

ANDREW **PARR**

Practitioner Academy

# Welcome

**Week 2 –Module 1(Part 1)**

**What is Hypnosis, Models of the Mind & The Stress Response**

Presented by Debbie Mahon and Heather Brown

# Aims of Today

- Learning Objectives of Module 1
- What is Hypnosis?
- Models of The Mind
  - (a) The Pyramid Model
  - (b) The Library Model
- The Stress Response
- General Adaptive Syndrome (GAS)

# Learning Objectives for Module

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Know two main **models of the mind** for understanding and explaining:

(a) **How issues can come about**

(b) **How to help to resolve them**

- Have an understanding of **The Stress Response** and its role in everyday life and personal problems.
- Have an understanding of the crossover between **hypnotherapy, psychotherapy, coaching and counselling approaches** to helping people.
- Have an understanding of **what hypnosis is** and what it isn't.
- Have an understanding of **The structure of a hypnosis session**.
- Have an understanding of **different types of hypnotic induction**. (Practice sessions)
- Be able to **induce hypnosis** and **deepen** it using simple, standard methods, and safely **release** the client.
- Know how to use your **Reflective Practice Journal** and **Personal Learning Journal** and understand why these are important.
- Have an understanding of any **contra-indications** around the use of hypnosis based therapeutic techniques.

# What is Hypnosis?

# What Is Hypnosis?

There are many definitions of Hypnosis and they can often be **very misleading**.

Here is a selection of definitions:

*'An artificially induced state of **relaxation** and **concentration** in which deeper parts of the mind become more accessible: used clinically to reduce reaction to pain, to encourage **free association** etc.'*

Collins English Dictionary



# What is Hypnosis?

*‘A trance-like state resembling sleep, usually induced by a therapist by focusing a subject’s attention that heightens the subject’s receptivity to suggestion. The uses of hypnosis in medicine and psychology include recovering repressed memories, modifying or eliminating undesirable behaviour (such as smoking), and treating certain chronic disorders, such as anxiety.’*

American Heritage® Dictionary of the English language



# What is Hypnosis?

## **Misleading definition!....**

*'The induction of a state of consciousness in which a **person apparently loses the power of voluntary action** and is highly responsive to suggestion or direction. It's use in therapy, typically to recover suppressed memories or to allow modification of behaviour, has been revived but is still controversial.'*

Oxford Dictionaries



# What is Hypnosis?

*‘Hypnosis is a state of mind, enhanced by (although not exclusively) **mental and physical relaxation**, in which our mind.’ **subconscious** is able to **communicate** with our **conscious***

General Hypnotherapy Register

*“Hypnosis is a state of mind in which the **critical faculty of the human is bypassed**, and **selective thinking established**.”*

Dave Elman





# What is Hypnosis

According to **Andrew Parr**

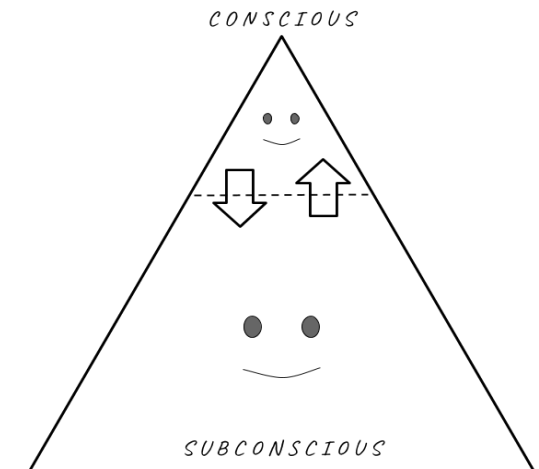
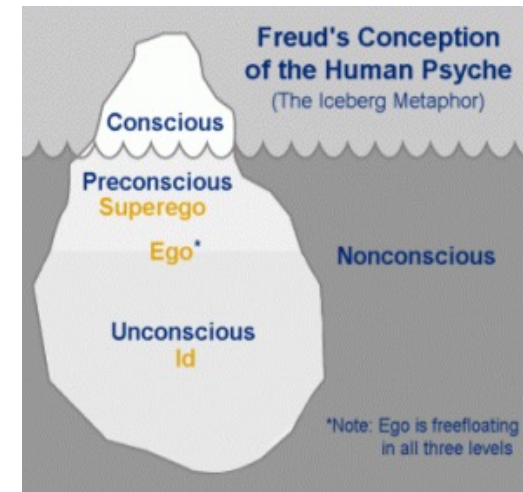
*“Hypnosis is a naturally occurring state of mind that can also be induced at will, either by oneself or with the help of another, in which both the **conscious** and **unconscious** mind may become more **suggestible**, and information in both the conscious and unconscious mind may be more **accessible** and open to influence and change.”*



