

PROFESSIONAL HYPNOTHERAPY TRAINING

Welcome

Week 2 –Module 1(Part 1)

**What is Hypnosis, Models of the Mind & The Stress
Response**

Aims of Today

Learning Objectives of Module 1

- 1. Q & A**
- 2. What is Hypnosis?**
- 3. Models of The Mind (a) The Pyramid Model (b)The Library Model**
- 4. The Stress Response**
- 5. General Adaptive Syndrome (GAS)**

Learning Objectives for Module 1

Know two **models of the mind** for understanding and explaining:

(a) **How issues can come about and**

(b) **How to help to resolve them**

- Have an understanding of **The Stress Response** and it's role in everyday life and personal problems.
- Have an understanding of the crossover between **hypnotherapy, psychotherapy, coaching and counselling approaches** to helping people.
- Have an understanding of **what hypnosis is** and what it isn't.
- Have an understanding of **The structure of a hypnosis session**.
- Have an understanding of **different types of hypnotic induction**. (Practise sessions)
- Be able to **induce hypnosis** and **deepen** it using simple, standard methods, and safely **release** the client.
- Know how to use your **Reflective Practice Journal** and **Personal Learning Journal** and understand why these are important.
- Have an understanding of any **contra-indications** around the use of hypnosis based therapeutic techniques.

What is Hypnosis?

What Is Hypnosis?

There are many definitions of Hypnosis and they can often be very misleading. Here is a selection of definitions:

‘An artificially induced state of relaxation and concentration in which deeper parts of the mind become more accessible: used clinically to reduce reaction to pain, to encourage free association etc.’

[Collins English Dictionary](#)

What is Hypnosis?

‘A trance-like state resembling sleep, usually induced by a therapist by focusing a subject’s attention that heightens the subject’s receptivity to suggestion. The uses of hypnosis in medicine and psychology include recovering repressed memories, modifying or eliminating undesirable behaviour (such as smoking), and treating certain chronic disorders, such as anxiety.’

American Heritage® Dictionary of the English language

What is Hypnosis?

‘The induction of a state of consciousness in which a person apparently loses the power of voluntary action and is highly responsive to suggestion or direction. It’s use in therapy, typically to recover suppressed memories or to allow modification of behaviour, has been revived but is still controversial.’

[Oxford Dictionaries](#)

What is Hypnosis?

‘Hypnosis is a state of mind, enhanced by (although not exclusively) mental and physical relaxation, in which our subconscious is able to communicate with our conscious mind.’

[General Hypnotherapy Register](#)

“Hypnosis is a state of mind in which the critical faculty of the human is bypassed, and selective thinking established.”

