

PROFESSIONAL HYPNOTHERAPY TRAINING

Welcome

Week 3 –Module 1(Part 2)

Presented by Fiona Lamb

Aims of Today

- **Recap of weeks 1 and 2**
- **Different Types of Inductions**
- **Different Therapeutic Approaches**
- **Different Types of Hypnotherapy**
- **Contraindications for Hypnosis & Hypnotherapy**
- **The Critical Faculty**

Recap of weeks 1 & 2

- Objectives, Overview of the course & Ground rules
- What hypnosis is
- Practising basic inductions
- Models of the Mind
- The Stress Response
- GAS (General Adaptive Syndrome)

Different Types of Hypnotic Inductions

PROGRESSIVE RELAXATION - BY MUSCLE TENSING & RELAXING

Client is asked to **tense** and **release** each of the main muscles of their body. This can take a long time but is useful for people who find it difficult to relax.

PROGRESSIVE MUSCLE RELAXATION - BY SUGGESTION

Client is asked to imagine the muscles of the body progressively relaxing (or told that they are), just as if they're preparing for sleep. The client will usually give off signs of the various muscles relaxing.

GUIDED VISUALISATION: This is where the client is asked to **visualise** or **imagine** a **pleasant scene or memory** with the intention of taking their attention away from the present external world, and into their '**internal world**'. Typically, imagery might be a garden, the ocean or a positive memory that client has already revealed to you.

Different Types of Hypnotic Inductions

PACING & LEADING: This where you ask the client to focus on a naturally occurring phenomenon such as **heavy limbs, tired eyes** or swallowing and give suggestions that these are signs of Hypnosis. As the client senses these phenomena even more, it **reinforces the idea** of going into trance.

INSTANT INDUCTIONS: These are often used on stage or TV because they can look quite dramatic. They effectively involve 'shocking' the person into Hypnosis by a sudden handshake, arm tug or other physical means. Use with caution!

Different Types of Hypnotic Inductions

EYE GAZE FIXATION - Fixation on an object or your classic “*Look into my eyes*” induction. It can be extremely effective when performed well, but can sometimes initiate giggles nowadays, thanks to “Little Britain”!

ARM LEVITATION - Suggestions are given to encourage the client's arm to levitate and the fascination with the process is used to dissociate the client and thereby induce trance.

DIRECT INDUCTION: If the client is in the right state of mind, sometimes you can literally tell them to close their eyes, think of a scene or image or memory and within a few seconds they will be in a good hypnotic trance.

Different Types of Hypnotic Inductions

ANYTHING YOU CAN IMAGINE ...

There are no limitations - any way in which you can help the client to **dissociate** from their **normal everyday awareness** and enter into their **inner world** will induce a degree of hypnotic trance.

