Online Master Class with Jeff Zeig

Meets Monthly from 10:30-12 ET; Jan-June; July-Dec 2020
You are invited to sign up for one or both rounds using the following link:
https://form.jotform.com/81543596491163
(*) The sessions, which take place on Zoom, allow you to see and interact with both Jeff and all the attendees. They are recorded and posted to a Dropbox folder so that those who are unable to attend or want to further digest the material can download and review them.

Like much that is deeply imbedded and emergent in our psyches, the mastery of Milton Erickson often defies a simple explanation. Words may be descriptive but fall short of unpacking the exquisite intricacy of his work. With currents as deep as this it has taken years for Jeff Zeig, one of Erickson’s students, to come up with the potent phrase “Limbic Communication” to describe that crucial element that underpins the art and artistry of Erickson and all impactful experiential therapy.

This seminar will introduce you to the concept of limbic communication, explore why it is central to the work of Ericksonian Hypnosis and offer you a framework for developing your skills in this area. Through lecture and accompanying experiential exercises you will learn how to talk to your clients’ limbic brain rather than their neocortex and in so doing improve outcomes and facilitate transformation.

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**Educational Objectives**

- Attendees will be able to demonstrate an understanding of the difference between cortical and limbic communication.
- Given a clinical case, attendees will be able to suggest 2 different ways of communicating with that client’s limbic system.

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**The lightest Touch**

Good poetry (therapy) begins with the lightest touch. A breeze arriving from nowhere, a whispered healing arrival, a word in your ear, a settling into things, then like a hand in the dark it arrests the whole body, steadying you for revelation. In the silence that follows, a great line, you can feel Lazarus, deep inside, even the laziest, most deathly afraid part of you, lifts up his hands and walks to the light.

– David Whyte 2003, Everything is waiting for you; “Therapy as evocative art” March 2009 Psychotherapy Networker Conference

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**What is Limbic Communication**
Despite many people feeling that the Lizard Brain is primitive and non-relational, this little guy waits for his friend to come home and cozies up for a kiss. The Reptilian Brain is closely aligned with what we call the mammalian brain. Both are part of the limbic system.
Slide 13

And topped those two off with the thin layer of Jello known as the neocortex —

The third, and powerful “human” brain.

Slide 14

Understanding why logic often fails to change feelings.

Isocortex (PreFrontal Cortex) has no capacity for ongoing internal regulation of the subcortex (Lovric-Del Monte).

The Allocortex (Ventrromedial Prefrontal Cortex) internally regulates the subcortex (limbic system and the brainstem).

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Interventions that access the allocortex appear to gain more lasting clinical results than interventions that access the Isocortex.

Limbic Communication appears to bypass the Isocortex and access the allocortex, thus promoting more permanent internal regulation of subcortical processes.
Vision, smell and posture are the primary ways that we orient ourselves to our environment. Signals sent from our proprioceptive and introspective systems are processed deep in the brain. The brain then reflexively and intuitively directs how we respond.

Experiences originate in both the brain and in the body and are expressed in the body. While transformation requires the contained activation of the limbic system, it also needs the active observation of the neocortex, the locus of mindfulness.
**Slide 19**

How do we do that.. Through Limbic Communication which is ERET

- Experiential
- Relational
- Evocative
- Transformative

**Slide 20**

Limbic Communication is:

- Sensorial
- Metaphorical or Symbolic
- Indirect
- Occasionally Poetic
- Vrs. Explicit, Linear, Informational

**Slide 21**

It can be visual
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Slide 23

Limbic Communication Utilizes

- Gestures
- Sound Effects
- Facial Expressions
- Tone & Volume
- Time Distortion
- Tempo, Including Silence

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Cook 1964

Using case reviews, found that silence was necessary in order for positive change to occur.

Length of silences were a means of accessing progress in therapy
Also demonstrated that cognitive activities, accompanied by speech, momentarily inhibit the expression and experience of the emotions and implicit belief systems, but do not modified their underlying structure.

