

Welcome

Week 8 –Module 3 (Part 3)

Aims of Today

- **Recap of week 7 – What do you remember?**
- **The U-Flow Method**, & how to look for the different levels of an issue
- **Self-Hypnosis & Stepping Stone Approach**
- **Hand-crafted Affirmations/Suggestions/Mantras** using **Compounding suggestions & Loops**
- **Your Role as a Therapist**
- **Confidentiality, GDPR & Record Keeping and Keeping Safe**
- **Dave Elman Inductions**

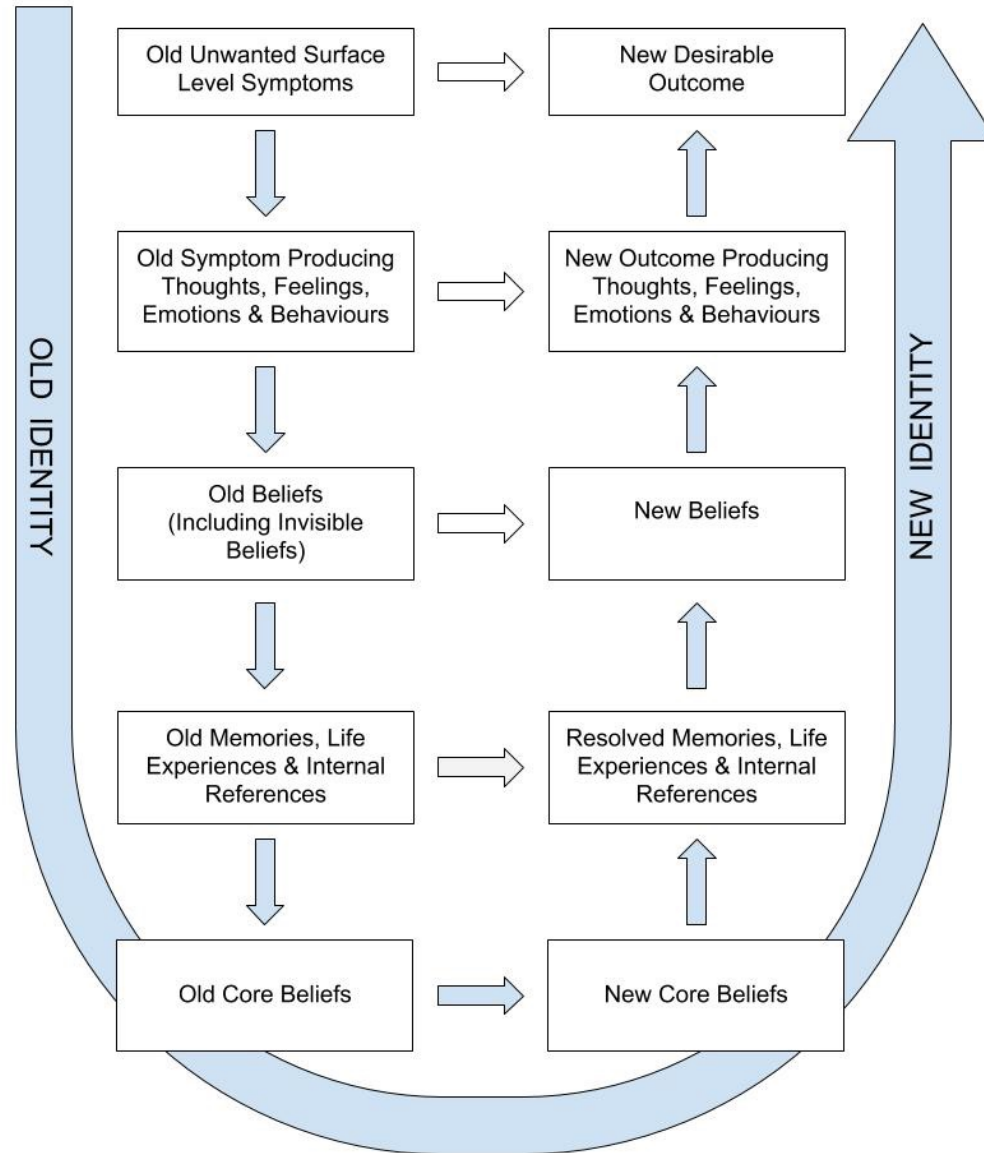
RECAP from Week 7 - What do you remember?

