Ericksonian Hypnosis

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ERICKSONIAN VS. TRADITIONAL

PERMISSIVE VS. AUTHORITARIAN
PERMISSIVE

- Could, might, can, okay to, may
- Multiple options, choices
AUTHORITARIAN

- Predictions: Will, going to, won’t
- Mind-reading: Are
- Instructions: Must; Can’t; particular feelings, actions, directions
ZORAN SAYS YOU WILL
ERICKSONIAN
VS.
TRADITIONAL

EVOCATIVE
VS.
SUGGESTIVE
ERICKSONIAN VS. TRADITIONAL

EXPERT VS. COLLABORATIVE
<table>
<thead>
<tr>
<th></th>
<th>Traditional</th>
<th>Ericksonian</th>
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</thead>
<tbody>
<tr>
<td>Searches for causes of problems</td>
<td>Discover/connect w/ resources</td>
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<tr>
<td>Discover hidden/non-conscious original trauma or decision</td>
<td>Present- or future-oriented</td>
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<tr>
<td>Assumption of pathology</td>
<td>Assumption of resources and abilities</td>
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Elements of Induction #1
Permission and Inclusion
Elements of Induction #2
Presupposition
Elements of Induction #3
Splitting
Elements of Induction #4
Linking
I AM GOING to a place where there are no bad MAD people.
Elements of Induction #5
Interspersal
[Embedded messages]
Other Elements

- Description
- Truisms
- Matching
- Guiding attention and associations
- The confusion technique
The Confusion Technique

- Two pairs of opposites
- Mix ‘n’ match them until the person can no longer follow rationally and logically
Trance language

- Use vague and abstract words
- Use nouns from verbs
- Use passive language (no willful actions implied)
- The person as witness or experiencer rather than conscious creator
Common Trance Indicators
Four Doorways Into Altered States

- Rhythm
- Defocusing
- Focusing
- Dissociation
Trance Phenomena

Getting one’s hand on the control knob on non-voluntary experience
Inviting alterations in:

- Perception
- Sensations
- Memory
- Time orientation
- Spatial orientation
- Physiology
WHY USE TRANCE PHENOMENA?

- To evoke automatic changes
- To convince you and/or the person that they are in trance
- To evoke resources
- As an analogy for the therapeutic changes you are after
HOW TO EVOKE/INVITE TRANCE PHENOMENA

- General permission
- Presupposing
- Remind and evoke previous everyday experiences
- Analogies/anecdotes
- Emphasized words/phrases
Erickson maintained that the unconscious is smart, wise and benevolent.

“Trust your unconscious,” he would say.

If the unconscious is so smart, why do people have problems or symptoms?
The Answer

- The unconscious is smart about what it is smart about
- Dumb about what it is dumb about
- And sometimes, the unconscious is smart about something it is dumb to be smart about
How to use this notion to do trancework

- Find the place where automatic patterns occur and lead to unwanted results
- Introduce changes to the pattern by evoking, altering, splitting and linking
When to use trance

- Voluntary/deliberate experiences
  vs.
- Non-voluntary/out of conscious control experiences
Class of Problems/Class of Solutions

Presenting problem → Intervention → Link to problem context

Class of problem → Class of Solutions

Generate the opposite
Class of Problems/Class of Solutions

- Find a clear focus/problem
- Turn problems into processes
- How does or would a person or body or neurology DO this problem?
- What class of problems could it belong to?
- What is the opposite class (or set of resources or abilities) that could resolve the problem?
Classes of Solutions: Pain

- Anesthesia/analgesia
- Amnesia
- Dissociation of parts of the body
- Re-interpretation
- Time distortion
- Altering physiological processes
- Re-evoking previous pain-free or pain-incompatible experiences
- Distraction or absorption of attention
- Displacement
- Compelling connection to a future without pain
How to evoke automatic shifts with hypnosis

- Tell stories
- Guide associations
- Remind people of previous experiences
- Emphasize phrases and words
- Presuppose and create expectations
Hand Levitation

- Evoke everyday experiences of automatic hand/arm/muscle movement
- Use analogies/anecdotes/stories
- Use general permissive statements
- Use presupposition
- Once you see a response, amplify and direct/link it to something more
How to tell an evocative story

- Characters
- Actions
- Beginnings, middles and ends
- Settings and props
- Dialogue
- Vague enough to allow for identification and imagination
- Enough specific details (names, places, actions, sensory details, etc.)
- Engagement of interest/suspense
- Repetition of phrases, sounds or elements
The permissive approach as treatment in itself

Giving people permission to include and value missing aspects of experience and self

Countering devalued, neglected, dissociated and disowned aspects and experiences
3 Levels of Inclusion

- Permission
  - To and Not to Have to
- Inclusion of Opposites
- Exceptions
Methods of Inclusion

- Tag questions
- Apposition of opposites
- Link resistance or undermining to certain locations, times or aspects of the person
Symptom Trance/Healing Trance

- Symptoms and problems as “bad trance”
- The difference between bad trance and good trance
- Waking people from trance
- Shifting from bad trance to good trance
SELF HYPNOSIS

- Arguments for and against
- Making recordings
- Methods
  - The natural way
  - Defocusing attention
  - The rhythm method
  - Focusing attention
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