

hypnoversity

The on-line journal for Hypnotherapy,
Coaching and NLP.



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Welcome to the August 2010 edition...

Hello and welcome to the August issue of Hypnoversity. In this edition Nick Cooke explains the phenomenon of transference and how it can have a productive or destructive effect on therapy. A topic Nick says is rarely raised at supervision sessions, it seems likely that transference or counter-transference is remaining unacknowledged by many therapists. Perhaps the article will encourage us to review some of the dynamics of our interaction and relationships with clients.

Also in this issue of the journal is a feature on Shaun Brookhouse, the charismatic principal of UK Academy of Therapeutic Arts and Sciences and the National College of Hypnosis and Psychotherapy and an article by Anne Smith, the popular presenter on Hypnosis for Sports Performance. Anne advises us how to apply our skills to help amateur and professional sports people and is returning to Central England College in September to deliver another inspiring CPD event. Considered by some to be an area for specialists, Anne will demonstrate how hypnotherapists can work effectively in this area.

Finally, we look at Eating Disorders and the course offered by Dr David Kato at Central England College for the first time in October and the brilliant opportunity this represents to therapists to gain invaluable insight into, and confidence to work with, clients with complex eating problems.

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Best wishes

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Focus on Shaun Brookhouse



In June this year I attended a one-day workshop in Leicester which launched the 2nd National College of Hypnosis & Psychotherapy conference. 2010. It was led by Shaun Brookhouse and Alan Patching, (the principal of the National College in Australia) and was a relaxed event with a good amount of humour and much useful content. Attendees were invited to submit questions in advance of the day – a refreshing departure from the classic ‘We talk, you listen, then Q & A’ type model. Both Shaun and Alan shared their experience and expertise through demonstrations as well as verbal responses and approached serious topics in a light-hearted way. Shaun, a larger than life character, with a unique and comical style, was especially entertaining and offered an interesting contrast to the seemingly more traditional Alan Patching, whilst at the same time maintaining a strong ethical stance.

Speaking to Shaun after the workshop, he shared his concerns about hypnotherapy training standards and the variability of provision and quality of teachers, believing that all college tutors should hold a teaching qualification. Often controversial, Shaun feels strongly that hypnotherapy training should be a two year course with at least 200 of a 600 hour course being face to face learning. He also insists that his own students find alternative supervisors in order to provide them with some diversity.

With psychotherapeutic techniques a significant part of the National College’s training, Shaun feels that most hypnotherapists don’t expand enough into other areas such as counselling or psychotherapy. “It’s about keeping the mind open” he tells me and goes on to say that whilst therapists won’t feel comfortable with all approaches, it’s good to take chances. “You will survive not succeeding at everything” he tells me” but you need to be brave, be curious and be yourself”.

With 21 years experience in the field, Shaun clearly has a wide range of techniques on which to draw and is a great fan of Ericksonian techniques, but feels that many people ‘just don’t get it’ which he attributes to its simplicity. Nevertheless he advises therapists to go with their instinct once they have some experience, and to

find out what suits them. He encourages students and qualified therapists alike to 'read voraciously' and in addition to a long list of popular tomes, he recommends 'Therapeutic Metaphor' by David Gordon, 'Hypnosis and Metaphor' by Clark Hull and 'Medical Hypnosis' by Wolpe.

Before parting I asked Shaun for one final tip for therapists facing the challenges of our economic climate, and he replied simply and seriously "Do good work and you will survive. The economy will bounce back"

LM



From the desk of the Principal

Transference – hindrance or help in therapeutic change?

It is believed that Sigmund Freud was the first to recognise and define the psychological phenomena of transference. Freud, described by some as the Father of present day psychotherapy, noticed that some of his patients had strong feelings and fantasies about him, both positively and negatively, that were not based in reality. In the last 100 years transference has become a much wider and better known concept to such an extent where many might say "it is just part of life".

So just what is transference? It is a state (emotion or feeling) that occurs when clients 'project' or transfer their feelings onto another person (us) without realising that this reaction is really about themselves and their feelings about others in their past, rather than about us. I'm sure we can all identify how certain people can 'push our buttons' either positively or negatively and that we, at least consciously, may have no idea why or how this is. This is a simple form of transference and most probably represents a subconscious reminding of past issues in what we might call an 'emotional time warp'. We could say that when transference occurs, our client sees in us what they need to see in order to meet their own

unconscious emotional needs.

