

# Jake's Story



By  
Kathryn de  
Planque, PhD

Transition feels so different from the word "change." Transition implies a more gentle movement from one state to another, as change may be more abrupt. Jake is one of my heroes in that his Transition has gently guided my own Transition wherein teacher becomes student, and student becomes teacher.

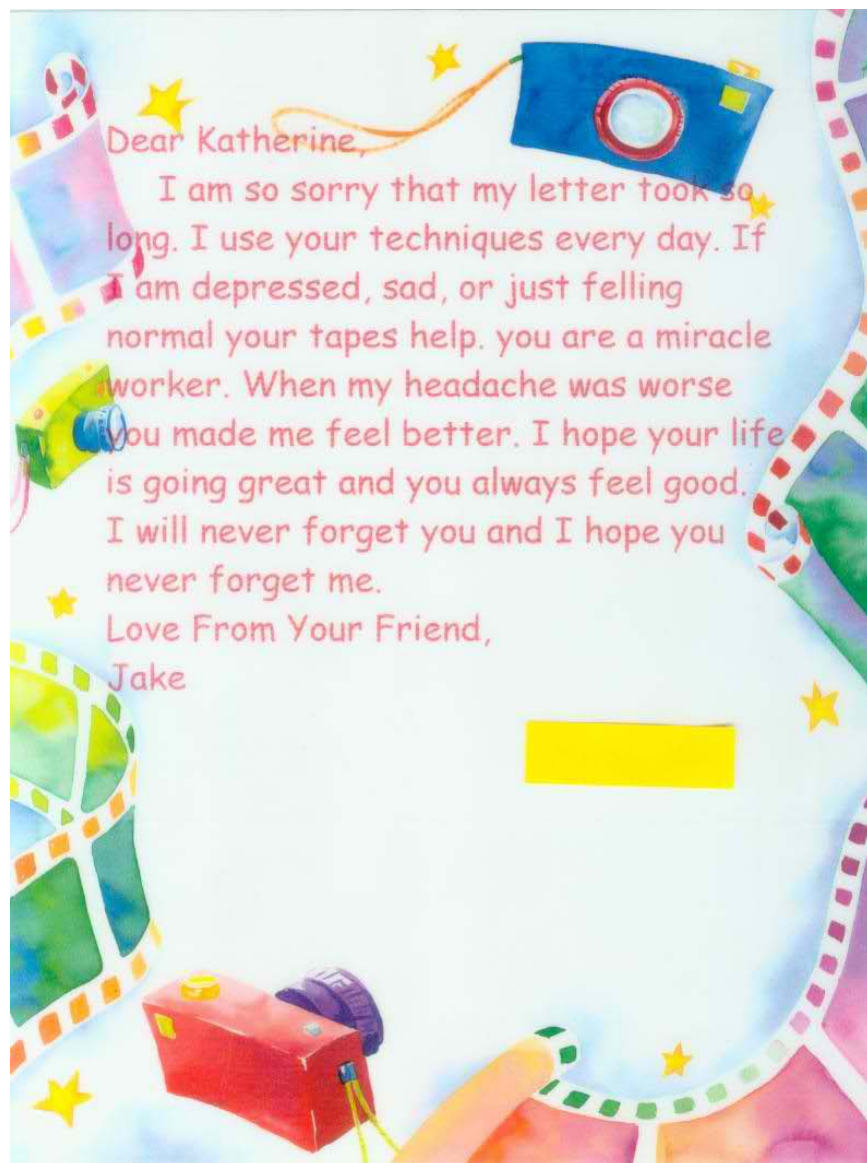
## Jake's Transition Through A Golden Ray of Light

Jake was a little boy who was brought to me by his warm and loving mother, due to his severe chronic headaches, as well as his inability to go to sleep before his mother did each night. Obviously, this kept his nervous system in a state of constant alert. After exploring the more typical reasons associated with the sleep anxiety, it became apparent that these reasons did not seem to apply to Jake's situation at all. He had a great family, no former separation issues, a good relationship with his sister, many friends and was an excellent student at school. Yet, within the past year his sleep patterns had changed, followed by headaches. Additionally, Jake's constant low-grade headache was accentuated by intermittent severe stabbing pains through the top of his head. So, the Imagery process was begun.

