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**ANNUAL SCIENTIFIC
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New Frontiers in Hypnosis:
Human Ingenuity, AI Innovation,
and Ethical Boundaries

 VIRTUAL

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The February Man Revisited:

Milton H. Erickson, MD's
Deep Trance Phenomena

Kathryn L. Rossi, PhD



www.KathrynRossi.com

Kathryn@KathrynRossi.com

Kathryn Rossi, PhD has edited or co-authored 20 books in the field of psychotherapy including *The Collected Works of Milton H. Erickson, MD* with Ernest Rossi and Roxanna Erickson-Klein. She has authored ~80 scientific papers on psychosocial genomics, therapeutic hypnosis, grief and yoga. She teaches innovative psychotherapy internationally.

Jan Dyba



Terapia@JanDyba.pl

Jan Dyba is a psychologist and psychotherapist (Polish Psychological Association) currently working with adults in private practice specializing in therapeutic hypnosis.

He teaches seminars and workshops internationally on Strategic Utilization of Hypnosis and Deep Trance in psychotherapy.

Jan has authored and co-authored papers on strategic utilization of hypnosis. He has translated and edited many of *The Collected Works of Milton H. Erickson, MD*, books by Ernest Rossi and Michael Yapko into Polish.

Why is *The February Man* Important?

- Many of Erickson's techniques are successfully utilized in this case.
- Erickson teaches how to follow the patient, not lead.
- We discover how to safely utilize hallucinations, delusion, dissociation, amnesia, and time distortion that can provide comfort to awaken the unconscious mind to become more conscious for problem resolution and peace.
- By recognizing subtle minimal cues, fractionation and pattern interruption can be successfully interspersed. This may awaken previous painful traumas to become more intriguing and comfortable to face indirectly initially, and then directly in the end.
- Responding to the Present Moment “*I don't know*” can strengthen connection for therapist and patient.
- The 4-stage Creative Cycle is evident in successfully developing deep trance phenomena.
- The Burden of Responsibility was shifted to the patient in the end when she was ready to fully embrace her past and move onto her bright future.

Learning

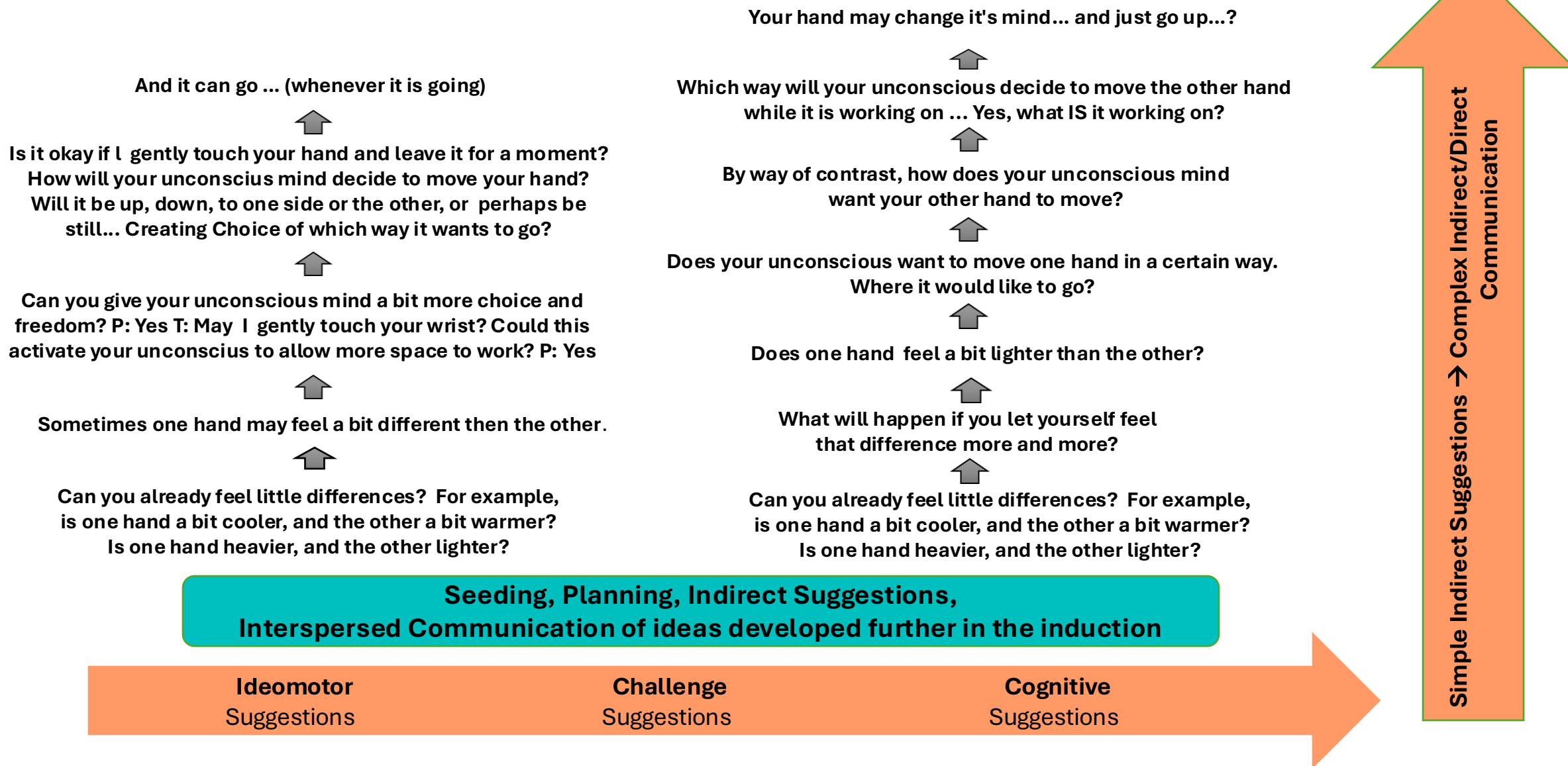
Developing deep trance expertise can help therapists explore a client's deeply seeded issues with greater ease and comfort, simultaneously stimulating many levels of emerging consciousness. In *The February Man* (1989/2009), Milton Erickson, MD recorded verbatim the case of Ms. S who was troubled but did not know the origin. MHE utilized every source of classical hypnotic phenomenon skillfully including fractionization, dissociation, amnesia, and time distortion while introducing himself as an active hallucination and supportive imaginary family friend called the February Man. We will explore how to recreate deep trance phenomena in today's time supported by research and science.