Silence plays a significant role in turning points in therapy. Activities associated with silence were noted as occurring during 82% of the reported turning points.

It appears that while the words exchanged between therapist and client(s) provide the scaffolding of the relationship, they can at times impede deeper work.
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**Research in Neurophysiology Suggests**

- When the left brain/prefrontal and frontal cortices (Language and logic) are lit up, the right brain’s activities are dampened or greatly reduced but the changes are not lasting (Mayberg et al., 1999; Oh and Choi 2007; Rauch, Whalen, et al. 2000; Rauch and van der Kolk 2007)

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**Neurophysiological Research also Suggests**

- Imaginal use of words, i.e., what people do when they go inside either in trance or in imaginal nurturing, appears to not use the same areas of the brain as speech does (Doidge 2007; Kosslyn et al. 2003; Waterworth 2002)
- Imaginal Exercise

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**Limbic Communication helps your clients listen deeply to themselves**

- The quieter you become the more you can hear.

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Permissive versus Directive Language

Language of possibility versus Language of certainty

Acceptance of the metaphysical and metaphoric versus “Science” and “logic”
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Hypnotic Utilization speaks to the Limbic System by:

- Activating Resonance
- Creating Receptivity and responsiveness
- Focusing attention
- Inviting Body awareness
- Promoting Curiosity
- It can also incorporate Externalization
- Is enhanced with Pacing and Phrasing

Slide 35

Limbic Communications facilitates:

- Access to "4th dimension"
- Transformational moments
- Cultivation of a "Yes I can" State

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Creativity
Embroidering the experience.

Primary Elements of Communication
- Affect – Both Delivered and Received
- Cognition – Expressed and Experienced
- Behavior – Expressed bi-laterally
- Sensory – Perceived – Imagined
- Physiology – State of all parties
- Relationship – Implicit and Explicit

Secondary Elements of Communication
- Attitude – Positive – Negative – Neutral
- Qualitative – Intensity – Duration
- Contextual – Time – Place
- Symbolic
- Ambiguous
- Idiosyncratic And...
- Historical
- Existential
- Spiritual, Etc.
Reviewing Important elements of Ericksonian Hypnosis

- Invokes multi-sensory aspects of memory to enhance the experience and facilitate healing.
- Explicitly differentiates between then and now – while inviting being here and there.
- The establishment of a relationship with the observer self.
- Utilization of the brain’s innate ability to heal itself.

Back to Basics: Channeling Joe DiMaggio

Base Ball Diamond

1st base, Focused Attention, 2nd base, Change Intensity, 3rd base, Dissociation (being here and there), Home Plate, Ratify Response.

Knocking on the door of the unconscious mind by:

- Absorbing the client in - details, possibilities in present tense (maybe, could be)
- Ratifying their responses - reflecting back changes seen in the client promoting awareness of the response.
- Eliciting - building dissociative responses and resources (as you experience, you can just notice).
Facilitates synchrony, and fluidly in the entire human system.

- Accesses both explicit and implicit memories and response patterns
- Down-regulates the CNS and amygdala driven fear and overwhelm
- Promotes and facilitates neuroplasticity and the rewiring of neural networks

Utilizing the transformative power of observation and relationship
Utilizing the creative human capacity to be in more than one place at a time
Utilizing the interconnectivity of all matter
By harnessing limbic communication, we expand our client’s capacity to be with emotions, and to begin to trust that “Every bad feeling is potential energy toward a more right way of being if you give it space to move toward rightness. It knows the direction, just as surely as you know which way to move a crooked picture, there is absolutely no chance that you will move it in the wrong direction. The sense of what is wrong carries with it.. A sense of what is right” (Fosha/Gendlin)

Limbic Communication, a corner stone of integrative, experiential psychotherapy leads to the organic unfolding of healing, helping our clients to emerge from the protective cocoon of our pain and defensive structures, into the bright sunlight of dynamic, experiential, resourceful integration.

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