•

# The Pyramid Model is similar to Freud's Conception of the Human Psyche

- The focus of the **Pyramid Model** is to visually inform how there is a very limited amount of information that stays in our **conscious mind** at any one time, and this sits at the top of the pyramid
- It does not go into **too much unnecessary detail**, therefore a good model to use when explaining how the mind works to a client/patient in relation to how hypnotherapy may be able to help them.



**The Pyramid Model** is like a simplified model of Freud's Model of the Human Psyche

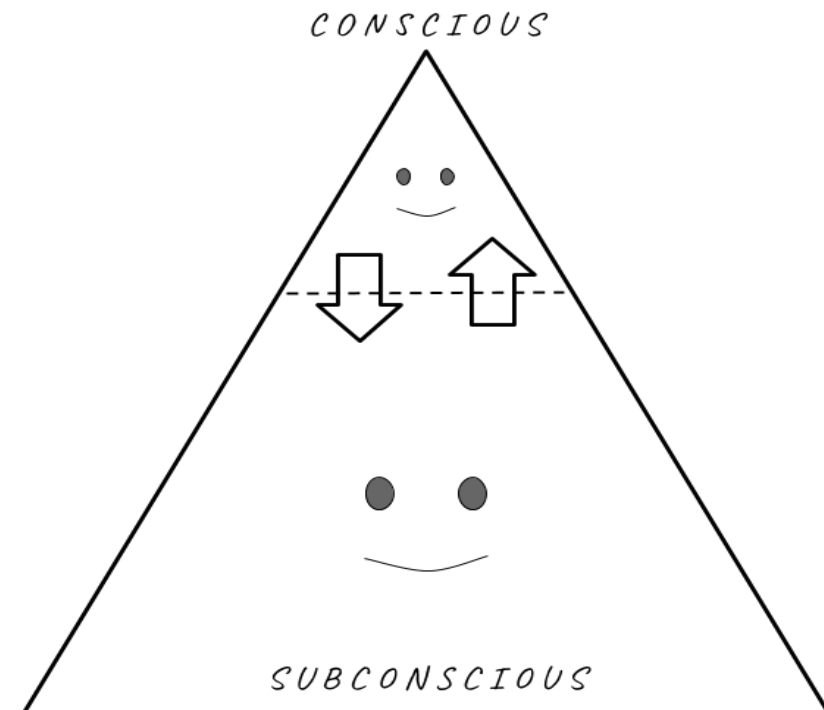
**Subconscious/Unconscious**

Sub = under/below

Unc = not

# Models of The Mind **The Pyramid Model**

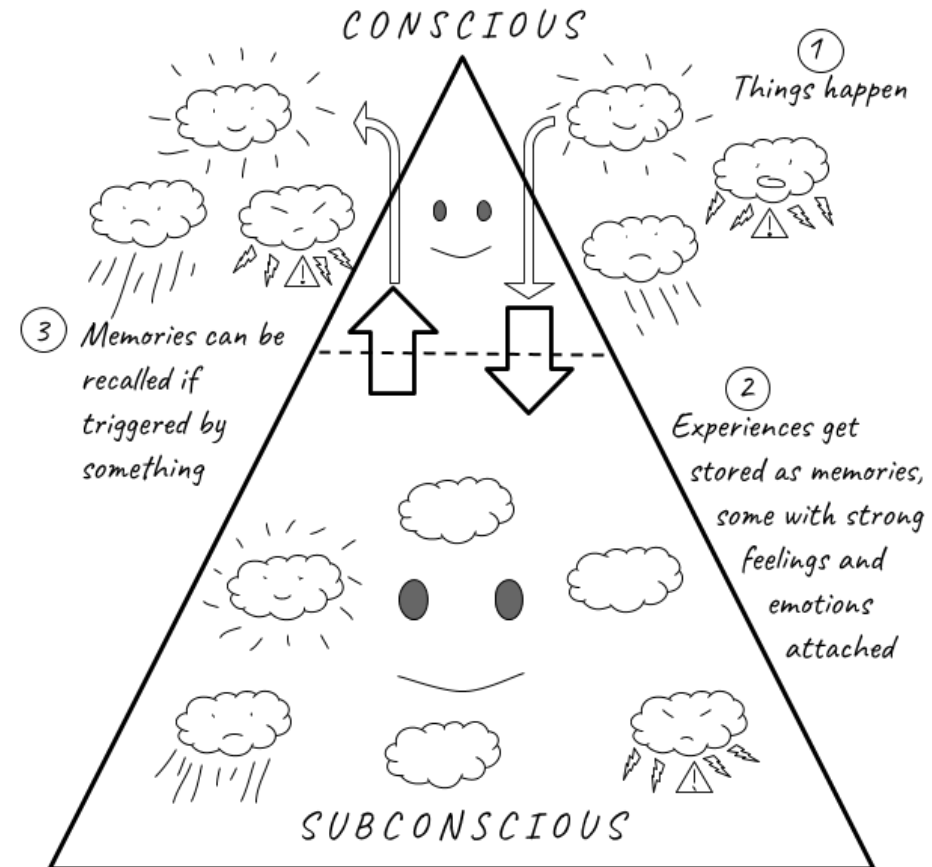
- A constant flow of information between our **conscious mind** and our **subconscious mind**.
- Only hold **3 or 4 pieces** of information can be held consciously at any one time.
- Before **resolving problems** we need to understand how **life hypnotizes us** in the first place and how that creates **problems/issues, repeating cycles** and generally makes life difficult at times
- Only then is a **lasting solution possible**.
- **Solve problems** and break repeating patterns/ cycles
- Facilitate **evolvment** and **transformation**



# The Pyramid Model

As we go through life we store experiences in our **subconscious/unconscious** mind, which we constantly **reference**, sometimes with strong **feelings** and **emotions** attached.

As a result of these experiences, and our interpretation, we form our **BELIEFS**, which are like a handy referencing system.