Dave Elman

What is Hypnosis

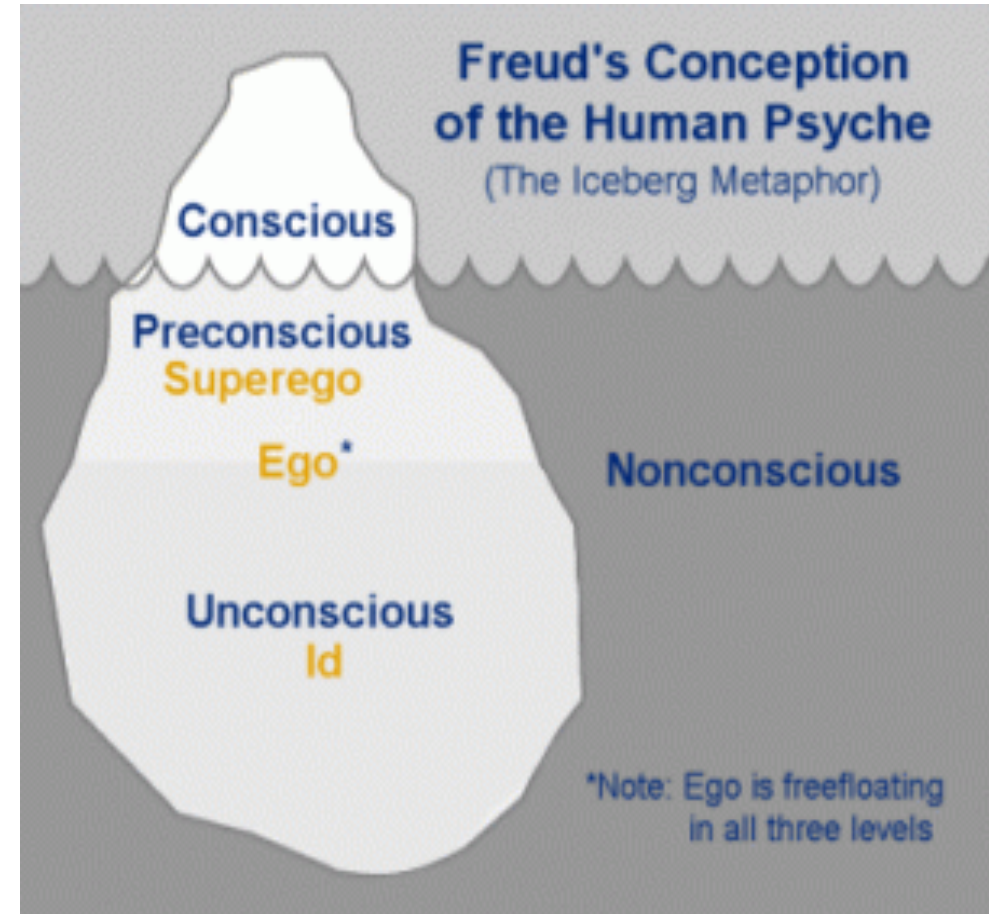
“Hypnosis is a naturally occurring state of mind that can also be induced at will, either by oneself or with the help of another, in which both the conscious and unconscious mind may become more suggestible, and information in both the conscious and unconscious mind may be more accessible and open to influence and change.”

Andrew Parr

The Pyramid Model is similar to ...

Freud's Conception of the Human Psyche

- The focus of the **Pyramid Model** explanation is to visually inform how there is a very limited amount of information stays in our **conscious mind** at any one time, and this sits at the top of the pyramid
- It does not go into **too much unnecessary detail**, therefore a good model to use when explaining how the mind works to a client/patient in relation to how hypnotherapy may be able to help them.



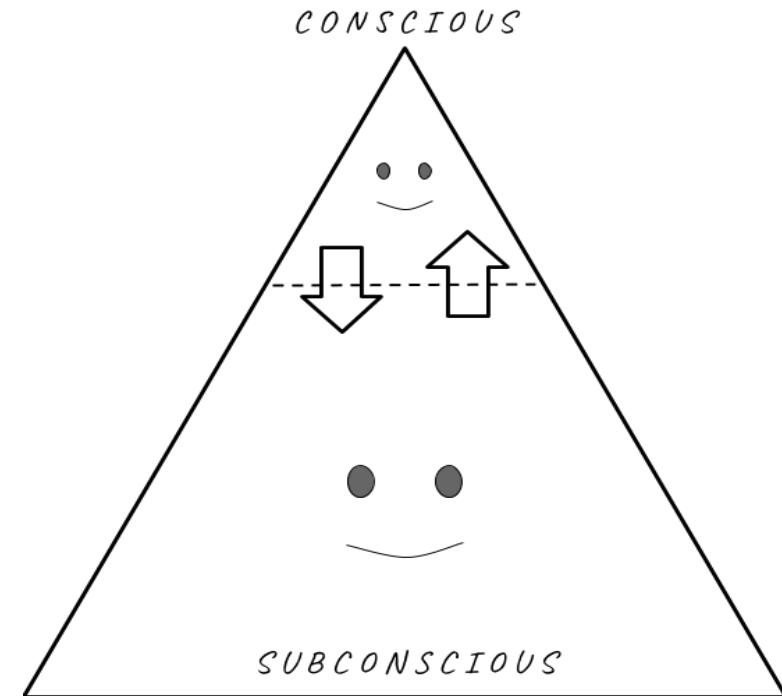
Models of The Mind

The Pyramid Model

Before we can begin to think about **resolving problems** we need to understand how life hypnotises us in the first place, and how that **creates problems, repeating cycles** and generally makes life difficult at times

Only then can we truly bring about a lasting solution. Only then can we not only solve problems and break repeating patterns and cycles, but also evolve in some way.