Objectives

At the conclusion of this session, participants will be able to:

- Explain the importance and relevance of deep trance phenomena in psychotherapy.
- Describe the use of clinical hypnosis for recovering and resolving unconscious traumas.
- Describe the importance of establishing an implicit processing heuristic sense of safety and the criteria for adequate establishment.
- Demonstrate how creating dissociation and fractionization allows for a multilevel of conscious, subconscious, and unconscious brain processing and empowerment.

A Progressive Developmental Flow Chart for Structuring Deep Trance ©Jan Dyba



The Depth of Trance References

- Perry et al. (1979): Depth of trance does NOT influence smoking cessation, but does influence working with pain, asthma and warts.

Conclusion: The depth of trance plays a role when a problem, or its' part, lies beyond subject's conscious control.

- Waddewn & Anderton (1982) came to similar conclusions.
- Brown (1992) adds to the list of involuntary problems and gives evidence for the significance of the depth of trance in cases of consciously initiated problems including smoking and weight control.

The Depth of Trance

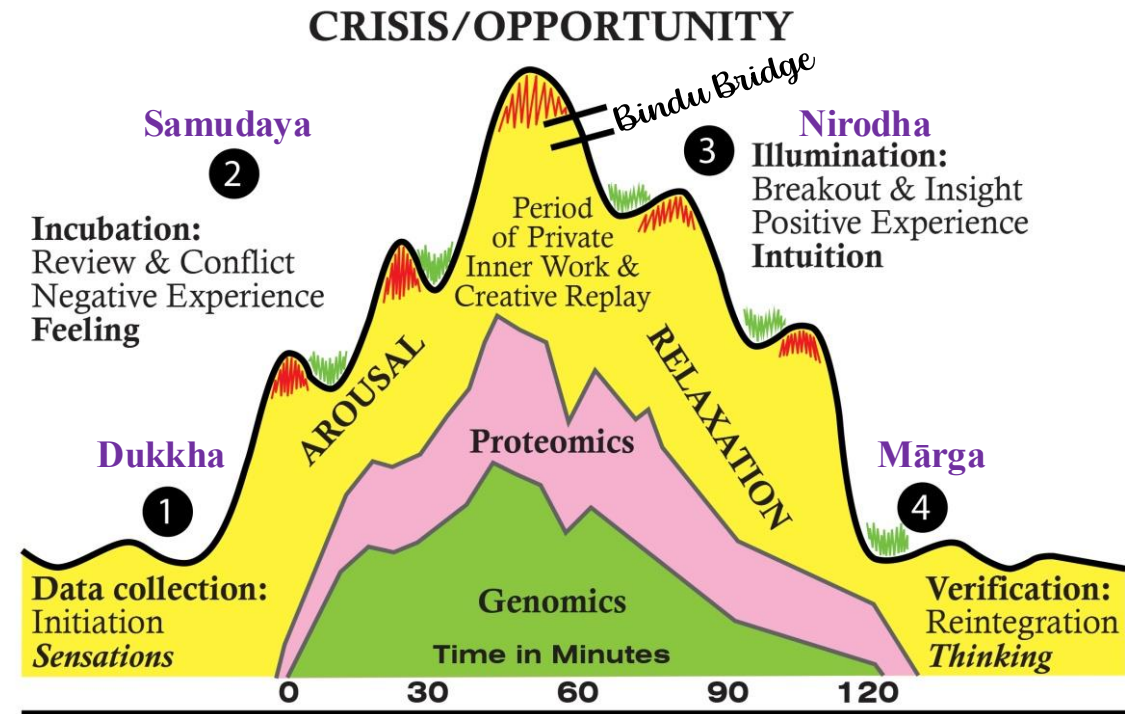
- Hypnotic constellation/trance indicators do NOT let us properly assess the depth of trance! (Erickson, 2018; Erickson & Rossi, 1976/2015)

