

HYPNOSIS MASTERS



SERIES

Discover The Underground 'Pattern Recognition Method' True Masters Use To Get People Into Deep Trances Fast AND How To Use Hypnosis For Pain Control, Cancer & Other Serious Diseases



Welcome To The Hypnosis Masters Series

In this series you will be getting interviews and special seminars from some of the worlds best Masters of Hypnosis. Each Master Hypnotist is a specialist in one particular field and will be revealing his or her hypnosis secrets for you.

Meet This Month's Master: Doug O'Brien



Doug O'Brien started his hypnotic career through the NLP world. Early on in his training he came across the legendary Dave Dobson and mastered his unique approach to "other-than-conscious communication."

Doug's "Neo-Ericksonian Approach" focuses on sophisticated pattern recognition and interruption techniques together with Ericksonian style stories and utilisation approaches.

In time he was offered the opportunity of proving the validity of hypnosis in a medical setting when he was invited to take part in a study of complementary approaches in the cardiac unit of New York's Columbia-Presbyterian Hospital.

After several years of this study, only Hypnotherapy and Massage Therapy remained in the experimental new department of integrative medicine. In his role at the hospital Doug helped to create special hypnotic procedures for patients who faced issues like:

- Going in for heart surgery (and other serious surgical procedures)
- Dealing with pain due to their medical conditions
- Facing serious illnesses like cancer
- Needing a radical change in lifestyle to assist their recovery

Doug's work is characterised by a playful sense of humour which he attempts to inject into most of the work he does. Humour is a powerful resource in any situation and one of the secrets to his flexible approach.

Doug's websites is: www.Ericksonian.com

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Seminar Session 1: The Foundations Of Neo-Ericksonian Hypnosis

The Building Blocks Of Neo-Ericksonian Hypnotherapy

Many of the familiar fundamentals behind the new hypnosis schools like NLP & Ericksonian hypnotherapy have been adopted, including:

- Rapport (building comfort & trust)
- Calibration (observing & reading people's signals)
- Pacing & Leading (piggy-backing suggestions onto verifiable realities)
- Utilisation (use whatever the client presents as the hypnotic process)
- Metaphors & Stories

Beyond this, however there are a couple of important concepts that are emphasised:

- Trance is ALWAYS happening – its not a question of getting them into trance but what to do with the trance that they find themselves in!
- We need trance to use Trance Logic – in trance people can exist in a paradox (both frightened & elated, both happy & sad) at the same time.
- We must spot and use people's automatic patterns as the doorways into trance and for making healing changes.

How The Neo-Ericksonian Approach Makes Trance Easy

In the Neo-Ericksonian approach there are lots of simple exercises to demonstrate that trance is happening all the time. Once you spot the trance, you start to add in elements that will allow you to stabilise it so that you can use it with a degree of predictability.

A Simple Trance Exercise

As an example of a simple trance exercise that creates a hypnotic feedback loop:

1. Face your partner
2. Present an identity metaphor: I am a father, lover, killer, potato in the great blight
3. Your partner echoes back the exact language of identity
4. Pause to let it sink in
5. Return to step 2 and run the cycle again for 10-15mins

How To Stabilise Natural Trances

As natural trances emerge you can stabilise them through simple devices like:

- Pauses during the process
- Keeping eye contact
- Lowering the tone of voice
- Slowing the pace of speech

How To Use Dave Dobson's Infamous Pattern Interrupts

Step 1: Learn To Spot Patterns

The first step in using elegant pattern interrupts is to know WHICH patterns exist and then how to use them.

To develop facility in spotting people's patterns you can use many exercises to sensitise your neurology. Here is an example of such an exercise:

1. Person A performs a simple activity: walking, shaking hands, waving hello etc.
2. Person B observes
3. Person B then "cleanly" describes the behaviour, without interpreting what that action might **mean**.

Here is an example of a "clean" description:

"Person "A" lifted his right arm up until the upper joint was parallel to the ground and the forearm was perpendicular to it. He then rotated the forearm so that the inner wrist and palm faced out towards the crowd and pivoted the forearm at the elbow, swinging it in an arc of 20 degrees on either side of the vertical axis in a rhythmical motion"

Here is an example of the SAME action being described in “unclean” terms:

“Sam waved goodbye to the crowd”

Step 2: Stay Out Of Their Content

Clients will often “hypnotise” their therapist into believing the problem is “real” rather than realising that it is just a justification for feeling a certain way. To use people's patterns you have to stay out of what they are saying.

Exercise 1:

1. Stand across the room from your partner (person B)
2. Turn on some VERY LOUD music, so you cannot hear what they say
3. Person B now starts to tell you their problem in 60 seconds
4. Watch all their behaviours and remember them

Step 3: Interrupt The Negative Spiral Of The Pattern With Humour

Exercise 2:

1. Make sure you have Person B's pattern when they are “in the problem”
2. Mimic or act out their behaviours as you talk about something random
3. Once you can do random content, start telling FUNNY stories as you act out their “negative pattern”
4. To make it more elegant still tell an ordinary story with an unexpected but very funny ending

6 Key Insights From Neo-Ericksonian Hypnotherapy

1. “We are Pebble Kickers” (Dave Dobson) – our job is to offer lots of little changes and mini interventions until one of them hits the “sweet-spot” and starts off an avalanche of positive changes.
2. We use Trance Logic (Stephen Gilligan) – the unconscious mind can exist with opposites that contradict each other without needing to resolve the conflict.
3. Don't fear the “Dark Side”, heal it (Carl Jung) – it is in the “shadow” side of our personality where most of our power gets stuck.
4. The Class Of Problems = The Class Of Solutions (Bill O'Hanlon) – each problem has a solution at the same logical level. Bed wetting is about muscle control, learn to control one set of muscles and the others will adjust by analogy.

