Welcome

Week 9 –Module 4 (Part 1)

Aims of Today

- **Recap of Module 3 –** What do you have learned

- **Learning Outcomes and Overview of Module 4**

- **Hypnosis, Science or Art?**

- **The Differences Between Feelings & Emotions**

- **Code of Ethics & Your main duties as a Hypnotherapist**

- **Accompanied Clients**

- **David Grove and Clean Questioning**

- **Andrew Parr's Natural Clean Questions and Fluid questioning**

A SUMMARY OF WHAT YOU HAVE LEARNED IN MODULE 3:

- Our beliefs create **thought, feeling** and **behaviour** loops

- People want to start or **increase something**, or **stop or reduce something**

- Beliefs impact just about <u>every area of life</u> and **wellbeing**

- We can use this to help a <u>wide variety of people</u>

- We must be aware of when we may need to **<u>refe</u>**r or include other professionals

- We must be aware of **safety, confidentiality** and **GDPR** type issues

- We can **hand-craft suggestions** for clients using the **DWDW process**

- We can also use this for **self-hypnosis.**

Learning Objectives For Module 4

- Have an understanding of the **Fluid Questioning Process**, including the four main elements.

- Be able to implement the **Fluid Questioning Process** when interviewing a client.

- Be able to carry out a **complete, bespoke, solution focused session.**

- Be able to carry out the **Andrew Newton Induction & Deepener.**

- Observe the **subtle changes** clients give off in **response** to their **inner thoughts** and **feelings.**

- Have an understanding of **The Goal Achievement Plan** & how to implement it.

- Have an understanding of **codes of ethics** and the need for **accompanied clients** at times

Hypnosis - Art, Science or Both?

"Researchers can explore hypnosis scientifically, and that is no bad thing, but researchers are scientists. Hypnotists are artists. Researchers are all about eliminating the variables. Hypnotists are all about rolling with them. Researchers are all about protocols. Hypnotists are all about skills.

Hypnotism in the real world is 100% art/craft. Researchers can discover a lot of cool things that can stimulate and inform the practicing artists, but you can't make science out of art without destroying much of it's range and essence.

So as a hypnotist, sure, use science... but connect with the art!"

James Tripp, https://www.hypnosiswithouttrance.com/

Our Perspective

*"**To my mind, Hypnotherapy, Hypnosis** (and any therapeutic type work) **works very scientifically, but the** <u>**application of it is often more of an art than a science"**</u>.*

- To be able to give a set of 'step-by step' instructions or protocols that you can follow and apply to every situation, is not possible! People have a habit of being individual and very creative in the way that they present problems and challenges to you.

- What we have is a set of principles that you can use as a <u>guide</u> in any situation.

- How you use them is up to you, but <u>if you follow them</u>, and constantly <u>refer back to them</u>, you will find that you always have the resources available to you to deal with any person seeking your assistance.

The Differences Between Feelings & Emotions

Often used interchangeably, but good to understand the difference. Difficult to separate as the <u>inform each other.</u>

"Emotions precede feelings, are physical, and instinctual. Because they are physical, they can be objectively measured by blood flow, brain activity, facial micro-expressions, and body language.

*"A feeling … is the byproduct of our brain <u>perceiving and assigning meaning</u> to the **emotion**. Feelings are the next thing that happens <u>after having an emotion,</u> involve cognitive input, usually subconscious, and cannot be measured precisely."*

Source: <u>https://www.thebestbrainpossible.com/whats-the-difference-between-feelings-and-emotions/</u>

The Differences Between Feelings & Emotions

- For example, we may experience the _emotion_ of _fear_ in response to a certain stimuli/trigger in a specific moment, such as suddenly having to speak in public.

- But we experience a _feeling_ of _dread_ at the thought of it. The dread feeling is a response to the emotion we associate with it.

