

Tools of Intention In Hypnosis and Brief Therapy

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Effects on Attention

- ▶ “And the faculty of voluntarily bringing back a wandering attention, over and over again, is the very root of judgment, character, and will. No one is *compos sui* if he have it not. An education which should improve this faculty would be *the education par excellence*. But it is easier to define this ideal than to give practical directions for bringing it about.”

–William James

The Principles of Psychology, 1890

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Definition of Intention

- ▶ Intention is a determination to direct experience in a certain way (using free or unbound psychic energy)

Tools of Intention

- ▶ A set of protocols that explicitly describe ways people can use their *thinking* and *experiencing* to create, solve, plan, develop, and change.

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Developing proactive experience

- ▶ It may be that NO socializing unit, institution, or process teaches children to:
 - Monitor what they experience
 - Consider their context and what they need in that context
 - Retrieve needed/desired experiences
 - Develop ways of thinking to use their experience
 - Make habit-patterns out of the useful mental protocols
- ▶ Without that, people are attempting to make life-changing decisions with accidently learned old tools (or no tools at all).

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Common *neg.* mental processes

- Psychosocial training invites us to recall negative (more than positive) experiences
- We choose labels for experiences: usually making the negative large (and positive small)
- We obsess about a few specific undesirable past events until we define ourselves by them
- We think about the future while we feel unpleasant, scared, hurt, angry, weak, etc.
- We reverse engineer catastrophic day dreams
- We mindlessly associate experiences to (or entirely ignore) our body

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Limitations to experience and Lifescript outcomes

- ▶ People use those common *neg.* mental practices to “solve” problems all day/every day
- ▶ People limit experiences as these fail to solve our problems
- ▶ Eventually, people develop presuppositions about their limited talents, and capabilities
- ▶ Life experiences confirm our presuppositions.
- ▶ People’s lives are primarily self-fulfilling prophecies due to *neg.* mental practices.

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Cure

Cure = having the required
experiential resources
available in the context in
which they are needed.

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Exact Quote

- ▶ It is this experience of reassociating and reorganizing his own experiential life that eventuates in a cure.
- ▶ Erickson, M. H. (1979). Hypnotic Psychotherapy, in E. Rossi (Ed.) *The collected papers of Milton H. Erickson, Vo. IV., p. 38.* New York: Irvington.

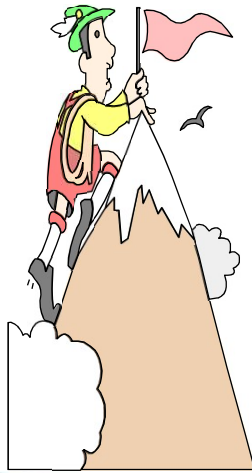
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Chunking Logic

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Chunking – It can go either way



- ▶ Placing flag in the mountain our hero gets a dust in his eyes!
- ▶ Chunking “+” Big:_____.
- ▶ Chunking “+” Small:_____.
- ▶ Chunking “-” Big: _____.
- ▶ Chunking “-” Small: _____.

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Effects of Chunking

- ▶ Large experience–chunking (pos. or neg.):
 - Inhibits the ability to change
 - Creates self-images
 - Creates philosophies
 - Creates Life Script decisions
- ▶ Small experience–chunking (pos. or neg.):
 - Leads easily toward tactics or strategies for change
 - Leads easily to an ability to control the experiences
 - Leads easily to an integration of experiences

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General Guide for Chunking

- ▶ Chunking positive experience 'large'
- ▶ Chunking negative experience 'small'
- ▶ Recognize, re-chunk and re-organize when discovering large negative chunks

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Chunking Logic Practice

- ▶ Teach clients the rationale of "chunking logic"
- ▶ Ask for homework from clients re: reports on the results of gathering positive experiences and chunking them large.
- ▶ Ask for homework results from clients to report how they had potentially 'negative' experiences and chunked them small or found a way to chunk them 'positive.'