Typically a client may develop an unusually strong liking for, or even infatuation with their therapist. Your client may talk to you about these feelings. However since they are often confused / embarrassed about what's going on they may not be at all open to discussing them with you and it will be up to you as the therapist to observe what is going on and to raise the matter with your client. Clearly this is something requiring a delicate approach and the quality of your rapport may have a significant impact on just how successfully this can be handled.

It is important to recognise that transference can be negative and that our client may demonstrate a lack of rapport with us and might even tell us that they are having negative feelings about us. Whether positive or negative, the best way of handling this when it becomes apparent, in my experience, is to briefly explain the theory to my client and let them know that it is 'OK' for them to have these feelings and to reassure them that, since this is a part of therapy, that when therapy is concluded that transference is likely to be completely dissolved.

On occasions, by helping our client to understand what is going on with the transference, our client may be able to identify unresolved issues from their past and 'work through them' as part of their therapeutic work. Sometimes patterns will be revealed which might, for example, help our client to usefully understand how they have been repeatedly drawn towards unsatisfactory or even abusive relationships. It's arguable therefore that all transference, whether positive or negative may serve a useful purpose. It should also be noted that clients make positive changes partly to please their therapist so it's important that transference should be managed constructively.

At times transference may be difficult to recognise and to deal with and may be a reason why a client will terminate therapy prematurely. Alternatively transference which has not been dealt with, may, in extreme circumstances, spiral out of control and become a full-blown obsession

which could result in extreme behaviour such as fantasies, nightmares, stalking or even physical violence. So the message is to be observant and open and ready to discuss client's transference with them.

Counter-transference is the phenomena where we, either find ourselves reacting to our client's transference in a positive or negative way, or where we project or transfer on to our client, issues related to people from our own past, possibly where our client's work may have stirred up some unresolved matters from our own inner depths – sometimes referred to as 'parallel processing'. It's a two-way street!

Because we are therapists we should reasonably be expected to be aware of and to 'handle' our own counter-transference. Are we able to do this successfully? Maybe we need to undertake some therapy or counselling ourselves? This is certainly an issue that would fall within the realm of clinical supervision and its' very important that in the supervision that we all undertake on a regular basis (we do, don't we?) that issues of transference and counter-transference are discussed.

NC

Give Yourself a Sporting Chance

**by Anne Smith
MAPHP (Acc)**

**former UK Open Golf
Champion**



On first glance - you could be forgiven for thinking that the plight of the sports person is somewhat insignificant, or maybe even flippant, in comparison to the more serious issues or conditions that the everyday client can present to the qualified hypnotherapist?

However, if you were maybe to find yourself faced with: a speedway rider who moves to the UK to progress his career - yet finds his homesickness affects his overall rankings; or the 14 years old swimmer whose pre race nerves makes her physically sick; or the football player who moves his young family following a well published transfer to another club.

These are just brief examples of some of the cases presented to me over the last 12 months. Im convinced that the skills of the qualified hypnotherapist has much to offer by way of relief for many of the issues presented by the sports person. I get more surprised by the day how little understanding or help sports coaches appear to be able to give in these types of situations.

Yes, they are skilled at imparting the technical side of their sport - but are often left baffled and frustrated when their proteges cannot perform to their ability, due to a variety of reasons, that they dismiss as 'things going on inside their head'. So where can the sports person go to seek help? Rarely to their doctor who is often at a loss of where to refer this type of patient, nor to the sports psychologist who is more geared to overall performance enhancement.

So their choices are limited. They do need help and for the hypnotherapist and/or NLP practitioner, this could provide a huge potential client base. If you consider this could be a new area of interest for you - a CPD workshop is being held at the Central England College on Sunday 5th September entitled 'Hypnotherapy for improving sports performance' The day is designed to give you a greater insight into sport related issues.

AS

Anne is herself a graduate of Central England College.

This course was first run in 2009 and sold out completely. If you'd like to attend this year, do let us know ASAP.

Eating Disorders and OCD

“Abnormal eating habits that may involve either insufficient or excessive food intake to the detriment of an individual’s physical and emotional health”, is the way Wikipedia defines Eating Disorders, but could, for simplicity, be described as an ‘unhealthy relationship with food’. Many of us see clients whose eating habits would fall into this category, and often clients who seek help from hypnotherapists for weight management, reveal through discussion, an unhealthy obsession with food, body image and self-esteem issues.

Anorexia and Bulimia are the most well-known of eating disorders amongst the population in general, but variations such as bingeing without purging, bingeing followed by excessive exercise, ‘Chew-spit’ and rumination are often categorised by therapists and health professionals as EDNOS (Eating Disorder Not Otherwise Specified). Rigid adherence to a healthy diet (known unofficially as Orthorexia) can have serious consequences too, resulting in severe weight loss due to an absence, or very low levels of fats and other nutrients.