There is a constant flow of information between our **conscious mind** and our **subconscious mind**, as we can only hold 3 or 4 pieces of information consciously at any one time.



Subconscious/Unconscious

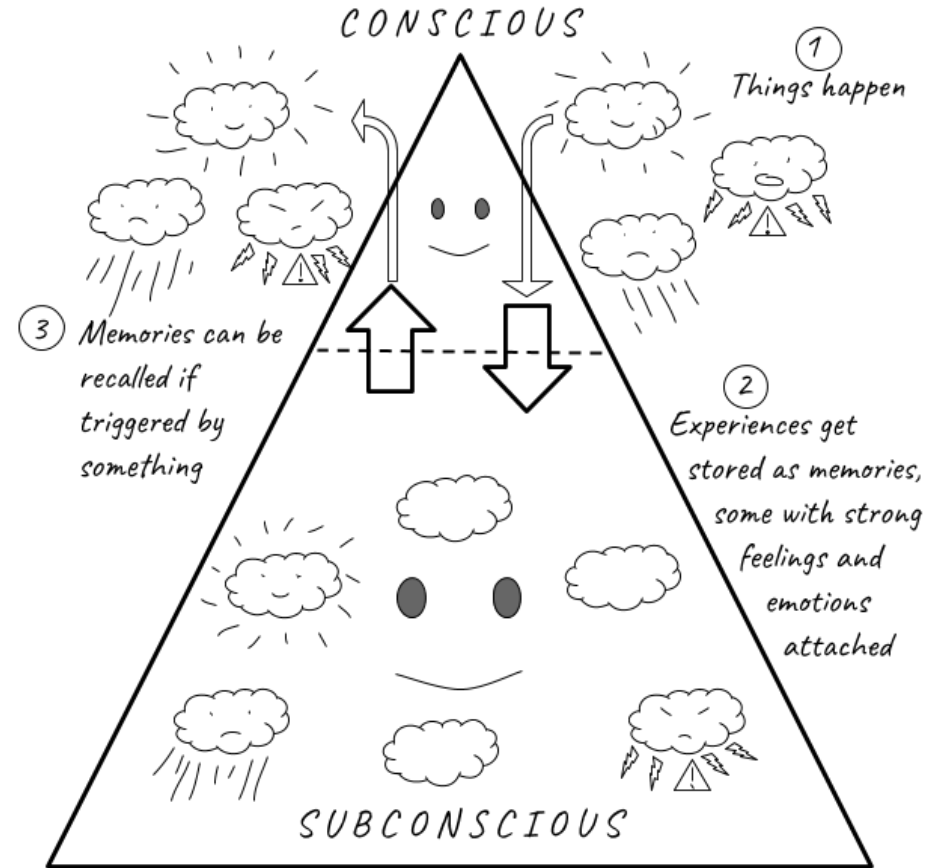
Sub = under/below

Un = not

The Pyramid Model

As we go through life we store experiences in our **subconscious/unconscious** mind, which we are constantly **referencing**, sometimes with strong **feelings and emotions** attached.

As a result of these experiences, and our interpretation, of them, we form **BELIEFS**, which are like a handy referencing system.



