



## **Hypnosis in its Range - 4 Aspects** **Hypnosis is not Hypnosis - Hypnosis has different faces**

1. Words - Ritual
2. Therapeutic Intervention – Therapeutic Prozess
3. Therapy – Self-Hypnosis
4. Contexts and their Applications  
- Inductions - Demonstration

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## I. The Range:

### 1. From a single hypnotic word.....

- only one word in a special situation with its connotation – not even addressed to this person
- words of a dissociated quality, “empty of connotation: ”Situation’ instead of ‘Problem’
- words of a associated quality “full of connotations”: “ diagnose of...” or “ what would be the best possibility to do- what would an other person do....”

### Over the language and communication

- the use of Milton- language in its kind of dissociation, externalisation: “laying on the table”
- the use of Meta-language in its kind of association (‘How will it be with all senses?’), the use of explicit imagination (still experiencing now the future through imagination)

### 2. To complex Ritual of more unconsciousness

- Bring out more unconsciousness and relaxation
- Switching from outside focus to inside
- Ritual in the psychotherapy needs special psychotherapeutic conditions



## The range !

### Special communication in dialog and contextes:

being in psychotherapy- what is there done?

being in coaching....?

depending of roles, expectations, perspectives..

A single **word with its implication, misunderstanding and connotation:**

„The cutter is dead“..... medical

„You get an injection“.....medical

„You have learnt nothing“.....school

„You are nervous“.....presentation coaching

**What does it mean?**

**Ritual** intensive, complex constructed, increasing unconsciousness.

### Ritual – in Trance

Elements are the answer of this question:

...What is it about?

...Why hypnosis?

...How would the goal look like?

...What individual resources are

there in imagination, vision, activity?

...What are the important dissociations?

... What metaphors could be used?

...Which usable and unusable

suggestions/beliefs are at hand?

...What will be the Self-Hypnosis?

**Demonstration later.....**

## II. The Range from a single **intervention** .... to

**Process interventions** to develop and frame a process and ultimately leading to a development in personality.

### What is an intervention?

- Is still a question which orientate to find a new answer
- Is a metaphor to create a new outcome
- Is a trance – being in another state – with its possibilities

### From where interventions are coming from?

- The patient's answers to what he wants to use hypnosis/psychotherapy! What he wants to achieve.
- Further, it is the response to the patients reaction
- the hypnotherapeutic resonance of the interaction system (between the therapist and the individual personality of the patient) for changing his world belonging to his attitude, perspectives, in self-confidance, self-effectiveness

### What are process- interventions?

- They frame the process. Framing means, that It is not so necessary to go in in the content of the problem-story, but energise the person to find ways to handle the past or present for the future.
- What should stay on the end as result? What is going to be left, which needs to be solved?



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### The range!

From a hypnotic suggestion/question/metaphor in the moment  
to bringing up the ultimate inner changing process



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### III. The Range

#### From

The application of hypnosis in a therapy with the understanding of the constructive attitude of the hypnotic principles.

#### to

#### Self-hypnosis in daily life

Self-hypnosis is the use of focused words, sentences, practice,

Focussing in the unconscious mind.

I compare it with a helpful “earworm” with its unconscious uncontrolling memory.



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The range!

Hypnosis in Therapy



Self- Hypnosis



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### IV. The range of the applications of hypnosis in the different contexts

- **Context of medicine** – e. g. Phobia for needles. This context needs quick interventions; touching are usually.

The hypnotic perspective shows us here the great different perspectives of patients and medics with have different implications.

It also shows the hypnotic suggestions of the medical environments and system.

- **Context of coaching** - content problems of people in their professional system: leadership, self-management, specific aspects of jobs, business, sports s.o.. Mental Training. Within the coaching context emphasise is put on the special conditions of the request/appointment and aims and the system of contract.
- **Context of psychotherapy** – focusses on hypnosis with aspects of what happened in present and past and what should be in the future (looking forward).here we find several models of making therapy and use of its implications.
- **Context of child therapy** – use of puppets, games to capture the child's attention. This is also to express parts of the personality or symbolise symptoms to allow them change. The therapy especially has to recognises and respects the children's systems of school, family and peer groups the child belongs to.





