Coping Strategies are developed, in order to protect the ego of the child. Later, these strategies become symptoms like depression, anxiety, eating disorders etc. People feel stuck in life.

Core Beliefs
- about ourselves, others and the world (cognitive maps/schemas; internal working models)
- In non-threatening early environment, we develop core beliefs of control, predictability, trust and protection
- Traumatic (childhood) events disrupt, threaten and challenge these core beliefs
- powerless, vulnerable, random, distrust, unprotected

Coping Strategies
- In therapy we want to allow new healing experiences in a protected environment
  - controllable for the patient
  - in relational context

New perspectives
...that help people to grow and feel better
- We want to help them solve their problems, get out of where they got stuck before.
- Thereby we create new meaning in life and compassion for the inner child.

Navajo, Navaho or Diné
- 332,100 tribeswomen and men
- the second largest of the Native American population in the United States
- Earthfolk
- beautyway

Hòzhò
- Its attainment is a central issue
- contains the whole world of appearances, everything that is and its conditions
- reconstitutable through ceremonies, healing, therapies
- Fundamental relationship between man and woman: harmony of the sexes

The Great Spirit
- The Universal Spirit, the Great One
- Wakantanka
- Penetrates everything
- we humans are connected to it
- Connection to the stars

Clinical hypnosis therapy
Rituals & Ceremony in Clinical Hypnosis Therapy

Create a miniature world ("sacred place")
→ that allows people to feel safely protected

Find features in order to build up resources

Healing work takes place with putting them in a context in an altered state of consciousness

- Helps to build up new possibilities
- Change of meaning can happen by itself

Different Types of Rituals and Ceremonies

for protection

for support

for transformation

Ego strengthening rituals and ceremonies...

"Flowering Tree Ceremony"

The "Flowering Tree Ceremony" can be applied like a ritual more than just once or twice because of its universal character.

It can be part of a spiritual practice for your patient in the matter of meaning-making. Before you apply it for your patients, do it for yourself.

For further interest

Turtle Island Project - Dedicated To A Vision Of Personal And Community Health
https://www.turtleislandproject.com/index.html


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