

ANDREW **PARR**

Practitioner Academy

Welcome

Week 3 –Module 1(Part 3)

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Aims of Today

- **Recap of weeks 1 and 2**
- **Different Types of Inductions**
- **Different Therapeutic Approaches**
- **Different Types of Hypnotherapy**
- **Contraindications for Hypnosis & Hypnotherapy**

Recap of weeks 1 & 2

- Objectives, Overview of the course & Ground rules
- What hypnosis is and isn't...
- Practicing basic inductions
- **Models of the Mind**
- **The Stress Response**
- **GAS** (General Adaptive Syndrome)

The Stress Response & GAS

- In 3's describe your understanding of the **The Stress Response** and **GAS** (5 minutes each)

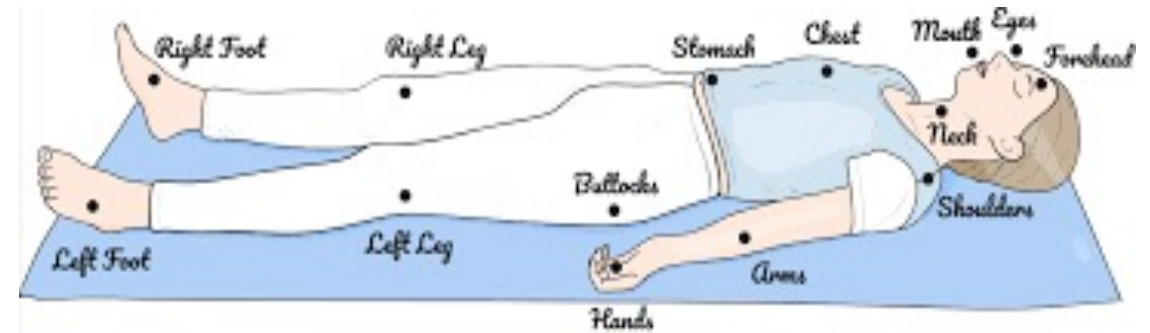
Different Types of Hypnotic Inductions

PROGRESSIVE RELAXATION - BY MUSCLE TENSING & RELAXING

Client is asked to **tense** and **release** each of the main muscles of their body. This can take a long time but is useful for people who find it difficult to relax.

PROGRESSIVE MUSCLE RELAXATION - BY SUGGESTION

Client is asked to imagine the muscles of the body progressively relaxing (or told that they are), just as if they're preparing for sleep. The client will usually give off signs of the various muscles relaxing.



Progressive Muscle Relaxation



Different Types of Hypnotic Inductions

- **GUIDED VISUALISATION:**
This is where the client is asked to **visualize** or **imagine** a **pleasant scene or memory** with the intention of taking their attention away from the present external world, and into their 'internal world'.
- Typically, imagery might be a garden, the ocean or a positive memory that client has already revealed to you.



Different Types of Hypnotic Inductions

PACING & LEADING: This where you ask the client to focus on a naturally occurring phenomenon such as **heavy limbs, tired eyes** or swallowing and give suggestions that these are signs of Hypnosis. As the client senses these phenomena even more, it **reinforces the idea** of going into trance.

INSTANT INDUCTIONS: These are often used on stage or TV because they can look quite dramatic. They effectively involve **'shocking' the person into Hypnosis** by a sudden handshake, arm tug or other physical means. Use with caution!

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Different Types of Hypnotic Inductions

EYE GAZE FIXATION - Fixation on an object or your classic “*Look into my eyes*” induction. It can be extremely effective when performed well, but can sometimes initiate giggles nowadays.

ARM LEVITATION - Suggestions are given to encourage the client's arm to levitate and the fascination with the process is used to dissociate the client and thereby induce trance.



Different Types of Hypnotic Inductions

DIRECT INDUCTION: If the client is in the **right state of mind**, sometimes you can literally tell them to close their eyes, think of a scene or image or memory and within a few seconds they will be in a good hypnotic trance.

According to **Andrew Parr:**

“Sometimes, however, no induction at all is required, because the conversation has already achieved that suitable state, and you may be able to just ask them to close their eyes and away you go”.