KEY TERMS

Pyramid Model
Conscious
Sub/Unconscious
Beliefs

BELIEFS

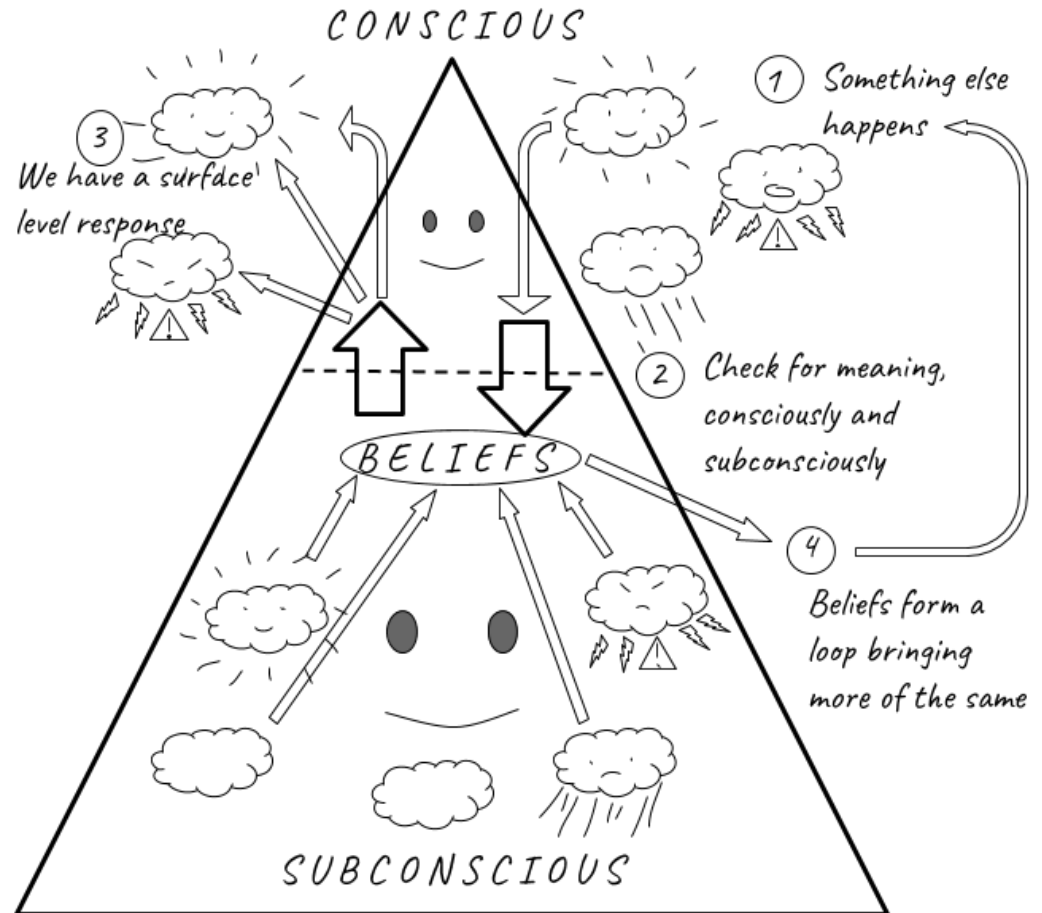
Are opinions - **not facts** - and are open to
change, interpretation & update.

With most clients, you will be seeking to bring about
a change in their belief system with respect to a
particular issue.

The Pyramid Model

When we then encounter information later on **our mind checks in with our belief system** so that we know how to **react or respond**.

However, beliefs do not seem to remain dormant - they also seem to cause us to **select or attract more experiences of a similar nature** - thereby forming a loop or repeating pattern.



EXERCISES TO DEEPEN YOUR KNOWLEDGE

(5 mins each)

1. Practice drawing your own simple sketch version of the pyramid model and explain it to a few people.
2. Make a bullet point list of what you see as the key aspects of this model.

EXERCISE:

Awareness Of Information Flow

Duration: 2 – 3 minutes

Equipment: Notepad & Pen

Practise Partner: Work Alone.

Background

Information is constantly flowing back and forth **between our conscious and subconscious**. Becoming aware of this will help you understand how the minds of your clients are working.