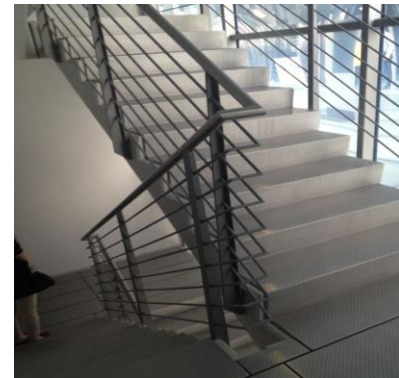
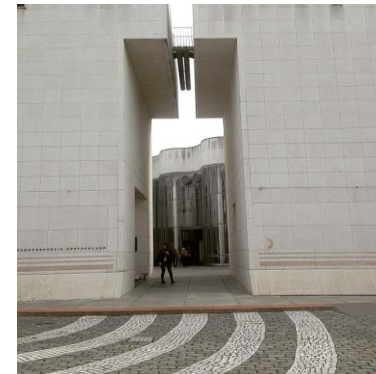
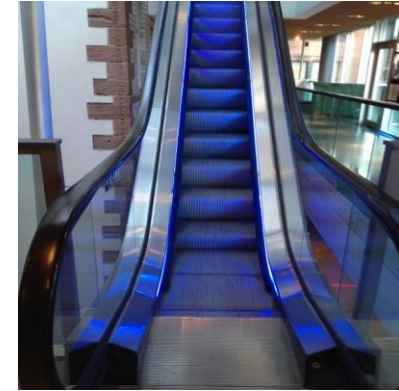
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# MEG-Curriculum: Medicine Hypnosis



## MEG Curriculum: Hypo-systemic communication



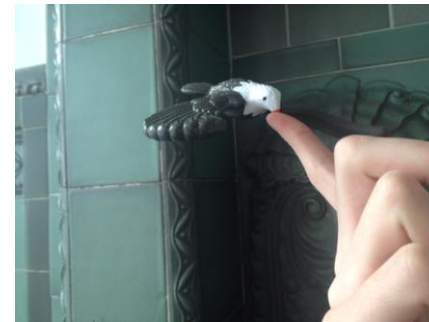
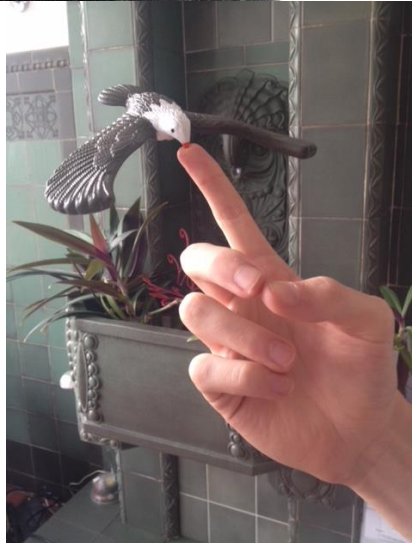




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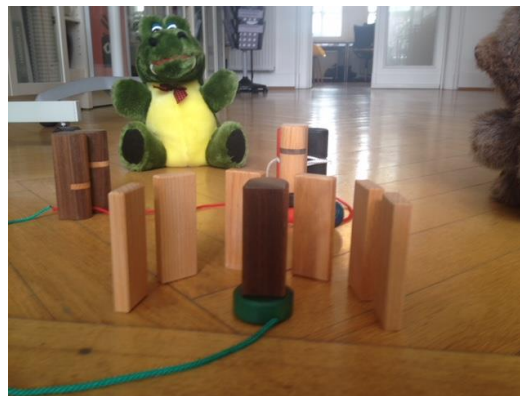
# MEG Curriculum: Hypnotic Child Therapy



2018 World Congress of Medical and Clinical Hypnosis, Montreal

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## Different Contexts Using Hypnotic Communication and Hypnotherapy

Clinical Hypnosis

The range!