(Module 2, 2017 page 23):



Different Types of Hypnotic Inductions

- **Mirroring Technique:** Making the same gestures as the person who you want to hypnotize. It involves mirroring even **phrases** and **words**. This is also a very effective way to build rapport with a client
- **Stealth Technique:** If one is subjected a dull and boring talk or performance from someone, e.g. university lecture that we basically become bored. This boredom causes us to 'switch off' and lapse into a **daydream/trance-like state**



Different Types of Hypnotic Inductions

ANYTHING YOU CAN IMAGINE ...

There are no limitations - any way in which you can help the client to **dissociate** from their **normal everyday awareness** and enter into their **inner world** will induce a degree of hypnotic trance.

You can use a **combination of all** of these techniques

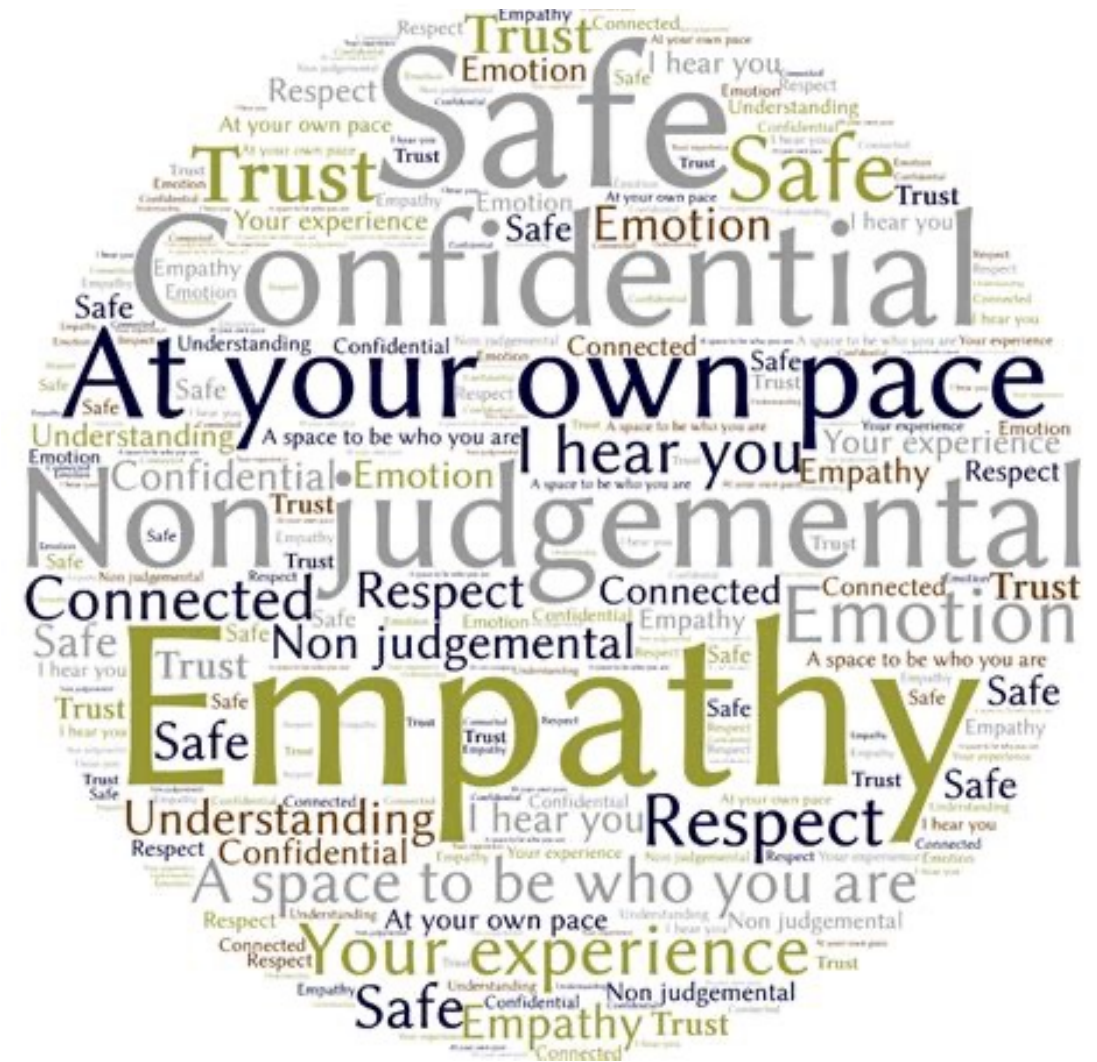
Different Therapeutic Approaches

In very simple, generalized terms, think of how each of the following **therapeutic modalities** would approach a problem:

