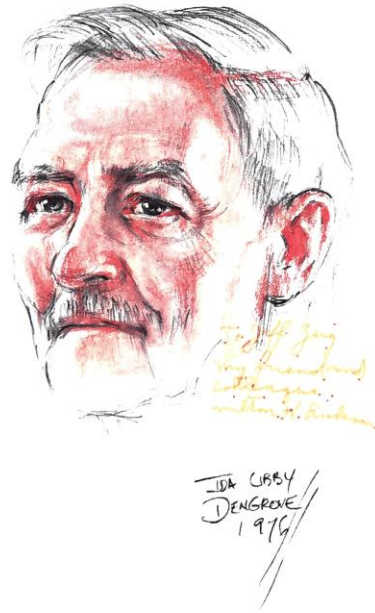


Dedicated to:



With great appreciation

An Erickson Duet: Creative Collaboration in Ericksonian Hypnotherapy

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Disclaimer

"Materials that are covered in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professional standards."

This Story: A commitment to Experiential, Embodied Learning

- Learning about hypnosis & learning through hypnosis
- Juxtaposing to "generate a bonus of understanding" (Bateson, 2002, p. 64)
- Interweaving Autoethnography and Interpersonal
Process Recall (IPR)

Hypnotherapy & IPR



Hypnotherapy session (80 minutes) - IPR conversation (5 hours)
December 13-14, 2017

The process of Writing

- The interactional frame set up for the research permeated and built into the product of the research.
- The process of comparing, contrasting, and interweaving the different voices and layers of experience allowed for the emergence of new patterns in conversation and in writing.

Learning Objectives

Participants will be able to

- (1) List three unique elements of Greenleaf's approach to Ericksonian hypnosis.
- (2) Describe the added depth of perspective that comes from understanding hypnotherapy from both the therapist and the patient's perspective.

Stories come Attached to Feelings, Emotions, and Sensations



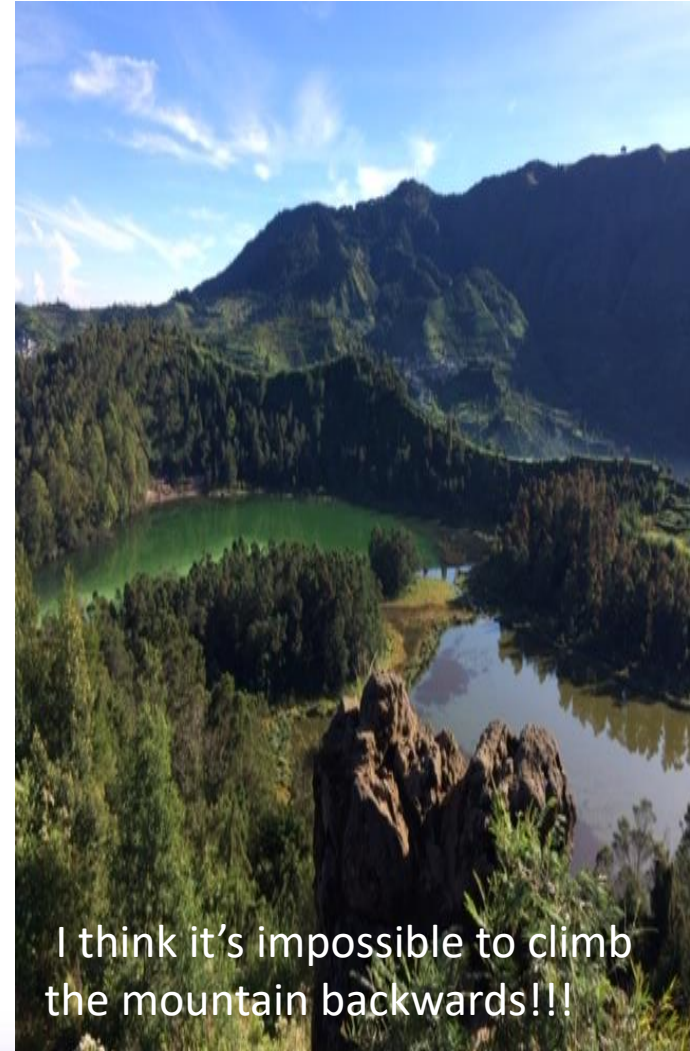
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Starting with the End

Healing paradox

Let's get there ∞ You are already there

"I had the sense that EG talked to me from the beginning as if I already was where I am supposed to be... I felt uplifted and at ease" (JC).



I think it's impossible to climb
the mountain backwards!!!



Listening for Stories of Exception & Completion

- Looking for **descriptors of the feeling** that the client says is **being corrupted by the other feeling**.
- Engaging the client in re-living & embodying stories of ...
 - Feeling loved, peaceful, stress-free, having a sense of agency

Intertwining the Therapist & Client's Experiential Languages

Unself-conscious language

Therapist

- Cinematically listening to the client's stories

Client

- Kinesthetic and emotional expression
 - "Feeling the feelings as physical"

Appealing to the Client's Embodied Knowledge

Exploring embodied experience & stories as expression of emotions

EG: "And that **feels how in your body? . . . How your insides feel?**

Searching for words & anchoring feelings

JC: Felt invited **to quiet down in my body while my mind looked for words**

- The body knows how to (e.g., embrace)
- The client knows how to love, breath, heal ...