Hypno-Systemic Communication

Hypnosis in Childtherapy

Medical Hypnosis



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The range!

## **Now an Induction**

As you want here at the stage or  
as a group induction in the audience

**in this context of congress- it means training, explanation, but  
also special and touching....**

It has tow parts:

1. One trance with words....

Trance- break

2. One trance with pictures.....

**After this.....Explanation of its principles.**



## **What will be your answers to the following questions?**

They are necessary for the process – and they prepare the hypnotic process.

.....Worum gehts? .....What is it about?

.....Wozu Hypnose? .....Why hypnosis?

.....Wie sähe es im Zielbereich aus?.....How would the goal look like?

.....Was steht zur Verfügung an Vorstellung, Fähigkeiten, Motivation, Aktivität?

.....What resources are there in imagination, vision, activity?

.....Welche Metaphern stehen zur Seite? .....What metaphors could be used?

.....Welche „ungünstige“ – welche günstige Selbsthypnose stehen zur Seite?

.....Which usable and unusable suggestions are at hand?

.....Was denkst Du würde jemand anders machen? Wie würde er die Situation lösen?

.....What would you think or do if you are someone else? How would you solve the situation then?

.....Angenommen, Sie sind in Ihrer vollen Kraft- wie würden Sie dann die Situation lösen?

.....Consider: you'd be full in your strengths – you in your best self – how would you solve the situation then?



## Experience of a group trance:

So different people, so different lives, so different aims - all here in this room.

Nevertheless or just for this reason:  
it is possible to rest here all and .....in YOURSELF.

And while the 1. **conscious** mind of YOU

- as a hypnotherapist- now knows,  
that this will be the first 'pacing', and the shortest 'leading' for developing the 'Yes set',  
.....and YOUR 1. **unconscious** personal mind will soon notice  
that my voice changes in a special way....

2.YOUR conscious mind can understand the meaning of 3.words but  
2.YOUR unconscious mind will understand the special 3.meaning of words.



**Pacing** means, to meet the listener – YOU - in his/your own inner world.  
Go in this.

Step by step....

**Interviewing** means, to ask – YOU – questions, which will bring you in a seeking inner process – in YOUR personal process.

**4. Maybe the question:**

**What will be important for YOU, here and today?**

**Leading** means, to suggest a focus, which will be one important for YOU,  
here and today

**Seeding** means, to will plant a seed in a heart or/and a mind – in YOURS.  
Which plant?

**3. Understanding words will not be the important thing  
because the unconscious mind will find 3. its use of the  
situation - YOUR personal use.**

**now.....important for YOU ....here in this moment, in this situation.....**

**Far away in your trance and also/or nearby in the room.**

**You will be here and in the same way you will be not here ...but with yourself**

**So YOU can.....imagine.....for your own personal importance.**

**The unconsciousness will give to you ideas, now, new ones  
you want..... you need .....you looking for**

**5. I like this sentence heart from a hypnotherapist:**

**“A hypnotherapist says the words which YOUR soul like to hear.”**

**5. There are words, saying to you and there are more for you.**

**What are the words, your soul will hear.**

**3.-5. You can allow YOUR MIND to hear the sentences.**

**You also can allow Your SOUL to hear the words by heart, by soul.**

**Hear it now!**

## 6. Look –

**You have two hands.**

**Bring them together, fold your hands, clasp one's hands.**

**The right in the left and the left in the right hand - together.**

**You have also two states: the conscious and the unconscious- bring them also together.**

**Both - right and left - consciousness and unconsciousness – both are important.  
YOU have both hands - YOU have both states. Bring them together.**

**Next:**

**And you are also in different times together.**

**Always being your history and past - your present - and your future:  
You – your way – your soul- your mind- yourself in this times.**