Can use a combination of all of these techniques

Different Therapeutic Approaches

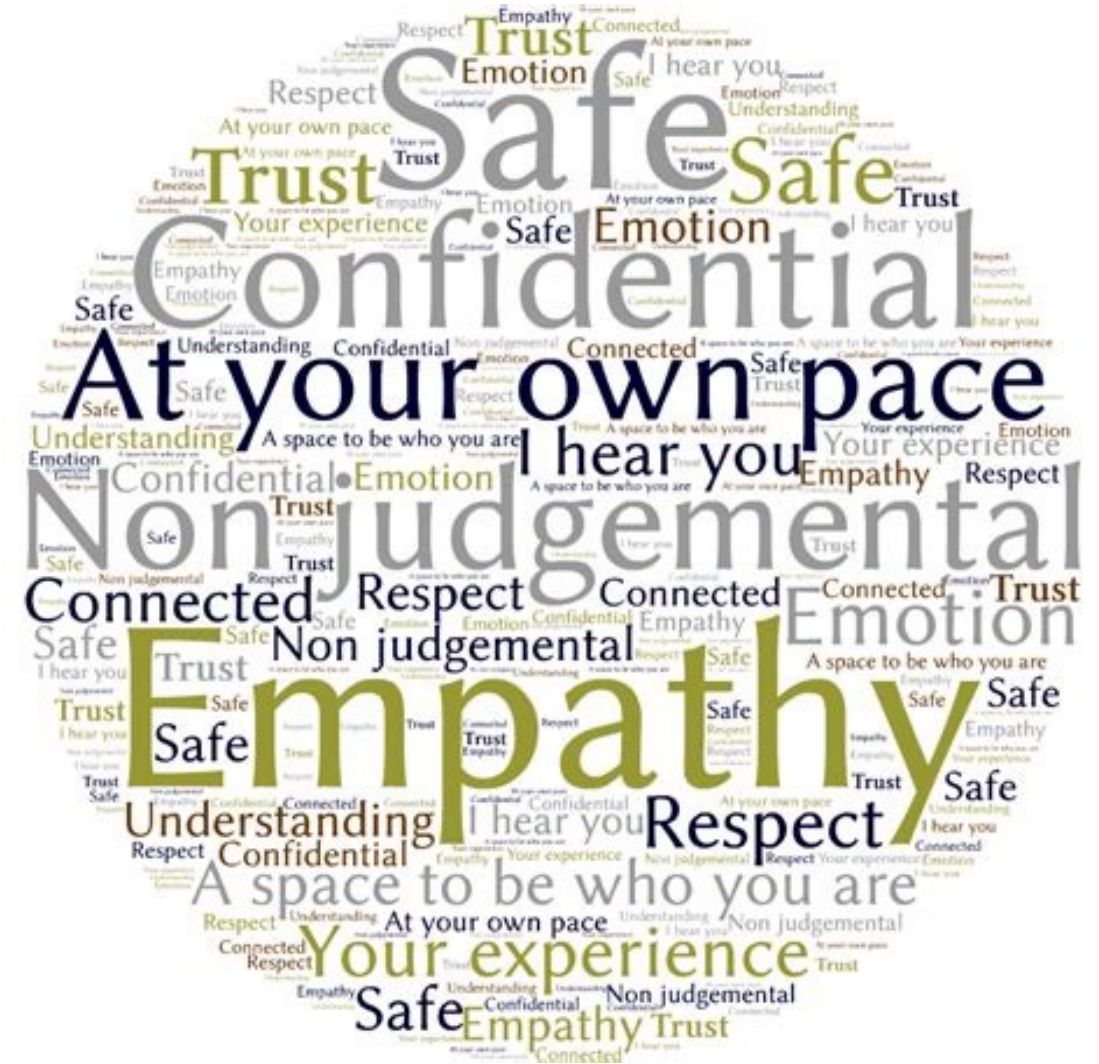
In very simple, generalised terms, think of how each of the following **therapeutic modalities** would approach a problem:

- **Counselling**
- **Coaching/Life Coaching**
- **Psychotherapy**
- **CBT** (Cognitive Behavioural Therapy)
- **Clinical Hypnotherapy**
- **Analytical Hypnotherapy/Hypnoanalysis**
- **Andrew Parr Combined Approach**

COUNSELLING

- Provide a **safe space** where we can discuss & explore feelings & emotions
- The aim to bring about a **change**
- Gain a **deeper understanding**.

A counsellor typically asks questions, listens and may invite is to consider different perspectives on particular issues.



COACHING/LIFE COACHING

- A Coach or Life Coach typically helps us set **goals**
- Then find **strategies** for helping us achieve or exceed those goals
- Typically asking **probing questions** and encouraging **motivational responses**.