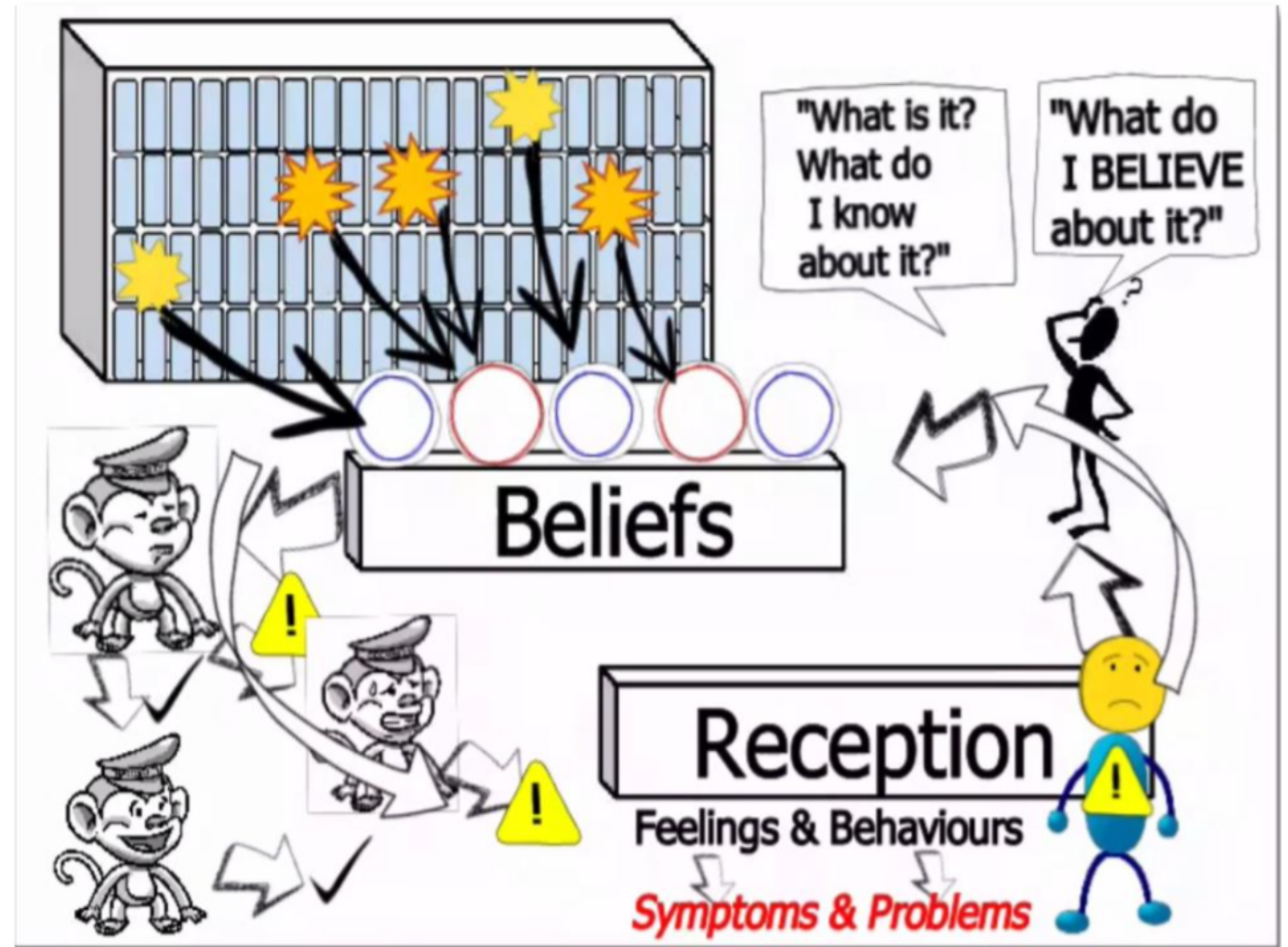
Instructions

Sit quietly for **2 minutes** with your eyes open and allow your gaze to roam around the room or space you are in. As your attention falls on each object, let it rest there for a few moments and see if you can sense what is going on in the background of your mind as you do.

- You may notice that you **identify the object** ... and then begin to **make associations** around it. **Memories ... imaginations** ...
- The more relaxed you are, the more aware you will be.
- *This is very subtle.* **Do not force it** and do not skip anything that your attention falls on.
- After the two minutes is up, take another minute or so to **write down anything you observed** or noticed.

The Library Model

- Constantly collecting material for your library. books represent **memories/ experiences**.
- Your **beliefs** form from this information and serve as your handy **reference/ guidance system**.
- Your **inner librarian** is responsible for **interpreting information** to make a balanced judgement.
- *"What is it?" "What do I know about it?" "What do I do here?"*
- Goes through the **security monkeys** driven by **emotion**, and often **irrational**, black and white.
- If any threat is perceived, Monkeys 'kick in with **The Stress Response**
- Useful when needed - cannot by-pass!



CHECK YOUR KNOWLEDGE

As an exercise of 5 mins each, show the Library Model to several people and make sure you can:

- (a) Explain it in your own vocabulary
- (a) Answer any questions you get asked about this.

PRACTICAL TIP

If a **Surface Level Symptom** is often no more than a “**security response**”

...

