

Self-efficacy: To influence self-efficacy efficiently

Hypnosis with children, adolescents and adults

Hypnotic Interventions

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Susy Signer-Fischer, lic.phil. Psychologist and Psychotherapist FSP

Basel, Switzerland

www.susysigner.ch / susy.signer@unibas.ch

Trance

Induction: Choose a spot at eye level, focus and close your eyes

Deepening: Find the most comfortable/strongest place within your body. How does it feel? Do you need to make adjustments so that your body is feeling more comfortable/stronger? If so, for example with control switch or zoom

➤ Now let this feeling spread all over your body

Content: Go through today's events. When/where was I particularly effective?

➤ When, in which situation was I effective lately?

➤ What contributed to me being effective?

➤ What did I do for it?

Coming back: Open your eyes and re-adapt yourself to the "here and now"

Contents

- **Introduction**
- Main concepts
- Development
- Influence
- Responsibility, find your way out of helplessness (victimhood)
- Goals
- Summary

Why is self-efficacy important?

Why?	Prevention
Life satisfaction, Well-being	depression
Take on personal responsibility	assignment of guilt, find a scapegoat, victimhood
Feeling responsible (but in an appropriate amount)	violence
Being able to handle difficult situations	passivity, victimhood, helplessness, depression
Reach goals, perseverance	passivity, depression
Develop a vision, future-orientated, set goals and reach them	passivity, depression
Deal with frustration, get resilient	failure to cope, being overextended constantly, feeling of constantly being bullied

Importance of self-efficacy and Content of my workshop

Why	Content
Life satisfaction, Well-being	Development, Influence
Take on personal responsibility	Influence, Responsibility, Ways out of victimhood
Assume appropriate responsibility for others	Influence, Responsibility, Ways out of victimhood
Handle difficult situations	Ways out of victimhood
Reach Goals, persevere	Goals
Develop a vision, future-orientated, set goals and reach them	Goals
Deal with frustration, become tough	