## BELIEFS

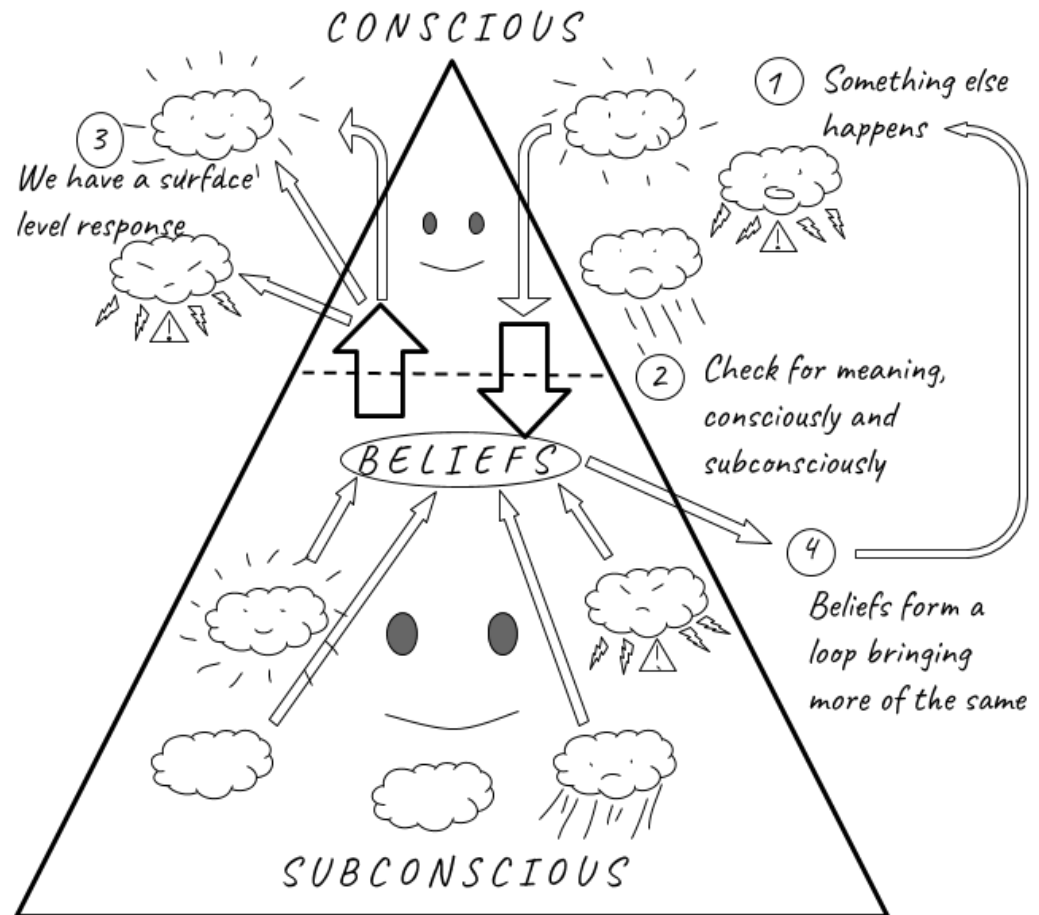
Are opinions - not facts - and are open to **change, interpretation & update.**

With most clients, you will be seeking to bring about a change in their belief system with respect to a particular issue.

# The Pyramid Model

When we then encounter information later in life, our mind checks in with our **belief system** so that we know how to **react** or **respond**.

However, beliefs don't seem to remain dormant - they also seem to cause us to **select** or **attract** more experiences of a **similar nature** - thereby forming a **loop** or **repeating pattern**.



**EXERCISE 1, TO DEEPEN YOUR KNOWLEDGE**  
(5 mins each)

1. Practice drawing your own *simple* sketch version of the pyramid model and explain it to each other.
2. Make a bullet point list of what you see as the key aspects of this model.

## EXERCISE 2

### Awareness Of Information Flow (p.11)

Duration: 2 – 3 minutes

Equipment: Notepad & Pen

Practice Partner: Work Alone.

#### Background

Information is constantly flowing back and forth between our **conscious** and **subconscious**. Becoming aware of this will help you understand how the minds of your clients are working.

#### Instructions

Sit quietly for **2 minutes** with your eyes open and allow your gaze to roam around the room or space you are in. As your attention falls on each object, let it rest there for a few moments and see if you can sense what is going on in the background of your mind as you do.

- You may notice that you **identify the object ... and then begin to make associations around it. Memories ... imagination ...**
- The more relaxed you are, the more aware you will be.
- *This is very subtle.* **Do not force it** and do not skip anything that your attention falls on.
- After the two minutes is up, take another minute or so to **write down anything you observed** or noticed.