... all we ever need do is pay attention to what is causing the security response - and consider how we can **bring about a change there.**

The Stress/Threat Response

When our mind perceives any kind of “**threat**”, an automatic internal survival system, called **The Stress Response**, kicks in to help us deal with it.

If it perceives evidence of “**danger**”, it instantly sends an alarm signal via the **Amygdala**, to another part of the brain called the **Hypothalamus**

- **Fight** - Challenge/fight
- **Flight** - Run away from it
- **Freeze** - Stand still, hope it doesn't see us!
- **Fawn** – Become subordinate
- **Faint** - Play dead and hope “it” goes away.

Also known as the *Threat Response*, *Alarm Response*, “*F*” *Response*, or more commonly, the “**Fight or Flight Response**”.



When we perceive a threat, the **sympathetic nervous system** triggers a biological cascade to get the body ready to deal with that threat, which largely consists of the release of two hormones, **Adrenalin** and **Cortisol**.

The Stress Response simplified

PERCEIVED THREAT



SENSES PERCEIVE **DANGER** & SENDS DISTRESS SIGNAL TO **AMYGDALA** (Part of Limbic system)
SENDS DISTRESS SIGNAL (LIKE MORSE CODE) TO **HYPOTHALAMUS**



HYPOTHALAMUS (CONTROL CENTRE)
SENDS SIGNALS TO THE WHOLE BODY THROUGH **AUTONOMIC NERVOUS SYSTEM** (2 parts) **Sympathetic & Parasympathetic system**



AUTONOMIC NERVOUS SYSTEM ACTIVATES **SYMPATHETIC NERVOUS SYSTEM**
IN ORDER TO ACTIVATE SHORT-TERM RESPONSE TO **PERCEIVED DANGER**
IT ACTS LIKE AN ACCELERATOR. IT'S MAIN FUNCTION TO ACTIVATE **PHYSIOLOGICAL CHANGES** THAT NEED TO TAKE PLACE IN THE
BODY DURING THE **STRESS RESPONSE** TO **ENSURE SAFETY!**



THE PARA-SYMPATHETIC NERVOUS SYSTEM
ACTS LIKE THE BRAKE & ASSISTS THE BODY TO RETURN TO NORMAL WHEN CONSIDERED **SAFE** AGAIN.

The Amygdala

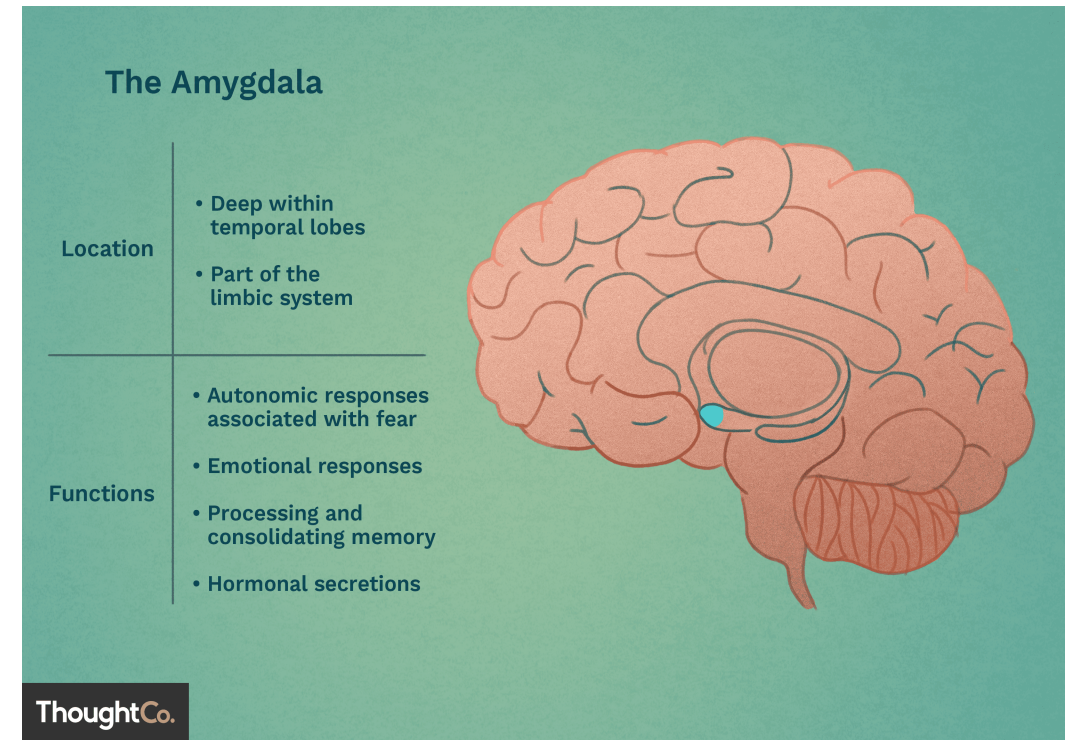
Part of the **limbic system**, that mediates many aspects of **emotions** and **memory**.

