

Hypnoversity

the on-line journal for Hypnotherapy,
Coaching & NLP.

Issue 4 October 2009



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Welcome to the October edition...

Well, here we are in October and in Birmingham and London there's much excitement – it's a very busy month for students and therapists alike. Coinciding with the official end of British summertime (do we believe in coincidence?) is the annual AHP conference. As usual Mr Watts has gathered together an excellent group of speakers to educate and entertain us and looking at the line-up and the broad range of topics covered, I'm sure we won't be disappointed.

The following weekend (31st/1st) there are two weekend courses running in Birmingham – Matt Caulfield's 'Practice Building' and Steve Burgess and Karen Duignan's 'Hypnosis for Childbirth' and there may be one or two Halloween parties, but as for where they are...I couldn't possibly say! So, enjoy the start of the autumn and all it has to offer – we look forward to seeing many of you soon.

Best wishes

Lorraine McReight

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Inspiration not motivation

Debby Carter

If you've ever thought that motivating clients was a good thing, you may want to think again. "Motivation is about a 'quick-fix' from outside" says life coach and inspirational speaker Debby Carter, "while inspiration is about helping the client to find it within themselves". I can see her reasoning. Intensive motivational seminars, courses and self-help books can encourage some to make permanent changes, but may leave others

feeling deflated or de-motivated once the initial 'buzz' or hysteria has worn off.

Coaching is about moving the person from one place to another" says Debby, who uses a variety of approaches to assist her clients to achieve their goals. "As a coach I'm interested in helping people who know where they want to be" she says "and then helping them to get there – to clear what obscures their inspiration". Initially a hypnotherapist and NLP practitioner (she qualified in 1998), Debby now concentrates on individual coaching and delivering inspirational talks and workshops.

"I love the energy of groups" enthuses Debby "as people realise that they're not the only one with challenges and that someone else in the group may have the answer". Neither is she protective of her methods, sharing her techniques with other therapists and coaches as well as teaching them, wherever possible, to her clients for their use outside of sessions. Amongst the techniques that Debby advocates are the 'Sedona Method' originated by Lester Levenson and 'the Work' by Byron Katie, and she often uses one or both of these models in client consultations to great effect.

"It's about accepting that we are not attached to our feelings, but knowing they come and go" she says. "Children are a great example – they let go of emotion and move on" says Debby, "but as adults we often let a problem fester, ignore our feelings, or bottle them up only to 'explode' later. We usually let go with time" says Debbie, "but with 'Sedona' or 'the Work' you can let go quickly" As Debby described the methodology of these two fantastic 'releasing' techniques, and gave me examples of clients she had helped to let go of anger and fear, I could not but be impressed. "This is fantastic" I said, "I want to learn this" and as we talked I thought of all the applications these methods might lend themselves to. Refreshingly, the originators of both these 'schools' are happy, Debby tells me, for the message to be spread, and she will be delivering a one-day CPD event on both 'The Sedona Method' and 'The Work' at Central England College on Sunday 6th December 2009. Places are expected to be snapped up very quickly for this, our last CPD event before Christmas, so book early to avoid disappointment.

LM

From the desk of the Principal



**Are you willing to do whatever it takes?
or, how provocative a therapist are you?**

Many of us are aware that one of the basic rules of psychology is that we tend to get more of whatever we think about. Most of us know people who think and talk a great deal about illness, and perhaps unsurprisingly, they are often pretty good at attracting, or at least noticing illness. The same can apply to people who constantly think and talk about bad luck.

One of the main propositions of Cognitive Behavioural Hypnotherapy (CBH) concerns assisting our clients in challenging unwanted thought patterns and in translating repetitive negative patterns into positive, resourceful ones. For example a client may learn to transform "I'm useless at learning a foreign language" into "I can easily and enjoyably learn a foreign language" In order to help them to achieve this and to actually believe it, clients will learn how to find evidence to support their new thought pattern and sometimes we need to be very challenging with them, in the process.

Another CBH approach is the "STOP" method where the therapist shouts "stop" loudly and claps her hands whenever a client talks about a

negative, repeating thought. The client learns, eventually, to do the same thing themselves whenever they find themselves going over the same negative patterns. Sometimes the client may be taught to put an elastic band on their wrist and twang it (painfully) each time they find themselves processing the negative thoughts. Believe it or not, this actually works well. Pavlov's dogs and the origins of behavioural therapy come to mind!

How far would you, or indeed, should you go, to help a client to interrupt their unwanted patterns?

NLP/personal development guru and trainer, Anthony Robbins, famously tipped some of his glass of water over a client each time, during a therapy session, she began talking about how upset she was in her relationship with her partner. Robbins asked her to talk about what it was she wanted but within a few minutes she went back to talking about exactly what she didn't want, again! "SPLOSH" - more of the water went over her, until eventually, soaking wet and sobbing, the penny dropped and his client began to think it was a good idea to focus on wanted thoughts and emotions.