PSYCHOTHERAPY

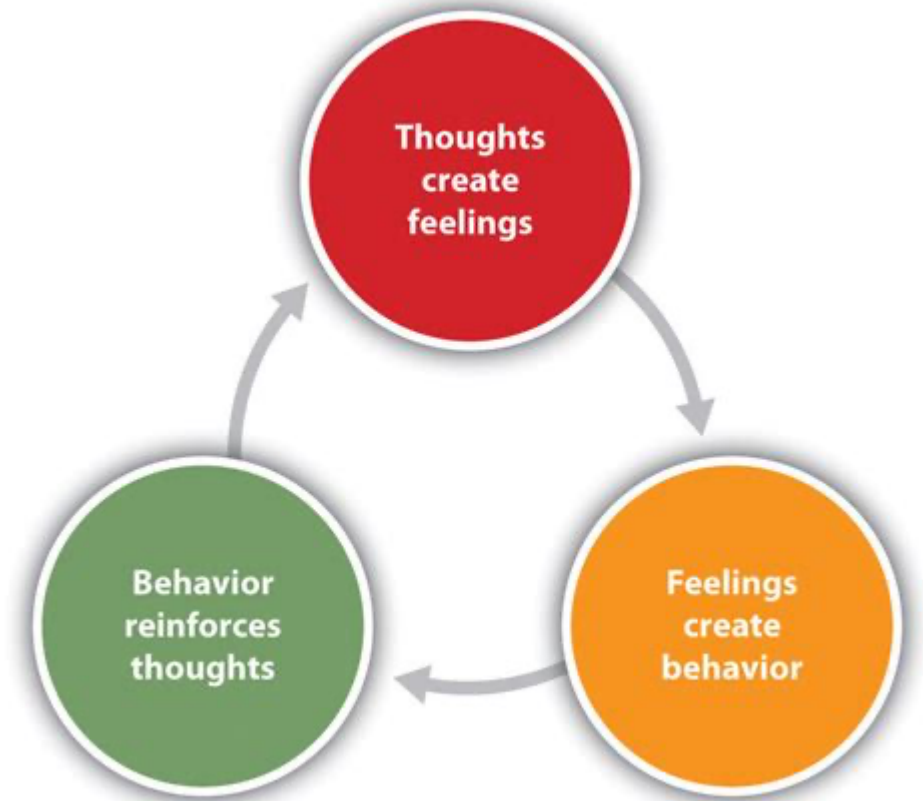
- To help us deal with emotional issues, mental health challenges and some psychiatric disorders.
- Discuss and uncover reasons for how & why we feel the way we do, in order to seek understanding and resolution.



CBT

(COGNITIVE BEHAVIOURAL THERAPY)

- Help explore the **connection** between our **thoughts, feelings & behaviours**
- introduce **strategies** for challenging unhelpful thoughts and behaviours and replacing them with **new, more positive ones.**



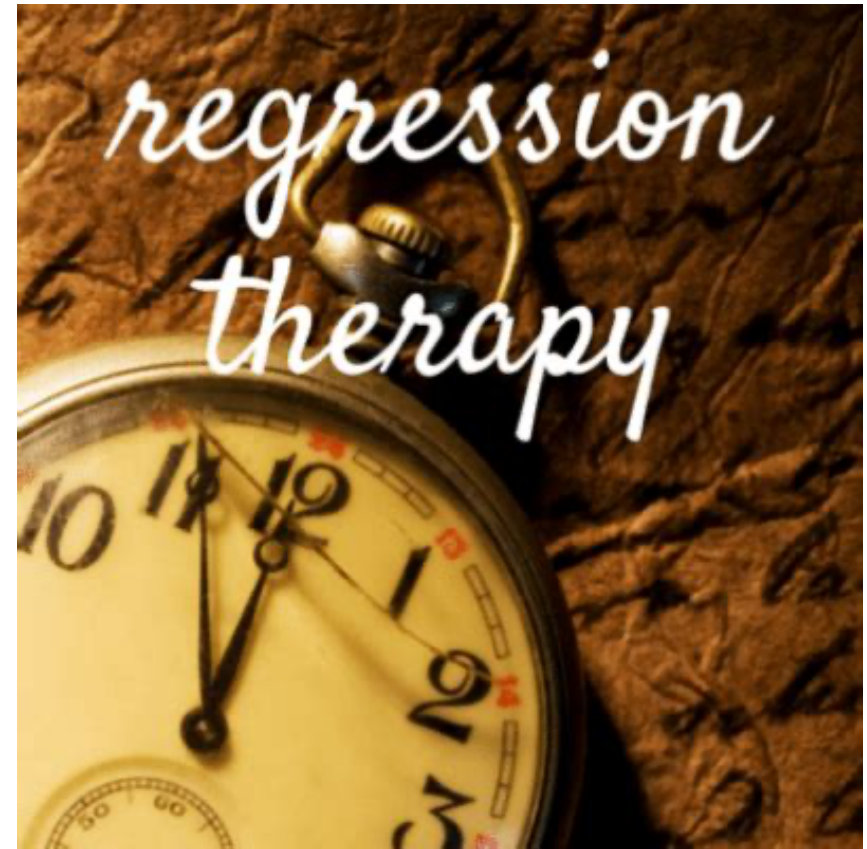
CLINICAL HYPNOTHERAPY

- Most hypnotherapists will aim to help us bring about a **change** in our lives by putting us into **hypnosis**
- Then, offering positively phrased suggestions, aimed at accessing our **subconscious mind**.



