

Welcome

Week 14 – Module 7

Aims of Today

- Recap on Module 6 (Week 13)
- Learning Objectives for Module 7
- The importance of working within the **client's belief system**.
- The relevance of **The Raw Emotive Content, Expressing The Unexpressed & Powering The Inner Voice**
- How to use **Inner Child Therapy** within hypnosis.
- **Complete the loop**, how to put this all together now so that you know exactly what you are aiming for, step-by-step

Recap – Week 13

- The Real Secret of **Resistance**
- Dealing with “Resistance” Practically
- “**Fluid Questioning**” in **Regression** and **Analysis**
- “*Follow the Feeling*”
- When to Prompt and When to be Quiet
- Practice Exercise: **Regression Using Fluid Questioning**
- **False Memory Syndrome**
- **Direct, Eye-to-Eye, Emotive Suggestions**

Learning Objectives For Module 7

- The importance of working within the **client's belief system**.
- How to use **Inner Child Therapy** within hypnosis.
- The relevance of **The Raw Emotive Content, Expressing The Unexpressed & Powering The Inner Voice**.
- How to put this all together now so that you know exactly what you are aiming for, step by step.
- How to use **Parts Therapy** within hypnosis.
- The **“Fist Of Sand” Technique** for if you reach a ‘dead end’.

Working Within the Client's Belief System

- If you hold very different beliefs than your client, trying to 'educate' them by telling them yours, **is not** be the best way forward.
- They have those beliefs for a reason, have an **emotional investment** in them and have **internal reference material** to **justify** or **prove** why these beliefs are 'true'.
- If you challenge those beliefs directly, you will probably come up against **resistance (fear)**, which you may or may not be able to work with, but you will usually find it more productive to **first step into** the **client's belief system** and work within that.
- Then, as anomalies begin to appear to the client and the client has doubts, you can gently **lead them out of one belief system and into another.**
- If they make a statement of absolute fact about something, a **well-placed question** will often **elicit** the **desired response** instead of intellectual discussion.

Working Within the Client's Belief System

Similarly, with clients. If they make a statement of absolute fact about something, a well-placed question will often elicit the desired response instead of intellectual discussion.

Client: ***"I'm stupid and worthless"***.

You: *"What makes you think that"?*

Client: ***"It's true. Everybody tells me"***.

You: *"Really, who's 'everybody'"?*

Client: ***"Well, my mom"***.

You: *"Oh, and do you believe her"?*

Client: ***"Well, yes. She tells me that a lot. ... [long pause]"***

... I believe her ... But I guess it's not true".

(Surprise at first, at even the thought of questioning what mum said, then doubt creeping into reply, as the hidden suggestion that it was something the client chose to believe, and not a statement of fact, sinks in).

IMPORTANT PRACTICAL TIP

It is also important to realise that introducing your own beliefs to the client can be very **jarring** unless you know for certain they hold the same ideas.

We cannot assume anything – use the **clients' own words and language** as far as possible and operate within the vocabulary of their belief system – **not yours!**

Raw Emotive Content

PRACTICAL TIP

“The Raw Emotive Content is the phrase used to describe the actual emotional feeling that someone feels totally uncensored, unedited, just expressed exactly as they feel it”.

- For example, the client might say, **“I feel annoyed”** but the **raw emotive content** may actually be **rage, hatred** and **betrayal**.
- When you can help someone tap into the **Raw Emotive Content**, the **‘unedited’ version**, you will usually get a much more powerful and complete abreaction and release.
- This is what we dig around for when doing **regression** or uncovering work, and often it will be there when you hit one of the **Core Beliefs**.
- When you help someone find **memories** or **ideas** that reflect **core beliefs**, and further help them express the **Raw Emotive Content**, they will often have very **strong abreactions**.

Expressing the Unexpressed

- This is the process of having the client verbally express out loud (as opposed to just thinking in their own mind) their **thoughts, feelings and emotions** that they have, until now, been unable or unwilling to express.
- Very often this can be an expression of the Raw Emotive Content, often in **very colourful language!**

WHEN TO USE

- Don't jump in with this too quickly, as it is possible that you will not allow the **full details** of an event to be **revealed** or a full abreaction to take place.
- Therefore, use if the client seems stuck on a **memory or idea** where they are clearly describing a scene or event and it is obvious there is **emotion**, but it is **not being abreacted** at that moment.