- **Counselling**
- **Coaching/Life Coaching**
- **Psychotherapy**
- **CBT (Cognitive Behavioural Therapy)**
- **Clinical Hypnotherapy**
- **Analytical Hypnotherapy/Hypnoanalysis**
- **Andrew Parr Combined Approach**

COUNSELLING

- Provide a **safe space** where we can **discuss & explore feelings & emotions**
- A counsellor typically asks **questions**, uses **active listening** and may invite one to consider **different perspectives** on particular issues.
- Can help you gain **a better understanding** of your **feelings** and **thought** processes, and find your own solutions to problems – they will not usually give advice or tell you what to do.
- Face-to-face
- group
- phone
- email
- online through live chat services/zoom/teams etc



COACHING/LIFE COACHING

- A Coach or Life Coach typically helps us set **goals**
- Then find **strategies** for helping us achieve or exceed those goals
- Typically asking **probing questions** and encouraging **motivational responses**.
- **Forward looking**
- **Action-focused**
- **Empowering**
- **Goal orientated**
- **Non-advisory**
- **Non-judgemental:**
- **Collaborative**



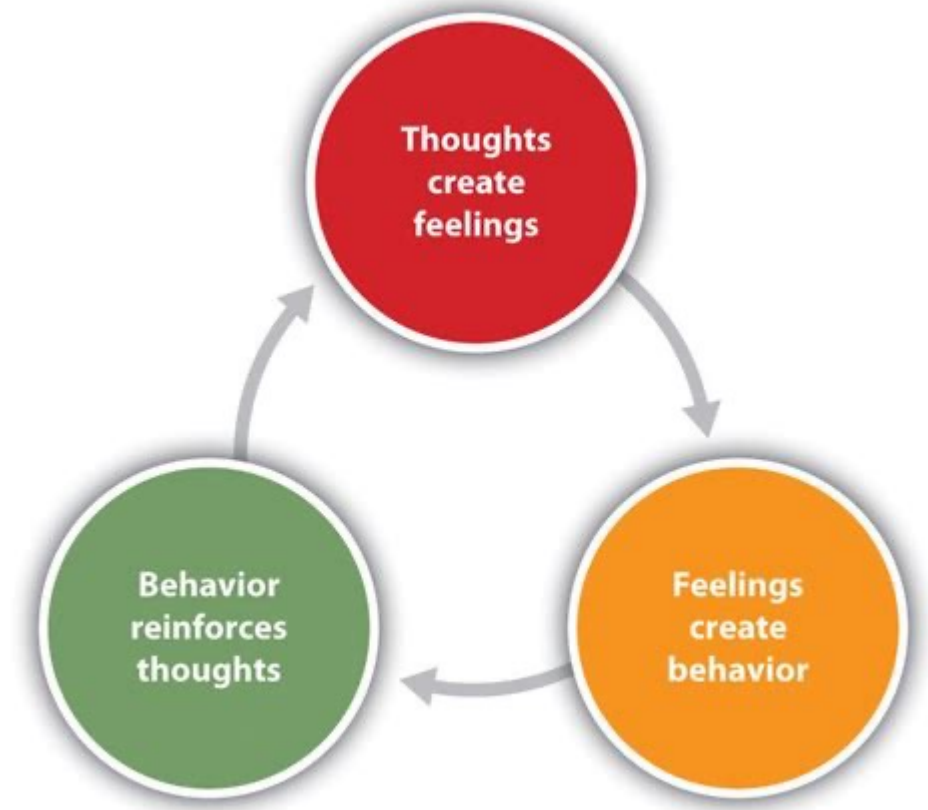
PSYCHOTHERAPY

- To help us deal with **emotional issues, mental health challenges** and some **psychiatric disorders**.
- Discuss and **uncover reasons** for **how** & **why** we **feel** the way we do, in order to seek **understanding** and **resolution**
- Generally more **regular** and **long-term**
- **Cognitive Behavioural Therapy (CBT)**
- **Psychodynamic Therapy.**
- **Dialectical Behaviour Therapy (DBT)**
- **Humanistic/Experiential Therapy.**
- **Integrative Therapist**
- **Psychoanalysis**



CBT (COGNITIVE BEHAVIOURAL THERAPY)

