



Lynne Jones
— Therapeutic Mentoring —

CASE STUDY

Parent accessing the Its Good To Talk sessions

Rebuilding Confidence and Emotional Freedom Through Timeline Therapy

Background

A mother of four, carrying the weight of long-standing anxiety, depression, and unresolved trauma, reached a point in her life where she felt ready to seek meaningful change. Having struggled with her mental health since childhood and finding limited relief from medication alone, she recognised that her past experiences were still shaping her identity and daily life. She wanted to break free from old patterns, release emotional burdens, and reconnect with a sense of hope.

Initial Challenges

Before beginning therapy, she described feeling controlled by her past and overwhelmed by the “baggage” she had been carrying for years. She was motivated to start the therapeutic process, but early into the work, she experienced the sudden and devastating loss of her mother. This grief shook her world and added another layer of emotional complexity to navigate.

Despite this, she continued to show up for herself and remained committed to healing.

Therapeutic Approach

Together, we used Timeline Therapy, a method designed to work with the unconscious mind to release deeply rooted emotional blocks and reframe limiting beliefs. This approach was new to her, but it quickly became a turning point in her journey.

She described it as a “lightbulb moment”—a realisation that her mind held powerful resources for healing and that she could safely let go of emotions that had been holding her back for most of her life.

Progress and Transformation

Over time, she began to notice subtle but meaningful shifts:

- Situations that once triggered anxiety or emotional overwhelm no longer had the same impact
- She felt lighter, more grounded, and more in control of her responses
- She started to see herself as capable, resilient, and deserving of a hopeful future

- Her partner, family, and friends noticed a significant positive change in her confidence and outlook

Although grief still surfaces, as it naturally does, she now experiences it with greater self-compassion and emotional stability. She recognises that healing is a journey, and she is moving forward with clarity and purpose.

Current Outlook

She now describes herself as a “better version” of who she used to be. She feels hopeful, motivated, and excited about the future. She has plans she once thought were out of reach and believes she can achieve them. Most importantly, she feels she can finally be her authentic self.

Client Reflections

She shared that the combination of honest guidance, emotional safety, and practical tools helped her unlock her potential and rebuild her confidence. She expressed that the therapeutic relationship grounded in empathy, lived experience, and encouragement played a key role in her transformation.

She now looks forward rather than back, carrying far less emotional weight and far more belief in herself.