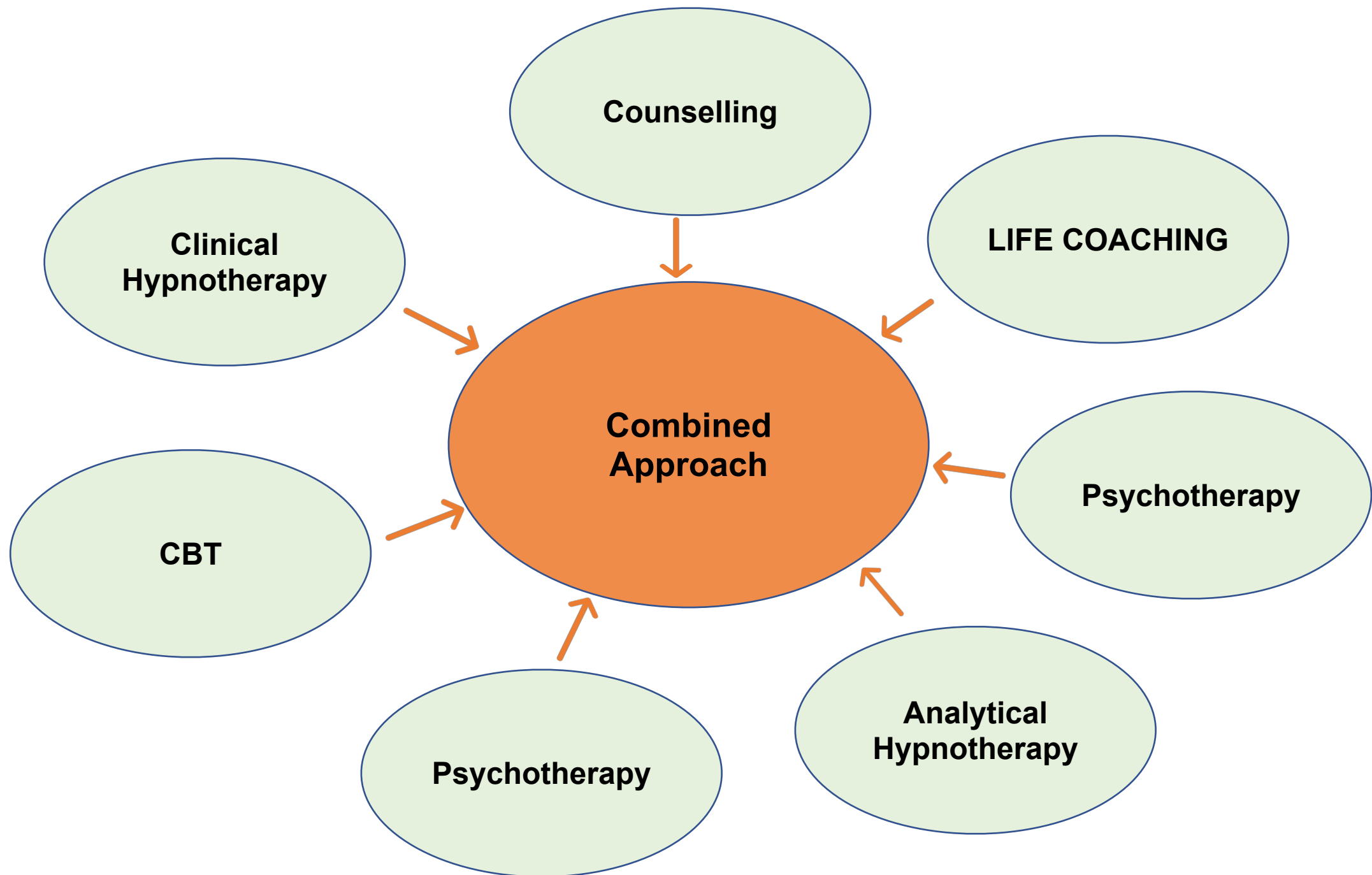
ANALYTICAL HYPNOTHERAPY/HYPNOANALYSIS

- Using **regression** to take us back to the **root causes** and bring about a **resolution** in this way.



