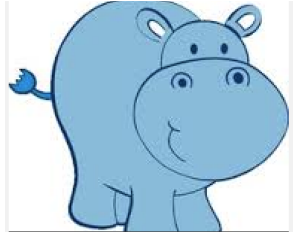


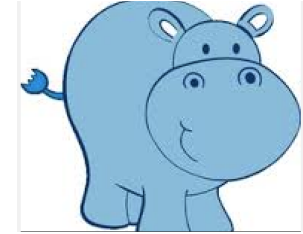
Ego-strengthening

Level 1

2026



Disclosures



I will not be discussing any off-label uses of drugs, nor am I paid by any drug company to promote their product.

In fact, I like to offer skills, not pills

I am the author of books and audio visual products which I certainly recommend but will not be promoted or sold during this program.

Learning Objectives

- Define what is meant by ego-strengthening and how it can be used in clinical practice
- Identify 3 different types of ego-strengthening
- Describe three strategies for ego-strengthening in clinical practice

“Ego-strengthening is the most important thing a therapist can do and when it is done successfully, it acts as an integrating mechanism that bridges the gap between insight and the actualization of change . . . in short-term and long-term therapy”

McNeal & Frederick, 1993, 1999

Self-efficacy evolves from ego-strength

- the expectation and confidence in one's ability to handle life.

Bandura

Ego-strengthening should be part
of every hypnotic experience

➤ Who said that???

EVERYBODY

WHY ?

- Ego-strengthening is the antidote to anxiety and depression and is the common denominator of many treatment goals to increase:
 - Self-esteem
 - Self-confidence
 - Self-efficacy
 - Self-mastery

HOW ?

- In trance patients/clients are much more suggestible
- The doorway to the unconscious is open and receptive
- In hypnosis patients/clients respond to language and manipulate perception
- Unreality becomes reality

WHEN ?

- Beginning with the Elicitation
- Middle
- End - with Re-orienting and reflecting

Ego-strengthening suggestions
may be given during hetero-
hypnosis or self-hypnosis

“Every day, in every way,
I am getting better and better.”

Coue, 1923

Purpose of Ego-strengthening

- Increase self-confidence and belief in personal ability
- Enhance general coping abilities
- Minimize anxiety
- Build /reinforce self-reliance and a positive self-concept
-

Purpose of Ego-strengthening

- Enhance ability to self-soothe
- To rid one's self of negative self-talk
- To facilitate future goal-setting and attainment
- Self-soothe and establish homeostasis

Swing Elicitation

- Safety/Reliance
- Confidence
- Skill Building
- Independence
- Choice
- Freedom

Where to begin -

➤ Rapport

➤ Rapport

➤ Rapport

➤ History

➤ History

➤ History

Rapport

*Relationship, especially one of
mutual trust or emotional
affinity*

Rapport

- Establishing a positive alliance
 - safety
 - respect
 - confidence

History

- Notice the positive attributes, characteristics and strengths about the patient during the history gathering process and while clarifying the patient's goals

Utilization

- Weaving the patient's strengths and abilities into the trancework
- Past accomplishments
- Positive attributes
- Treatment goals

Confidence

- Confidence is the expectation of a positive outcome

Lang & Laser, 2009

- Confidence is contagious

Whether the object of your faith is real or false, you will nevertheless obtain the same effects.

If you think you can or you think you can't - You're right!

Techniques of Ego-strengthening

- External and Direct Ego-strengthening techniques
- Hartland's (1966) therapist's repetitive suggestions for health:
 - You will feel more alert, more energetic, physically stronger and fitter each day and will tire less easily
 - Your mind will feel calmer and you can think more clearly
 - You will be less easily disturbed, more relaxed, filled with greater confidence and more optimistic with each day

Inner Strengths

- Learned knowledge, personal experiences and intrinsic abilities that are utilized, consciously or unconsciously, in all aspects of a person's life including coping with challenges.
- Inner strengths are thought to assist in a person's resilience

Techniques of Ego-strengthening

➤ Internal Ego-strengthening

- Recall and revivification of times of pride, success, accomplishment with increased awareness, amplification & generalization of the positive affective state
- Reflection on overall accomplishments and sense of mastery and pride in trance

Age Regression

- Positive age regression to a happy, successful life experience
- Remember a time when you felt particularly confident and competent - notice how that feels in your mind and body
- Perhaps you might like to remember a time, a short while ago or perhaps many years ago, when you accomplished something you never thought you could. . .recall that moment with pride, . . excitement, . . and a sense that YES you did it.