- Mind the gap
- ESCAPE Method
- CORE BELIEFS
- DWDW – finding their Core beliefs – looking the ‘real problem’

Seeking to understand your **client** and their **issue**, and **how they see the world** is of primary importance.

Only then, can you attempt to help them !

The U Flow - Levels Of An Issue



Self Hypnosis For You And Your Clients

- We are **hypnotising ourselves** every moment of the day, with our **inner self-talk**, as it will usually fit with our **existing beliefs**.
- Much of this **self-talk** by-passes our **critical faculty** and reinforces both our **conscious** and **unconscious beliefs**
- What most people really mean by **self-hypnosis**, is a ritualised version of this to help break or interrupt that chatter, and implant more **desirable ideas** into our conscious and subconscious mind.
- The problem is, for most people, there will usually be **inner resistance**. For self-hypnosis to work, we have to get past that resistance and get past that **critical faculty**, in exactly the same way we do with a client.

SELF-HYPNOSIS

- There are many self-hypnosis recordings available commercially, or free on **YouTube** or other **online sources**, and they can be extremely useful, and beneficial.
- More **bespoke ones** work best with clients, get them to read their **hand-crafted mantras**, or **suggestions** two or 3 times a day.
- If there is something in your own life that you feel is worthy of attention, literally **carry that thought** with you, and repeat it at any moment you remember or become aware.

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PRACTICE TIP

Remember Emil Coue's well known **auto-suggestion**:

“Every day, in every way, I am getting better and better” can be adapted to ...

“Every day, in every way, I am getting ... [positive suggestion/mantra]

Preparation for Self-Hypnosis

Have a look at this statement and see if you can spot how this helps to reduce, or by-pass the **critical faculty**:

*“For a certain amount of time I will momentarily suspend what I believe in this area, and willfully accept the belief I want. I will pretend that I am under hypnosis, with myself as both hypnotist and subject. For that time desire and belief will be one. There will be **no conflict** because I do this willingly. For this period I will completely alter my old beliefs. Even though I sit quietly in my mind, I will act as if the belief I want were mine completely.”*

“The Nature Of Personal Reality” Seth/Jane Roberts

SELF-HYPNOSIS

- The important factor is that either you - or the client you are teaching - has to consciously, deliberately, willingly suspend your/their normal reality for a moment and will-fully **accept some new ideas** as if they are already 'true' **NOW** - not some point in the future - **NOW!**
- The preparation statement aims to alleviate the potential conflict of **beliefs vs 'reality'**.
- It says "*we know what we're saying isn't true (yet) ... but if you suspend what you do believe, even for a moment, and focus on a **new idea**, in **THAT** moment, there is no conflict and the idea can more readily be accepted"*
- Think of it as which idea do you want to be in your mind, seeking an outlet and expression? You have to get it into your mind as if it is **NOW** - and convincingly as well!

Stepping Stone 'WANT' Phrases

Sometimes there will be **too much resistance** to the **fully phrased positive idea**... so it is sometimes better to use a **stepping stone phrase** ... and have the client state what they **"want"** - because then there is no conflict. e.g.

Instead of ... *"I am in control of my eating"* - Start with ***"I want to feel in control of my eating"***.

Instead of... *"I am able to have a loving relationship"* – ***"I want to feel able to have a loving relationship"***

Instead of... *"I am worthy of a promotion"*. – ***"I want to feel worthy of a promotion"***.

This may appear to go against the usual rules of positive thinking, of not saying *"I want"* etc. However, it is very effective and a great relief for many people, as it allows them to take a **stepping stone** to the end result, without triggering internal resistance.

PRACTICE TIP

Sometimes, saying “I want”, instead of “I am” etc., will help to quiet the **critical faculty** ... and allow the idea into our mind for unchallenged focus ...