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Magic Markers

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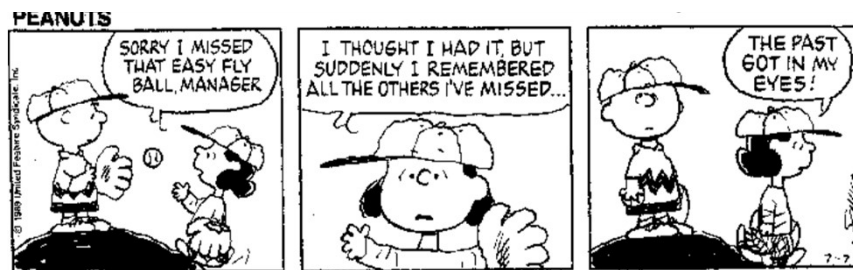
Magic Markers from Chunking Logic

- ▶ Purposefully collect positive experiences throughout the day and chunk them large.
- ▶ Take time to ‘savor’ the collected positive experiences throughout the day.
- ▶ Use these “magic markers” for desired feelings during brief rehearsals of (various) future events until this becomes a habit.

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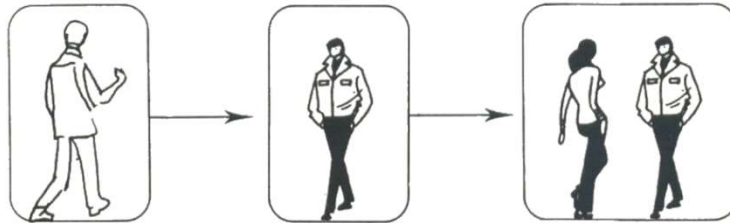
Self-image Thinking

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Get resources to enhance CSI



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Self Image Thinking Summary

- ▶ Decide on needed resources for the task
- ▶ Create a visual image of yourself
- ▶ Retrieve the resource experiences one at a time
- ▶ Feel them and change the image so as to observe yourself with them
- ▶ Rehearse a future scene with the self having them – realize what you would say, etc.
- ▶ Change the scenario to include both the best- and worst-case scenarios while maintaining the desired resources.

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Step 1: Create a 'Central Self-image' (CSI)

1. Identify an approaching task or event.
2. Make a list of the desired resources that seem to be needed.
3. Have the client visualize an image of their 'self' to be used in the exercise.
4. Retrieve each desired resources one at a time by revivifying memories that contain them.
5. Add each feeling resource to the picture one at a time (so the image reflects each feeling) while the client continues to feel them.
6. Make the image 'supportive' by adding a supportive other person to it (optional).



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Step 2: Create and rehearse 'Scenarios'

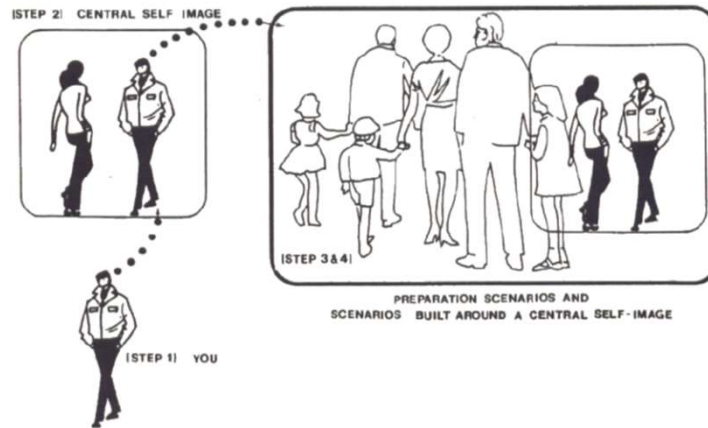
1. Let the background of the CSI fade into a scene of the upcoming event
2. Rehearse it through a visualization of the entire upcoming event from beginning to end
3. Keep the feeling-resources in awareness.
4. Keep the desired resources visible in CSI.
5. Add any additional resources if it becomes apparent that more are needed.
6. Add dialogue or narration while watching the rehearsal
7. Use a gradient from easy to hard (optional).



