

Welcome

Week 13 – Module 6

Aims of Today

- **Recap of Week 12** – What do you have learned?
- Learning outcomes of **Module 6**
- **The Andrew Parr Transformative Method**
- **The Real Secret of Resistance & Dealing with Resistance**
- **Fluid Questioning in Regression**
- **Follow the Feeling**
- **When to Prompt and when to be quiet**
- **False Memory Syndrome**
- **Direct Eye gaze and Emotive Suggestions**
- **Exercise – Using Fluid Questioning in Regression Session**

Recap – Week 12

- **ISE's, Sensitising and “Symptomising” Events**
- **Abreactions**
- **Stages of an Analytical Hypnosis Session**
- **Exercise – Analytical Hypnosis Session**

IN THIS MODULE YOU WILL:

- Gain an overview of the **Deep Transformation Process**.
- Understand “**resistance**” in a therapeutic context, including how to recognise it and how to deal with it.
- Know what to actually do with the client once you have started the regression or analytical process.
- Be aware of **false memory syndrome** and how to avoid it.
- Know how to give **direct eye-to-eye** suggestions

The Real Secret of Resistance

- Many therapists will state that the therapy is unable to move forward or progress because the client is “**resisting**” and is often referred to as the therapists bane

KEY TERMS:

Resistance: “A client’s unwillingness to grow in therapy”

Resistance may typically present itself as:

- *“I don’t need to go through that”*
- *“I can’t think of anything”*
- *“Can we just chat instead?”*
- *“I don’t think that is relevant”.*
- *“I’m scared, can I open my eyes”*

However, Gil Boyne once said,

“If you say a client is resisting, you are stealing their money”.

However....

*“It’s is very simple - the “**Real Secret Of Resistance**” is that all resistance is really fear. If you can follow the fear to its causative idea, the *resistance will dissolve*, and the therapy will continue or progress at a faster rate. Often, it will actually lead you to a **complete resolution**. Resistance is therefore not the ‘therapist’s bane’ - it can actually be used for therapeutic benefit”.*

Resistance

- Many people will try and avoid going to the thought, idea or memory they need to go to - that is why they have a problem!
- The **Threat Response** will kick in and the '**resistance**' is their attempt to continue that avoidance.
- Seek to understand the fear-based idea behind the resistance, and it will often tell you where they need to go and help you take them there. That is your job, that is what they are seeking your help for.
- Do not be put off by it, therefore. **Use it and work with it.**

PRACTICAL TIP:

If the client is '**resisting**', they are effectively waving a flag saying, 'this is part of my problem'.

Use it, *follow the feeling* and work with it!

Dealing with “Resistance” Practically

When someone is ‘resisting’ there will usually either be:

- A feeling they are avoiding feeling, so the **resistance behaviour** is helping them **avoid that feeling**.
- A feeling they are already feeling, and this is causing their **resistant behaviour**

EXAMPLE (a)

- Client: ***“I don’t need to go through that”***
- You: *“That’s Ok, I understand, but your mind has brought it up so let’s go through it and see what happens.”*
- Client: ***“I really don’t think I need to go through that.”***
- You: *“That’s OK, no problem, but I wonder if you could just let me know what that uncomfortable feeling is, at the idea of going through that?”*
- Client: ***“Scary. Out of control. Like when I was little and ...”, etc.***

EXAMPLE . (b)

- You: *“That feeling you are feeling right now, as you say you can't think of anything, what is that feeling?”*
- Client: *“**I feel stuck, frustrated. I feel like I can't do it & I'm getting it wrong.**”*
- You: *“And what's that like? Stuck, frustrated, can't do it, getting it wrong?”*
- Client: *“**Terrible. Really upsetting. It's what I always feel**”.*
- You: [You could continue with clean language questions, or] *“**OK Just focus on that feeling now, stuck, frustrated, can't do it, getting it wrong - let your muscles loosen and allow your thoughts to drift down and down into that feeling, and back and back in time, linking and connecting to where your mind seems to take you ...**”*

USE the (resistance) feeling they are feeling as a continuation point for regression or memory recall.

“Fluid Questioning” in Regression & Analysis

- Remember **Fluid Questioning** from **Module 4**?
- We can use the same process within **hypno-analysis** and **regression** to create a fully **immersive experience** and act as a powerful uncovering technique, which increases the likelihood of a powerful **cathartic effect**.

The four main components are:

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

In practice this means:

1. Carry out an appropriate **induction and deepener**.
2. Initiate a **flow of information**, usually involving **regression** or some kind of.
3. Use '**Fluid Questions in analytical processing**'.
4. Allow **Free Association of thoughts, feelings and emotions** of the client.

Repeat steps 3 & 4.

- Often the client will be describing one scene and then suddenly jump to something else that seems '**random**' or **unconnected**.
- There will **always be a connection** - and the connection will often be that the underlying feeling is the same in each situation, even though the circumstances may be very different.
- Observing this, and the commonality between the two, can often highlight the **underlying belief**(s) at play.

Follow the Feeling

As a general rule, in any kind of analytical session, always follow the feeling.

For example:

- If **fear** changes to **anger** - go with the anger.
- If **anger** changes to **sadness**, go with the sadness.
- If **sadness** turns to **unworthiness**, go with the unworthiness.
- The **changing feelings** will often lead you through layers of beliefs.

These are some **common feelings** and **emotions** that clients will express during analytical sessions.

Look out for these words and get used to repeating them back to the client.

Negative	Negative contd.	Positive
Sad	Lonely	Happy
Angry	Alone	Safe
Frustrated	Guilty	Good
Upset	Depressed	Strong
Embarrassed	Numb	Powerful
Worried	Worthless	Loved
Anxious	Powerless	Calm
Ashamed	Useless	Peaceful
Frightened	Unloved	Free
Scared	Unwanted	
Hopeless		

PRACTICAL TIP:

Sometimes, the client will try to project onto you and the therapy the **same issue** they are seeking help for!