Compounding Suggestions & Loops

COMPOUNDING SUGGESTIONS

- This is a means for **increasing the effectiveness** of **suggestions** by linking them together.
- The idea is that as the client **responds** to the **first suggestion**, they will then respond to the **second**, like links in a chain.
e.g. ***As you do (x), you will do (y).***

They can be very directive ...

- ***“Each time you breathe out, you WILL go deeper into relaxation ...”***

Or permissive ...

- ***“As you listen to the sound of my voice, you CAN begin to remember that feeling”***

The basic structure is such that there is an **initial statement** of what the client will do, then a **second statement** as to what else will or can happen, as they do that.

...

COMPOUNDING LOOPS

Here you **link two**, or more **compounding suggestions** into a **compounding loop** to reinforce each other.

“The more you allow yourself to relax, the better you begin to feel, and the better you begin to feel, the more you allow yourself to relax”.

“As you decide to feel healthier and lighter, the more you choose foods with sparkly energy. The more you choose foods with sparkly energy, the healthier and lighter you feel.”

These can be extremely effective and can be used all the time as part of the everyday hypnotic patten.

What Is Your Role As A Therapist

- Your role as a **Qualified Hypnotherapist** is to provide the best possible care you can and sometimes this may involve referring clients on to other healthcare professionals or seeking support from them.
- It is a good idea to have a **Supervisor** so you can refer to them if you are unsure as to how to proceed with a client, especially for your first two years of practice.
- Many organisations require this as part of their membership conditions (if registered with **NCH**, it is compulsory to have supervision for your 1st 2 years of practice. This is a payable service once per month).
- Supervision is a great opportunity to discuss your cases, seek guidance and check how you are getting on.

As a therapist ...

- The care of your client/patient must be your primary concern
- You must provide a professional, high standard of care at all times
- You must treat patients/clients with respect and as individuals
- You must keep your professional knowledge up to date
- You must act lawfully in your professional and personal practice
- You are personally accountable for your professional activity

Confidentiality

- Unless you have the **express permission** of the client to reveal information - **don't!**
- Even the slightest hint of a breach has the possibility to **destroy the trust between you and the client**, and may cause them ongoing problems because they will then possibly find it harder to trust anyone else in the future.
- If in doubt, chat to a **supervisor** or **mentor** or **professional body** to seek advice. If appropriate chat through your concerns with the patient directly.
- If an **emergency**, make a **judgement call** and do whatever you feel appropriate.

EXCEPTIONS : In very rare circumstances, there may be situations arising where it will seem beneficial to break the confidentiality.

- What if you believe the person has the **intention/capability of doing harm to her/himself?**
- What if you believe the person has the **intention/capability of doing harm to another?**
- (See, “Concern for Safety of Client or Another”)

Concern for Safety of Client or Another

William Broom, head of the UK **General Hypnotherapy Register** was asked what the GHR recommended procedure was on this, and he replied ...

“This is one of those rare occasions on which a therapist may consider breaching confidence but is always a judgement call by the therapist concerned and will depend upon the particular circumstances encountered.”

- If the client is **threatening suicide**, for instance, then if the therapist feels that there is a strong possibility of the client carrying out this threat, contacting the **client’s GP**, either with or without permission from the client to do so, must always be an option.
- If the client reveals incidents of **abuse or a serious criminal offence against a third party** (or parties), then the therapist will need to consider whether or not to advise an appropriate authority – e.g. **Social Services or the Police etc.** (N.B. The therapist needs always to bear in mind, however, that such claims by the client, whether made under hypnosis or not, may not actually be true.)
- If the client reveals harmful thoughts towards a third party (or parties), then the action suggested above must always be an option. (N.B. The therapist must always **proceed with extreme** caution before alerting an appropriate authority in such situations however, because such harmful thoughts are a relatively common phenomenon, are not illegal and are only rarely actually carried out.)
- If the client presents as a threat, either in word or deed, to the therapist, then treatment should be discontinued.

The above are only examples of the **most likely scenarios**, of course, and should the therapist have doubts about what action to take in any given situation, they should consult their **professional body** for advice at that time.