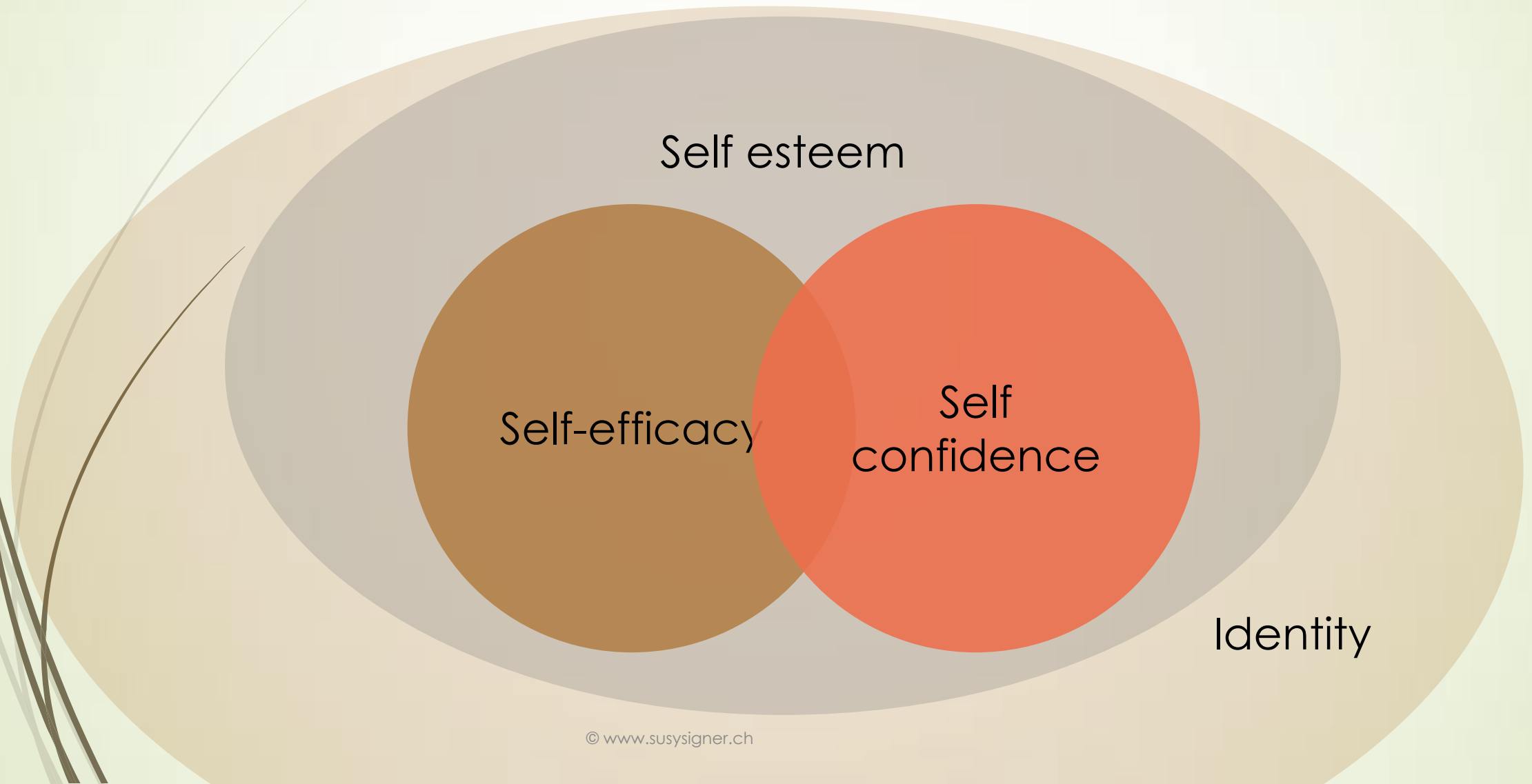
Contents

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- Goals
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Self-efficacy

- Belief to be able to tackle **challenges** and problems by oneself
- Self-efficacy determines individual **motivation**, **emotions**, thinking patterns, and actions
- Mostly independent of actual abilities
- Self-efficacy is sensitive to changes from within the individual as well as from their environment
- It is an important aspect of the development of self and varies from a **healthy self-efficacy to selfishness**

Interrelations



Interrelations

Self-efficacy

opposed to

helplessness,
hopelessness,
depression,
victimhood

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Development of self-efficacy

- Infants enjoy moving a mobile by a thread tied to their feet and thus experience self-efficacy induced by the movement



Positive results from self-efficacy

- Children with high self-efficacy compared to children with low self-efficacy show:
 - More effort and perseverance
 - Ability to accomplish more difficult tasks
 - More effective time management
 - Better strategic **flexibility while problem-solving**
 - **Better performance**
 - More realistic self- judgements
 - Enhanced intrinsic motivation

Self-efficacy

Hypnosis Intervention

Here and now

- Find events which you would have liked to influence
- Choose one: Where does it begin, where does it end?
Explain details

Trance

- Experience this situation in your imagination
- Strengthen feeling of influence in the important moment

Here and now

- How do you know how to influence something properly?
Be mindful of it from now on, build up knowledge

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Influence

- Bertrand Piccard – 1999 flew around the world in a balloon
- He says:
“Like balloons, human beings have to change altitude if they wish to change direction in the winds of life”



Influence on life events: responsibility

- ➡ **To affect, to influence a personal situation means to assume responsibility for...**
 - ➡ Elements which cannot be influenced: to deal with them
 - ➡ Elements which can be influenced: to exert influence on these elements of life
 - ➡ It is important to distinguish whether the elements can be influenced or not

Look back on a good performance: What was my contribution?

Hypnosis intervention

Here and now

- Describe a situation where you showed a good/great performance.

Trance

- Relive the situation until the end.
- Looking back:
 - What were the reasons for the good performance (external influences like weather, exam questions; internal influences like concentration, learning/training)?
 - What was my contribution? List all aspects.
 - Store the list in the brain, so it can easily be retrieved later.

Here and now

- List again what your contribution was on being self-efficient and influencing this situation. So you can use these resources for the next similar situation.