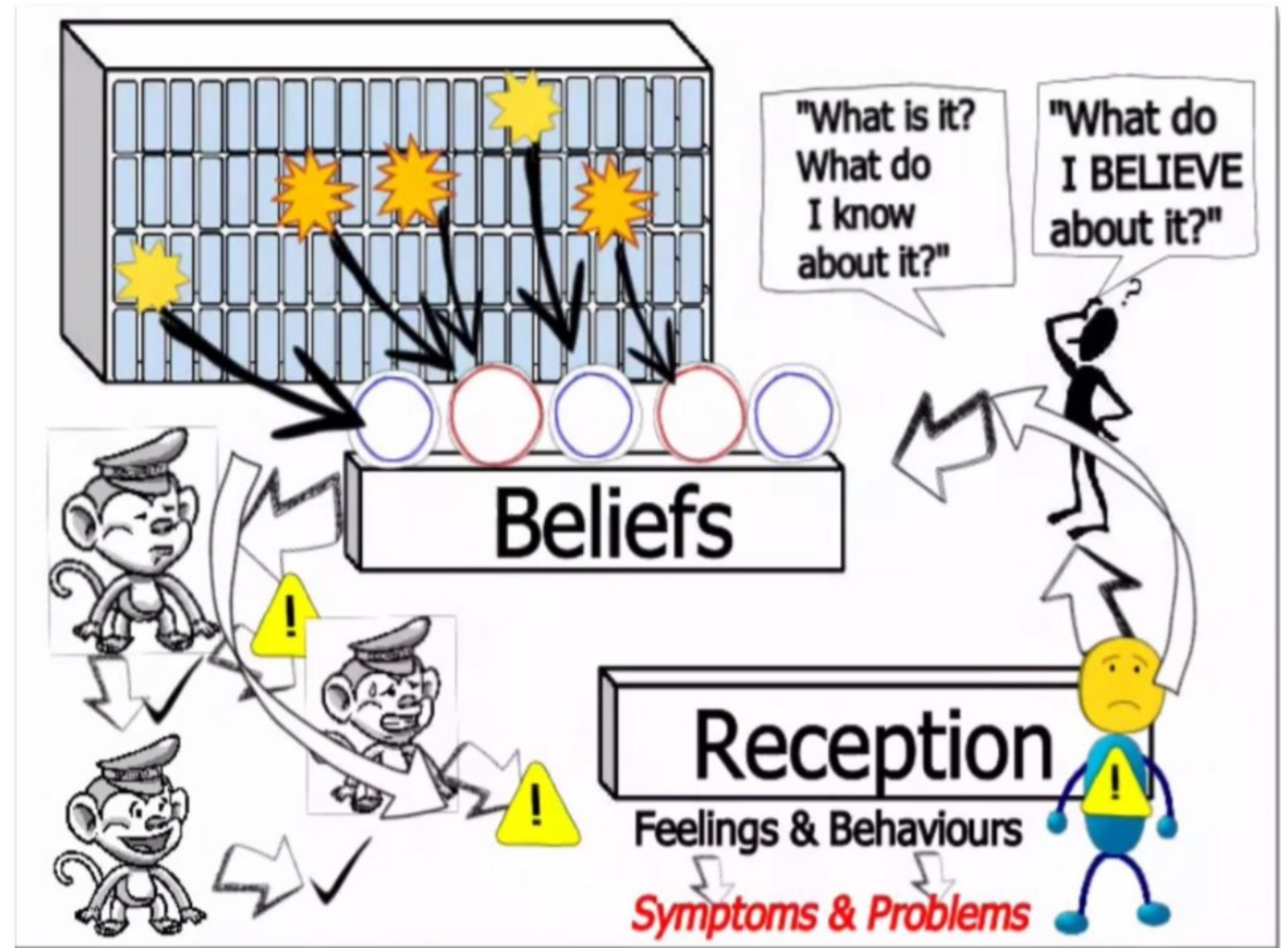


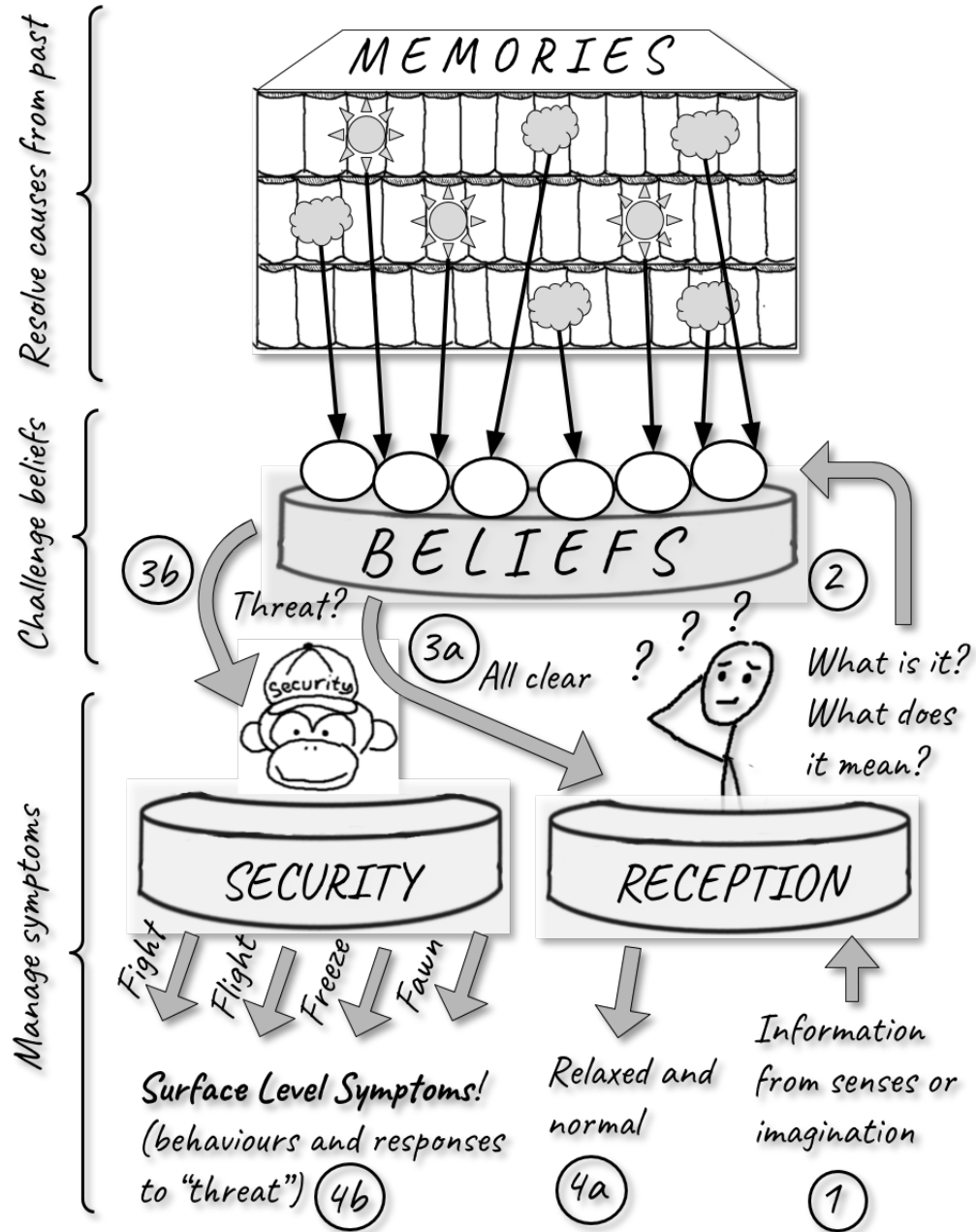
# Group Feedback of Awareness Exercise

# The Library Model

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- Constantly collecting material for your library. books represent **memories/experiences**.
- Your **beliefs** form from this information and become your **reference/guidance system**.
- Your **inner librarian** is responsible for **interpreting information** to make a balanced judgement. *What is it?* *What do I know about it?* *What do I do here?*
- Goes through the **security monkeys** driven by **emotion**, and often **irrational**, black and white.
- If any threat is perceived, Monkeys 'kick in with **The Stress Response**
- Useful when needed - cannot by-pass!





## PRACTICAL TIP

When working with a client or patient, your task is to assess their **presenting issues** and help them bring about changes in this system... to help create more **desirable responses** to incoming information ...

## KEY TERMS

Manage Symptoms  
**Change Beliefs**  
Resolve Causes From Past

## EXERCISE 3

Working in 2 or 3s, 5 mins each, show the **Library Model** to a member of your group and

- (a) Explain it in your own vocabulary
  
- (a) Answer any questions you get asked about this.

## PRACTICAL TIP

If a **Surface Level Symptom** is often no more than a “**security response**” ...  
... all we ever need do is pay attention to what is causing the security response  
- and consider how we can **bring about a change there.**

# The Stress/Threat Response

When our mind perceives any kind of **“threat”**, an automatic internal survival system, called **The Stress Response**, kicks in to help us deal with it.