- An example could be the way you may have a feeling of love for someone you care about, but may not be experiencing any particular emotion at that time. However, if they are suddenly in trouble, an emotion may arise (fear, anxiety, helpless, anger?) causing you to act - because of that love feeling.

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"The truth is that we do not react to reality, but to the **meaning we give to that reality,** and in that way our expectations, needs and thoughts are influencing. Therefore, emotions are not simply reactions to the environment but also the evaluation of what is happening to us".

 https://psychology-spot.com/list-of-emotions-and-feelings

Emotions V Feelings

"*Feelings* are <u>sparked by</u> *emotions* and <u>coloured by the</u> *thoughts, memories,* and images that have become *subconsciously* linked with that <u>particular emotion</u> for you. But it works the other way around too.

For example, just thinking about something threatening can trigger an *emotional fear* response. While individual emotions are temporary, the feelings they evoke may persist and grow over a lifetime. Because *emotions* cause **subconscious feelings** which in turn <u>initiate emotions</u> and so on, your life can become a <u>never-ending cycle of painful and confusing emotion</u>s which produce **negative feelings** which cause more **negative emotions** without you ever really knowing why."

Code of Ethics

- In the world of therapy and hypnotherapy, codes of ethics are designed to help **protect the wellbeing of the client**.

- They should largely be common sense but organisations typically need a Code of Ethics to ensure the good conduct of members.

Here are the Code Of Ethics for the ACCPH, NCH & GHR:

Accredited Coaches, Counsellors, Hypnotherapists & Psychotherapists (ACCPH)

https://www.accph.org.uk/code/of/conduct

National Council For Hypnotherapy (NCH):

https://www.hypnotherapists.org.uk/about-nch/code-of-ethics/

General Hypnotherapy Register (GHR)

https://www.general-hypnotherapy-register.com/code-of-ethics/

Please read through and familiarise yourself with them. You do not need to learn them but you should make sure that there are none that you are unable to adhere to.

Your main duty as a Hypnotherapist
(coach, counsellor, therapist)

To protect the health and wellbeing of all those who use your services. We could summarise this as:

- The **care of your patient** must be your <u>first concern</u>

- You must provide a <u>high standard of care</u> at all times

- Patients must be treated with <u>respect, as individuals</u>

- Your **professional knowledge** must be kept <u>up to date</u>

- You must <u>act lawfully</u> in your professional and personal practice

- You are <u>personally accountable</u> for your **professional activity**

Accompanied Clients

- In <u>certain circumstances</u>, it may be <u>necessary</u> for the client to have a **chaperone** with them for their session.

- In some situations, this is recommended such as a **minor,** or someone with **special needs**. In these situations do your best to ensure that the person accompanying plays a very <u>minor, background role.</u>

- Sometimes, **nervous adult clients** will bring a chaperone for reassurance, but I always <u>encourage the chaperone to leave</u> before we get on to the **real therapy.**

- Apart from clients feeling inhibited if someone they know is present, a <u>"well-meaning"</u> chaperones suddenly become controlling and interfering.

David Grove and Clean Language

- Using **"clean language"** has nothing to do with four letter words!

- It is a way of <u>interacting with a client</u> and <u>responding to the information they provide</u>, in a way that ensures all information provided by the client comes *from the client.*

- This allows the client to stay within their **inner experience** more fully.

For example, if a client describes a scene, saying, "I am in a room", a very *un-clean way* of responding could be, **"Is it a bedroom?"**

- Immediately a bedroom will spring to mind and now the client may either be **pulled out of their own experience** or have **a conflict** over whether they are <u>recalling naturally, or being</u> influenced by the therapist.

- A more **clean response** would be, **"What kind of room?"**, which allows the client to stay with their experience and possibly <u>even go deeper.</u>

- Use of clean language also helps limit **False Memory** Syndrome, which we will cover elsewhere.

DAVID GROVE CLEAN LANGUAGE STYLED QUESTIONS IN PRACTICE.

