#### HYPNOTIC DEEPENING

#### NAVIGATING STREAMS OF THE MIND



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#### **LEARNING OBJECTIVES**

- Describe and use three language forms that promote movement from a conscious to hypnotic state;
- Employ voice inflection and tempo as ways of assisting a subject's movement between states of consciousness;
- Understand and use vocal rhythms as a way of inviting deeper trance levels on the part of the subject.

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#### A SIMPLE MAP

Logic Rational (maybe)

Organization

Conscious Mind

Unconscious Mind

Poetry

Imagination

Creativity

**Dreams** 

Hypnosis

Ritual

#### LET YOUR VOICE BE AN INSTRUMENT

- You need to be in tune with your client
- Deliberate, precise use of language that serves as an invitation and guide to an internal world with more than one reality

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#### YOUR VOICE IS AN INSTRUMENT

Speak to clients in ways that resonate with them...

Cognitively

**Emotionally** 

**Physiologically** 

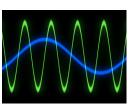
**Spiritually** 



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### OUR BODIES ARE FULL OF RHYTHMS

- respiratory
- cardiological
- muscular
- hormonal
- neurological
- circadian
- ultradian



#### **OUR BODIES ARE FULL OF RHYTHMS**

- How is the body a physical expression of the unconscious mind?
- How is the body an energetic expression of the unconscious?

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### RHYTHMS ALSO EXIST IN INTERPERSONAL RELATIONSHIPS

- Closeness
- Intimacy
- Arguments
- Shared activities
- Disconnection

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# HYPNOTICALLY-FACILITATED THERAPY The opportunity to employ hypnotic trance is present in many therapy situations. 10 LANGUAGE FORMS THAT PROMPT **UNCONSCIOUS PROCESSING** Direct suggestions Indirect suggestions Stories/Metaphors 11

#### **DIRECT SUGGESTIONS**

- Clear
- Efficient
- Attempts to anticipate the participants reaction based on past and current responses
- "Go deeper and deeper..."

#### **INDIRECT SUGGESTIONS**

Based on the beliefs that...

- ... relevant indirect communication is likely to foster higher levels of unconscious search and unconscious associations with a greater opportunity for generative change
- ....appropriate indirectness reduces the opportunities for a client to purposely or unconsciously resist.

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#### **STORIES & METAPHORS**

- When a person hears a 'story' about a subject, it is likely they will begin to experience 'ideodynamic associations' with the story line congruent with experiences from their own life.
- This allows a therapist to assemble a story that focuses on particular processes, such as cognitive change, emotional transformation, behavioral shifts.

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### POETIC LANGUAGE THAT TOUCHES THE MIND

- Utilizing existing rhythms seems to enhance imaginal involvement and hypnotic deepening
- Poem by Rumi, "One Strand at a Time"

## **SOME FAVORITE SUGGESTIONS** The following suggestions are examples of language that help shift the client to a more unconscious and bodily-centered focus. 16 **FAVORITE SUGGESTIONS** "The body and unconscious mind have a unique connection, and are also uniquely different." (Truism, Implication) 17 **FAVORITE SUGGESTIONS** "Your body has many rhythms: your heart, your breath, day and night, rhythms of energy and relaxation; outside and inside; rhythms of the brain and neurological system; rhythms of time and space." (Truism, Focus of Attention)

# **FAVORITE SUGGESTIONS** "The unconscious mind has rhythms similar to the body." (Focus of attention) 19 **FAVORITE SUGGESTIONS** "Just go deep inside yourself!" (Direct Suggestion, implication) 20 **FAVORITE SUGGESTIONS**

"Go inside and find ways to be at ease with yourself."

(Direct Suggestion and Implication)

## **FAVORITE SUGGESTIONS** "Your mind knows what your body is doing, and your minds know what your body needs." (truism, focus of awareness, confusional language)

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#### **FAVORITE SUGGESTIONS**

"The ball, that collection of changes taking place inside of you, is already moving..." (Implication)

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#### FOUR TYPES OF INDIRECT **SUGGESTIONS & BINDS**

- Truisms
- Focus of Awareness
- Implications
- Conscious–Unconscious Dissociation

#### **TRUISMS**

- A statement that is virtually impossible to argue with due to its universality;
- "Everyone has their own unique way of doing things."
- Assists in the development of a 'Yes Set' (which is also a basic sales technique)

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#### **FOCUS OF AWARENESS**

- Presented as either a question or statement;
- Can prompt internal, present-oriented, awareness;
- Prompts future oriented exploration and changes;
- Presents an implication of future changes.

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#### **IMPLICATIONS**

 Presents the client with a difficult to argue with statement/assumption that they are going to change in some favorable way.

CONSCIOUS-UNCONSCIOUS DISSOCIATION		
<ul> <li>Used as a basic language form to prompt a conscious, active awareness that the participant has more than one mind.</li> <li>(Cornerstones Ch. 5)</li> </ul>	00	
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