Confidentiality, GDPR & Record Keeping

- It is important to keep **records secure**.
- If on a computer, ensure the records are password protected
- If on paper, they must be kept in a locked cabinet.
- Make sure you are also aware of the latest General Data Protection Regulation (GDPR) with regard to ensuring that confidentiality is maintained and privacy and data policies are observed

IMPORTANT:

Watch the webinar on “GDPR, The Law & YOU As A Practitioner” in the members area:

<https://members.andrewpartraining.com/webinars/gdpr-the-law-you-as-a-practitioner/>

Example client forms and privacy policy templates are available in the [resources](#) section of the members area

Keeping Yourself Safe

- As with many jobs we, as Hypnotherapists, spend time with clients mostly without chaperones.
- It is important that as well as the safety of the client, we should also be **aware of our own safety**.
- This may include **not working late at night** in an otherwise **deserted building**.
- Let someone else know where you have gone if you are doing a **home visit**.
- Not being afraid to ask someone to leave if they are **behaving inappropriately**.

Whilst the majority of clients will be kind, honest and respectful, it is wise to have a strategy to deal with any unforeseen situations.

Introduction to Dave Elman Rapid Inductions & Deepeners

- Dave Elman (1900-1967) was a **stage hypnotist** turned **hypnotherapist** who mostly only ever taught doctors and dentists.
- His book "*Findings In Hypnosis*", which was later retitled "*Hypnotherapy*" contains transcripts of the lectures.
- He pioneered the use of creating **somnambulism** using **rapid inductions** so that doctors could make best use of their limited consultation time with patients.
- He also re-discovered how to induce the **Esdaile State** (Coma State) at will, and taught this to Doctors and Dentists who went on to carry out many procedures using only the *Esdaile State* for analgesia.

Hypnotic States

SOMNAMBULISTIC STATE

- This is the classic 'sleepwalker' state and is the state that Stage Hypnotists create in order for their subjects to perform. This is what most people expect or imagine when they think of hypnosis, and is believed to be the 'ideal' state for giving post-hypnotic suggestions.

THE ESDAILE STATE ('COMA STATE')

- This is a tribute to Scottish surgeon **James Esdaile** who performed thousands of operations using a very 'deep' state of hypnosis known as the **coma state**. In the Esdaile State, subjects tend to experience **natural analgesia** (ie. feel no pain) even without suggestions.



TIP

You may see it written or stated as '**FACT**' that you **MUST** get the **somnambulistic state** for **suggestion or regression**, or the **coma state** for physical phenomena such as pain relief.

This is simply not true

If you are giving **hypnotic suggestion** to change or **override existing ideas**, then 'yes', the **somnambulistic state** is the surest way to achieve that.

Quality suggestion & regression can occur with, or without the **somnambulistic state**, though if you have someone in the somnambulistic state, you will get a good regression. Similarly, with hypnotic analgesia - **The Esdaile State** is one way, but not the only way.

Dave Elman Type Rapid Induction

This is a version for a **Dave Elman Styled Rapid Induction** that Andrew may use, or suggest.

The basic steps are:

Create eye catalepsy (ie. muscles won't work).

Fractionation (repeated induction)

Suggestions of physical relaxation

- NOTE: 'Die-hard' Elman fans will say don't meddle ... but sometimes, the whole routine just doesn't feel appropriate so it is suggested that you just use elements that fit the situation.

Remember there are **no real rules.**

Dave Elman Type '3 Levels' Deepener

- Once someone is in a **light state** of **relaxed hypnosis** you ask them to visualise relaxing down even more through 3 different levels, each one double the relaxation of the previous. - check in with client
- **Dave Elman** would ask people to let him know when they had reached each level and true followers of Elman would probably insist that is the best way.
- It may well be, but most of the time Andrew doesn't do this, because it just doesn't fit with his way.

You can find the full original version in Dave Elman "*Hypnotherapy*" and I suggest you experiment and find what works for you.

Practice Exercise – Dave Elman Inductions

- Practice Dave Elman Inductions