If it perceives **“danger”**, it instantly sends an alarm signal via the **Amygdala**, to the **Hypothalamus**

- **Fight** - Challenge/fight
- **Flight** - Run away from it.
- **Freeze** - Stand still, hope it doesn't see us!
- **Fawn** – Become subordinate
- **Feign/Faint** - Play dead and hope “it” goes away.

Also known as the **Threat Response**, **Alarm Response**, **“F” Response**, or more commonly, the **“Fight or Flight Response”**.



When we perceive a threat, the **sympathetic nervous system** triggers a **biological cascade** to get the body ready to deal with that threat, which largely consists of the release of two hormones, **Adrenalin** and **Cortisol**.

# The Stress Response simplified

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**PERCEIVED THREAT**



**SENSES** PERCEIVE **DANGER** & SENDS DISTRESS SIGNAL VIA **AMYGDALA** (Part of Limbic system)  
SENDS DISTRESS SIGNAL (LIKE MORSE CODE) TO **HYPOTHALAMUS**



**HYPOTHALAMUS** (CONTROL CENTRE)  
SENDS SIGNALS TO THE WHOLE BODY THROUGH **AUTONOMIC NERVOUS SYSTEM** (2 parts) **Sympathetic & Parasympathetic system**



**AUTONOMIC NERVOUS SYSTEM** ACTIVATES **SYMPATHETIC NERVOUS SYSTEM**  
IN ORDER TO ACTIVATE SHORT-TERM RESPONSE TO **PERCEIVED DANGER**  
IT ACTS LIKE AN **ACCELARATOR**, IT'S MAIN FUNCTION TO ACTIVATE **PHYSIOLOGICAL CHANGES** THAT NEED TO TAKE PLACE IN THE  
BODY DURING THE **STRESS RESPONSE** TO **ENSURE SAFETY!**



**THE PARA-SYMPATHETIC NERVOUS SYSTEM**  
ACTS LIKE **THE BRAKE** & ASSISTS THE BODY TO RETURN TO NORMAL WHEN CONSIDERED **SAFE** AGAIN.

# The Amygdala

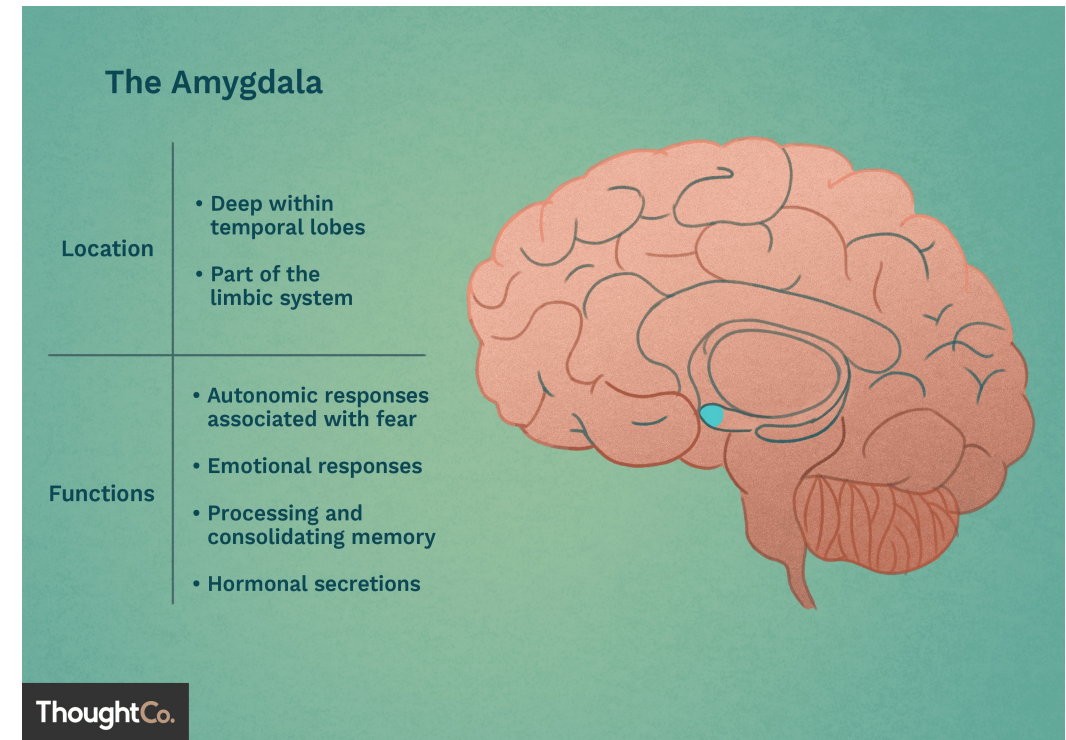
Part of the **limbic system**, that mediates many aspects of **emotions** and **memory**.