## **2. Your way**

**Your hypnosis**

**Your good hypnosis**

**7. Life is a river – and the riversides**

**7. Life is a carpet – and its pattern**

**7. Life is a cloud in the sky – and its possibilities to change**

**7.+2. Life is YOURS.**

**Take the offer to go in this kind of deep hypnosis which is good for you and for this moment**

**2. Especially for this moment,**

**especially for you,**

**especially for your life**

**especially for the moment of your life in this and next time**

**The things you never have thought until now, can now come up in you mind or things you have still thought appaers again.**

## **8. Maybe like a dream a dream with finding a further way**

**Stay in your hypnosis until I will count down the numbers from five to zero ,  
to give you an reinduction to come back.**

**5 4 3 2 1 0**

**Regain your conscious control,  
wake up and  
be happy – it's not nessecary to know why.**

**And than the second part starts.....**

**Stay in this good state  
Doing nothings – only rest and be.**

**9. ....you know ...an interrupted trance will deepen the trance**

**And in this second part of the trance-suggestion**

**You will be accompanied by the pictures of nature,  
of the botanic garden of Montreal**

**Some of them more focused than others**





























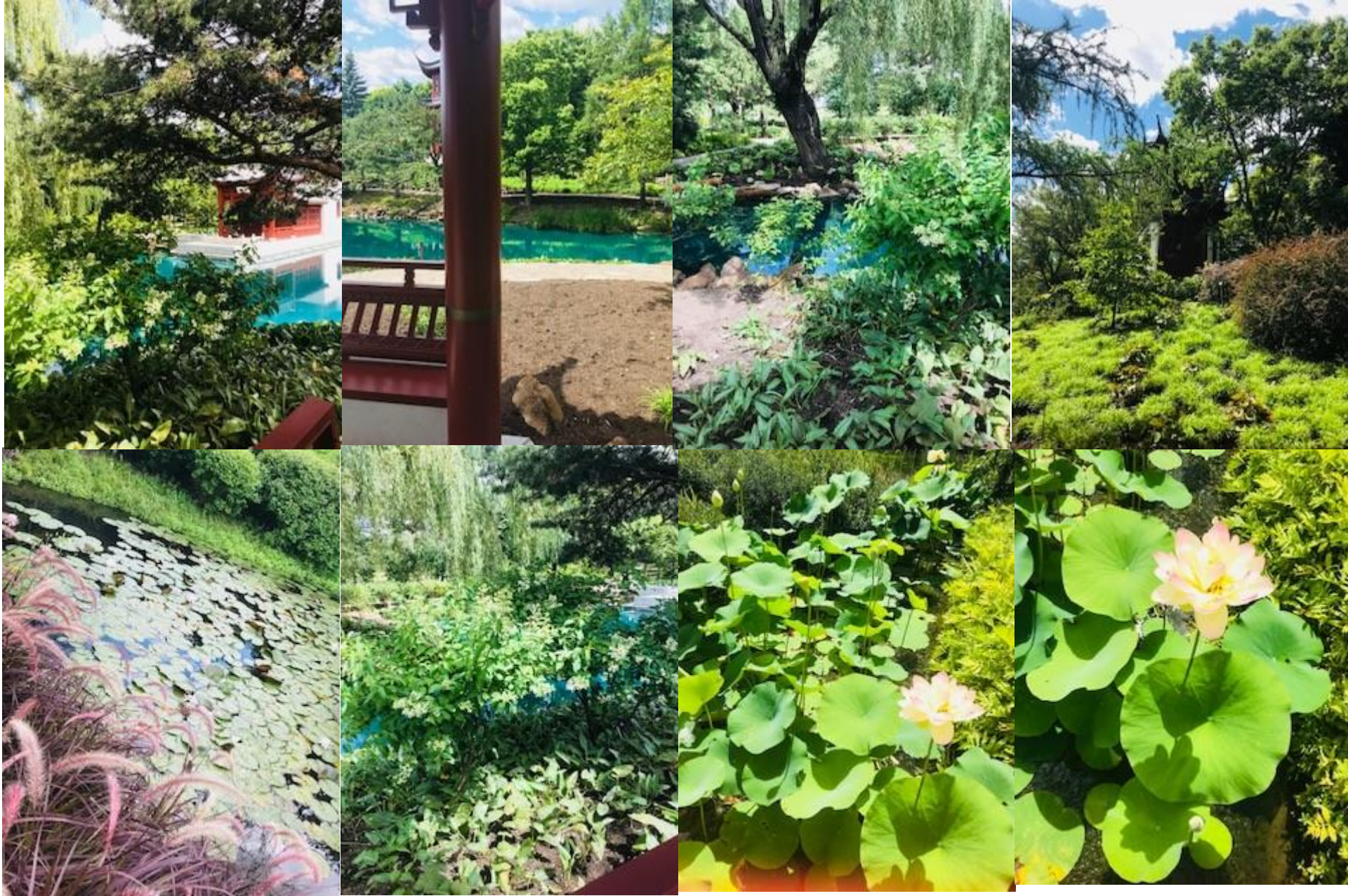








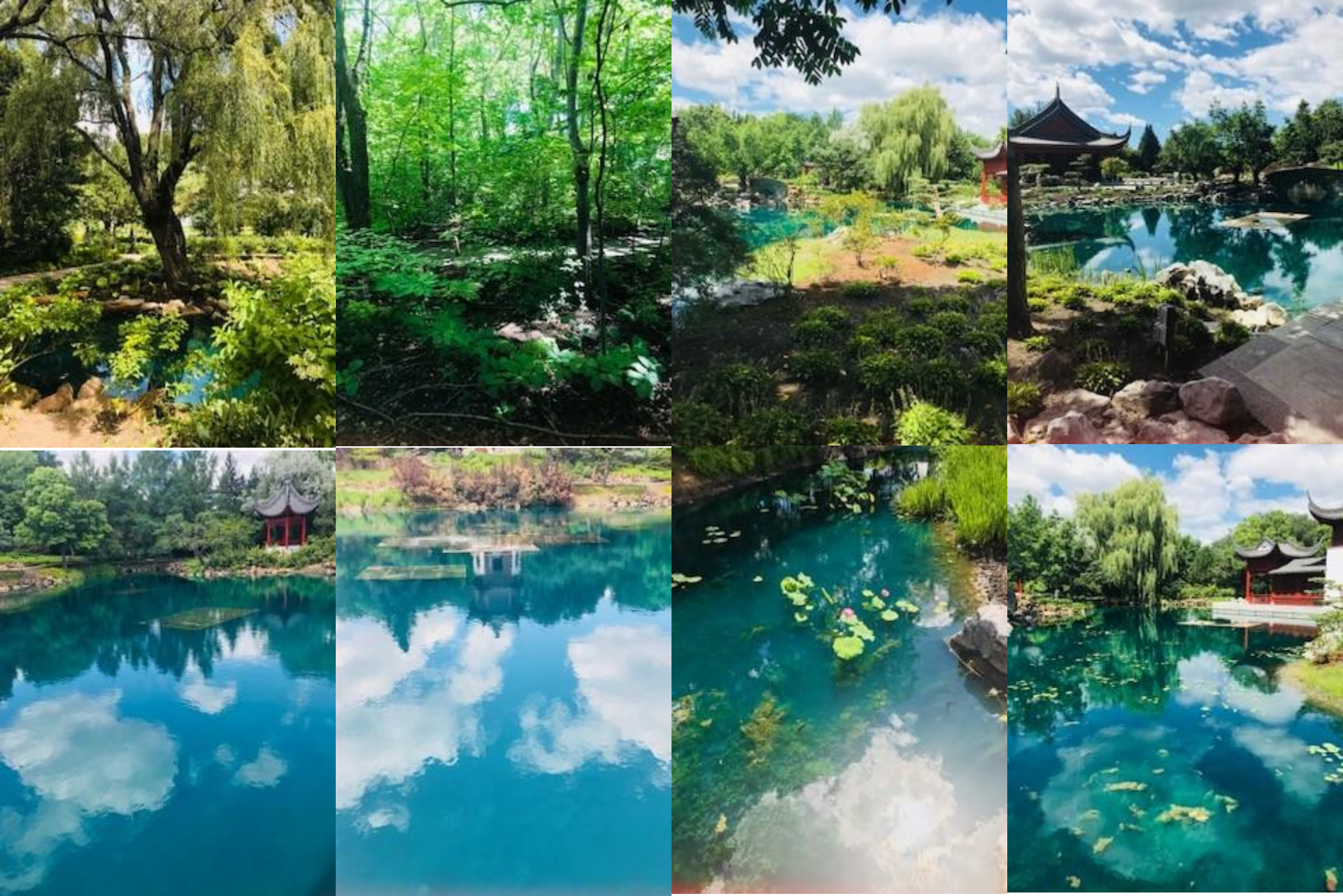
















Calm





















Confidence















Have a good time

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After this trance with more unconscious suggestions.....

Now the explanation for your conscious mind:

**I will explain the principles of this trance-induction.**

You know: consciousness and unconsciousness.

