

Hypnotic dissociation: a bridge between the conscious and the unconscious which facilitates the effect of the hypnotic intervention

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Master Hypnosis & Ericksonian Therapy

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Disclaimer

“Materials that are included 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.”

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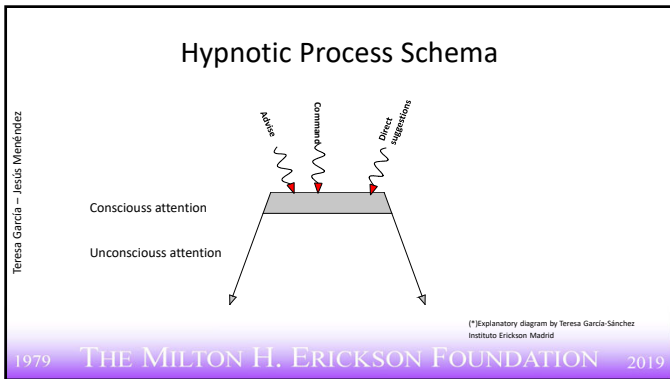
Wrong myths about the hypnotic state

- You cannot “awake” by yourself
- You talk without any control
- You are under the power of the hypnotist

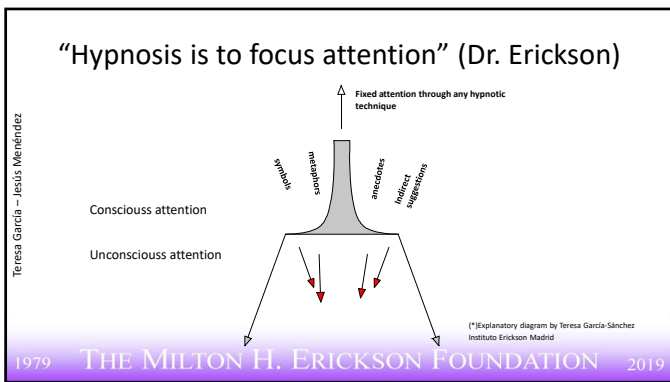
- Consciousness is lost

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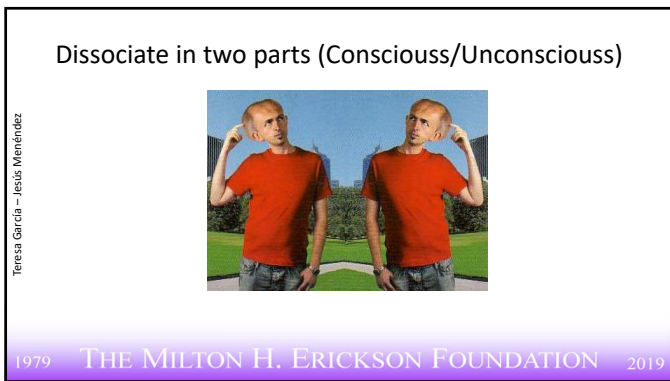
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Exercise


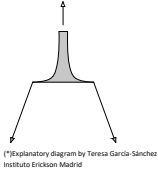



Capacity to direct the attention

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Dissociation



(*)Explanatory diagram by Teresa García Sánchez Instituto Erickson Madrid

- **“The conscious mind tends to be occupied with the details of the hypnotic process, while the unconscious tends to actively search for symbolic meanings, past associations, and appropriate responses relevant to the suggestions received”** (Yapko, 2012, 2018).

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Dissociation can be proved with ideomotor movements

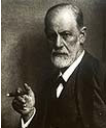
- The fact that conscious and unconscious minds **can be somehow divided and used as independent entities**, although they are dependant, is hypnosis' cornerstone

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Dissociation



- Dr. Freud considered hipnosis-driven dissociation as a prove for the existance of the unconscious.

Demonstration - Dissociation

Exercise:
Ideomotor signals
Shenefelt (2011)

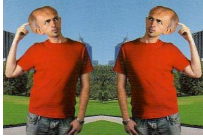


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Dissociation



- To facilitate dissociation through hypnotic techniques allows a **more direct access to the unconscious mind resources** and a deeper knowledge of the person's inside.

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We are dissociation experts



Do you want to eat this apple?



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How was the process

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How was the process

The used mental processes are:
Association / dissociation and regression/ progression

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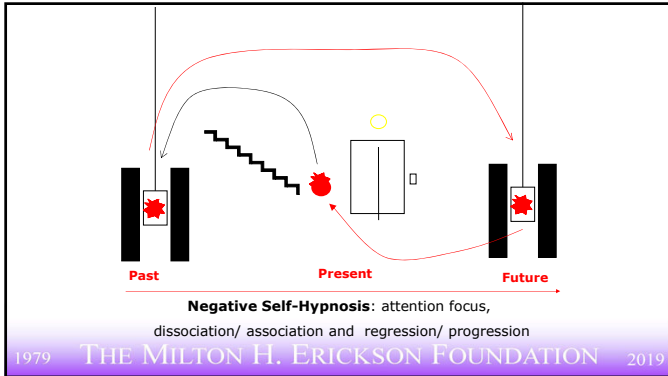
Dissociation

Whenever a person dissociates from anything, it always associates with another thing or situation.

This capacity to direct "feeling" through attention is the basis of self-hypnotic capacity, for good and bad.

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Dissociation / association is used as hypnotic procedure and as an instrument for psychotherapeutic intervention

Hypnosis dissociates from the chair and associates to a place or situation through VAK senses

visual Auditive
kinosiestic

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Dissociation / association is used as hypnotic procedure and as an instrument for psychotherapeutic intervention

Hypnosis dissociates from the chair and associates to a place or situation through VAK senses

Visual Auditive Kinesthetic

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What to do in hypnosis?

- The client will "live" the hypnotic experience of having a good time in an elevator because he or she will be **dissociated from the anticipatory fear** that he or she usually suffers in front of an elevator since is still having **consciousness** of being sitting in a chair.

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What to do in hypnosis?

"Living" a positive experience will cause an anchor collapse, a conditioning desensitization, since the new experience will be registered at neural level, being the basis for a new generalization:

"I can feel good in all elevators"

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A positive experience
and a renewed generalization

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Dissociation and Hypnosis

- Hypnosis is effective because it helps the temporary dissociation between the conscious and the unconscious

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Ericksonian Hypnosis helps to

- Learnings can only be incorporated through experience. Hypnosis creates an experience and for that reason:
 - Experience is felt.
 - Insights are facilitated.
 - Motivation is elicited.

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Ericksonian Hypnosis helps to

- Use a **non-deep** trance
- Integrate insights in real life through the passive presence of the conscious.
- Let the client collaborate since they are not under control of a “magic” therapeutic act.

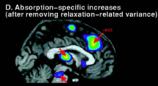



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Use of “living the experience” under hypnosis

- One of the most useful interventions in hypnosis is to make a description of a future state of the client in which they are free from the actual problem. It is known as “**future projection**”

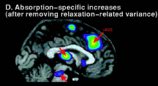


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Use of “living the experience” under hypnosis

- In the 21st century neuro-image techniques have shown that during hypnotic state **the activated parts in the brain are those of real experience, and not those of imaging or visualizing.**
- That is why it will remain a “**neural trace**” of having done the **suggested actions and the associated elicited emotions**



Szchetman et al (1998), Rainville et al (1997), Kosslyn et al (2000)

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Thank you!



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Dedicated to:



Milton H. Erickson
1902-1996

...with great appreciation

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