- The **Amygdala** can create a **Stress Response** to a **psychological threat** - real or imagined - in exactly the same way as to physical threat. Often, these **psychological threats** will be coming from **subconscious** or **unconscious beliefs**:
- **“Real” Threat/Danger**: *“That wild animal wants to eat me”*
- **“Imagined” Threat/Danger**: *“That teacher is saying I am stupid and can’t do it”*

## PRACTICAL TIP

Pay attention to the clients' **response** to a **situation** or experience, **more than the situation itself**.

Their **Response will reveal their beliefs**.



# General Adaptive Syndrome (GAS)

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In 1950, Doctor and Researcher **Hans Selye**, produced an article in the British Medical Journal entitled “**Stress & The General Adaptive Syndrome**’ proposed that

**The Stress Response** really has 3 stages:

## THE ALARM STAGE

- This is the initial, “*Fight or Flight*” response to threat, as discussed previously.

## THE RESISTANCE STAGE:

- If the stress continues past the initial shock, the subject **learns to adapt** to it being “normal” and functions with it.
- Body goes into **repair phase** but also remains on **high alert** ... so stress chemicals continue to be released in the body, though usually to a lesser degree than the initial alarm phase.
- Typical signs could be **irritability, frustration** and **poor concentration**.

## EXHAUSTION STAGE

- This is where the stress and its effects have become too much to bear or cope with and the subject may experience **high anxiety, depression, despair & even illness**.  
(SURFACE LEVEL SYMPTOMS)

## PRACTICAL TIP

Consider the idea that the majority of **symptoms** or **limiting behaviour** that someone exhibits, and are seeking help for, are actually no more than **ADAPTIVE RESPONSES / REACTIONS** to the **Stress/Threat Response** - and possibly the **G.A.S.** if the stress is sustained.

If we can ease or **eliminate that response** - we can ease or eliminate the ensuing behaviour, “surface level symptom” or issue.



## EXERCISE (5 MINS)

1. Make a note of an example of each type of Threat response:

**Fight** : The aggressor/Physical danger

**Flight** : Run /Escape

**Freeze**: Stand still/ be invisible

**Feign** : Become subordinate

**Fawn** : Play dead, hope it does away

2. List a few different examples of each type of Real Vs Imagined threat:

(a) Real physical threats

(a) Imagined Or Psychological threat.

# Summary

- Learning Objectives of Module 1
- What **Hypnosis is** and is not, and how **misleading definitions** can be.
- How as hypnotherapists we help to **de-hypnotize** individuals
- Understanding and explaining the Models of the mind, **The Pyramid Model** and **The Library Model**
- Awareness of **information flow** and its **associations**
- **The Stress Response**
- **General Adaptive Syndrome (GAS)**

## **THIS WEEK: PRACTICE**

Wednesday, 7-9pm – More **Practicing different types of Inductions**

### **NEXT WEEK ( Week 3) MODULE 1 (Part 2)**

- 1. Different Therapeutic Approaches**
- 2. Different Types of Hypnotherapy**
- 3. The Solution-focused Approach**
- 4. Contraindications for Hypnosis & Hypnotherapy**
- 5. Reflective Practice & Personal Learning Journals.**
- 6. Module 1 Assignment Surgery**