- In the context of interviewing the client - either **conversationally** or within formal **hypnosis** - the aim is to ask questions that help <u>elicit maximum experiential information</u> from the client, but with minimal risk of influencing that information.

- If you, as the **therapist** impose your **own terms and phrases** instead of using theirs, you risk <u>detracting the client from their full experience</u>.

- When you use **"Clean" questions** you allow the subject to <u>stay in their experience</u> more fully.

- In practice this means asking questions that <u>**incorporate the client's own words and phrases.**</u>

- Therapist David Grove devised 9 standard questions, which you can read about in more detail here:https://www.cleanlanguage.co.uk/articles/articles/109/1/Less-Is-More-The-Art-of-Clean-Language/Page1.html

Fluid Questioning

- **Fluid Questioning** is the name we give to a <u>collection of techniques</u> that help the client go to their **core issues** and **beliefs**, both in the <u>initial interview</u> and within an <u>interactive session,</u> with minimal biasing input from the therapist.

The following combined methods achieve this:

- **Natural Clean Questions**
- **Unfinished Sentences**
- **Client Language Feedback Process**
- **Linking Phrases**

Fluid Questioning

- In practice this means <u>learning each of these techniques</u> individually and **combining them together** to create a **fluid, flowing** and **effective questioning** technique, that helps <u>build enormous rapport</u> and uncover <u>vital information,</u> usually very quickly.

- To master this, Andrew suggests taking <u>each element</u> in turn and, however difficult at first, persistently using it until it <u>becomes second nature</u>.

"Fluid Questioning" is very different from **"Socratic Questioning",** which aims to <u>break down and challenge an idea</u> by asking a series of structured questions that <u>challenge the validity of a belief or idea,</u> usually in a fairly logical way. **Fluid questioning**, on the other hand, will take the subject on an emotional journey to the core of their belief/ idea.

"Natural" Clean Questions

- These questions are designed to be used in conjunction with the client's own words, (similar in the style of *David Grove's* approach).

- Some are adaptations of Groves questions, some are questions Andrew naturally used. However, all are designed to **limit the input and opinions of the therapist**, and maximize the experience of the client, to allow the interaction to flow without bias from the therapist.

- These questions, (along with each element of the Fluid Questioning), can be used both conversationally or during formal hypnosis and, in theory, it should be possible to interview a subject using only these questions and choose only words from the subjects responses.

EXAMPLES OF NATURAL CLEAN QUESTIONS

- *"In what way …?"*
- *"And that means that … ?"*
- *"And what's that like … ?"*
- *"What kind of … [xxx] ?"*
- *"And what do you mean by … [xxx]?"*
- *"And are there any feelings or emotions …?"*
- *"And that feels as if … ?"*
- *"And that makes you/me feel …?"*
- *"I wonder why … ?"*
- *"[xxx] … it feels as if … ?"*
- *"Whereabouts … ?"*
- *"And then …?"*
- *Any else ?*
- *How does that feel?*
- *I wonder why that is…*

EXAMPLE

- Therapist: *"How can I help you?"*
- Client : *I've been feeling depressed".*
- Therapist: *"In what way depressed?"*
- Client: *"Sort of, you know – low".*
- Therapist: *"Low, what kind of low?"*
- Client: *"Like I can't get up in the morning".*
- Therapist: *"And what's that like 'Can't get up in the morning'?"*
- Client: *"It's scary»*
- Therapist: *"What kind of scary?"*
- Client: *"It feels like I'm a failure".*
- Therapist: *"A failure, in what way?"*
- Client: *"Because I want to get up and get on but I can't".*
- Therapist: *"What kind of can't?"*
- Client: *"I don't know'*
- Therapist: *"What kind of 'don't know'?"*
- Client: *"I don't know, it's like I just don't know what to do."*
- Therapist: *"And when you just don't know what to do, are there any feelings or emotions?"*
- Client: *"Yes, I feel really sad, lost, helpless. And a scared feeling".*
- Therapist: "Ok now focus your mind on that sad, **lost, helpless** and **scared** feeling

Practice Exercise: Natural Clean Questions

Duration: 10 minutes per person

Equipment: Notepad & Pen

Practice Partner: Individually or 2's and 3's

Background: The aim of this exercise is to help you switch your focus from trying to solve a client's problem, to gathering more information first, using the Fluid Questioning Process. In this first step, we become familiar with encouraging a subject to keep speaking on a particular topic with you **only** using Natural Clean Questions.