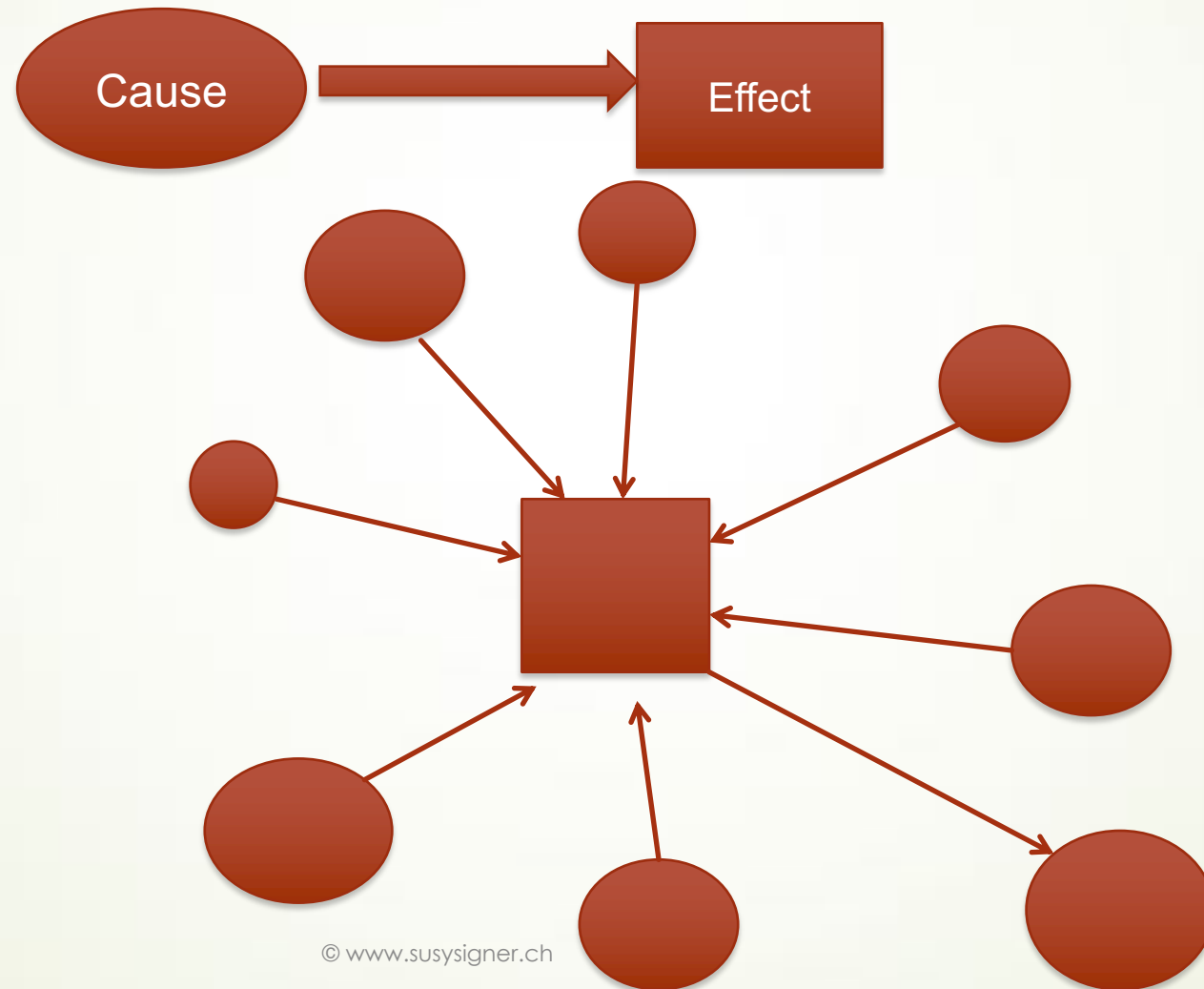
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How to get out of victimhood