- Levels of the depth of trance (Dyba & Rossi, 2022):
 - **Level I – simple motor suggestions**
 - **Level II – challenge suggestions**
 - **Level III – suggestions containing cognitive distortions**

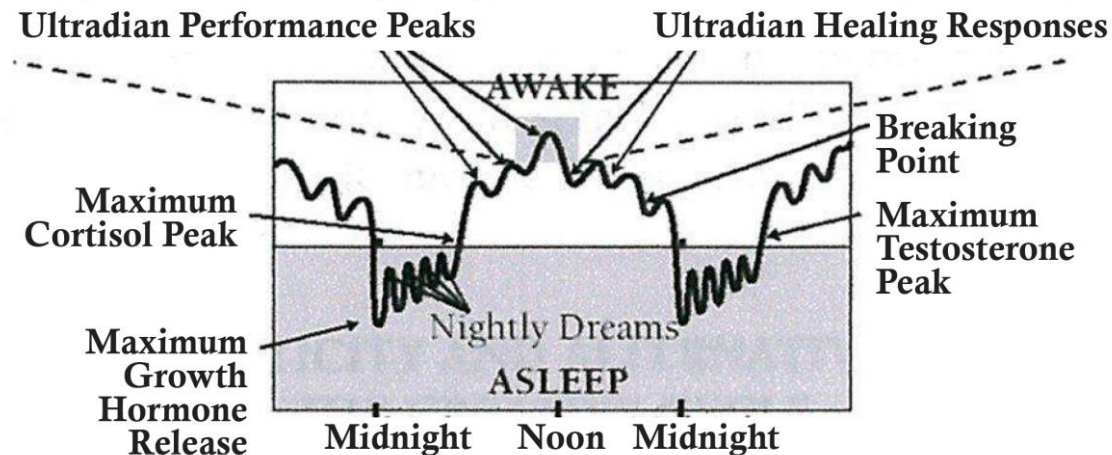
The February Man
Group Experience
Induction

4-Stage Creative Cycle is the BRAC

Darwin's Daily & Hourly Dharma 🌀 Buddha's 4 Noble Truths



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Q & A

An icon depicting two stylized human figures in white. The figure on the right has a speech bubble above it containing a question mark, symbolizing a question and answer session.

Learning Objectives Revisited

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- Describe the use of clinical hypnosis for recovering and resolving unconscious traumas.
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Contact Information



Jan Dyba – Terapia@JanDyba.pl

Kathryn Rossi – Kathryn@KathrynRossi.com

Disclosures

ASCH and ASCH-ERF jointly provided this program.

No staff or committee members involved in the development, planning or execution of educational content have any financial relationships or conflicts of interest to disclose.

Jan Dyba and Kathryn Rossi have no significant financial relationships or conflicts of interest to disclose.

Continuing Education & Accreditation Statement

This program has been approved by the American Society of Clinical Hypnosis Standards of Training Committee to be used toward Membership and Certification requirements.

The American Society of Clinical Hypnosis-Education and Research Foundation (ASCH-ERF) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The American Society of Clinical Hypnosis-Education and Research Foundation (ASCH-ERF) designates this live activity for a *maximum of 57 AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This program is Approved by the National Association of Social Workers (886386995-7390) for 57 continuing education contact hours.

This course is approved by the American Society of Clinical Hypnosis and as such is an approved continuing education course per Florida's AC-Rule 64B-4-6002 American Society of Clinical Hypnosis-ERF is designated as an Approved PACE Program Provider.



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