Strength based approach

You have incredible inner strength. Strength you may never have known you had. I am going to help you tap into that inner strength so that you can.....

You can be pleasantly surprised by the strengths that you were not aware you possessed

Strength based approach

- Your unconscious mind is a powerful part of you and will work in terms of your benefit.
- You may be pleasantly surprised to discover how easy it is for you to . . .

➤ Imagery and Metaphor

Like a tree that has accomplished so much just to
be, you stand tall and emanate a calm strength,
even in the wind, in the rain, in the cold, and your
branches will reach out for warmth from the sun...

Techniques of Ego-strengthening

- Internal ego-strengthening
 - Hypnoprojectives for feeling positive about oneself or increased confidence, strength, etc
 - Displacement imagery of someone else experiencing the desired ego-strength with generalization of the experience to oneself

Techniques of Ego-strengthening

- Age Progression
 - Imagining the future successful self
 - Rehearsal of future event

Age Progression

- And now turn the clock and the calendar ahead and having mastered so many new experiences and doing what you have done so many times before. . . as you do, see and feel yourself approaching a new experience with competence and confidence, using all your own strengths and abilities, willing and excited to take on new challenges.

Age Progression

- Notice what will be different when you achieve your goal and how good that feels and how proud you are

Ego-strengthen whenever possible

- You are doing this very well
- That's right. You are doing great
- Affirmations may be used to ego-strengthen and to let the recipient know that you are paying very close attention which enhances rapport

Ego-strengthen by creating a sense of worthiness

- You spend so much time giving to others, it would be alright to take this time just for you
- This is your time for you to just enjoy the comfortable stillness and relaxation because . . .you're worth it
- No one is making demands on you. There is no one to please or satisfy. This is your time for you to just go inside and enjoy the peacefulness . . .because . . .you deserve it.

Examples of Ego-strengthening

➤ DIRECT

- You will become more authentic and develop a greater courage to express yourself
- Each day and in every way you will feel more and more peaceful and calm and be better able to enjoy life as it is

Examples of Ego-strengthening

➤ INDIRECT

- I wonder if you will be curious about the fact that you are handling emotional situations with grace and ease. Finding yourself pacing your reactions in a calm and measured way.
- Will these inner strengths appear again today or tomorrow

Anchoring

- Symbolic imagery
- Physical sign
 - thumbs-up, OK sign, powerful clenched fist, etc

Anchoring

- As you recognize and experience that feeling of accomplishment and pride . . . give yourself a signal, . . . a word. . . or a sign that will always be a reminder to you

As you experience that calm and comfort, put your thumb and forefinger together in an OK sign and know that yes, you are okay.

“Anytime you need to feel a little more okay than you do at the moment, no matter where you are or who you are with, all you ever need to do is place your thumb and finger together in an OK sign and that will be a reminder to you of this place inside you of inner strength, resilience and resources.”

Use Breath

(they are breathing anyway)

- Breathe in self-confidence, breathe out self-doubt
- Breathe in self-control
- Breathe in self-esteem
- Breathe in that “can-do” attitude
- Breathe in that pride

Video Selfie

- Their own personal recording of the messages and suggestions they need most to hear

Tobi Goldfus

Ownership of Trance

- Helps to convince the patient of abilities, power of the mind and their own personal potentials
- You have the ability to give yourself an incredible gift . . . a gift of this experience
- Remember to remember that you were able to give yourself an amazing amount of comfort

Ownership of Trance

- You have learned something very important here today.
- You have discovered a place inside of you that you can return to whenever and wherever you want for your own benefit
- You have discovered a depth of trance where you have more access to knowledge, creativity, and comfort. And you did that yourself just by tapping into your own inner strength, resilience and inner resources

Ownership of Trance

- I wonder how wonderful it will be for you to discover what fun and useful ways you will be able to use what you have learned and experienced here today.
- Each time you practice doing this, it becomes easier and easier and you can return to that place of inner calm and comfort even more quickly.

Ego-strengthen whenever possible

- As you do this more and more for yourself, you will probably be very proud of what you are learning and accomplishing
- It is good to know that you are doing this exactly right, and and the more you do this the better you get

Ego-strengthen whenever and wherever possible because:

- Enhances experience of control in one's life
- Enhances sense of self-efficacy
- Instills hope, confidence, and competence

ISRRM

- Inner Strength
- Resilience
- Resource Management

Accessing ISRRM promotes

- Mastery
- Positive coping
- Control
- Self-esteem
- Self-appreciation
- Confidence & ability

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