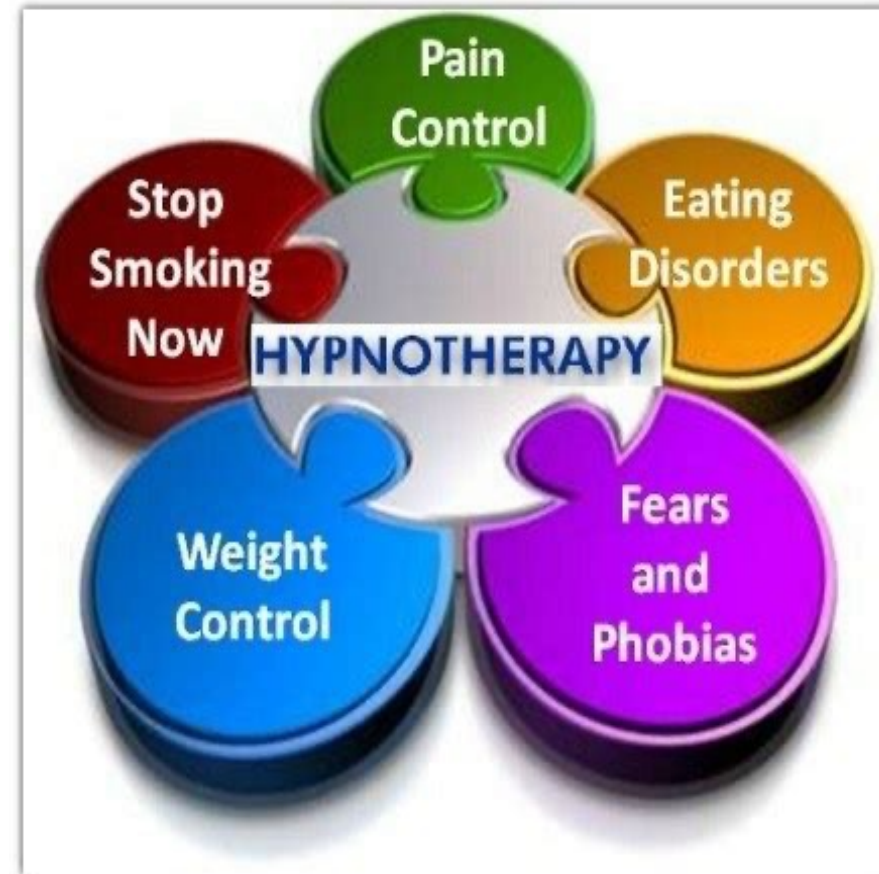
- Help explore the **connection** between our **thoughts, feelings & behaviours**
- introduce **strategies** for challenging unhelpful thoughts and behaviours and replacing them with **new, more positive ones**.
- Short-term
- Helping clients to **challenge negative thought** patterns and giving the tools to manage this.
- **Future-focused**



CLINICAL HYPNOTHERAPY

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- Most hypnotherapists will aim to help us bring about a **change** in our lives by putting us into **hypnosis**
- Then, **offering positively phrased suggestions**, aimed at accessing our **subconscious mind**.
- According to the **NCH**,
“Clinical hypnotherapy means using advanced methods of hypnosis and other techniques to treat a variety of medical and psychological problems.”
- Takes a **solution-focused** approach

