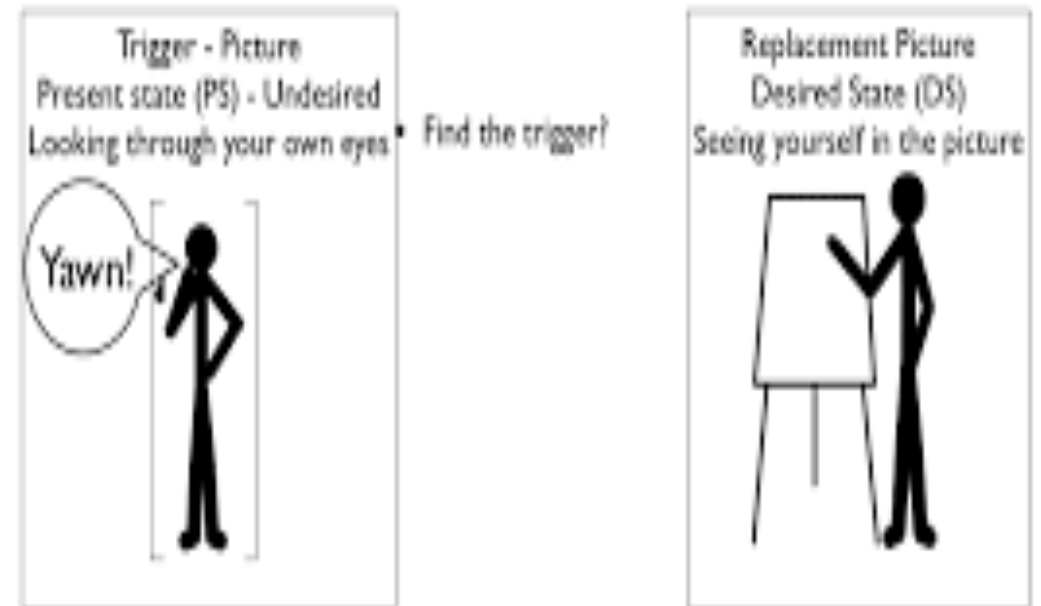# Welcome

Module 11 (Part 3)

Aims of Today

- **THE "SWISH" TECHNIQUE**

- **STANDARD "SWISH" TECHNIQUE PROCESS**

- **THE "MALONEY" SWISH VARIATION**

- **PRACTICE**

THE SWISH TECHNIQUE

- Used in the **Jose Da Silva Mind Control Method**, first developed in **1966**, of sliding one "mind-scene" in to replace another.

- The Swish Technique is an NLP's version and aims to replace 'negative 'internal images with more positive ones.

- The idea is that if there is something you are <u>anxious about</u>, you will be creating an 'anxiety moment scene ' in your mind, and this scene triggers the **'F Response '(Fight, Flight or Freeze).**

- By <u>replacing the negative image</u> or <u>scene</u> with a different, more desirable one, you can **<u>reduce the anxiety</u>**, <u>improve the mental state</u> and increase the likelihood of a more desirable outcome.

Swish Pattern

Trigger - Picture
Present state (PS) - Undesired
Looking through your own eyes

Find the trigger?

Yawn!

Replacement Picture
Desired State (DS)
Seeing yourself in the picture

"SWISH" TECHNIQUE IN PRACTICE

- Many variations of this technique, Andrew's favourite is the one he witnessed in one of his training classes, and then to the adapted version that he prefers.

- If someone is not very visual, encourage them to focus on other senses, touch, smell, feel, sense, sounds… etc

- Standard "Swish" Technique Process - Some NLP practitioners say that the client does not need to verbalise what they are thinking and can do the whole thing in their own mind "content free".

- Feel free to experiment with either, however, it may be better to get the client to tell you because then you are much better informed.

Standard "Swish" Technique Process

1. Ask client to identify and describe the **'negative' scene** or picture they are currently creating, that is triggering their fear or anxiety.

2. Ask the client to <u>change the</u> **negative imag**e in some way Eg.

> *"Take out the colour, make it black and white"*
> *"Turn down the sound, make it silent".*
> *"Shrink it in size, and make it disappear into the distance".*

3. Ask <u>client clear their mind</u> to a more neutral state.

4. Ask client to create a more desirable, positive scene, as vividly as possible - <u>**seeing, feeling, hearing**</u> (Representational Systems) as intently as possible.

