



## Treatment Protocol for CFS/ME/Fibromyalgia/Long Covid

Whichever of these diagnoses you have been given, and whatever your unique combination of symptoms, there is a common pattern running through people's experiences of these illnesses. They are all labels for varying symptoms that arise when the burdens we carry through life become overwhelming, and we no longer have the resources to push through. This means that the same general approach to recovery works whichever label you have been given. As you work through The Chrysalis Effect Online Recovery Programme, I will personalise this approach to your unique situation, helping you to understand what has happened to you, why, and how to resolve it.

### Throughout our work together I will:

- Create a space during our sessions in which you can focus completely on your recovery in safety, knowing that you have the support and guidance of someone who has completed her own recovery journey.
- Personalise the online recovery programme to your unique needs, helping you to find the genuine shortcuts and avoid common pitfalls.
- Offer you accountability and encouragement, as you begin to change the habits of a lifetime.
- Offer you an experienced external perspective on your challenges that are so familiar that you don't recognise them.

During your first session we will establish where you are in the six phases of recovery and review your personal health profile. We will then use the 8-Elements Coaching Wheel to help you to identify your personal area to prioritise on your first steps towards recovery.

### 1, Lifting the load

Chronic exhaustive conditions often follow a prolonged period during which you have been carrying a heavy load, physically and emotionally. The illness itself adds to the emotional load, and it is common to find yourself stuck in an anxiety loop of repetitive thoughts, brain fog, and a feeling of needing to act whilst feeling stuck.

While your illness is in the acute stage I will...

- Work with you to break through the anxiety loop, to create calm spaces in your life, and to begin relieving the stress that your body is under, so that you can begin healing.
- Recommend referral for nutritional therapy or other physical therapies, personalised to your needs, whenever appropriate.



## 2, Finding answers, a sense of direction and hope

As you begin to feel stronger I will...

- Help you to understand the factors that have created your symptoms.
- Help you develop a sense of hope in recovery , and to create a new positive vision of what your new healthy life will be like.
- Work with you to identify your next small, achievable steps towards recovery.
- Support you in gradually establishing new habits of self-care that build your feelings of energy and optimism.

## 3, Addressing the root causes of your symptoms

The next phase needs a slightly different approach, so...

- We will explore together the unique patterns of experience, beliefs, thinking and behaving that lie at the root of your symptoms.
- I will help you let go of old, negative beliefs and replace them with positive, life affirming ones that underpin the changes you will decide to make.
- I will support you as you recognise what those changes need to be, and help you to gain a broader sense of what your options are.
- I will offer you support and a source of accountability as you put your plans into action.
- I will celebrate your wins with you, and help you to respond constructively when things don't go as planned.

## 4, Relearning and embedding new ways to be

Recovery is never a straight trajectory, and relapses are a normal experience. They are disappointing, but offer vital opportunities to learn and fine tune our self-care. During this phase I will..

- Continue to offer you support, guidance and encouragement as you learn to make self-care a natural part of your everyday life.
- Help you to keep faith in your recovery when you are feeling discouraged.
- Celebrate with you as you see the ups and downs of your recovery journey even out.
- Help you to identify and overcome the blockages to your recovery when you begin to feel stuck or that you are plateauing.

## 5, Full recovery and building a new life

All your efforts will have paid off now, and self-care will be a normal part of your life, enabling you to focus your new energy and enthusiasm on building the life you had only dreamed of before.

However, life continues after recovery, with all its challenges and occasional illnesses. We all have the tendency to slide back into old patterns if we hit a rough patch, so I offer ongoing one off sessions to clients who have fully recovered when this happens.

I am also happy to offer a post-recovery coaching package that is tailored to your needs when you encounter a new challenge and need support in rising to it. For example, this might be while adjusting to an exciting new career that recovery has made possible, or while going through the additional pressure of moving house.

