Perhaps you are wondering what it will accept? It may be an image, or a feeling, or both, that this "big cloud" is telling me to accept, to try out in real situations ... how many images that are flowing through you now and more possibilities that this "big cloud" is welcoming ... but they may only become conscious in you later....let this inner process flow on and on....then when you feel it feels right to return here, to this room, at your own pace...,then your eyes will open and return here.*

*How are you feeling?*

P: I've had a lot of experiences, but I was really struck by one of your pictures. It's like I'm in a castle and there's a drawbridge in front of me. It makes me feel protected and safe. If I lower the drawbridge, I can connect with anyone. But if the situation is threatening and unsafe, I don't let it down and I retain my autonomy and my uniqueness.

I feel that I can achieve this attitude.

## **7. Analogy symbol search and desensitisation**

### **a/ Finding a counter-example by analogy**

Such an analogy might be a handful of shotgun pellets on a small plate, or a handful of cherries. Imagine again a subjectively magnified piece of the "dangerous" substance (for example, in our case, a "tentacle ball"), then deepen the trance experience and ask him to "almost spontaneously look for another substance that is very similar to this "tentacle ball", but if he comes into contact

with this other substance, it is not only unpleasant, but tolerable, and even pleasant to come into contact with it".

This is where the ingenuity of the patients always surprises me. This search for and finding of analogical counterexamples is much easier than one might think. In Mary's case, the counterexample to the 'tentacle ball' became the 'dandelion', 'or I shall take these vexations and sorrows as such a "dandelion". There are many dandelions in the Mecsek. Yes. It's funny, there were dandelions in the garden and I remember we used to weave bracelets and little wreaths from the bitter stems and flowers. I don't remember dandelions anywhere else, that's weird. I'm thinking that all this past could be made into a dandelion that would float away like a little parachute...and then I could relax...I should try anyway to hang all the sorrow and trouble that has come to the surface here now on the end of a little dandelion and blow it away. In fact, smelling or touching the dandelion is rather pleasant for me."

b/ Dissociate the patients.

"Imagine yourself hermetically protected from all outside influences by a sheet of Plexiglas or glass. At the same time, imagine another you, outside this protective glass is". Let's give the patient suggestions that his "other self on the other side of the glass table has the same abilities that you have here in this sheltered place in this armchair".

c/ Gradually introduce the "dangerous" substance.

MiaThe patient sees himself dissociated behind the protective glass panel. Ask him to imagine the external self slowly coming into contact with the perceived 'dangerous' substance more and more, but perceiving it as if he were approaching, for example, a 'dandelion flower'.

Even at low levels, the psychovegetative pattern of the patient is monitored to see if the allergic pattern is present. If not, then more exposure to the "dangerous" substance and more exposure, while emphasising that both individuals have the same abilities. "You are in this protected area and that other you is out there".

d/ Re-associate the situation of the patient.

If the dissociated self does not show an allergic pattern, then we ask the patient to let this imaginary glass wall go up and embrace this other self, to feel whole and unified again.

After desensitisation, the patients should preferably be tested. We did not have the opportunity to do this directly. Mary called two days later to say she was feeling fine and had no allergic symptoms.

### **Catamnesis**

I met Maria after more than half a year. She was happy to make herself available and after a few days she "popped in" for a chat. Now she was more confident. She had a much freer look. Her voice and style were more balanced.

### **Summary of the psychotherapy process, referral and re-referral relationships, detachment**

The emotional structure behind the allergic symptom - which operates and maintains it - was altered by intrapsychic operations in the above sequence of operations. Utilisation is an essential part of the process, i.e. we always help the patient's projective processes to unfold. I have tried to illustrate the process with many quoted dialogues. This was also possible because Mary

specifically requested that we record as many parts of the therapy as possible, as she would like to listen to them afterwards.

Working with Maria was a great experience for me. I was afraid that she would transfer some negative feelings from her ambivalent relationship with her mother, and even more so with her brother. But that did not happen. I was able to stay in her role as a helper all the time.

I feel that Mary's allergy is mainly due to her frustrating experiences from the age of 5-10 years. There are striking childish desires and fantasies, often with omnipotent content ("being big", "fairy queen", "smiling with joy" ). From the first interview I felt all along that she trusted me and I trusted her. I was able to convey to her with a real inner belief in her feelings, her experiences, that they were leading her in the right direction, and my own belief in her ability to change.

Mary's experiences during the psychotherapeutic process were very plausible: for example, it depended very often on the content of the experience that her nose was plugged up, or that she could breathe freely.

It is clear from what has been described how Mary's allergy has developed from experience and patterns of relationships, the structure of which we have worked together to understand and understand, so that Mary can relate to pollen in a new way than other non-allergic people. This is what we contracted to do. This is what she asked for help with. Of course, longer therapy might have been warranted to address her other emotional-inductive and relational problems. The last time we parted, we said that if anything happened, we could always meet again.

Dr. Gyula Biró