- The **Amygdala** can create a *Stress Response* to a **psychological threat** - real or imagined - in exactly the same way as to physical threat. Often, these **psychological threats** will be coming from **subconscious** or **unconscious beliefs**:
- “**Real**” Threat/Danger: *“That wild animal wants to eat me”*
- “**Imagined**” Threat/Danger: *“That teacher is saying I am stupid and can’t do it”*

PRACTICAL TIP

Pay attention to the clients’ **response** to a situation or experience, **more than the situation itself.**

Their **Response** will reveal their beliefs.



General Adaptive Syndrome (GAS)

In 1950, Doctor and Researcher **Hans Selye**, produced an article in the British Medical Journal entitled “*Stress & The General Adaptive Syndrome*’ proposed that **the Stress Response** really has **3 stages**:

THE ALARM STAGE

- This is the initial, “*Fight or Flight*” response to threat, as discussed previously.

THE RESISTANCE STAGE:

- If the stress continues past the initial shock, the **subject learns to adapt** to it being “normal” and function with it.
- Body goes into **repair phase** but also remains on **high alert** ... so stress chemicals continue to be released in the body, though usually to a lesser degree than the initial alarm phase.
- Typical signs could be **irritability, frustration** and **poor concentration**.

EXHAUSTION STAGE

- This is where the stress and its effects have become too much to bear or cope with and the subject may experience **high anxiety, depression, despair & even illness**. (SURFACE LEVEL SYMPTOMS)

PRACTICAL TIP

Consider the idea that the majority of symptoms or **limiting behaviour** that someone exhibits, and are seeking help for, are actually no more than **adaptive responses** or reactions to the **Stress/Threat Response** - and possibly the **G.A.S.** if the stress is sustained.

If we can ease or eliminate that response - we can ease or eliminate the ensuing behaviour, “surface level symptom” or issue.

EXERCISE (5 MINS)

1. Make a note of an example of each type of Threat response:

Fight :

Flight :

Freeze:

Feign :

Fawn :

2. List a few different examples of each type of Real Vs Imagined threat:

(a) Real physical threats

(a) Imagined Or Psychological threat.

EXERCISE: Awareness Of Emotional Meaning (P.11)

Duration: 2 – 3 minutes
Equipment: Notepad & Pen
Practice Partner: Work Alone.

Background

Information is constantly flowing back and forth between our **conscious and subconscious** – and very often this information is emotionally charged. Becoming aware of this will help you understand how the minds of your clients are working, with respect to creating emotional responses - and hence problems.

Instructions

Sit quietly for **2 minutes** with your eyes *closed* and allow your mind to roam around different people that come to mind. As your attention falls on each person, let it rest there for a few moments and see if you can sense what is going on in the background of your mind as you do.

You may notice that you identify the person ... and then begin to make **emotive associations** around them.

Memories ... imaginations ... feelings ... emotions.

- The more relaxed you are, the more aware you will be.
- Do not skip anyone that comes to mind – especially *those* ones, you know??
- After the two minutes is up, take another minute or so to write down anything you observed or noticed.

THIS WEEK: PRACTISE

Thursday, 6-8/8.30pm - **Practicing different types of Inductions**

NEXT WEEK (Week 3)

MODULE 1 (Part 2)

- 1. Different Therapeutic Approaches**
- 2. Different Types of Hypnotherapy**
- 3. The Solution-focused Approach**
- 4. Contraindications for Hypnosis & Hypnotherapy**
- 5. Reflective Practice & Personal Learning Journals.**