

ANDREW **PARR**

Practitioner Academy

Welcome

Week 9 –Module 4 (Part 1)

Presented by Debbie Moores

Aims of Today

- **Recap of Module 3 – What do you have learned**
- **Learning Outcomes and Overview of Module 4**
- **Code of Ethics & Your main duties as a Hypnotherapist**
- **Accompanied Clients**
- **Hypnosis, Science or Art?**
- **The Differences Between Feelings & Emotions**
- **David Grove and Clean Questioning**
- **Andrew Parr's Natural Clean Questions and Fluid questioning**

A SUMMARY OF WHAT YOU HAVE LEARNED THIS FAR IN MODULE 3:

- Our beliefs create **thoughts, feelings** and **behavior** loops (TFB Loops)
- People want to start or **increase something**, or **stop or reduce something**
- Beliefs impact just about every area of life and **wellbeing**
- We can use this to help a wide variety of people
- We must be aware of when we may need to refer or include other professionals
- We must be aware of **safety, confidentiality** and **GDPR** type issues
- We can **hand-craft suggestions** for clients using the **DWDW process**
- We can also use this for **self-hypnosis**.

Learning Objectives For Module 4

- An understanding of the **Fluid Questioning Process**, including the four main elements.
- Ability to implement the **Fluid Questioning Process** when interviewing a client.
- Ability to carry out a **complete, bespoke, solution focused session**.
- Be able to carry out the **Andrew Newton Induction & Deepener**.
- Observe the **subtle changes** clients give off in **response** to their **inner thoughts** and **feelings**
- Have an understanding of **The Goal Achievement Plan** & how to implement it.
- Have an understanding of **codes of ethics** and the need for **accompanied clients** at times

Code of Ethics (P.8)

- In the world of therapy and hypnotherapy, **codes of ethics** are designed to help **protect the wellbeing of the client**.
- They should largely be common sense but organizations typically need a Code of Ethics to ensure the good conduct of members.

Here are the Code Of Ethics for the **ACCPH, NCH & GHR:**

Accredited Coaches, Counsellors, Hypnotherapists & Psychotherapists (ACCPH)

<https://www.accph.org.uk/code/of/conduct>

National Council For Hypnotherapy (NCH):

<https://www.hypnotherapists.org.uk/about-nch/code-of-ethics/>

General Hypnotherapy Register (GHR)

<https://www.general-hypnotherapy-register.com/code-of-ethics/>

Please read through and familiarize yourself with them. You do not need to learn them but you should make sure that there are none that you are unable to adhere to.

STUDY TIP

“A code of ethics is a guide of principles designed to help professionals conduct business honestly and with integrity.”

Source:

<https://www.investopedia.com/terms/c/code-of-ethics.asp>

Your main duty as a Hypnotherapist (coach, counsellor, therapist) (p.9)

To protect the health and wellbeing of all those who use your services. We could summarize this as:

- The **care of your patient** must be your first concern
- You must provide a high standard of care at all times
- Patients must be treated with respect, as individuals
- Your **professional knowledge** must be kept up to date
- You must act lawfully in your professional and personal practice
- You are personally accountable for your **professional activity**

Hypnosis - Art, Science or Both?

ANDREW **PARR**
Practitioner Academy

PRACTICAL THOUGHT

“Researchers can explore hypnosis scientifically, and that is no bad thing, but researchers are scientists. Hypnotists are artists. Researchers are all about eliminating the variables. Hypnotists are all about rolling with them. Researchers are all about protocols. Hypnotists are all about skills.

Hypnotism in the real world is 100% art/craft. Researchers can discover a lot of cool things that can stimulate and inform the practicing artists, but you can't make science out of art without destroying much of it's range and essence.

So as a hypnotist, sure, use science... but connect with the art!”

James Tripp, <https://www.hypnosiswithouttrance.com/>

According to Andrew Parr,

“To my mind, Hypnotherapy, Hypnosis (and any therapeutic type work) works very scientifically, but the application of it is often more of an art than a science”.

To be able to give a set of ‘step-by step’ instructions or protocols that you can follow and apply to every situation, is not possible! People have a habit of being **individual** and very **creative** in the way that they present problems and challenges to you.

- What Andrew gives us is a **set of principles** that you can use as a guide in any situation.
- How you use them is up to you, but if you follow them, and constantly refer back to them, you will find that you always have the **resources available** to you to deal with any person seeking your assistance.

The Differences Between Feelings & Emotions

Often used interchangeably, but good to understand the difference. Difficult to separate as the inform each other.

*“**Emotions** precede feelings, and are **physical**, and **instinctual**. They can be objectively measured by blood flow, brain activity, facial micro-expressions, and body language”.*

*“**Feelings** ... are the **by-product** of our brain perceiving and assigning meaning to the **emotion**.”*

*Feelings are the next thing that happens after having an emotion, involve cognitive input, usually **subconscious**, and cannot be measured precisely.”*

Source: <https://www.thebestbrainpossible.com/whats-the-difference-between-feelings-and-emotions/>

STUDY TIP

Emotions - are more directly experienced in the body.

Feelings - are more a state of mind, based on how we interpret and respond to our emotions.



The Differences Between Feelings & Emotions

We may experience the **emotion** in response to a certain **stimuli/trigger** in a specific moment, such as suddenly having to speak in public. E.g.

- **EMOTION = FEAR**
- **FEELING = DREAD** at the thought of it. The dread feeling is a response to the emotion we associate with it.
- However, in the same way that we can have **secondary TFB** (Thought Feeling Behaviour) loops, our **feelings** can also lead to **emotions**.
- E.g. You may have a **feeling of love** for someone you care about, but may not be experiencing any particular **emotion** at that time.
- However, if they are suddenly in trouble, an **emotion** may arise (fear, anxiety, helpless, anger?) causing you to act - because of that **love feeling**. Without that love feeling, e.g. for a stranger, you may have a different emotion.

