

Becoming a Clinical Wizard
What's Intuition Got to Do With It?

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The Partnership of Intuition and Hypnosis

Like two doves, alike and yet different, and ever connected partners, Intuition and Hypnosis, while not the same, share significant phenomenological features that when partnered can create powerful clinical results.

Through a narrowing focus, altered attention and changes in intensity, as well as dissociative experiences, both an intuitive approach and hypnosis often utilize imagery and metaphor to facilitate experiences that lead to greater *“Awareness, Acceptance and Adaptation.”* (Helen Adrienne)

As partners, Intuition and Hypnosis can elicit a broader range of ideas from the therapist's intuitive wisdom and deeper emotional, cognitive and behavioral shifts from the client's unconscious resources.

There is power in the partnership that will:

- Elicit dormant and latent resources and insights from the unconscious mind.
- Open pathways to creativity, spontaneity and soul wisdom.
- Offer the therapist a broad palette of possible interventions.
- Increase therapeutic entrainment.
- Bolster the bond of the therapeutic alliance.
- Allow you to hear what you are thinking.
- Inspire confidence in your wisest choices.
- Open a pathway for you to hear the voice of your soul wisdom.
- Facilitate absorption of new resources and realizations via sympathetic identification with new metaphors, i.e. a “peaceful dove.”
- Promote a sense of peace, comfort, and relaxation.
- Potentiate mindfulness.
- Promote down regulation as needed and increase parasympathetic responsiveness as appropriate.
- Provide opportunity for mental rehearsal.
- Increase integration of Self: Mind/Body/Spirit/Social aspects.
- Engage executive functioning potential by tamping down stress.
- EmPower Inner Guidance for Self-Care and Adaptive Coping.
- Shift into transformative Self-states of motivation and insight and creativity for change.

- Facilitate Transformation into positive Ego-states, briefly as if the changes happened by magic.