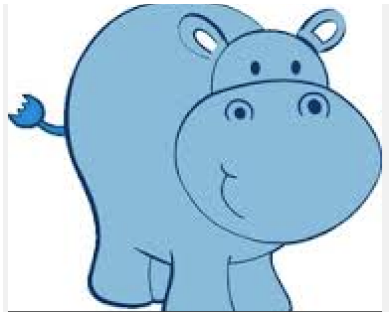


Hypnotic Phenomena and Therapeutic Applications

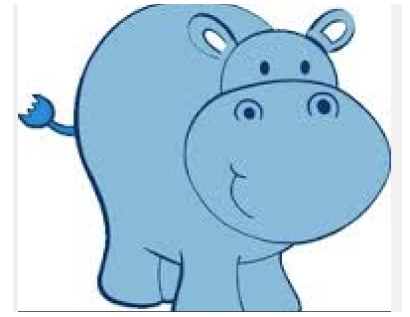
Level 1

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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

- Explain five different hypnotic phenomena;
- Discuss and describe how the concept of trance logic and other hypnotic phenomena can be used therapeutically.
- List at least three principles of eliciting phenomenon.
- Define abreaction and describe how it can be addressed therapeutically.

Hypnotic Phenomena

- Common everyday behaviors
- Appear spontaneously in trance
- Usually outside conscious awareness

Everyday Examples

- Time Distortion

 - Time flies

 - Seems to last forever

- Hypernesia

 - Remembering every detail

- Amnesia

 - Forgetfulness

Everyday Examples

- Adaptive Dissociation
 - Daydreaming about something else
 - Not paying attention to something

Everyday Examples

- Negative Hallucination

- Not perceiving something that is there

- Positive Hallucination

- perceiving something that is not there

Everyday Examples

- Age Progression
 - Worrying about the future
 - Imagining success or fun in the future
- Age Regression
 - Acting Childish

Hallmarks of Hypnotic Phenomena

- Experience of involuntariness, automaticity
- Things happen by themselves
- Responses seem independent of any conscious reasoning or effort
- Often used as a subjective criteria for a “real hypnotic” experience

Utilizing hypnotic Phenomena

- How can experiences such as amnesia, shortening or lengthening time, or dissociation be potentially useful to create change or alleviate suffering?

Utilizing Hypnotic Phenomena

- Purposefully used to enter the hypnotic state
- Alterations in perception
 - Ideosensory - automatic experience of sensations based on kinesthetic memory
 - Ideomotor - physical manifestation of mental experience
 - Levitation and reverse levitation

Utilizing hypnotic Phenomena

- Ideodynamic responses - automatic responses at an unconscious level in response to a stimulus
- Ideocognitive - automatic or subconscious thoughts, associations in response to suggestion
- Ideoaffective - automatic emotional responses attached to various experience

Indications for using Ideodynamic responses

- Hypnotic exploration
- Heightened acceptance of suggestion
- Trance ratification

Utilizing Hypnotic Phenomena

- Experiential convincers
 - Something new or different is happening
 - Mind influences body which influences mind

Trance Logic

- The alternative thinking process that enables ideas that would be paradoxical to the conscious self to peacefully coexist within the mind while in a state of trance

Mosby's Dictionary of
Complementary and Alternative Medicine,
2005, Elsevier

Trance Logic

- Logical inconsistencies
- Reality in hypnosis that would not be normally accepted in the non-hypnotic state
- unreality becomes reality

Trance Logic

- an experience that lies outside the rational
- critical faculty are suspended

Utilizing Hypnotic Phenomena

- Experiential convincers
 - Catalepsy
 - Inhibition of voluntary movement
- Analgesia/Anesthesia
 - most potent hypnotic convincer

Using Hypnotic Phenomena

➤ Analgesia

➤ dulling of one's awareness of pain

➤ Anesthesia

➤ complete lack of awareness of pain

➤ most potent hypnotic convincer

Utilizing Hypnotic Phenomena

- Anesthesia & Analgesia
 - Changing attentional focus - inhibiting incoming sensation
 - Effective for both organic and functional pain though it works through psychological mechanisms

Anesthesia & Analgesia

- PET scans reveal:
 - Anterior cingulate activity modulated during hypnosis to induce analgesia
 - Suppression of neural activity between sensory cortex and the amygdala - limbic system appears to inhibit the emotional interpretation of pain sensations

Indications for Using Analgesia & Anesthesia

- Pain Reduction
- Medical Procedures

Utilizing Hypnotic Phenomena

➤ Time Distortion

➤ Shrinking the time of discomfort

➤ Lengthening the time of comfort

Time Distortion

➤ “and even though it’s only been a short amount of clock time, it can seem like so much longer, certainly long enough to achieve.....”