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Visual Overview of steps of SIT



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Self-image thinking steps-detailed

- **Create a "Central Self-image" (CSI)**
 1. Make a list the desired resource that seem to be needed
 2. Make an image of your self to be used in the exercise
 3. Retrieve the desired resources 1 at a time by revivifying memories that contain them
 4. Add each feeling resource to the picture one at a time (so the image reflects it) as you continue to feel them
 5. Make the image 'interpersonally supported' by adding a supportive person to it (optional)
- **Create and play "Scenarios"**
 1. Let the background of the CSI fade into a scene
 2. Rehearse it through the scene beginning to end
 3. Keep feeling resource in your body
 4. Keep desired resources in CSI image of your self
 5. Run a gradient of easy to hard (if necessary)
 6. Add any additional resources that may be found essential
 7. Add dialogue or narration as you watch the rehearsal



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HeartJoy

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Heart Joy

- ▶ Become mindful of your breathing – balanced through both nostrils (okay to deepen)
- ▶ Retrieve a feeling of pleasure, appreciation, love, or caring (hold this in awareness)
- ▶ Become mindful of your heart rhythm
- ▶ Keep these 3 resources constant in awareness for 5 to ten minutes.

**1****2****3**

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Heart Joy: Researched Outcomes

- ▶ Immediate reduction of stress hormones
- ▶ Increase in immune system (IgA hormone)
- ▶ Reduces heart rate irregularity
- ▶ Increases heart rate variability
- ▶ This results in more resilience to stressful stimuli
- ▶ This results in more rapid return to normal heart rate activity after stress incidents stop

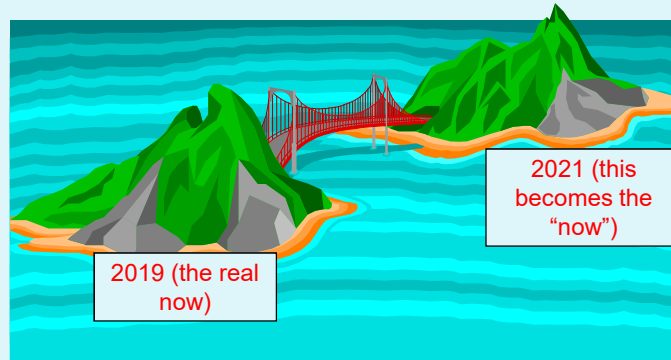
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Emanated Image: Creating Presuppositions of Success

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Emanated image: Future state



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Emanated Imagery

- ▶ Ask the client to imagine a “perfect” future.
- ▶ Help them to feel how good that future feels.
- ▶ Help them break down and imagine the steps they would have had to have taken to get from the (old) present to the (new) future.
 - Intimately: With partner/spouse
 - Family: With parents/in-laws/children
 - Socially: Friends and neighbors
 - Economically: Employer/marketing/investments
 - Risks: Home/location/venues
 - False steps: Set-backs/errors/disappointments

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Developing emanated images

1. Identify a desired goal
2. Presuppose the goal has been accomplished
3. Presuppose all additional aspects are intact
4. Time distort to (imaging being in) the future
5. Emotionally enjoy the success and other aspects of this imagined future
6. Help them break down and imagine the steps they would have had to have taken to get from the (old) present to the (new) future. (See next slide).
7. Return to the present time

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Step 6 in more detail:

6. Help them break down and imagine the steps they would have had to have taken to get from the (old) present to the (new) future.