Expressing the Unexpressed –

THE PROCEDURE

- Identify the feelings or emotions someone is feeling **but not expressing**, either by natural occurrence in the session, clean language questioning, or simply asking them.
- Say, *“If you could be there once again, what would you REALLY like to say”*
- As the client starts to tell you, interrupt and say, *“Don’t say it to me, say it to [the person].”*
- Say, *“Imagine you are there once again with [person/s] right in front of you and tell them exactly how you feel. Just be there in your mind, right now, and tell them.”*
- If they need help getting started, start them off by telling them to say something like, *“You make me feel ...”*.
- Repeat back what they say. (*“You make me feel angry, you make me feel scared,” etc*)
- Tell them they don’t need to be polite and urge them to say what they really feel using whatever words come to mind.
- Keep it going, working through all the thoughts and feeling that come up, until the client has **‘dried up’** and has no more to say.
- Check in with how they are feeling now and again. e.g. *“Notice any feelings or emotions as you do this; notice how your body feels right now”*.
- If ever the client pauses or goes silent, give them an appropriate few moments and then ask what’s going through their mind, to encourage them to keep the flow going.
- If appropriate, use **“Giving Back The Feeling”** (see next).

Giving Back The Feeling

- Once you have connected the client with a **thought or memory**, or **inner child**, or any younger version of themselves, and begun to access and express feelings and emotions, an extremely powerful method Andrew developed was, *“Giving Back The Feeling”*.
- The idea is that whatever the distressing or upsetting feeling the client has been made to feel, we get the **client** to **give it to back** to **whoever or whatever** was the cause of it.
- Client: *“You gave me all these feelings ... but I don’t want them any more, so you take them back”*.
(Breathe out blowing feelings to whoever is the cause)
- Often this is tagged on the end or makes a **fitting conclusion** to the **Expressing The Unexpressed exercise**.

PRACTICAL TIP

Very often, it is this **giving back the feeling** exercise that will create/least accelerate, the **liberation of an old idea**. There is something about another finally understanding, that creates a sense of **justice or peace**, so that we can move on.

Powering the Inner Voice

- Once a client has been through an **abreactive experience**, or expressed ideas that they were previously unable to say, **Expressing The Unexpressed**, they will usually be in a highly emotive and **suggestible state**.
- Now, it's useful to help them develop some new, more positive ideas to replace the old limiting ones.
- Make a mental or written note of all the **negative ideas/beliefs** mentioned during the session, and create an alternative positive version of each one, and then ask the client to say them aloud, as a **form of 'affirmation'** type statement.
- Called, **Powering The Inner Voice**, as essentially, when these new ideas are accepted, you are allowing the clients inner self-talk, their '**inner voice**' to power up in a positive way.
- The most **powerful versions** of these statements will be formed spontaneously by the client as they begin to express new beliefs - it is your job to spot them, highlight them and repeat them back to the client.
- E.g. Client: ***"I'm beginning to feel and understand that it wasn't my fault and that I am a good person. I'm starting to realise that I can trust myself now and I can move on now."***
- You: ***"Ok, say that again: I am a good person, I can trust myself, I can move on now."***

Powering the Inner Voice

- Lookout for **“I am”, “I can”, “I feel as if”** type statements, for they will reflect the new beliefs forming.
- Write these down for the client to take away and repeat aloud - almost like a prescription.
- This will **reinforce positive ideas** and help push to the surface any remaining negative ideas.

PRACTICAL TIPS

Remember that when you make an **“affirmation”** you are actually affirming something you believe to be true, so if the client can say these new statements and feel good saying them, it is a good indicator that they are ready to accept the new beliefs.

