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**LIMBIC COMMUNICATION; THE CRUCIAL
INGREDIENT IN TRANSFORMATIVE
PSYCHOTHERAPY**

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Acknowledgements



Richard Moss



David Grand



Jeff Zeig



Dani Beaulieu & Ed Jacobs





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Acknowledgements

NY Master Class



Norman Doidge, Jaak Panksepp, Damir Del Monte



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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 (re)view them.

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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.


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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 frame work 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, steeling 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*; Zeig "Therapy as evocative art" March 2009 *Psychotherapy Networker Conference*

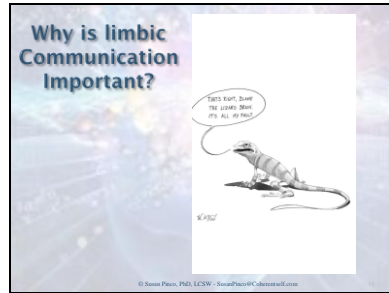
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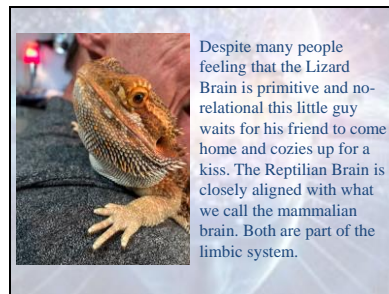
What is Limbic Communication



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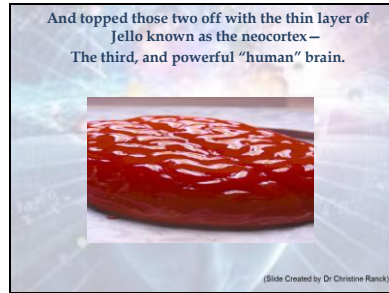
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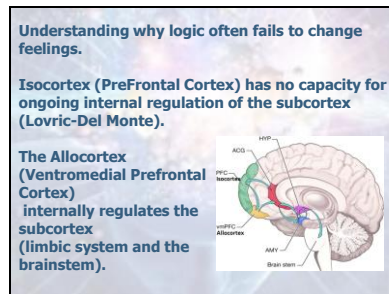
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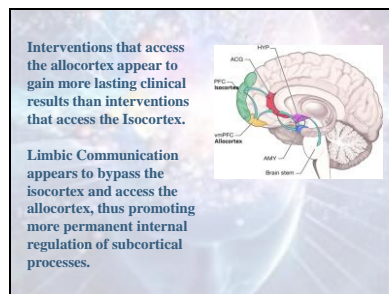
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Vision, smell and posture are the primary ways that we orient ourselves to our environment.

Signals sent from our proprioceptive and introspective systems are processed deep in the brain.


The brain then reflexively and intuitively directs how we respond.

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What's in the brain is in the body and what's in the body is in the brain".
There is no mind-body separation.



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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.

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

- Experiential
- Relational
- Evocative
- Transformative



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Limbic Communication is:

- Sensorial
- Metaphorical or Symbolic
- Indirect
- Occasionally Poetic

Vrs. Explicit, Linear, Informational

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It can be visual



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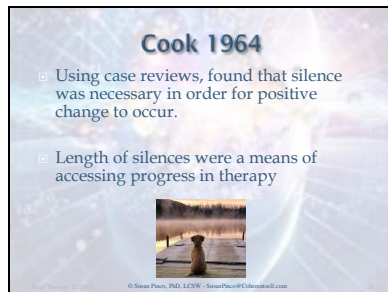
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Cook

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.

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Pinco 2008



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

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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. (JW)



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Research in 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, ie 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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Comparing Limbic Communication to Neo-Cortical Communication

- 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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Exercise

- Exercise, try talking your partner out of a feeling or suggesting solutions



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Presence potentiates Limbic Communication



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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

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Limbic Communications facilitates:

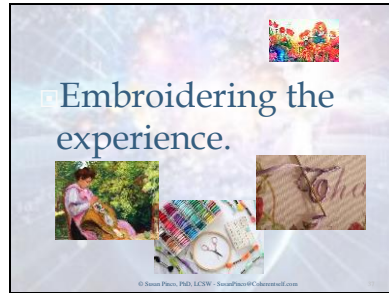
- Access to “4th dimension”
- Transformational moments
- Cultivation of a “Yes I can” State

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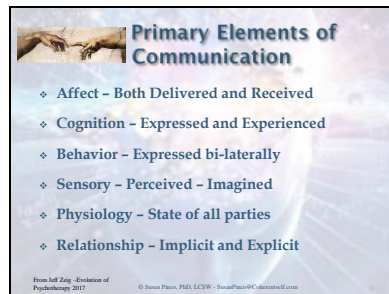


Creativity

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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

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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,

Zeig - Induction Structure Utilized by Milton Erickson

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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)

Zeig - Induction Structure Utilized by Milton Erickson

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Limbic Communication



Facilitates synchrony, and fluidly in the entire human system.

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Limbic Communication

- 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



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Limbic Communication facilitates Quantum Healing by:

- 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



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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)

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Emergence in the moment



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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