- Intimately: With partner/spouse
 - Family: With parents/in-laws/children
 - Socially: Friends and neighbors
 - Economically: Employer/marketing/investments
 - Risks: Home/location/venues
 - False steps: Set-backs/errors/disappointments
- ▶ 7. Return to the present time

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Self Nurturing



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Kick Start Self-Nurturing

- ▶ I'm proud of you
- ▶ You're a great kid
- ▶ You do wonderful things
- ▶ You work so hard
- ▶ It's okay to have your feelings
- ▶ You're smart
- ▶ I understand
- ▶ You can do it
- ▶ You've learned a lot
- ▶ I love you
- ▶ I'll be right here for you
- ▶ I won't leave you
- ▶ I'll help
- ▶ Do what you can
- ▶ You're handsome/beautiful
- ▶ I like you
- ▶ You're fun to be with

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Short steps of Self-Nurturing Spirals

- ▶ Imagine perfect parenting entities on each side
- ▶ Hear their nurturing & supportive comments
- ▶ Rotate them 90 degrees and keep the voices going
- ▶ Continue them as an entire rotation around the body
- ▶ Move the circulating comments down to shoulder, chest, waist, hips, legs, feet
- ▶ Move it upward via each location keeping all previous locations
- ▶ Move it overhead and continue higher until they are eventually out of sight

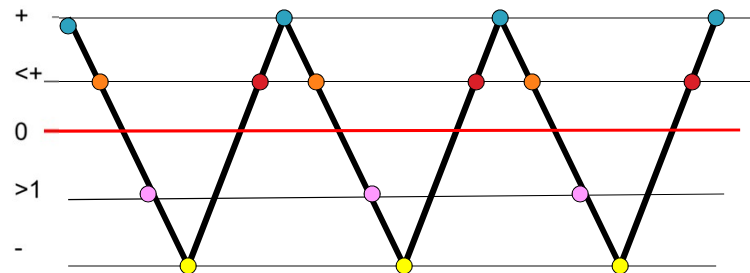
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Vivid Symbolic Imagery

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How life *really* is according to *you*

- ▶ Presuppositions determine punctuated moments during life's ups and downs



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Vivid Symbolic Imagery

- ▶ Recall an incident that represents a desired trait. (Ultimately do this for 3 traits).
- ▶ Isolate a single image in that memory that best symbolizes it.
- ▶ Hold your hands and arms in reaching posture.
- ▶ Visualize the symbolic image between your hands until you acquire the associated feeling.
- ▶ Repeat for a few minutes daily until it becomes a 1) memory, 2) an available feeling, 3) a part of the self image

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In summary

- Apply **Chunking Logic** to ongoing experience
- Experience, label, and collect desirable experiences throughout the day: **Magic Markers**
- Obsess on valued experiences: **Vivid Symbolic Imagery**
- Anticipate with desired experiences: **Self-Image Thinking**
- Reverse engineer desired day dreams: **Emanated Imaging**
- Mindfully associate experiences to your body: **Heart Joy**

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Please Note!

- This is *not* positive thinking
- This *is* experience retrieval, linking, and conditioning using specific protocols
 - For attention,
 - experience recall,
 - memory storage,
 - experiential association,
 - anticipation,
 - presupposition,
 - and planning.

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Existing (neg.) mental practices

- Introjections teach us to recall, and define ourselves (often) with negative experiences.
- We choose labels for experience usually making the negative large (and positive small).
- We ruminate or obsess about a few specific (undesirable) past events.
- We think about the future when we feel unpleasant, scared, hurt, angry, weak, etc.
- We reverse engineer catastrophic daydreams.
- We mindlessly associate unpleasant experiences to our body.

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Protocols derived from these common mental practices

- Apply Chunking Logic to ongoing experience
- Anticipate with desired experiences: Self-image thinking
- Obsess on valued experiences: Vivid symbolic imagery
- Reverse engineer desired day dream goals: Emanated Imaging
- Associate healthy experiences to our body: Heart-joy and Bio-energy balancing
- Create an internal parent – Self-nurturing

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