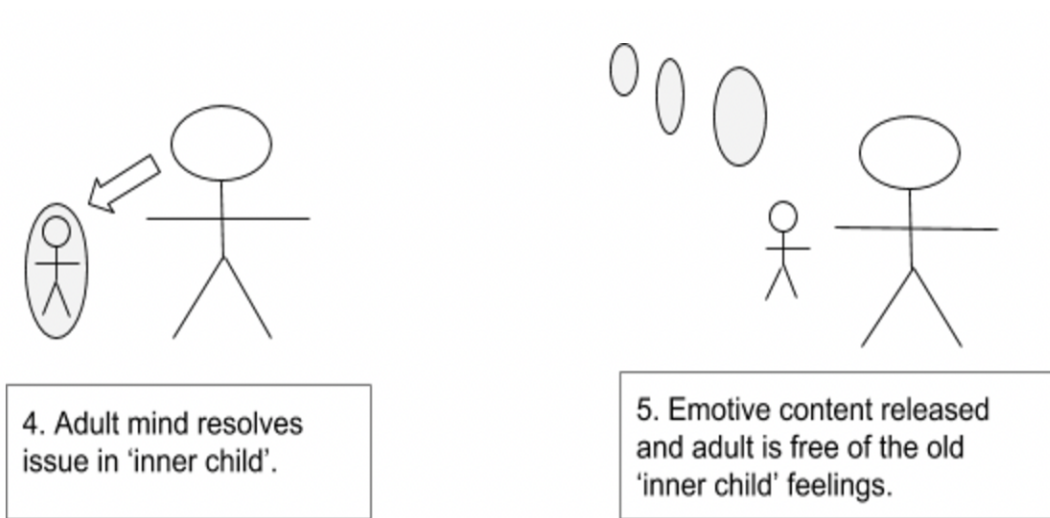
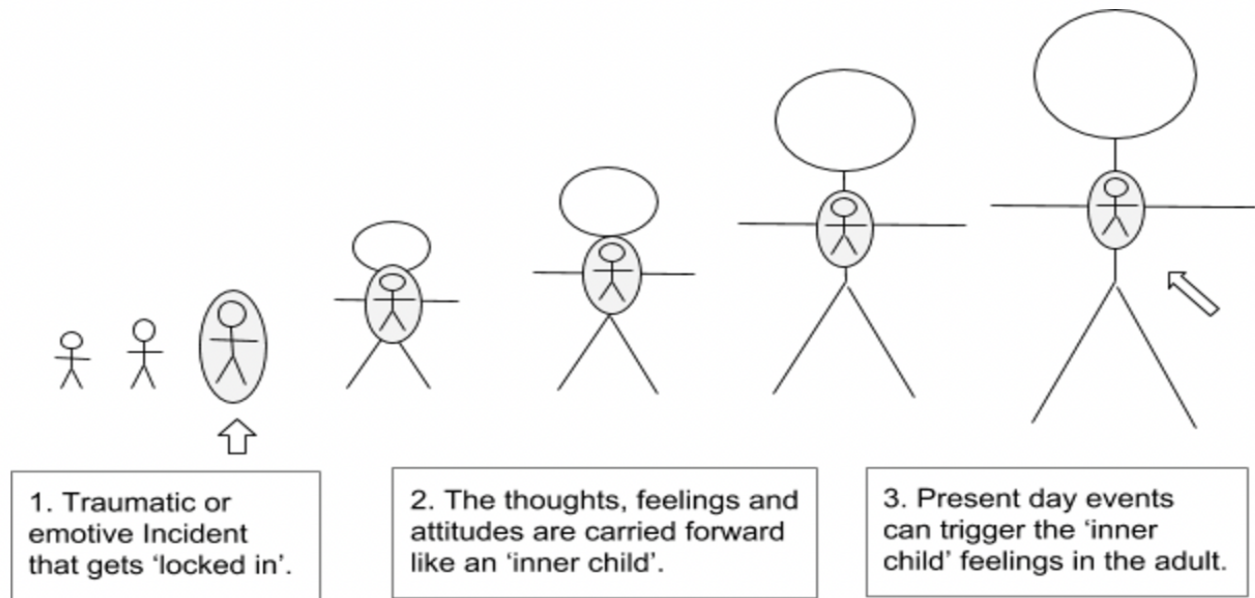
If there is any reluctance or discomfort to saying these statements, it may mean that a little more time is required for them to integrate such ideas, or otherwise an indicator of **further limiting beliefs** and work to be done.

Inner Child Therapy (In The Context Of This Training Course)

- When we experience an **emotive incident** (or series of emotive incidents) that lead to some form of **ISE** (Initial Sensitising Event) or '**Symptomising**' Event', it can appear as if some part of us gets **emotionally 'Locked In'** at that time.
- Usually, this will be **during childhood**, so that **locked-in part** of us can be referred to as an '**Inner Child**'.
- **Events in the present** can activate this part of us, causing us to feel the **same feelings now** (as an adult), that we did as a child, and thereby influencing our behaviour accordingly.
- Often people will actually say "*I feel like a child at times*" - which could be **fear, anxiety, guilt, shame, embarrassment, frustration, anger** and so on.
- The **basic tenet** is that the **fear/anxiety/upset** etc is our **Inner Child** that is in need of some form of help

Inner Child Therapy

- There are many schools of thought and therapies that have developed around this model.
- For the purposes of this training course, you can use Regression, Visualisation, Parts Therapy, Suggestion or any other, plus a combination, to access this 'Inner Child' and resolve the limiting or conflicting ideas.
- As you do this, provided any **associated emotion** is **dissolved** or **released**, it will appear as if the 'Inner Child' part is no longer 'locked in' and instead **set free**.
- The adult then feels free of the childlike feelings along with any **associated behaviours** or **symptoms** that went with them.
- A comment you may often hear is ***"I no longer feel like a child in an adult's body, but instead an adult, in an adult's body"***.