Left hand and right hand.....



## Principles of hypnotic techniques:

So different people, so different lives, so different aims - all here in this room.

Nevertheless or just for this reason:  
it is possible to rest here all and .....in YOURSELF.

And while the **1. conscious mind** of **YOU**  
- as a hypnotherapist- now knows,  
that this will be the first 'pacing', and the shortest  
'leading' for developing the 'Yes set', .....

And YOUR **1. unconscious personal mind** will  
soon notice that my voice will change in a special way.

**2. YOUR conscious mind** can understand the meaning  
of **3. words** but

**2. YOUR unconscious mind will** understand the **3. special meaning of words** for YOU.

1.  
Building up the „Yes- Set“. This means to find words, which are vage but also special to reach all persons.
2.  
Pacing: Everybody needs to decide for themselves „Yes“ and further....
3.  
Also suggestions will be lead...
4.  
Here the use of a single hypnotic words beginn: YOU
5.  
Then the first dissociation:  
Here the dissociation between the conscious mind and the unconscious mind

**Pacing means to meet the listener – YOU - in his/your own inner world.**

**Go in this. Step by step....**

**Interviewing means, to ask – YOU – questions, which will bring you in a seeking inner process – in YOUR personal process.**

#### **4. Maybe the question:**

**What will be important for you, here and today?**

**Leading means to suggest a focus, which will be one important for YOU,  
here and today**

**Seeding means to will plant a seed in a heart or/and a mind – in YOURS.**

**Which plant?**

**3. Understanding words will not the important thing because the unconscious mind will find  
3. its use of the situation - YOUR personal use.**