Watch out for it! Use it

Follow THAT feeling!

When to Prompt and When to be Quiet

- There is a delicate balance to achieve between **prompting** or urging the client to keep talking and waiting quietly for them speak in their own time and of their own accord.
- Part of the skill in any form of therapy is learning the **art of when NOT to speak**.
- When using **regression** or any kind of **interactive process** where you are asking the client to talk back to you, 'err' on the side of allowing the client more time to formulate their thoughts and present information to you when they are ready.
- BUT - you DO want to encourage the client to keep **verbalising their thoughts** and **feelings** because that is what will keep the process flowing.
- The more experience you have at this, the more you will be able to make your own judgement more easily

When to Prompt and When to be Quiet

- As an initial rule of thumb, if the client is quiet for more than a minute or so, **gently nudge** them (verbally!)
- Or remind them to keep **externalising** what they are experiencing, whatever it may be, otherwise they may be off on a train of thought that they are **internalising**, and that will interrupt the flow of the process.

PRACTICAL TIP:

Remember, the client will very often be experiencing time differently than you.

False Memory Syndrome

When, whilst in a **suggestible state**, and a therapist uses very **un-clean language** they can unwittingly **plant an idea** in a **subject's mind** - which they then **recall as a memory** - and then, act upon it

This is known as **False Memory Syndrome**.

Client: *"I see my uncle coming into my bedroom?"*

Un-Clean Language Response: *"Is he coming over to your bed?"*

- There is a strong possibility that this **unclean question** will **trigger an image** or **idea** of the uncle approaching the bed, even if nothing of the sort happened, and the client may then begin to have doubts or thoughts about, ***"What if he did? etc"***.
- It would be very easy for an **un-clean language** therapist to create a **False Memory** which, if believed, could cause untold damage.

A much “cleaner” response would be...

Client: *“I see my uncle coming into my bedroom?”*

Response: *“You see your uncle coming into your bedroom?”*

Client: *“Yes, he is switching off the light and saying good night. I like staying here, it is fun and I feel really safe.”*

STUDY TIP

Here is an interesting article on false memory by Andrew Newton, website:

<http://www.newtonhypnosis.com/false-memory-syndrome-update/>

Direct, Eye-to-Eye, Emotive Suggestions

- It can be very effective to give ‘last minute’ suggestions, staring straight into the client's eyes just as they are about to leave the session.
- Typically, say something like “*and remember that ... [x]*”, (which will usually be something gleaned from the session), and the client almost shrugs it off. ie are resistant or dismissive of the new idea.

YOU (As saying goodbye) “**Remember it’s OK to let yourself be loved now**”.

Client: Laughs nervously and looks away.

Me: “**No, I mean it. (Looking them straight in the eye) It’s OK for you to let yourself be loved now. Can you say it back to me?**”

Client: (avoiding my gaze and looking away) “*It’s OK to let myself be loved now*”.

YOU: “**No, look me in the eye. “It’s OK to let myself be loved now”**”.

Client: (Stops laughing). “*It’s OK to let myself be loved now*”. (Head still but eyes look down at last minute)

YOU: “**No, look me in the eye as you say it. “It’s OK to let myself be loved now”**”.

Client: (starts to well up, holding my eye contact) “*It’s OK to let myself be loved now*”.

YOU: “**Good, one more time ...**”

Client: (Smiling, slightly tearful but in positive way, holding eye contact) “*It’s OK to let myself be loved now*”.

YOU: “**Good, well done. Have a lovely weekend, see you next week**”.

Summary of What You Have Learned

- An overview of the **Deep Transformation process**
- **Fluid Questioning & “Follow The Feeling”**
- How to spot **resistance** and what to do with it
- When to **prompt** and when to **be quiet**
- How to carry out **eye-to-eye direct emotive suggestions** and when to use them.
- How to avoid **False Memory Syndrome**.

Practice Exercise: Regression Using Fluid Questioning

Duration: 45-60 minutes per person

Equipment: Notepad & Pen

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

Background

The aim of this exercise is to help a client begin to **explore underlying causes** of an issue they need some help with, using **hypnotic regression** and **Fluid Questioning**.

NOTE

As we are now venturing into **deeper, therapeutic work** and so **patience, kindness,**
and **care** becomes even more important.

Treat this as **a REAL client session** – because it is!

Instructions

1. Ask your volunteer to client to choose a topic or **issue** they want to work on.
2. Interview client on this topic/issue using **Fluid Questioning** to identify the core issue as far as possible, looking for **emotional hotspots**.
3. Use a suitable **induction and deepener**.
4. Ask them to think about the **feeling** of **topic/issue** they want to work on, or the feeling of the 'emotional hotspot', if uncovered.
5. Use the **simple regression script** from **Module 5** to 'Follow the Feeling' back to wherever the client's mind takes them to.
6. Using **Fluid Questioning**, encourage the client to speak out loud about whatever seems to come to mind. Whatever **feeling** the client comes up with, remember to follow it.
7. If the client becomes **emotional**, that's ok, **get them to stay with it, reassure them**.
8. If you wish, and are feeling confident, it is here where you could incorporate a **Don't Want Do Want**, before bringing the client back to normal awareness.
9. Either way, when the client has expressed any particular thoughts, feelings that are going through their mind, ask them to **"clear your mind, and as you breathe out just gently blow away the old feelings for now"**.
10. Gently allow them to return to this time, this place this room, keeping their eyes closed for now.
11. Slowly release them.
12. Write up your experience in your **Reflective Practice Journal**.