Understanding the underlying issues and the best approach to use with each condition and individual client is the key to successful treatment. Clients may not display all the defining symptoms of a particular eating disorder or match precisely the pattern in personality and/or history that might accompany a specific eating pattern, but there are often similar situational traits that manifest in problem eating and the need to exercise control over body shape and size.

Accessing good quality treatment and support through the health care system can be challenging, as provision is variable, and many sufferers seek the help of private counsellors and therapists, either because they haven’t received the service they hoped for through mainstream channels or because they prefer the anonymity or the approach of private therapists. This is a complex range of conditions though, and a thorough understanding of the symptoms, causes and practises of clients with different eating disorders is essential.

As demand for this type of training is high and specialist tutors are in great demand, Central England College has triumphed in securing one of the most eminent trainers in the UK to deliver an Eating Disorders and OCD (Obsessive Compulsive Disorder) diploma course at the college in October. An intensive two-day course this training includes an extremely impressive resource pack, with numerous scripts, forms and interventions along with a CD-rom for each student. A multiple choice paper is also available for those who want to formalise their learning.

The course, prepared and delivered by Dr David Kato has already attracted many bookings, so prompt enrolment is advised for those who want to extend their knowledge

and expand their practice into this fascinating and rewarding area of work. It runs on 13th and 14th of October 2010 and costs only £220. Anyone interested in attending should contact the college on 0121 444 1110.

LM

Dr David Kato



Continuing Professional Development (CPD) 2010

Hypnotherapists are required to maintain their Continuing Professional Development (CPD) to uphold professional learning standards and to meet the requirements of whichever professional association they belong to. Normally a minimum is 15 hours, or two days of CPD during each 12 months period. The following list is of CPD programmes and other training events for hypnotherapists being presented at Central England College during the remainder of 2010

Sunday 5th September 2010 Sports Hypnotherapy – with former UK Open Golf Champion – Anne Smith

This workshop offers a great opportunity to learn about a whole new area and a potentially new client base for many practicing hypnotherapists. During this course, involving a mix of theory & practical exercises, Anne will cover issues of motivation, concentration and relaxation as well as triggers, performance inhibitors and self belief. No prior knowledge of sports or sports coaching is required for this course.

The cost is £80 per attendee

See article by Anne Smith in this issue

Thursday 16th September 2010

Emergency First Aid at Work - with Mike Sutcliffe

How would you cope with an emergency in your practice? Supposing a client of yours were to lose consciousness? Do you have an up to date first aid training?

Central England College is sponsoring an HSE accredited and certified training course at CEC on the above date from 10.00 AM to 5.30 PM. The cost is £60 per attendee including assessment and certification. Numbers are strictly limited to 12.

Mike Sutcliffe, the HSE accredited trainer will only run this for us once a year so if you'd like a place, do let us know.

Wednesday 13th and Thursday 14th October 2010 Anorexia, Bulimia, Eating Disorders and OCD Diploma Course – David Kato PhD

Anorexia, bulimia, eating disorders and OCD are more common in our society today. The therapeutic approach can be extremely complex and needs to be of great value to the client / patient. David will help you accomplish a better understanding of these conditions, and more importantly, provide you with a well established means of assisting the individual with these disorders.

This specialist course which provides information on methodologies, treatment plans and scripts is supported by a comprehensive support manual/pack including a specially produced interactive CD of the course as well as a multiple choice based exam paper which can be taken away, completed and returned for marking.

David Kato is a Clinical Hypnotherapist / Psycho-analyst / Behavioral Therapist and works at the Bristol Hypnotherapy Depression. David presents workshops and seminars at the International Medical & Dental Hypnotherapy Association (IMDHA) in the USA and the International Association of Counsellors & Therapists in the USA. He is also an adjunct professor at Alpha University, Alabama, and a member of the committee of Collaborative for Hypnosis Educational Standards in the USA.

The attendance fee for this diploma course is £220. Demand is expected to be high and early booking recommended.

See article earlier in this issue

All courses are certified and training notes are provided. The courses are open to practitioners of hypnotherapy, NLP, coaching, counselling and related fields. Training normally commences at 10.00 AM. Numbers are strictly

limited and places can be booked by calling:

Central England College on 0121 444 1110

Full details on: www.centralenglandcollege.org/cpd

Coming up in future issues:

- Quit 4 Life - the launch of the national licensed programme for Quit Smoking Hypnotherapy
- Supervision - why is it so important and what does/should it involve?
- TimeLine Therapy TM - making imaginative use of this powerful model of working

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