**6.**

**Pacing**

**7.**

**Interviewing**

**8.**

**Leading**

**9.**

**Focussing**

**10.**

**Seeding**

**11.**

**Explaining this words means to establish them in the same time.**

**Thus, the consciousness recognices it but the unconsciousness lets them work.**

**12:**

**What kind of understanding? There are several kinds.**



**now.....important for YOU ....here in this moment, in this situation.....**

**Far away in your trance and also/or nearby in the room.**

**You will be here and in the same way you will be not here ...but with yourself**

**So YOU can.....imagine.....for your own personal importance.**

**The unconsciousness will give to you ideas, now, new ones....you want..... you need .....you looking for**

**5. I like this sentence heart from a hypnotherapist:**

**5. “A hypnotherapist says the words which YOUR soul like to hear.”**

**In this sense: What are words, saying to You? Which words your soul like to hear?**

**3.5. You can allow YOUR mind to hear the sentences. You also can allow your soul to hear the words by heart, by soul. Hear it now!**

**13.**

**Also a dissociation between here and there.**

**14**

**Then people are invited to imagine.**

**Imagination is the important chance for people have....to go in trance reality, to build up a future reality.**

**The stage makes them more creative, flexible, associative.**

**15.**

**This sentence has a hypnotic quality because it combines the therapist with the audience and nonlogical intuition with facts.**

**It is also an implication because it is that what a „sentence“ says.**

## 6. Look –

### You have two hands.

Bring them together, fold your hands, clasp one's hands.