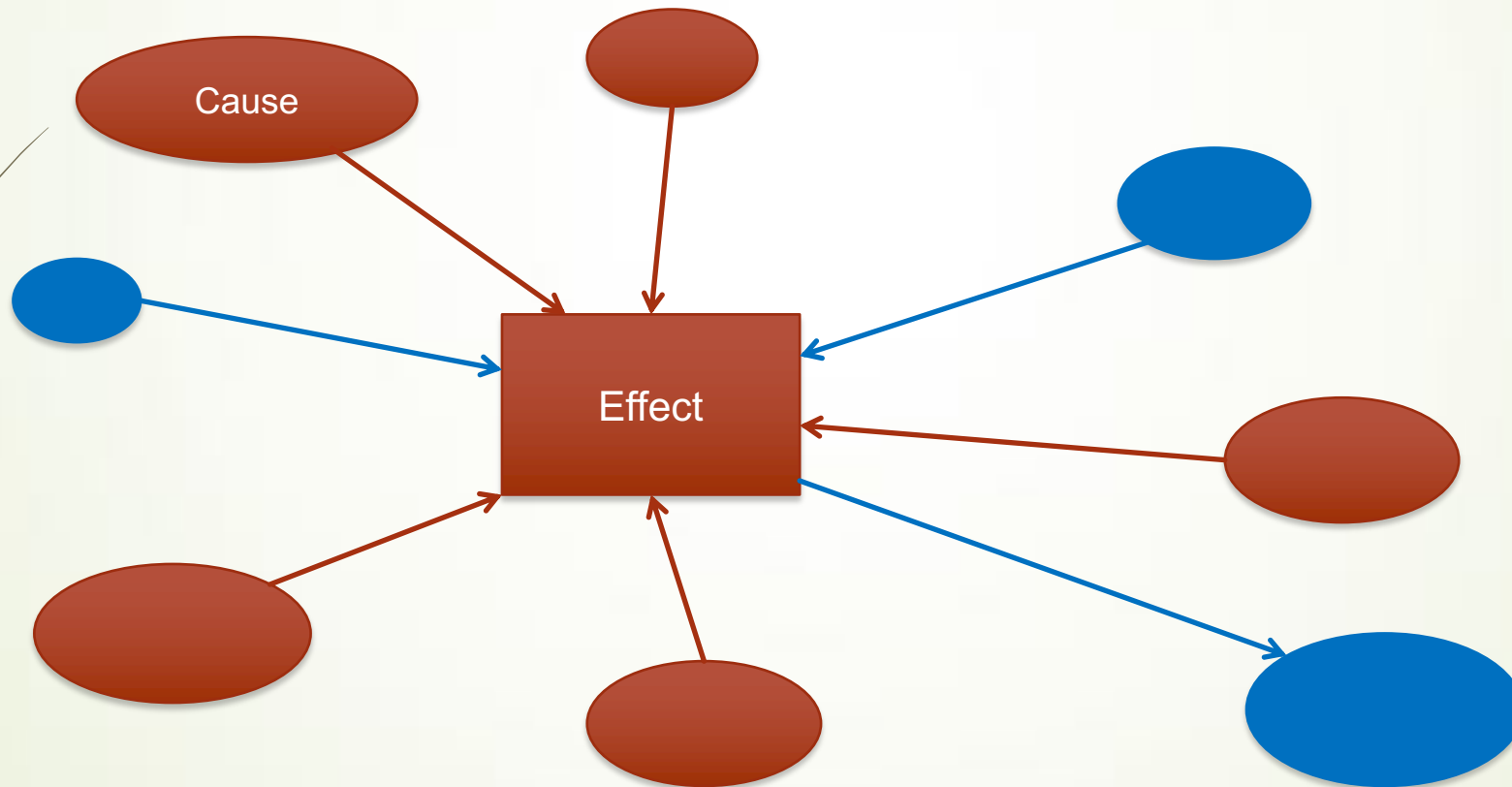
- Behind the victimhood is often **causal thinking**
- **Thinking in chains:** if – then – thinking:
an effect has one cause → so you have to find the cause →
so you have to correct the cause
 - if possible → problem solved
 - if not possible → helplessness (scapegoat)
- **Thinking in nets:** effect has multiple causes
Net-thinking: to find different possible causes → analyze which
causes can be influenced → influence these causes
- **Scapegoat-thinking:** to blame a person, a situation, a
circumstance for the actual situation → this factor cannot be
influenced → helplessness, victim

From causal to net-thinking



Which factors can be influenced?

- Factors which cannot be influenced (e.g. personality of the teacher)
- Factors which can be influenced → influence (blue)