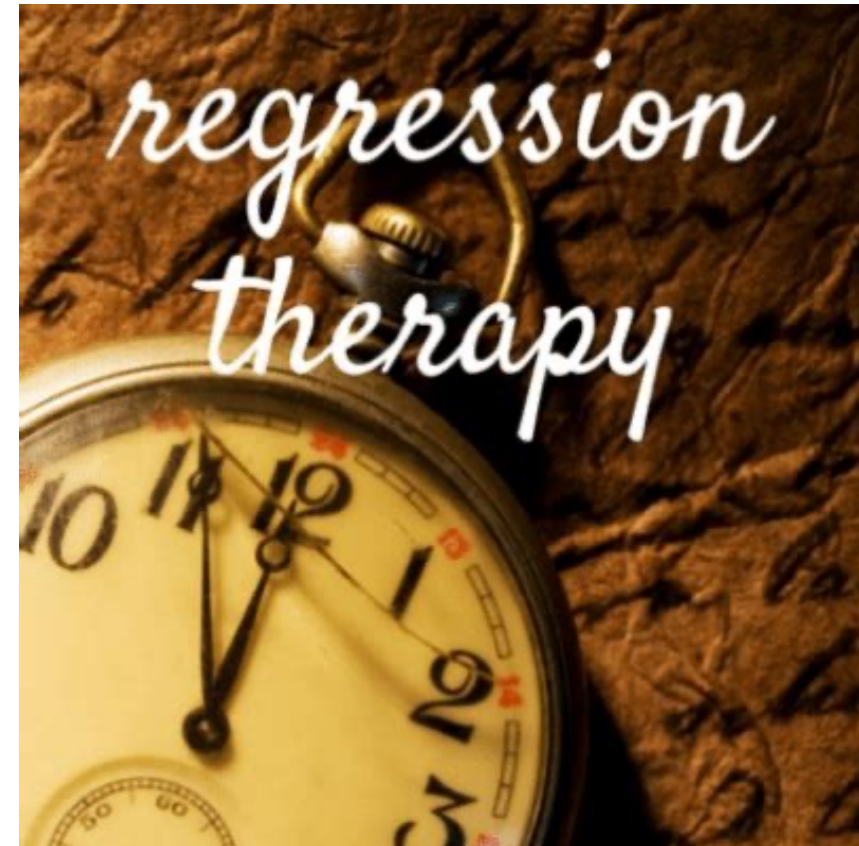


ANALYTICAL HYPNOTHERAPY /HYPNOANALYSIS

- “Analytical hypnotherapy (hypnoanalysis) is a form of hypnotherapy that aims to discover and resolve the root cause of concern. It draws on concepts from *analytical psychotherapy* and uses these with *hypnotherapy techniques*. The hope is that hypnoanalysis can **resolve** problems rather than manage symptoms, and therefore address long-standing issues”.

<https://www.hypnotherapy-directory.org.uk/approach/hypnoanalysis.html>

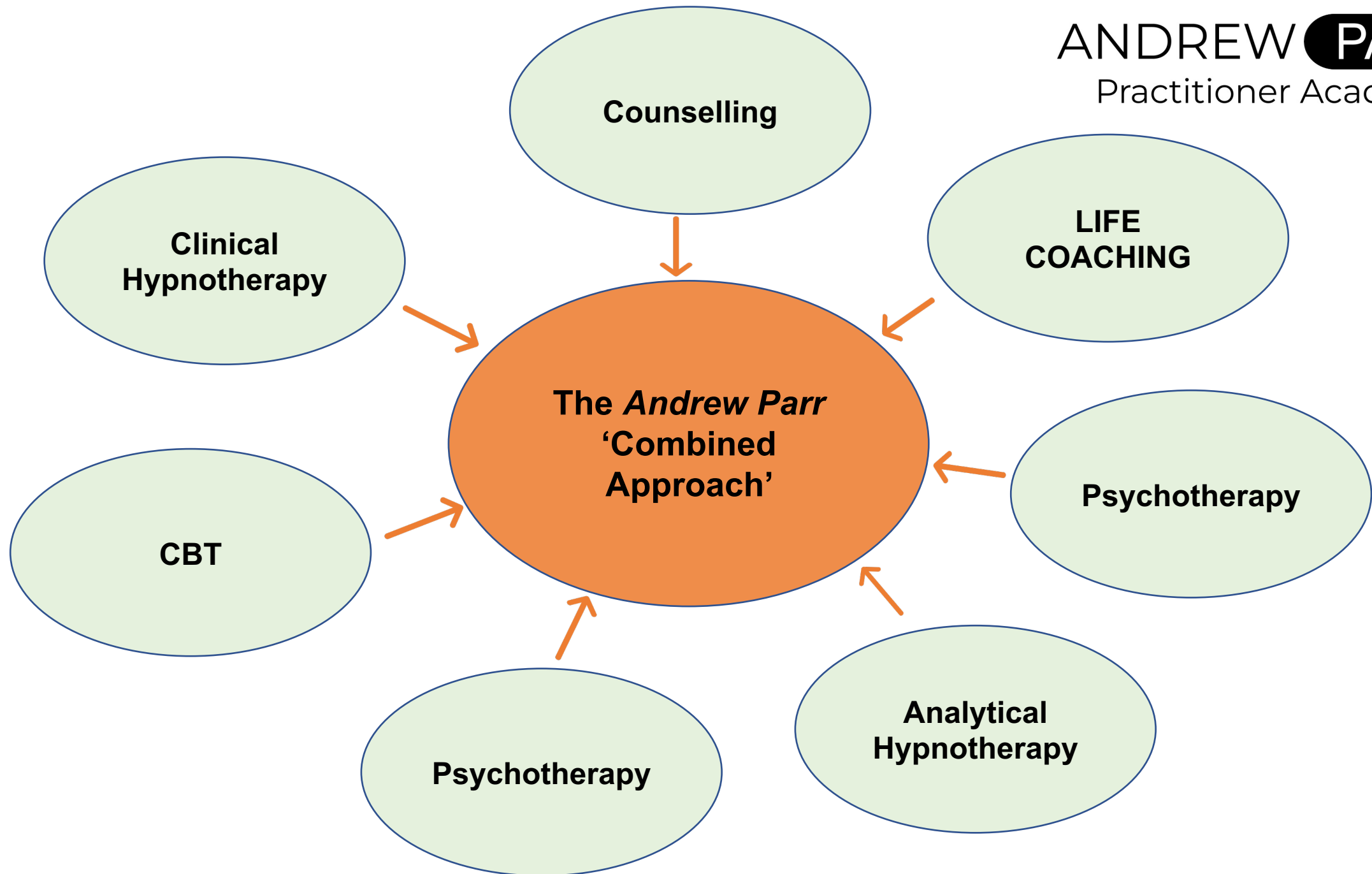
- Typically uses **regression** to take one back to the **root causes** and bring about a **resolution** in this way.



