Clinical hypnosis, presented by Bob Dick, PhD

Evidence-based clinical hypnosis for clients and ourselves

Bob Dick, PhD, CGP, AC
bob@drbobdick.com
(910) 256-2190

Monday, March 25, 2013
UNC School of Social Work

The Blind Men and the Elephant

John Godfrey Saxe (1816-1887)

It was six men of Indostan
To learning much inclined,
Who went to see the Elephant
(Though all of them were blind),
That each by observation
Might satisfy his mind.

The First approached the Elephant,
And happening to fall
Against his broad and sturdy side,
At once began to bawl:
"God bless me! but the Elephant
Is very like a WALL!"

The Second, feeling of the tusk,
Cried, "Ho, what have we here,
So very round and smooth and sharp?
To me 'tis mighty clear
This wonder of an Elephant
Is very like a SPEAR!"

The Third approached the animal,
And happening to take
The squirming trunk within his hands,
Thus boldly up and spake:
"I see," quoth he, "the Elephant
Is very like a SNAKE!"

The Fourth reached out an eager hand,
And felt about the knee
"What most this wondrous beast is like
Is mighty plain," quoth he:
"'Tis clear enough the Elephant
Is very like a TREE!"

The Fifth, who chanced to touch the ear,
Said: "E'en the blindest man
Can tell what this resembles most;
Deny the fact who can,
This marvel of an Elephant
Is very like a FAN!"

The Sixth no sooner had begun
About the beast to grope,
Than seizing on the swinging tail
That fell within his scope,
"I see," quoth he, "the Elephant
Is very like a ROPE!"

And so these men of Indostan
Disputed loud and long,
Each in his own opinion
Exceeding stiff and strong,
Though all were in the right,
And all were in the wrong!

Affirmations

• I am likeable and loveable.
• I am just as likeable and loveable as every other baby ever born.
• The more I love myself, the more love I have to give to others.
• It's OK to ask for what I want.
• After I've done everything that can be done about ________________
then it's time to do something else, preferably something fun.
• I'm learning to like and love myself as my own best friend.
• I can learn very useful information from my mistakes.
• I don't have to / It's not necessary to...
• In the long run, I can learn to do what makes me happy more often and
stop doing what hurts me.
• I am learning to accept and forgive myself and others.

Treatment Principles
(Milton Erickson, MD)

1. People operate out of their internal maps and not out of sensory experience.
2. People make the best choice for themselves at any given moment.
3. The explanation, theory, or metaphor used to relate facts about a person is not the person.
4. Respect all messages from the client.
5. Teach choice; never attempt to take choice away.
### Treatment Principles, cont.

6. The resources the client needs lie within his or her own personal history.
7. Meet the client at his or her model of the world.
8. The person with the most flexibility or choice will be the controlling element in the system.
9. A person can’t not communicate.
10. If it’s hard work, reduce it down.
11. Outcomes are determined at the psychological level.

Source: Lankton and Lankton (1983)

### Notes to Help Recall the Presentation

- **Definition** – progressive narrowing of attention; turning inward; focus; concentration; creative imagination
- **Common everyday trances**
- **Important facts**:
  - Trance for Learning
  - All hypnosis is self-hypnosis
  - It’s your dream, trance, memory, life. You can do what you want with it.
  - The medium is the message
  - The map is not the...

### 3 Signals for Trance

**Slow & deepen breathing before you start, then**

1. One deep held breath 5-10 seconds, while you scan the body and relax anywhere that’s tense or tight (except. Gently hold the breath until you Exhale slowly, letting as much more unnecessary tension go. Wait ‘til it breaths [not voluntary] and segue into slow, deep lower/bellying breathing, supported and regulated by diaphragm muscle.
2. “Now it’s OK to go into a safe, comfortable learning trance” (learning can eventually be interchanged with another descriptive work like: creative, useful, calming, relieving, resource accessing...
   - Deeper – step into your scene. Be there now, experiencing all your senses and images of: Train, steps, elevator, etc.

### “Practice makes Progress”

### Style

- Positive, possible, expectant, gentle, supportive
- Accepting, forgiving, compassionate; learning and unlearning
- Flexible, creative, curious, expectant; surprises

### Suggestions

Indirect and direct, gentle imagery; all senses, repetition.

1. It’s OK to/not to
2. I’m learning to/Not to
3. I’m making progress toward...
4. It’s not necessary to...
5. I don’t have to...
6. I may be surprised...
7. Visualize future goals accomplished...
8. Personal symbol, mandala, reminder...
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Techniques

“Everything is simpler, clearer in a trance”
1. Re-parent your child-self
2. Internal conversation with between parts, or ages; or with people living or dead/ at any age
3. Change past, or dreams scenes to become as positive as you want
4. See/think/feel Child – self in negative scene while Adult self watches and learns; or visibly growing Child into Adult while realizing... or Adult I am intervenes appropriately ... 
5. Dreams -change ‘em; program ‘em

I. Light Trance

- An easy one-hour overview and commentary of Dr. Erickson’s life by one of his best-known students, Jay Haley.

- The best introduction to Milton Erickson’s challenging life and immense contributions to psychotherapy.

- The definitive cognitive-behavioral view, by two eminent researchers; Lynn is a brilliant clinician and teacher.


- Art house classic, won Academy Award for foreign film. Intense crime of passion, with twists unique in its time; intense puzzling demonstration of separate realities.

- Short stories Dr. Erickson told clients and trainees, and relied on in his later years – charming, powerful clinical instructions via indirect/metaphorical suggestion.

II. Medium Trance

- The research and book that ended the mushrooming of false memories of abuse elicited by therapists unaware that they were leading entranced clients hypnotically to create “memories” without validity.

- Clear explication of the interesting relationship between mindfulness and hypnosis.

III. Deep Trance/Serious Study


- Extensive, exhaustive categorization of forms of indirect suggestion, and detailed annotation of two trance inductions by Dr. Erickson of Sheila Rossi, training her to experience and use clinical hypnosis.

- Shows how the many best-known approaches to meditation, including insight and mindfulness, use different vocabulary to describe strikingly similar phenomena.

- The clearest presentation of clinically hypnotic technique – train with him when you can.

Resources

The two most respected hypnosis societies that offer training for credentialed professionals and graduate students, with their peer-reviewed journals.
- American Society of Clinical Hypnosis (ASCH)
- The American Journal of Clinical Hypnosis www.asch.net
- Society for Clinical and Experimental Hypnosis (SCEH) www.sceh.us
- International Journal of Clinical and Experimental Hypnosis http://ijceh.com

Worth Exploring:
Good papers and CDs from a leading scientist/clinician who wrote the Encyclopedia Britannica entries for both depression and hypnosis.
Michael D. Yapko, Ph.D. www.yapko.com

Milton H. Erickson Foundation. Promotes and advances work of the clinician/teacher often considered the father of modern hypnosis. Trains mental health professionals worldwide. erickson-foundation.org