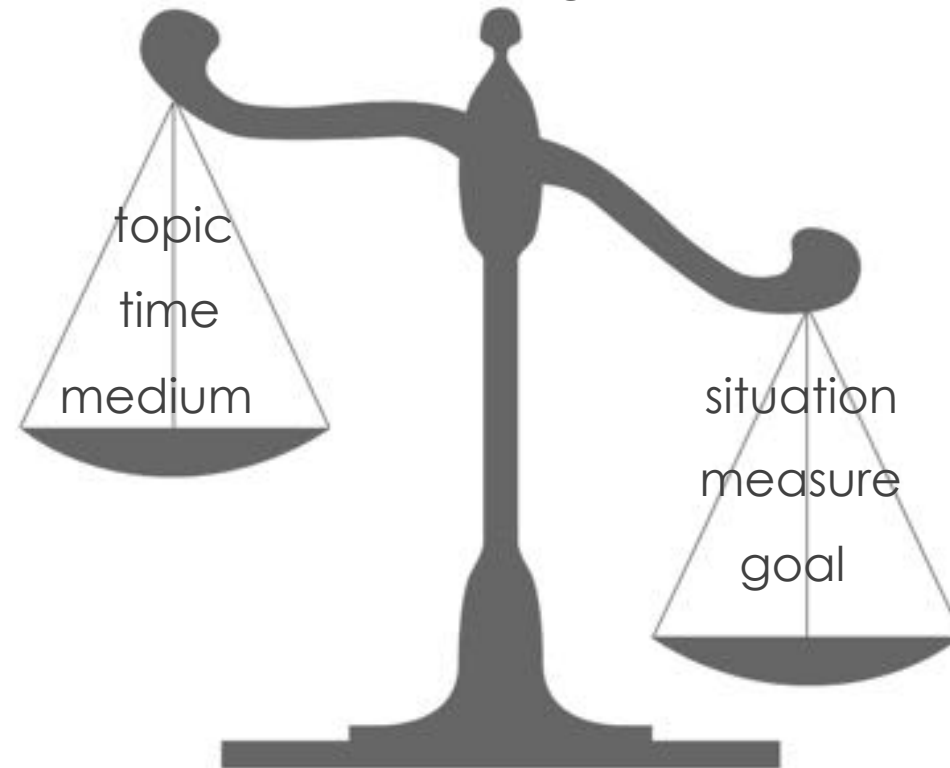


Personal responsibility – self-efficacy

- To be more self-efficient, one has to take on the responsibility for his own life

Self responsibility

- Balance requires the right:



Self responsibility

- Adequate responsibility involves:
 - Feeling good
 - Staying calm at the task
 - Feeling awake
 - Right mood (balance)
 - Knowledge of one's position (no questioning)
 - Future aspect

Self-responsibility

➤ Topics:

- Divorce, break-up
- Loyalty
- Physically or mentally ill parents, partners
- Performance, school, work
- In issues of insurances, accidents, retirement
- Pain, depression, personality disorders, addiction
- Changes of life circumstances
- Responsibility of case
- Patients: forgotten appointments
- Aggression, violence

Vision, Perspective

Factors which help you getting out of a difficult situation while assessing the possibilities available in that situation (degrees of freedom)

- Hope, confidence
- Vision, Perspective, Future
- Experience, Memory of past successful situation

Experience a happy day in the future

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Trance

- Imagine yourself on a joyful/happy day in the future
- Go to the beginning of that day. At which moment does the day start?
- Experience the whole day

Here and now

- What makes the day joyful/happy?
- Find out which factors can be influenced by yourself

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Self-efficacy – goal – effort

To take action you need
a goal

To reach a goal you need
effort

To set goals: slightly higher than what can be easily accomplished

Low self-esteem

→ Goal will be set too high or too low



Normal self-esteem



Conditions for reaching a goal

According to Flammer (1990)

1. To know the goal.
2. To accept the goal as one's own actual goal.
3. To know the way to reach the goal.
4. To be able to go this way and to be conscious of this ability.
5. To actually go this way.

Reaching a goal

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► Here and Now

1. Set yourself a goal that you want to reach.
2. Evaluate if this really is your goal.
3. Evaluate if this goal is appropriate (neither too low nor too high).
4. If it is too high, find a possible first goal (step).
5. Ways to measure if you have reached your goal?
6. What else do you need in order to reach your goal?
(e.g. skills, training, equipment)
7. Define the steps towards that goal and the time interval

► Trance

1. Go the whole way until you reach the goal

To perceive and feel a reached goal

Hypnosis Intervention

Here and Now

- Set a goal: describe it properly: What is it? How do I recognize if I reached it? How can I measure it (e.g. run a certain distance in a certain time; Not to make more than five mistakes in a dictation of 30 lines, ...)

Trance

- Go forward in time, until goal is reached. Where are you now?
- Where in your body do you feel mainly that you reached the goal? How does it feel?
- Make the feeling stronger, clearer.
- Store it in your mind.

Here and Now

- Come back. Is there anything to share?

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Summary

➤ To sum up...

- Self-efficacy is important during the whole lifespan
- It is measured by and means to take adequate influence
- There are factors which can be influenced and it is good to exert influence
- We have to find a way to deal with factors that cannot be influenced
- If a person tends to adapt a “victim-perspective” or searches for scapegoats it is important to develop more self-efficacy
- Setting appropriate goals and taking on adequate responsibility are parts of self-efficacy

➤ Hypnosis and hypnotic methods are very helpful in this process, as they are

- effective
- quick
- support self-efficacy
- and often make fun

**It will be our pleasure to meet many of
you in Basel 2020!**

**Bienvenue à Bâle!
Willkomä z`Basel 2020!**



Thank you very much for your attention!

Address

Lic. Phil. Susy Signer-Fischer,

Fachpsychologin Psychotherapie und Kinder- und Jugendpsychologie FSP
Zentrum für Entwicklungs- und Persönlichkeitspsychologie – ZEPP,
Universität Basel

Missionsstrasse 62, 4055 Basel

Zentrum für systemische Therapie und Beratung, ZSB

Villettenmattstrasse 15, 3007 Bern

Tel. +41 61 207 24 02

E-Mail: susy.signer@unibas.ch;

mail@susysigner.ch

www.susysigner.ch



Der kleine Lederbeutel mit allem drin



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