This does take a bit of getting used to, as most of us typically will take what someone says and then put our own spin on it in the reply which can be very interruptive for the client.

But once you become familiar with the process you will find it an incredibly **effective** means for helping people move through layers of beliefs and get to the core of an issue - especially if you combine this with the other elements of **"Fluid Questioning"** and **"Follow The Feeling"** which we will cover later on.

Instructions

- For this first exercise you will do this conversationally (ie eyes open, face to face), as you would in an initial interview with a client, (but you will eventually also use this technique within hypnosis).

- Enlist the help of a volunteer and ask your volunteer to **choose a topic that interests them**, such as a hobby or something meaningful they have suggested.

- Tell them that you would like to be able to practice asking them some questions about their chosen topic or area of interest, but using a very specific questioning technique.

- Begin by asking them to **reveal or share something about their topic** or area of interest. E.g. ***"Can you tell me something about [x]?"***

- Once they begin, your challenge is to keep the conversation going for at **least 5 - 10 minutes** by (a) listening carefully to what they say and (b) **ONLY** asking one of the Natural Clean Questions, and see where it leads.

- Write up your experience in your Reflective Practice Journal.

Be patient with yourself - this is NOT easy at first but I urge you to persist and become proficient in this, as it will pay huge dividends.

PRACTICAL TIP

The questions are designed to help you find out:

More details about **what is happening**

More details about the **feelings and emotions** this creates

More details about the **impact of this** on the client

"This happens, which makes me feel [this], which means, [this]."

Unfinished Sentences

- During any line of questioning - whether as part of a conversational therapeutic interview - or during hypnosis - there will be times when the client starts a sentence but doesn't finish it.

- When someone backtracks part way through a sentence in this way, it is usually because they have subconsciously stopped themselves from expressing or saying what they were about to say. There is "resistance to verbalising" - the threat response has kicked in - and that is usually an indicator of a limiting belief or idea or emotion.

- When this happens, see it as a "flag" waving, saying *"there is something going on here",* and so always ask the client to finish the word or sentence they didn't finish.

- In many cases this will immediately begin accessing the next level of their belief system, whether this is in a conversation or during recall in hypnosis.

Unfinished Sentences

For example:

- Client: *"I had a difficult childhood".*
- Therapist: *"What kind of 'difficult childhood'?"*
- Client: *"It was just … well mum and dad worked really hard to support us".*
- Therapist: *"Finish that sentence … 'it was just' …?"*
- Client: *"No nothing, it was just …*
- Therapist: *"Go on, finish the sentence, 'It was just' …?"*
- Client: *"It was just … lonely.* (triggers emotion).

Practice Exercise: Natural Clean Questions & Unfinished Sentences

Duration: 10 minutes per person

Equipment: Notepad & Pen

Practice Partner: Individually or 2's and 3's

Background: Unfinished words or sentences often indicates unfinished business, so this exercise is to help train you to look out for them,

Instructions:

• Repeat the Natural Clean Question exercise, either with a different volunteer client or the same one but on a different topic, but now also pay attention to unfinished words and unfinished sentences.

• Whenever you notice these ask the client to go back and complete what they were about to say.

• **Pay attention** to whatever it is **they say,** in order to complete the word or sentence – very often it will also be an indicator of a core fear or belief.

• Write up the experience in your **Reflective Practice Journal**

STUDY TIP

Remember, unfinished words or unfinished sentences often indicates

unfinished business!