Emotions V Feelings

*“Feelings are sparked by emotions and coloured by the thoughts, memories, and images that have become subconsciously linked with that particular emotion for you. But it works the other way around too. For example, just thinking about something threatening can trigger an **emotional fear** response. While individual emotions are temporary, the feelings they evoke may persist and grow over a lifetime. Because **emotions** cause **subconscious feelings** which in turn initiate emotions and so on, your life can become a never-ending cycle of painful and confusing emotions which produce **negative feelings** which cause more **negative emotions** without you ever really knowing why.”*

Source: <https://www.thebestbrainpossible.com/whats-the-difference-between-feelings-and-emotions/>

“The truth is that we do not react to reality, but to the meaning we give to that reality, and in that way our expectations, needs and thoughts are influencing. Therefore, emotions are not simply reactions to the environment but also the evaluation of what is happening to us”.

<https://psychology-spot.com/list-of-emotions-and-feelings>

David Grove and Clean Language

Using “**clean language**” is a way of interacting with a client and responding to the information they provide, in a way that ensures all information provided by the client comes from the client.

- This allows the client to stay within their **inner experience** more fully.

For example, if a client **describes a scene**, saying, “I am in a room”, a very **un-clean way** of responding could be, “**Is it a bedroom?**”

- Immediately a bedroom will spring to mind and now the client may either be **pulled out of their own experience** or have **a conflict** over whether they are recalling naturally or being influenced by the therapist.
- A more **clean response** would be, “**What kind of room?**”, which allows the client to stay with their experience and possibly even go deeper.
- Use of **clean language** also helps limit **False Memory Syndrome**, which we will cover elsewhere.

STUDY TIP

*“By interfering with a client's description of their symptoms, **David Grove** asserts that well-meaning therapists can rob clients of the very experience needed to resolve their unwanted behaviours.”*

<https://www.cleanlanguage.co.uk/articles/articles/109/1/Less-Is-More-The-Art-of-Clean-Language/Page1.html>

DAVID GROVE CLEAN LANGUAGE STYLED QUESTIONS IN PRACTICE.

ANDREW **PARR**
Practitioner Academy

- In the context of interviewing the client - either **conversationally** or within formal **hypnosis** - the aim is to ask questions that **help elicit maximum experiential information** from the client, but with **minimal risk of influencing that information**.
- If you, as the **therapist** impose your **own terms and phrases** instead of using theirs, you risk detracting the client from their full experience.
- When you use “**Clean**” **questions** you allow the subject to stay in their experience more fully.
- In practice this means asking questions that incorporate the client's own words and phrases.
- **Grove** devised 9 standard questions, which you can read about in more detail here: <https://www.cleanlanguage.co.uk/articles/articles/109/1/Less-Is-More-The-Art-of-Clean-Language/Page1.html>

Andrew's Natural Clean Questions & Fluid Questioning

- **Andrew Parr** found **Grove's** terminology a little cumbersome and unnatural, so developed his own version which is called "**Natural Clean Questions**", and these form a part of the questioning process he calls, **Fluid Questioning**.
- **Fluid Questioning** is the name we give to a collection of techniques that **Andrew** uses that help the client go to their **core issues** and **beliefs**, both in the initial interview and within an interactive session, with minimal biasing input from the therapist.

The following combined methods achieve this:

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

Fluid Questioning

- **Fluid questioning** takes the subject on an **emotional journey** to the **core** of their **belief/ idea**.
- In practice this means learning each of these techniques individually and **combining them together** to create a **fluid, flowing** and **effective questioning** technique, that helps build enormous rapport and uncover vital information, usually very quickly.
- To master this, Andrew suggests taking each element in turn and, however difficult at first, persistently using it until it becomes second nature.

DEEPEN YOUR KNOWLEDGE

“**Fluid Questioning**” is very different from “**Socratic Questioning**”, which aims to break down and challenge an idea by asking a series of structured questions that challenge the validity of a belief or idea, usually in a fairly logical way.

“Natural” Clean Questions

- These questions are designed to be **used in conjunction** with the **client’s own words**, (similar in the style of *David Grove’s* approach).
- Some are adaptations of Groves questions, some are questions Andrew naturally used. However, all are designed to **limit the input and opinions of the therapist**, and **maximize the experience of the client**, to allow the **interaction to flow without bias** from the therapist.
- These questions, (along with each element of the **Fluid Questioning**), can be used both **conversationally** or during **formal hypnosis** and, in theory, it should be possible to interview a subject using only these questions and choose only words from the subjects responses.

EXAMPLES OF NATURAL CLEAN QUESTIONS (P.14)

- *“In what way ...?”*
- *“And that means that ... ?”*
- *“And what’s that like ... ?”*
- *“What kind of ... [xxx] ?”*
- *“And what do you mean by ... [xxx]?”*
- *“And are there any feelings or emotions ...?”*
- *“And that feels ... ?”*
- *“And that makes you/me feel ...?”*
- *“I wonder why ... ?”*
- *“[xxx] ... it feels as if ... ?”*
- *“Whereabouts ... ?”*
- *“And then ...?”*

EXAMPLE of Using Clean Questions (p.15)

Practice Exercise: Natural Clean Questions (p.16)

PRACTICAL TIP

The questions are designed to help you find out:

More details about **what is happening**

More details about the **feelings** and **emotions** this creates

More details about the **impact of this** on the client

“This happens, which makes me feel [this], which means, [this].”