I personally believe that we have a 'licence' to be very challenging indeed at times and to 'provoke' our client into taking action. American psychotherapist Frank Farrelly, author of "Provocative Therapy" 2002, is well known for adopting a confrontational style of communication and saying things such as "why do you keep saying the same things over and over again? - don't you think it's pathetic!" and on other occasions things such as "Look, we've agreed, haven't we, that this work has to be a collaboration. I do my part and you need to go away and do yours. It's ridiculous that you don't do anything but still expect to change, some kind of insanity really"! (said with smile on face).

Anglo American Books (www.anglo-american.co.uk) have a DVD of Farrelly's work if you are interested, or you can get his book (above). A couple of points to bear in mind:

- Ask permission from your client to 'do whatever it takes, within reason'
- Give your client lots a reassurance and praise for what they are doing well.
- You need to make sure that your rapport is good before engaging in provocative therapy – you might just receive a slap in the face and never see your still 'un-mended' client again if you time it badly.

Not for the feint-hearted, provocative therapy can be highly challenging and rewarding for the therapist, but perhaps something that newly qualified practitioners might find rather too daunting. However, when all else fails, this may just be the approach that gives that vital breakthrough.

NC

**Code of Advertising
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For further information visit CAP at www.copyadvice.co.uk

NC

A script for releasing the fear of vomiting & other people being sick /catching illness from other people

**By Anne Widdup D. Hyp.
(CECCH) FAPHP**



Thanks to Anne Widdup for submitting this innovative script. If you would like a printable copy in A4 format, please email us at info@cecch.com.

Anne is being offered a free place on a CE one-day CPD event of her choice as a thank-you.

Why don't you get your creative hat on and write a script to share with other readers. Any published script will secure for the writer a free day's

CPD training.

Please submit your scripts to: editor@hypnoversity.org

Note: Ascertain whether client right or left handed in readiness for trigger.
Check that client is happy for you to touch their shoulder during the hypnosis.

Begin with an appropriate induction and deepener

Main script

In the past you have experienced feeling sick and being sick.....both of which are not what anyone would call pleasant..... but you know and can trust in yourself ... that afterwards there comes a time when you feel better and the feeling of nausea goes away. You know that whenever it has happenedthat you have survived it and become well again.

Now (name), you have told me, that when you were much younger, you experienced an illness in which you were very sick.... and that this frightened you.....perhaps you can recall your mum or your dad comforting you..... taking care of you..... reassuring you.....accepting you..... and how secure you felt with them to look after you.....

And I wonder (name), if you could allow that more grown up you, with all of your adult wisdom you now have..... to float back through time..... and somehow imagine that you are the mother to your child self..... become the mother to that frightened and poorly little child..... can you do that?

Imagine that you can build up a really bright, strong image of yourself as the mother.....can you do that? (If yes – Trigger - direct client to bring thumb to a specified finger on dominant hand and anchor by slight pressure on shoulder)

Offering reassurance... calm comfort supporting accepting..... with love and kindness..... nurturing and mothering..... what words of reassurance do you have for this poorly child?

Await response, prompt if necessary

I see, that's so reassuring so calm and supportive. How does the child feel now?

Await response/prompt

The child feels (confirm what client has said). Do some more work if the child is not reassured and helped at this point).

Now (name), Think about your friends at university..... at home... sometimes they get ill and feel nausea or are sick..... how would you use your adult wisdom to comfort them?... What would you say to them?

Await response/prompt

Sometimes a person wants to be alone when they are feeling very sick... but sometimes they need the support of someone calm and reassuring..... someone who isn't concerned with whether they too will become sick themselves.....

So (name), can you find that wonderful inner strength of yours and imagine that you are that person.... The one that can offer comfort..... just as your mum or dad comforted you..... and just as you were able to comfort that child self... the child that you were.....

Build up that powerful, bright image of yourself again.....

Can you do that? That's right.....Trigger and anchor.
Being calm and supportive for the friend who is poorly..... confident in your ability to remain calm and in control strong and bright.....and confident relaxed...offering cool, healing hands to their forehead..... or just simply being with them.... so they are not alone.....

As you do this (name), perhaps you can bring to mind the taste of a really strong peppermint sweet..... make it really strong can you do that?

It's making your mouth water as you recall the taste..... the taste takes away any unwanted tastes and feeling of nausea..... like a barrier between you and the experience of sickness. Really taste the peppermint..... move it round your mouth..... inhale the smell of the peppermint..... and as you breathe in you can centre in on your breathing..... breathing in the strong smell of peppermint .. and as you do so bring together your thumb and finger strong and bright and relaxed (anchor)
That's right...