Utilizing Hypnotic Phenomena

➤ Amnesia

- Facilitating change through the unconscious.
No need to consciously remember (M. Erickson)
- Store memories in a safe place rather than “erasing” them
- You can forget to remember or remember to forget

Indications for using Amnesia

- Forgetting Pain or Conflict
- Forget the pleasure of a bad habit

Amnesia

- “and now that you’ve found what is helpful, your mind can forget anything not useful”

Using Hypnotic Phenomena

- Hypernesia - the enhanced memory ability that transcends everyday recollection
- remembering vividly earlier memories in sensory detail

Indications for using Hypermnesia

- enhancing recollection
- enhancing aspects of the self usually ignored to strengthen esteem
- revivify success experiences

Dissociation

- A perceived detachment of the mind from the emotional state or even from the body.

Dissociation is characterized by a sense of the world as a dream-like or unreal place and may be accompanied by poor memory of specific events.

Utilizing Hypnotic Phenomena

- Dissociation - distancing through:
- Repression of affect
- Repression of thought
- Repression of behavior
- Depersonalization

Advantages of Dissociation

- Need distance in order to master
- Compartmentalize
- Discontinuity in experience
- Dissociation helps to maintain, gain and regain control

Utilizing Hypnotic Phenomena

- Depersonalization - viewing experiences from another's perspective or as if it was happening to someone else

Using hypnotic phenomena

- Negative Hallucination - not perceiving a stimulus that actually does exist in the immediate environment.
- Positive hallucination - an experience of a sensory stimulus that is not actually present.

In hypnosis we respond to language to
manipulate perception

Negative Hallucination

- Vision
- Hearing
- Taste
- Touch
- Smell
- Visceral Sensation

Positive Hallucination

- Vision
- Hearing
- Taste
- Touch
- Smell
- Visceral Sensation

Utilizing Hypnotic Phenomena

- Age Progression
 - Imagining the successful future self
 - Identify positive resources to use in a future situation
 - Generalize the resources to other situations
 - Rehearse a future event

When will-power and
imagination are in
conflict, imagination
always wins.

Utilizing Hypnotic Phenomena

- Age Regression - any technique that connects present beliefs and behavior to the past and past to the present to encourage insight
- taps directly into the unconscious mind to travel back in time

Uses of Age Regression

- Age Regression
 - Remembering and re-experiencing a time before the pain or injury
 - Re-experiencing a past success
 - Gaining insight about possible cause of fear, habit, functional disorder

Abreaction

- Expression of intense affect
- Unpleasant memories that surface dramatically and with considerable emotional intensity
- A revivification of a traumatic event
 - Re-living an emotionally charged experience

Identifying an Abreaction

- Patient/client will start emoting and speaking as if the trauma is being re-enacted
- Can be manifested in various ways:
apprehension, discomfort, anxiety, agitation, crying, hyperventilation, trembling of whole or part of body, premature disengagement from hypnosis, hallucinations, delusions, autistic-like rocking

Responding to an Abreaction

- Stay calm; Be directive and assertive
- Ground them; “You are safe now”
- Reorient to the present and to reality
 - “That was then, this is now”
 - “Come back to the outside world, feeling whole again, safe and sound, back to your grown-up self”
 - “I am here with you. Open your eyes and see me”

Responding to an Abreaction

- Modulate, contain, reduce the affective intensity
- Provide new information to the traumatized, dissociated part
- Regain mental focus

Managing an Abreaction

➤ PROCESS

- Assess - make sure they are totally reoriented
- Explain to the patient/client what happened
- If your background is not in mental health, seek help to process; make sure they are connected to mental health services and can be followed up

Therapeutic uses of an Abreaction

- Opportunity for change
- May be used as a method to help the client become conscious of repressed traumatic events

Utilization of an Abreaction

- Use hypnosis to facilitate resolution or diminution of situation: support emotional release; guide patient's attention to consideration of new perspective, develop necessary coping resources, assist patient in integrating such resources

Summary

- Hypnotic Phenomenon are common everyday behaviors
- They may appear in trance outside of conscious awareness
- Hypnotic Phenomenon can be purposely and effectively used therapeutically in trance
- Spontaneous abreactions do occur and can be used therapeutically

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