ANDREW PARR PRACTITIONER (COMBINED APPROACH)

- Help us talk about our **worries or troubles** in a **safe space**.
- We can explore **root causes** using **natural hypnosis**
- Create **goals or outcomes** we wish to achieve.
- Use **natural hypnosis** to help us **change** our **thoughts, feelings and behaviours**
- Both **consciously** and **subconsciously**, to help us achieve or exceed those goals or aims.





STUDY HINT

What is the **common factor** in all these approaches?

What are they all **trying to help us achieve**?

What are the **pro's and cons** of each approach?

How do they **cross over** with each other?

DEEPEN YOUR KNOWLEDGE

Make sure you have an understanding of different therapeutic approaches, because many clients will already have sought the help of other therapists.

Different Types of Hypnotherapy

The aim of any therapy, is to help the patient or client **change** something about the way they **think, feel** or **behave**, or any **combination of those**.

To do this the client must develop

1. **New frame of reference**
2. **New perspective**
3. **New way of viewing the world**

Essentially, you are helping them to **CHANGE THEIR BELIEFS**

When using **Hypnosis & Hypnotherapy**, how you do this falls into two general categories:

- **SUGGESTION THERAPY**
- **ANALYTICAL THERAPY**

SUGGESTION HYPNOTHERAPY

- Therapist is **'suggesting' ideas** whilst the client is in a hypnotic trance
- The aim is for the suggestions to remain active even after the trance is terminated (post-hypnosis). **"Post-Hypnotic Suggestions"**.
- If the client **accepts those suggestions**, then they will begin to respond accordingly as the **suggested ideas** now form part of their **new frame of reference**.



Types of Suggestion Therapy

Post-hypnotic Suggestions can be delivered in several ways

- **Direct Suggestion** - More like commands e.g. “You will feel confident.”
- **Indirect Suggestion** - The result is implied but not stated directly e.g. “*I wonder how surprised you will feel when you notice yourself feeling more confident*”
- **Visualisation** - Using imagination to mentally rehearse the desired outcome. e.g. “*Imagine yourself feeling confident*”.
- **Self-Hypnotic Questions & Mantras** - Statements the client says to him/herself to create the desired result. e.g. “*I am capable, I can do this, I can feel confident*”.
- **Metaphor** - stories containing a message of how to feel more confident. e.g. “*I remember a story about ...*”

The Solution-focused Approach

Although, **all therapy** should be aiming to **seek a solution**,

“**Solution Focused Therapy**” typically refers to therapies purely focused on more **immediate solutions** - without necessarily needing to investigate causes.

The therapy is focused mainly on the **present** and the **future outcome**, (acknowledging the past when necessary but not investigating it) as a means for reaching the **positive solution**..