Juxtaposing Multiple Descriptions through Stories



Recontextualizing- > "This is about Movement"

Re-contextualizing through Metaphoric Communication



You are a "self-sufficient traveler"



Let me give you advice about traveling

You are a guide in your own country

Let me share with you my own stories about traveling

We are both traveling



Revising the Version ∞

Casually Constructing a Resourceful Identity



- Shifting self-evaluation & Introducing a new diagnosis

"When you are not all **adrenalized**, when **you are just right**? Is anything lost?" (EG)

I am just right

Embracing the Complexities of Family Relationships

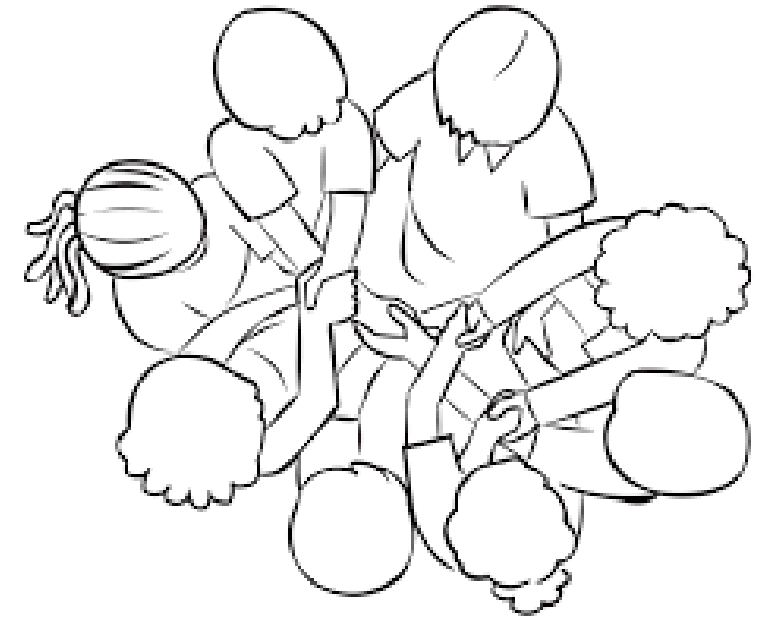
Non-reductionist view (Spreading & compressing)

- Including the family
- More people → more emotions → more complexity

Embracing Complexity → **Life is complicated**
We can talk about it

Developing a more inclusive & nuanced picture

It doesn't privilege stress & anxiety-It doesn't privilege the holiness of family love



Inviting Movement & Rhythm Dancing with & Embracing Polarities



Introducing complementarities

(e.g., **disconnected & overflowing**)

Introducing language that indicates movement

A sponge is **variable**.

It gets **bigger when you fill it** and **smaller when you empty it**.



Inviting Movement and Rhythm Using Gestures-Attunement



Weaving Stories Together

- Self-disclosure → true stories -conveying emotions
- Participatory quality- Mutuality
- Using emotions to fuel the experience
- Stream of stories



Inviting Conscious and Unconscious Processes: Engaging with the Ineffable

- Bridging problems & solutions
(e.g., Re-contextualizing dissociative experiences as trance -checking out in class while taking notes)
- Facilitating experiential engagement with unconscious processes (e.g., the story of the violinist)
- Adding different levels of complexity
-INTERWEAVING stories from the session to invite change

Anticipating Possible Failure & Creating Expectancy for change

*"It would take an **atomic bomb to change YOU**. . . And that night, I had a dream of **atomic bombs going off across the bay, but I didn't change** . . . I never knew what changed, but I got better" (EG)*

Collaboratively Defining What Trance Is

Embodied knowing of being at peace

I am just right

Carrying forward a sense of in-between-ness

Slipping into a magical bubble

Not-knowing - not remembering

Inviting Change throughout the Session

- Curious questions that invite connection
- Indirectly communicating change -stories
- Introducing rhythm--polarities
- Using emotions to fuel the experience
- Appealing to embodied knowledge (e.g., embracing)
- Shifting meaning of previous experiences -re-contextualizing
- Validating experiences happening at different levels (e.g., your hand . . . Your heart)
- Directly (gently) inviting something else to happen
- Use of conditional language
- Assuming that change has already happened or is happening

Thinking like a Hypnotist

- Stories are central to EG's way of thinking and communicating.
- EG's "cinematically" listening
 - Listening to images and emotions (unself-conscious)
- Hypnotic Storytelling → Invites a crossing between experiential worlds
 - Trance
 - Shifts tone of voice and pace (Trance voice)
 - Non-verbal cues (e.g., hands movements, breathing patterns)
 - Attention to the client's experiential language → Observation of "unself-conscious" → "Feeling the feelings . . . as physical"
- Stories & feelings -
 - Emotional space - connection
 - The drama of the interpersonal relationship
 - Energy & movement → fueling the experience
- Re-living & embodying stories of exceptions & Completion
 - Feeling loved, peaceful, stress-free, having sense of agency
- Self -disclosure → true stories- conveying emotions

Limitations of the Research

- Hypnotherapy research expectations → effectiveness
- The nature of this study precluded a focus on effectiveness
- Focused on “showing” the intricacy of the interaction- Thick descriptions
- It could come across as an extension of personal development activities
- My and the therapist’s behaviors were unavoidably affected by my dual role and the fact that the hypnotherapeutic session was video recorded
- Methodological challenges because of the multiple intersecting identities
- I did not come to this study as naïve but as something of a native
- My experience and knowledge → delimited the range of exploration

Questions & Comments

References

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