5. Then get client to <u>"park" the image</u>, usually to the <u>lower left or right</u> in their mind's eye.

Standard "Swish" Technique Process

6. Once the client has <u>defined both images</u>, (positive and negative) ask the them to **focus on the negative scene once again**, but with the **desirable/positive** scene <u>small and dark</u> in the lower corner**.**

7. Then, ask them to **"Swish"** - ideally <u>said loudly and forcibly</u> - **the positive scene** so that it **becomes bigger and brighter**, filling the mind's-eye screen, whilst the **<u>old one</u>** **<u>shrinks and disappears.</u>**

8. After a few moments, ask client to <u>clear their mind</u> and **repeat step 7**, until the client can <u>automatically</u> **"Swish"** the old and **replace the new.**

The "Maloney" Swish Variation

- This is an <u>adapted version </u>of the Swish Technique that one of Andrew's graduates - Shaun Maloney - used to successfully rid one of my other students of a mushroom phobia, in a classroom demo.

- Instead of <u>just changing the visual image</u>, the client is encouraged to shrink the image to the <u>size of a postcard </u>and physically shake it and throw it away … <u>several times</u>.

- This version can also be used as a stand-alone treatment, or within a hypnosis session when an abreaction may have occurred

THE ADAPTED "MALONEY" SWISH - STEP BY STEP PROCESS

1. Use a short induction of your choice (but you do not need to).

2. OPTIONAL:

a) You can ask the client to get a clear sense/image of a **positive feeling/image** – either a previously experienced scene, or an imaginary image of how they want to be/feel and ask them to: **"Shrink the image down and keep it in storage in their mind". (**As per the standard swish).

b) Sometimes you can skip this bit and just start with the negative one at step 4, especially if doing this method as part of an overall hypnosis session - e.g., following an abreaction through regression, etc.

3. Change state – if you have used option (a) make sure you ask the subject to **"clear your mind"** before proceeding, by asking a question such as **"what did you have for breakfast today?", "how did you travel here**?" etc.

THE ADAPTED "MALONEY" SWISH STEP BY STEP PROCESS

4.Now ask the client to get the old, unwanted state/ behaviour and <u>examine it in their mind</u>.

  "Think of the negative feelings, sensations, images, words, associated with this experience - create a picture/image scene in your mind of the negative situation or feeling".

5. Ask the client to change the negative image in some way –

"Take out the colour, make it black and white".
"Turn down the sound, make it silent".
"Shrink it in size, to something you could grab hold of - maybe postcard size."

THE ADAPTED "MALONEY" SWISH STEP BY STEP PROCESS

6. Next tell the client to ... ***"Grab hold firmly of the postcard size image - (****but they may use a different description for it - always use their words)**, and give it a good shake".***

- Encourage them to physically **reach out, grab and sha**ke the imaginary image.

7. Then, say ... ***"On the count of 3, I want you to throw it away, just throw it away. 1, 2, 3 – throw it away, far, far away ..."***

If the client is unable to hold the picture – then they can use any other method to throw away the image. Ideas could be – using a cricket to bat it away, or a broom to sweep it away, tear it up, etc.

8.Then, say ... ***"Now just relax, clear your mind, relax. Just relax."*** Wait maybe 15-20 seconds for relaxation to settle down. Once the client seems more relaxed continue with ...

"Now I want you to reach out and bring that [image] ***back and re-examine it. Reach out, bring it back now and notice how it has changed".***

THE ADAPTED "MALONEY" SWISH STEP BY STEP PROCESS

9. At this point, ask for feedback on **how it has changed**,

a) To make sure that it has…

(b) So that you can now use their updated description in further instructions.

10. Repeat steps 6 – 9 several times until the [image] has either gone completely or appears insignificant. (This can vary from 2 – 3 times up to about 8- 9 times). Usually, suggest that when they throw it this last time, it [the image or whatever] just keeps on going.

11. Once the image has become insignificant or difficult to recall, ask the client to ...

> *"Relax, clear your mind – just relax ... and now either…*

a) *"bring back that positive image stored earlier and think about yourself really enjoying, experiencing this new positive state, etc."*

b) Just ask the client to form a new positive image now that the <u>negative one has gone.</u> E.g., *"Now that the old idea has diminished, how different can you begin to feel doing* [x]? *How much easier is it for you to* [x]?"

THE ADAPTED "MALONEY" SWISH STEP BY STEP PROCESS

- Encourage this based on their **"wants"** from <u>initial discussion </u>and you are looking for them to say an *"I can ..." statement.*

12. Suggest that ... ***"If ever your mind tries to think of the old idea, it will seem far, far away or even gone, and the** new, more positive one **will be in its place."***

13. You could also help them to create a **positive anchor** at this moment, if appropriate.

For an example of the Adapted Swish technique used to assist Fear of Flying please see the demo video in the members area: https://members.andrewparrtraining.com/adapted-version-of-swish-technique

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Practice – 20-25 mins each (max)

- Have a **brief initial chat** (no more than 5-10 mins) and find a negative scene image/anxiety/fear/perception that you would like to change in your mind's eye.

- Do <u>very brief induction</u>, or even just ask client to close their eyes, and relax

- Choose either **Traditional SWISH**, or **Adapted Maloney version (preferable),** to help client change their **negative** to a **positive.**