

Title: The Unique Suitability of Hypnosis for Resolving Trauma and Managing Dissociation

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Author, Contextual Trauma Therapy: Overcoming Traumatization and Reaching Full Potential

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ABSTRACT:

It is well-established in the research literature that psychological traumatization and dissociation are distinctive states with characteristic psychological and psychophysiological features. Similarly, a growing body of research confirms that hypnosis has identifiable psychophysiological attributes, and that hypnosis and dissociation are related. Consequently, hypnotically informed intervention approaches are uniquely suited to foster constructive, enduring state change in chronically traumatized and dissociative individuals. This workshop will focus on practical applications of these principles by identifying various components of trauma- and dissociation-relevant treatment that can be facilitated by using hypnosis for: relationship building through strengthening rapport; distress reduction; expanding coping skills through imagery rehearsal; increasing self-esteem by challenging convictions that sustain negative self-image; reducing disruptive levels of hyperarousal during trauma processing; and managing and mastering dissociative states by learning to modulate their intensity. Brief illustrative case examples will be included. Attendees will be encouraged to adopt the hypnotic strategies presented in this session as jumping-off points for tailoring them to the intersectional needs, perspectives, personal and family histories, and cultural backgrounds of each individual client.

LEARNING OBJECTIVE:

[Based on the content of this session, participants will be able to] ... adapt and execute at least two of the six hypnotic strategies presented in this session in their clinical practice.

By the end of the session, participants will be able to adapt and demonstrate at least two of the six hypnotic strategies presented by outlining how they would implement them with a current or sample client and achieve a score of 80% or higher on a post-training competency checklist or role-play evaluation.

REFERENCE LIST

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De Benedittis, G. (2024). Hypnotic modulation of autonomic nervous system (ANS) activity. *Brain Sciences*, 14(3), 249.

Fernandez, A., Urwicz, L., Vuilleumier, P., & Berna, C. (2021). Impact of hypnosis on psychophysiological measures: A scoping literature review. *American Journal of Clinical Hypnosis*, 64(1), 36-52.

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