COMBINED APPROACH

- Help us talk about our **worries or troubles** in a **safe space**.
- We can explore **root causes** using **natural hypnosis**
- Create **goals or outcomes** we wish to achieve.
- Use **natural hypnosis** to help us **change** our **thoughts, feelings and behaviours**
- Both **consciously** and **subconsciously**, to help us achieve or exceed those goals or aims.



STUDY HINT

What is the **common factor** in all these approaches?

What are they all **trying to help us achieve**?

What are the **pro's and cons** of each approach?

How do they **cross over** with each other?

DEEPEN YOUR KNOWLEDGE

Make sure you have an understanding of different therapeutic approaches, because many clients will already have sought the help of other therapists.

Different Types of Hypnotherapy

- The aim of any therapy, is to help the patient or client **change** something about the way they are **thinking, feeling** or **behaving**, or any **combination of those**.
- To do this the client must develop a **new frame of reference, new perspective,** & a **new way of viewing the world** that they didn't have previously.
- Essentially, you are helping them to **CHANGE THEIR BELIEFS**
- When using **Hypnosis & Hypnotherapy**, how you do this falls into two general categories:
 - **SUGGESTION THERAPY**
 - **ANALYTICAL THERAPY**

SUGGESTION HYPNOTHERAPY

- Therapist is ‘**suggesting**’ ideas whilst the client is in a hypnotic trance
- The aim is for the suggestions to remain active even after the trance is terminated (post-hypnosis). “**Post-Hypnotic Suggestions**”.
- If the client **accepts those suggestions**, then they will begin to respond accordingly as the **suggested ideas** now form part of their **new frame of reference**.



Types of Suggestion Therapy

Post-hypnotic Suggestions can be delivered in several ways

- **Direct Suggestion** - More like commands e.g. “You will feel confident.”
- **Indirect Suggestion** - The result is implied but not stated directly e.g. “*I wonder* how surprised you will feel when you notice yourself feeling more confident”
- **Visualisation** - Using imagination to mentally rehearse the desired outcome. e.g. “*Imagine yourself feeling confident*”.
- **Self-Hypnotic Questions & Mantras** - Statements the client says to him/herself to create the desired result. e.g. “*I am capable, I can do this, I can feel confident*”.
- **Metaphor** - stories containing a message of how to feel more confident. e.g. “*I remember a story about ...*”

ANALYTICAL HYPNOTHERAPY

With Analytical Hypnotherapy (also known as “**Hypno-Analysis**”) you are looking to uncover the cause of a problem, usually from within the client’s past.

Common forms of Hypno-Analysis include:

- Regression To Cause
- Progressive Age Regression
- Free Regression
- Free Association.
- Spontaneous Age Regression.
- “Past Life” Regression

KEY PHRASES

Suggestion therapy
Suggesting new ideas

Analytical Therapy
Understanding The
Underlying Causes

The Solution-focused Approach

Although, **all therapy** should be aiming to **seek a solution**, “**Solution Focused Therapy**” typically refers to therapies purely focused on more **immediate solutions** - without necessarily needing to investigate causes.

The therapy is focused mainly on the present and the future outcome, (acknowledging the past when necessary), but not investigating the past as a means for reaching the solution.

Visualisation of a future outcome, positive suggestions and positive metaphors are all examples of *Solution Focused Hypnotherapy*.

STUDY TIP

Solution Focused Therapy typically deals with **symptoms** rather than the causes

Module 2 (Part 1) - The Critical Faculty

- Many hypnotherapists believe that if they relax someone into hypnosis using the simple methods learned in Module 1, and then deliver **hypnotic suggestions**, that it is all "going in" and having an effect. This is far from the truth.
- We need to consider the **factors that influence the effectiveness** of suggestions and learn to spot when a client is responding - and when they are not!
- In particular, we need to consider the role of **"The Critical Faculty"**. Otherwise, a client may be nicely relaxed, but not very open to new ideas.