Relating this to **The Library Model**, we could say that instead of simply triggering an 'F' Response, we are triggering an Inner Child which in turn triggers the 'F' response and any **associated behaviour**.

In this context, the **'Inner Child'** is really only a model or **representational system** for a **belief** with an **emotion wrapped around it**.

Simple Inner Child Script

Usually used in this in the middle of a regression session, once we have reached an **appropriate place** ... but sometimes may use this as a **stand-alone technique** at a first meeting with someone, just to start the analytical process off.

Assuming the client is already in hypnosis ...

“Just for now, let the adult you, the one here with me go back in time, back to that place (that room) where that little you is, that younger you.

Let your mind just take us back there and my voice will go with you ...

And just feel, sense, picture, imagine walking up that little/younger you and just look into his/her little eyes ...

... and let him/her know who you are.”

Simple Inner Child Script

You can say,

...“I know what it is like to be you. I know what you are thinking, what you are feeling, I know exactly what it is like to be you ... because I AM you ... we are just different perspectives of the same person.

So, I know exactly what it is like to be you...and I have come to help you... because I don't want you to feel [scared/lonely/upset/afraid etc], any more.

There are some things we need to take care of and we are going to take care of them together.”

At this point I would get some **feedback** on how the client is feeling as they do this. Often the client will show signs of **emotion**, and express a **sense of “warmth” or “loving”**.

Simple Inner Child Script

What follows depends on the context of the session. For example ...

- Sometimes it could be a dialogue with the Inner Child, like a parts therapy session.
- Sometimes it could be helping the Inner Child to **express the unexpressed**. (This helps to reframe the situation)
- Sometimes it could be saving or **“Rescuing the Inner Child*”** - taking them away from the situation, even bringing them back into the present.
- Other times it could lead more into a **general regression, free association** or another incident or memory.

Complete The Loop

- When we go off on **regression** and **follow the feeling**, we can often end up in what seems like very **disconnected territory** compared to where we started and the original aim.
- So, important to see if we can “**complete the loop**” to bring it back to what the client originally came for.
- Sometimes it happens very naturally, as part of the **Powering The Inner Voice**, but if not simply saying something like ...

“Now that you can begin to feel/believe/accept [new idea] ... what does this mean about ...[problem they came for]?”

- Often, they will reply with a **new mantra** that you can use as a **suggestion** to **reinforce** or for **them to take away.**
- ***“Now that I can begin to feel/believe/accept [new idea] ... it means that I can ... [something new re the problem they came for]?”*** .

Putting It All Together

When we begin to combine these various elements together, we now have quite a clearly defined aim or structure for this kind of session:

- Interview the client and look for **emotional hotspots**
- Use the hotspots as a starting point for **regression** or “**follow the feeling**”
- Follow the feeling to memories or ideas using **Fluid Questioning**
- Keep going until you hit **core beliefs** and the **Raw Emotive Content** therein.
- Encourage the client to **abreact** the **feelings** and **emotions**
- Use an **Inner Child** approach to go back and connect with the youngerself
- Have them “**express the unexpressed**” to anyone relevant
- If appropriate, have them “**give back the feelings**”
- As the **feelings** and ideas are **released**, help the client to “**Power The Inner Voice**” with **new ideas** and **mantras**, using “**Don’t Want Do Want**”.
- “**Complete the loop**”, by having the client connect it back to what they first came for.

Awareness of Meaning Exercise

Done individually:

1. Take 3 deep breaths, in through the nose and out through your mouth just allowing the out breaths to be longer
2. On the final out breath, just gently, close your eyes
3. For a full 5 minutes, allow your mind to drift to think of different people in your life. (Do not consciously pick them, just go with whoever comes up for now)
4. For each, remind yourself of the label that you associate with that person and the meaning you attach to them.
5. When you open your eyes, Make a list of those people that came to mind, and the order and what meaning you attached to them.
6. Make a note of the **labels**, **feelings** and **emotions**

Awareness of Meaning Exercise

1. Take 3 deep breaths, in through the nose and out through your mouth just allowing the out breaths to be longer
2. On the final out breath, just gently, close your eyes
 - a) 2 people you know now
 - b) 2 people you knew as a teenager/20s
 - c) 2 people you knew as a child
3. Now, when you open your eyes, write beside each person that came to mind,
 - 'P' for positive
 - 'F' for negative feeling/meaning
 - 'M' if a mixture of positive and negative
 - 'N' for neutral feeling/ meaning

You are now making a **sub-conscious process** a **conscious** one.

Becoming aware of the **emotive meaning** you apply to people, and how these may influence **your beliefs**