The peppermint takes away those old unwanted feelings..... your breathing is calm and deep slow and rhythmical..... somewhere down by your navel..... calming and relaxing..... as you go deeper ... deeper.... and deeper relaxed..... deeper and deeper..... feeling really good inside yourself..... stomach calm and settled.....Picture it ... feel your stomach, calm and settled..... throat and mouth relaxed.....swallowing now and doubling your relaxation..... and I wonder if you can imagine how it would feel to float up out of your body and drift..... float.....easily ...into the future sometime in the future see yourself... calm feeling great....in a situation where one of your friends is on the telephone to you..... they are telling you that they have been poorly..... so sick..... and as you listen you feel fine..... remembering to make yourself feel really strong and bright by bringing together that thumb and finger.....so relaxed.... so calm no longer worried for yourself..... able instead to offer words of comfort to your friend..... wish your friend well..... finishing the call..... continuing with your activities feeling really fine..... stomach calm.....breathing so relaxed..... settled and calmthroat and mouth relaxed.....remembering the taste of peppermint.... strong peppermint...just how you like it..... making your mouth water..... and the taste allows you to relax ten times deeper... than before.....deeper and deeper..... ten times more relaxed.....imagining now that you are with a friend who is poorly..... feeling very sick perhaps...but you are unaffected..... strong and bright.....calm and confident.....

Activate your trigger (anchor).... really confident that you are coping so well.... feeling really calm and relaxed and strong..... clear headed..... able to be reassuring supportive... in control..... turn up that image of yourselfreally bright and strong...Can you do that? ..that's right. And imagine once again that taste of peppermint..... pleasant and refreshing..... in your mouth..... throat and mouth relaxed and comfortable.....stomach calm and relaxed..... soothing.... and you are calm and in control... Build up this belief in yourself that you can now handle illness in other people..... and in yourself...that it is quickly over..... time passes quickly and all is well that in the past you have experienced and survived the worst..... and you always got through it and felt better..... congratulate yourself for being able to cope with it..... that's right.

No one wants to be poorly..... they want it to be over quickly... Be well again.....completely healed and you can be well.... feel it now... you are okay.... better than okay..... it's no longer a problem for you If it happens, it happens... but you will find it so easy to maintain this new confidence that you will be alright..... you can cope well..using your wonderful, bright.... strong inner strength..... for yourself and for others.....

Now (name), here in the safety of hypnosis, recall another situation where in the past you experienced that old fear..... those unwanted feelings..... and when you are there, activate your trigger.....

make yourself strong and bright..... calm and confident....
And when you are all the way through to the end of it.....start to inwardly count your way up from 1 to 10, telling yourself that when you get to 10, you'll be wide awake, eyes open, feeling really wonderful.....

Prompt if necessary.

Continuing Professional Development (CPD) 2009/10

Hypnotherapists are required to maintain their Continuous Professional Learning (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 2009/10.

Saturday & Sunday 14th & 15th November 2009

Inner Child Healing – Steve Burgess

Healing the Inner Child is often a vital cornerstone in allowing our clients, within a state of deep hypnosis, to go back in time taking adult resourceful states, to achieve a profound healing/release of trauma. Although this practical two day course covers introductory and advanced levels, it is not necessary to have any prior training in this area.

Friday 20th November 2009

E-Coaching (Entrepreneurial Coaching Skills) – Nick Cooke

Whether you are starting or expanding your own coaching/therapy practice or wish to coach others in entrepreneurial skills, this certificated, practical workshop is for you. A full training manual is provided and every participant will receive personal mentoring/coaching in the E-Coaching models, which draw upon NLP, Working in Logical Levels (Maslow and Dilts), Transactional Analysis (Berne) and the "ACHIEVE" business coaching model.

Sunday 6th December 2009

An Introduction to "The Sedona Method" and "The Work" of Byron Katie – Debby Carter

Please see "Inspiration, not motivation" in this issue for more information.

Saturday 23rd January 2010

Working with Substance Misusers – John Castleton

Friday 5th March 2010

Gambling Addiction
– Hilary Norris-Evans

Sunday 25th April 2010

Hypnotherapy & Irritable Bowel Syndrome (IBS)
– Michael Mahoney

Sunday 20th June 2010

Rapid Cognitive Therapy
– Terence Watts

Unless otherwise stated courses are certificated and training notes are provided. All courses are open to practitioners of hypnotherapy, NLP, coaching, counselling and related fields.

The fee is £80 per person, per day. 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

To come in the next issue:

- Evidence based therapy Part Two – measuring your own clinical performance
- News & views on the APHP conference
- Focus on.... chartered psychologist, John Castleton

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