Jake responded beautifully to the Imagery process, and

my guided Imagery CD improved his sleep difficulties somewhat, but he continued to suffer from headaches. Through continued exploration, we finally discovered the source of Jake's anxiety when he recalled a time just about a year prior when his mother went in the hospital with complaints of chest pain. Since her chest pain turned out to be insignificant, she did not give it another thought. However, Jake's fear and sense of helplessness at the time manifested in his head as chronic pain. From that time onward, Jake's headache had never stopped. He needed to constantly be in control and aware of his

*Continued on page 19*



# Jake's Story

*Continued from page 18*

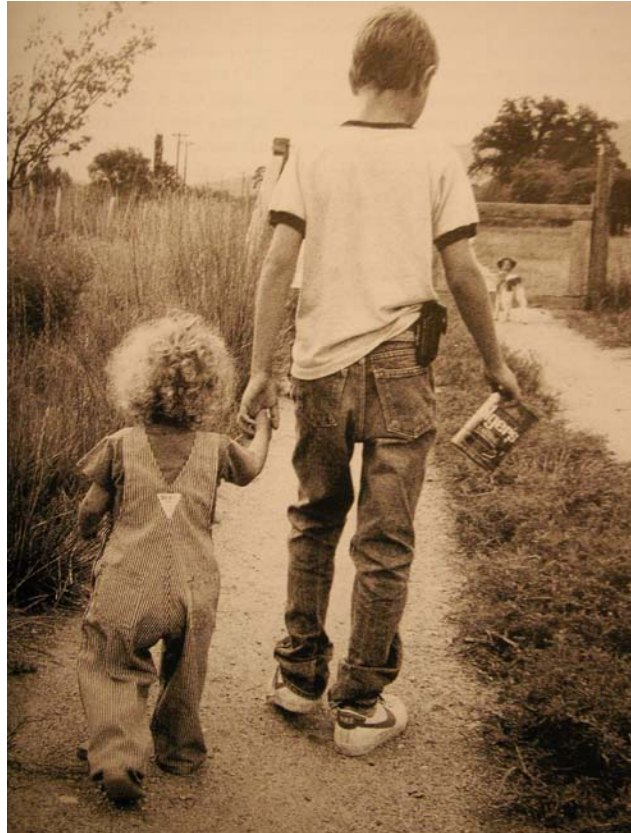
mother's safety to the point that he could not go to sleep until she did at night.

After this discovery, a new Image incorporating a Golden Ray of light became a part of the Imagery process. In brief, the Imagery that helped Jake was his ability to fly freely, let his "head go" and always be connected to his mother in his heart by mutual love that appeared in his Imagery as a golden stream of light from his heart to hers. No matter where he went, even when he slept, this loving, powerful stream of light would always keep them connected. His head began to ease at the session when we developed this Imagery, which I recorded for him. From then on, as his letter (previous page) expresses, he used the tape to help himself regain balance emotionally and physically whenever he needed it. His mother was kind enough to follow-up with me and let me know how she watched him Transition often after using the Imagery on his own. Jake's story will be inspirational to others who are using the Imagery process as a way to Transition sleeplessness and headaches. Jake's story, however, does not end here.

## Jake's Transition as My Inspiration

During Imagery International's *Hope and New Beginnings* Conference, the presenter of one of the workshops had us find a photograph from the many she brought that would be

instrumental in helping us to further develop our creative process. And, there it was! In the middle of the myriad photographs was one of a young boy holding the hand of a younger 2-3 year old girl with fluffy cotton-colored hair. The two children were walking along a dirt drive toward a cattle-guard in the country. And, ironically, I looked just like that little girl when I was the same age. Somehow, I knew the



Source Unknown

Image of the young boy holding the hand of the little girl symbolized a helpful gesture toward my own Transition into creativity. It was here that Jake's story emerged in my heart again! Now, I further understood the symbolism of my selected picture. This time in viewing the picture, I saw myself as the little girl being guided by Jake, my former 8-year-old client, to further my process in creative writing. Your story, Jake, is just the beginning. I will always remember

you for the inspiration you have given me in my own Transition to creatively write other stories about "My Kids."

When I think of my work with children having chronic pain and cancer, I think of their ability to use skills developed through the use of hypnotherapy and Integrative and Guided Imagery so that they can Transition themselves away from pain and emotional stress into a healing state of beauty, love, and comfort. I have been encouraged to share the amazing stories of the heroism of these children and am certain that *ImagiNews* is the journal to provide a safe haven for honoring them. As always, I am grateful for the power of Imagery and for the opportunity for me to support the process of positive Transitions for myself as well as others.

---

*Kathryn de Planque PhD became certified in Integrative Imagery in 2009 through Beyond Ordinary Nursing. Over the past twelve years she has served as an integrative clinician on UCLA's Pediatric Pain Team providing hypnotherapy, Guided Imagery, and Reiki for stress reduction in chronic pain. Considering it a privilege to work with children and young adults experiencing chronic pain and disease, she refers to them as "My Kids," and honors them for being the remarkable heroes they are. Through her private practice she also serves as a Clinical Consultant for the Simms/Mann UCLA Center for Integrative Oncology where she facilitates meditation groups for men and women with cancer to learn relaxation, enhancement of the immune system, and a sense of spiritual well-being.*