The right in the left and the left in the right hand together.

You have also different states: the conscious and the unconscious- bring them also together.

Both - right and left - consciousness and unconsciousness – both are important.

YOU have both hands - YOU have both states.

Next:

### And you are also in different times together.

Always being your history and past - your present - and your future:

You – your way – your soul- your mind- yourself

16.

Focussing the both hands.....

Also a Yes-Set starts.... hands, states, times....

17.

From your hands...to your states... to your times ...to the times... to your life

And in the same way also times of life are combined

Always you are their past, their present and their future. It depends on what they focus on. Here in

trance you can feel them all as it is your being.

18.

Again the focus goes to the individual.

19.

Especially.....



## 2. Your way

Your hypnosis

Your good hypnosis

7. Life is a river – and the riversides

7. Life is a carpet – and its pattern

7. Life is a cloud in the sky – and its possibilities to change

Life is YOURS.

Take the offer to go in this kind of deep hypnosis which is good for you in the moment

2. Especially for this moment,  
especially for you,  
especially for your life  
especially for the moment of your life in this time

20

Listing like a poem with  
„Illiteration“: your..., your..., your..

21.

Again 3 metaphors follow.

Metaphors always  
make the hypnosis deeper  
focus and fix the memory

22.

Here we have different metaphors  
about life

23.

Life is.... 3 comparisons follow  
with different aspects of life.

The things you never have thought until now can now come up in you or things you have still thought appears again.

**8. Maybe like a dream**

But a dream with a finding further way

Stay in your hypnosis until I will count down the numbers from five to zero , to give you an reinduction to come back.

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regain your conscious control, wake up and be happy – it's not nessecary to know why.

24.

Focus on the ideas coming up unconsciously

25.

Focus your way in a dream like way,

26.

which ist also underlined by a voice with a rhythm and a tempo.

27.

There should always be given time for inner work.

Not too long that you don't loose the persons, not too short to interrupt the persons.

28.

Count up in the awakesness.

29.

And at the end a sentence which also brings a little confusion.



**Stay in this good state  
Doing nothings – only rest and be.**

**Trance- Interruption and start  
will deepen this trance.**

**Trance with pictures of nature, of the  
botanic garden of Montreal  
Some of them more focused than others  
And with some suggestion from me**

**Break**

**After this I will explain the principles of  
this group trance for your conscious  
mind.**

**You know: consciousness and  
unconsciousness. Left hand and right  
hand....**

**30.**

**After a trance –Induction it can be good  
to have time for you, not going at once to  
your business as usual.**

**31.**

**Here, the principles of fractioned trance  
works.**

**32.**

**You get a possibility to go in another  
trance with this pictures of the Montreal  
Botanic Garden.**

**They are offered with suggestions.**

**Break**

**The explanation of the techniques of this  
induction**

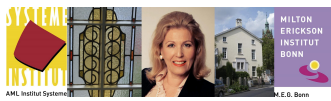
# Some Explanations

Hypnotic content suggestions	Hypnotic Techniques
1. Conscious-Unconscious ...knows...hears	Dissociation
2. You	Focus
3. Understanding words – and understanding the meaning of words for you	Focus and dissociation
4. The question: what is important for today, what important for you	Focus
5. Sentence: the hypnotherapist says the words....your soul will hear.	Implication- Dissociation- Focus
6. Look: You have two hands- two states- several times	Yes-Set – Dissociation- Association
7. Metaphors about lifes	Association
8. Metaphor about trance as a dream	Association
9. Trance Interruption and change to pictures	





Have a good time



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