‘Hypnosis is the state of mind in which the critical faculty is bypassed and selective thinking established.’

Dave Elman

The Critical Faculty

- The Door Security's job is to decide **who is allowed in - and who isn't** – set by the owner (The Client)
- Door policy is **Client's belief system**
- If an **incoming idea** fits with the **door policy** - the **Belief System** - the idea is allowed in.



If it does not, it is rejected, possibly even triggering the **Threat/Stress Response** as well.

The Critical Faculty

- **Door Policy** = Belief System
- When you reduce, or **bypass** a clients around a particular topic, the **Critical Faculty** can more readily **accept new ideas** and **update their beliefs**.
- **New Door policy/ belief**, helps them to create a **new perspective**

PRACTICAL TIP

For any kind of suggestion to be successful, you must reduce or **bypass the critical faculty** - otherwise you will meet **resistance** and the ideas will not stick.

Contraindications for Hypnosis & Hypnotherapy

- Whilst **Hypnosis** and **Hypnotherapy** have the potential to help an incredible number of people, there are some contraindications (i.e. conditions where it is not recommended, or may be ineffectual).
- From experience, the only people that Hypnosis and Hypnotherapy are **ineffectual** on (and so may be contraindicated) are those people who have an **interaction/comprehension difficulty**.

EXAMPLES OF HYPNOSIS INHIBITORS:

- Inability to properly **interact** with you
- Inability to **concentrate** or **hold an idea**
- Inability to **use imagination**
- Inability to **understand or comprehend** what is happening

Examples of comprehension difficulty

- Individuals with Dementia
- Individuals with psychotic disorders
- Very young children
- Anybody evidently under the influence of alcohol
- Anybody evidently under the influence of drugs
- Seriously 'intellectually challenged' individuals

Conditions Where You May Proceed

You will often see the following listed as being contraindicated for Hypnotherapy and there may be good reason for that, especially if inexperienced, but we have worked with and helped people in each of these categories

- Epilepsy
- Serious/current heart condition
- Blood pressure (extremely high or low)
- Depression
- Elderly or frail
- Persistent alcohol or drug abuse
- Pregnancy
- Medication
- “Pathological” personalities
- Bipolar
- Suicidal tendencies

PRACTICAL TIP

Please note that some people will say **they are depressed**, when actually they are just feeling ‘a bit down’. If they are simply down it will be easier to lift their mood. When someone is genuinely depressed, they usually do not respond so quickly and need more **in depth treatment** in order to give them a different perspective.

PREGNANCY & CHILDBIRTH

- Pregnancy, is often stated as a **contraindication** for hypnotherapy when **Hypnobirthing** is becoming increasingly popular. Recommended to separate how you proceed into the different trimesters.
- **1st trimester**, proceed with caution - relaxation and gentle, positive techniques are fine, but possibly steer away from strongly emotional sessions.
- **2nd Trimester**, it's safer to work with deeper issues, if required, but again, just proceed with care.
- **3rd trimester**, Hypnosis can be extremely beneficial before, during and after the birth.

A SUMMARY OF WHAT YOU SHOULD HAVE LEARNED THIS FAR:

- As we go through life we **collect experiences** and these experiences cause us to **form beliefs**
- One of the **purposes of these beliefs** is to help assess whether **incoming information** is safe or **potentially threatening**.
- If our **beliefs** perceive a **potential threat**, this will trigger the **Stress Response**
- This **Stress Response** causes us to **think, feel & behave** in certain ways, and it is this that forms the large part of the **issues** people seek help for.
- There are many **different ways** of easing or resolving these issues
- We will be using a **combination of approaches**, all enhanced by the use of **natural hypnosis** .
- There are many ways to enter natural hypnosis, and there are a variety of therapeutic interventions we can employ within that state.
- There are **some conditions** however, that we need to take care over.

October Learning

MODULE 2 (Part 1)

- Learning Objectives for Module 2
- **The Critical Faculty**
- **Post Hypnotic Suggestion**
- **Suggestibility & Tests**
- **Signs & Cues of Hypnosis**
- **Student Insurance**