Visualization of a future outcome, positive suggestions and positive metaphors are all examples of *Solution Focused Hypnotherapy*.

STUDY TIP

Solution Focused Therapy typically deals with **symptoms** rather than the causes

Pros and Cons of Solution-Focused Therapy

- It won't go over your **past issues**. ...
- Requires **commitment**
- You won't talk about whatever you want. ...
- It can't help with everything...
- It can **work quickly** ... if a client is **ready & committed**
- You learn **skills for life**. ...
- The sessions can be **fun** and **enjoyable**.

ANALYTICAL HYPNOTHERAPY

With Analytical Hypnotherapy (also known as “**Hypno-Analysis**”) you are looking to uncover the cause of a problem, usually from within the client’s past.

Common forms of Hypno-Analysis include:

- **Regression To Cause**
- **Progressive Age Regression**
- **Free Regression**
- **Free Association.**
- **Spontaneous Age Regression.**
- **“Past Life” Regression**

KEY PHRASES

Suggestion therapy
Suggesting new ideas

Analytical Therapy
Understanding The
Underlying Causes

Analytical Hypnotherapy versus Solution-focused Hypnotherapy

- In **3's** explain in turn your understanding of the 2 main different types of hypnotherapy, and some 'pros and cons' of each. (5 mins each)

Contraindications for Hypnosis & Hypnotherapy

- Whilst **Hypnosis** and **Hypnotherapy** have the potential to help an incredible number of people, there are some contraindications (i.e. conditions where it is not recommended, or may be ineffectual).
- From **Andrew Parr's** experience, the only people that Hypnosis and Hypnotherapy are **ineffectual** on (and so may be contraindicated) are those people who have an **interaction/comprehension difficulty**.

EXAMPLES OF HYPNOSIS INHIBITORS:

- Inability to properly **interact** with you
- Inability to **concentrate** or **hold an idea**
- Inability to **use imagination**
- Inability to **understand or comprehend** what is happening

Examples of comprehension difficulty

- Individuals with **Dementia**
- Individuals with **psychotic disorders**
- Very **young children**
- Anybody evidently under the **influence of alcohol**
- Anybody evidently under the **influence of drugs**
- Seriously '**intellectually challenged**' individuals

Conditions Where You May Proceed with Care

You will often see the following listed as being contraindicated for Hypnotherapy and there may be good reason for that, especially if inexperienced, but Andrew Parr has worked with and helped people in each of these categories

- **Epilepsy**
- **Serious/current heart condition**
- **Blood pressure** (extremely high or low)
- **Depression**
- **Elderly or frail**
- **Persistent alcohol or drug abuse**
- **Pregnancy**
- **Medication**
- **“Pathological” personalities**
- **Bipolar**
- **Suicidal tendencies**

PREGNANCY & CHILDBIRTH

- Pregnancy, is often stated as a **contraindication** for hypnotherapy when **Hypno-birthing** is becoming increasingly popular. Recommended to separate how you proceed into the different trimesters.
- **1st trimester**, proceed with caution - relaxation and gentle, positive techniques are fine, but possibly steer away from strongly emotional sessions.
- **2nd Trimester**, it's safer to work with deeper issues, if required, but again, just proceed with care.
- **3rd trimester** Hypnosis can be extremely beneficial before, during and after the birth.

A SUMMARY OF MODULE 1:

- As we go through life we **collect experiences** and these experiences cause us to **form beliefs**
- One of the **purposes of these beliefs** is to help assess whether **incoming information** is safe or **potentially threatening**.
- If our **beliefs** perceive a **potential threat**, this will trigger the **Stress Response**
- This **Stress Response** causes us to **think, feel & behave** in certain ways, and it is this that forms the large part of the **issues** people seek help for.
- There are many **different ways** of easing or resolving these issues
- We will be using a **combination of approaches**, all enhanced by the use of **natural hypnosis** .
- There are many ways to enter **natural hypnosis**, and there are a variety of therapeutic interventions we can employ within that state.
- There are **some conditions** however, that we need to take care over.

NEXT WEEK

MODULE 2 (Part 1)

- Learning Objectives for Module 2
- **The Critical Faculty**
- **Post Hypnotic Suggestion**
- **Suggestibility & Tests**
- **Signs & Cues of Hypnosis**
- **Student Insurance**