5. We Goldmine for Meta5s (Dave Dobson) – find little vignette's from a person's life, like skateboarding as a kid, that can be used a resources later.
6. Hypnotic Explaining (Doug O'Brien) – use conversational hypnosis to describe a procedure and actually have them experience it before you officially begin.

Seminar Session 2: How To Use Hypnosis In A Hospital Setting

The Role Of A Hypnotherapist In A Hospital Setting

One of the key things to remember is that in a hospital the doctors, and in particular the surgeons, are kings. To work effectively in that environment it is important to keep your ego low and work with the system rather than expect that the system work around you.

A hypnotist can do a lot of good in a hospital. She can:

- Calm fears and anxieties about being in a setting that many patients find frightening
- Prepare a patient psychologically for surgery
- Boost the healing system to speed recovery
- Help patients make alterations in their lifestyles to promote further healing (diet plans, stop smoking, doing regular physiotherapy etc)
- Diminish or eliminate unnecessary pain

How To Prepare A Patient For Surgery

1. Build rapport from the first moment you enter the room. Little things that empower the patient, like asking for permission to enter the room, can go a long way to placing the patient back in a position of empowerment where they feel they DO have some influence over their own healing process.
2. Orientation Talk: just like a hypnotherapist has a hypnotic pretalk, a hospital setting has a lot of fear triggers and unknowns that the patient has to deal with. The easiest way to prepare a patient's mind is to talk them through all the experiences they are likely to have (intubators, stitches, post-surgery coughs etc.) If you do this using conversational hypnosis, you can eliminate most of the fears and concerns that retard the healing process.
3. Induce trance (use the Dave Dobson Beach Induction if you wish) and prepare the patient for the experiences ahead formally. Make sure to include suggestions about the future after a successful stay & release from the hospital.

An example of the kinds of experiences you need to prepare a patient for before surgery can be found in the sample script on www.Ericksonian.info.

The Dave Dobson Beach Induction

This is a hypnotic process made famous by the infamous hypnotist Dave Dobson. The essential manoeuvres, besides the elegant use of language in it, are:

1. Use vivid imagery in all the senses to bring the experience to life.
2. Utilisation of unconscious responses, by getting it to make choices about the scenery to be experienced.
3. The deepening cycle (counting 1-5) contains both a progressive relaxation training and a loosening of the regular reality orientation. Each count takes the mind through a mini-loop of unconscious awareness as well as physical relaxation.
4. The Early Learning Set – this is a classic from the annals of Ericksonian therapy. By revivifying childhood learning experiences you are preparing the mind to engage in a new learning experience, one in which the person's relationship to the world (i.e. their reality) changes to something new.
5. The suggestion phase presents whatever suggestions that trance requires – whether it is to prepare someone for an extended hospital stay or to diminish pain. These suggestions can be formulated as direct suggestions or using indirect methods.

How To Do Hypnotic Pain Control

General Considerations

Pain has 3 elements to it:

1. Memories of past pain
2. Fears about future pain
3. The actual, present experience of discomfort

By keeping people rooted in the present moment you can eliminate as much as 60% of the person's perception of pain!

How To Keep People In The Present Moment

A simple technique for this is the Betty Erickson Technique:

1. Point out 3 things they can see, then 3 they can hear, then 3 they can feel
2. Point out 2 things they can see, then 2 they can hear, then 2 they can feel
3. Point out 1 things they can see, then 1 they can hear, then 1 they can feel

A Simple Pain Control Method

This method takes advantage of trance logic: you can feel pain AND comfort at the same time. By focusing on the comfort you dissociate from the pain part of the experience and all that is left is the comfort:

1. Explain about the 3 types of pain & train them to stay in the present moment
2. Ask where about the level of pain on a scale of 1-100
3. Ask them to ramp it up by 5 and return it to "normal"
4. Point out that if they can do this without any training, then with hypnosis they must be able to do so much more
5. Induce trance using your favorite method – like the Dave Dobson Beach Trip
6. During the suggestion phase allow them to go to a safe place and give them enough things to keep track of to keep them distracted from the external experience: for some a walk is enough, others need to see boats go by, others might need more: like playing a game or going to a party

How To Work With Cancer Patients

Patients that have been diagnosed with serious diseases like cancer will often need to be helped to come to terms with their mortality. Once this has happened it is much easier to focus on life enhancing trances designed to boost the immune system or other healing activities.

The general principles of that apply for pain control and preparing a patient for surgery still apply here. Remember: you can give hope BUT you CANNOT promise a cure!

A Healing Trance For Serious Conditions

1. Build Rapport
2. Deal with issues & concerns (surgery, fears, etc)
3. Induce trance
4. Take them UP a set of stairs (down stairs can have connotations of death/the underworld for many people that face the very real possibility of dying)
5. Let them construct a safe dreamworld in which to take refuge and heal
6. Present general suggestions about healing
7. Give a post hypnotic suggestion that they can come back anytime they need to by themselves

Meet Your Host

Each month's Interview with a Master will be hosted by Igor Ledochowski, a master hypnotist of international acclaim. He is regarded as one of the world's foremost experts and trainers in conversational or covert hypnosis.

Igor created the Private Hypnosis Club, the world's first community for master hypnotists.

He was the first ever hypnotist to release a full audio course on Conversational Hypnosis, the latest version of which is 'The Power Of Conversational Hypnosis' and is the No.1 best selling hypnosis course in the world.

Igor is also the creator of over 30 other advanced hypnosis Programme. All his programmes are available from:

www.StreetHypnosis.com