Expanding the Possibilities of Self-Hypnosis: From the Medical to the Psychotherapeutic

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Learning Objectives

1. Participants will be able to identify the difference between self-hypnosis and hetero-hypnosis.
2. Participants will be able to explain 2 brief self-hypnosis interventions and be able to teach them to patients.
3. Participants will be able to demonstrate the skill of teaching a self-hypnosis protocol to patients.
A Very Brief History and Literature Survey

- Anton Mesmer (1734-1815) reputed first to use self-hypnosis; he mesmerized himself to treat maladies.
- Emile Coue (1857-1926) Developed it: “Self-mastery through conscious-autosuggestion.”

(Zarren & Eimer, p.79)

Milton Erickson
“Auto hypnosis”
All hypnosis is self-hypnosis.
1948

Section I
Introduction
“Words Change Physiology”  
Dr. Peter Bloom

Hetero-Hypnosis is facilitated hypnosis

Self-Hypnosis: Self-directed trance to accomplish a goal
Why Use Self-Hypnosis for Ourselves?

- To Help Ourselves: to explore, to resolve, authenticity
- To familiarize ourselves w/ our trance experience, phenomena
- Build incisive languaging
- Transfer the learning to clients

Why teach to clients?

- Empowerment, a skill they can use any time
- Lots of applications, used in many ways

Next 1.5 Hours…

- Brief Applications
- "Being Hypnotic"
- Formal Self-Hypnosis
Section 2

Brief Interventions:
1. Breath Anchors
2. Somatic Anchors

1. The Breath: A Somatic Anchor

The Breath as Somatic Anchor

<table>
<thead>
<tr>
<th>INHALE</th>
<th>EXHALE</th>
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<tbody>
<tr>
<td>Strong</td>
<td>Calm</td>
</tr>
<tr>
<td>Deep</td>
<td>Sleep</td>
</tr>
<tr>
<td>Confident</td>
<td>Focused</td>
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</tbody>
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2. Physical Cue as Somatic Anchor

- Somatic anchors
- Leads to:
  1. Somatic Awareness
  2. Self Regulation
  3. State Change

Aladdin & Spiegel
Cultural Considerations

“OK” Anchor

1. Introduce idea and purpose
2. Universal signal - build suggestions around this
3. Provide initial experience in hetero-hypnosis
4. Utilize post hypnotic suggestion (PHS)

(Daitch, p 85, 2007)

And You Might Suggest…

- Before you begin trance or a way to begin evoking trance - Let the tips of your thumb and forefinger touch to form the ‘O’ of the OK, while the remaining fingers flare out.
- “OK, you are safe and secure… Everything is OK right now… Remind yourself that you have the capacity to handle things in the moment, even when it gets tough…”
Variations of Clenched Fist Technique

Simple Version:
Gather up anxiety
(Daitch, p 85, 2007)

Stein’s Clenched Fist
Fist of positive feeling, Dominant
Hand “This is the hand you can depend
on.” (Hammond, 1990)

“Cradling Hands Anchor”
Cradling Self

Image as Anchor
“Yellow Raft”
Beautiful Place Experience

Anchor Vignettes

- Rom: Urge Incontinence
- Developed a Cue: Thumb and forefinger
- Physiological Response: sensation of calm from face down through body
- DKatie: hand lock anchor

Applications of Self-Hypnosis w/ Patients

1. Stress Reduction
2. Fears, Anxiety, Phobias
3. Pain
4. Jaw Clenching/Teeth Grinding
5. Skin Problems
6. Smoking Cessation
7. Weight Loss
8. Self-Confidence
9. Performance Enhancement
10. ANYTHING & EVERYTHING
Section 3

“Being Hypnotic”

1. **Being Hypnotic in Everyday Language** - All language you are using has potential or is hypnotic. Pay attention to what you say, self-talk is hypnotic in itself.


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**What’s the Best Suggestion You Have Ever Given Yourself?**

Take a moment to think about it.

What are the suggestions you routinely give yourself? CB
What Suggestions do you routinely give yourselves? Are they positive? Or not?

What does Shondra Rhymes have to do with Self-Hypnosis? Grey’s Anatomy, Scandal, Ted Talk.

The Year of Saying Yes

The Power of Suggestion
Be Evocative On Your Own Behalf
Use it Often
Sports Psychologist Cindra Kamphoff

- Developing Mental Toughness
- “High Performance Mindset”
- “POWER PHRASES”

Adam Thielen, Vikings Wide Receiver

LOCK IT IN!

Developing Suggestions for State Change

aka: Creating Mindsets
Teaching Formal Self-Hypnosis to Patients

- Separate learning of self-hypnosis from the problem

- Approach:
  1. after introducing hypnosis
  2. after positive trance experience
  3. after exposure to hypnotic phenomena
  4. after development of induction/deepening skills
Before Teaching Steps of Self-Hypnosis

1. Identify the Problem

2. Develop the suggestions

3 variations (5 word limit)
- Stated in positive terms (move toward something)
- Time Contingent (important if using it for tension, pain, etc.) “for the next 2 hours”

QUESTIONS to ask regarding symptoms

• What would you like most to do if you didn’t have this Pain (symptom)?
• How would your life be different without pain?
• What would you be able to do that you can’t do now?
• What do you already do now to make it better?

Questions

• I wonder which part of the pain you would like to change first?
• Is there anything about the pain that you will miss when it is gone?
• Ask patient to draw a picture of their pain, then draw a picture of when it is gone, a picture of comfort. How did you get from pain to comfort?
Continued work on symptom control

- Encourage practice
- Emphasize patient’s control and mastery

The Details

- Teach pain control techniques
  - Relaxation and general imagery AND specific imagery for pain control
  - Utilize patient’s imagery and language
  - Visualize future success
  - Address anxiety as well as pain
  - Generalization of technique to other situations

Pain Management Techniques

- Distancing from Pain
  - Taking a vacation and leaving pain behind
  - Staying put and floating pain away
  - Staying put and separating from the pain, becoming an observer in the experience
Continue management techniques

- Distraction and Redirection
  - Involvement in pleasurable fantasy/memory
  - Internal - mental work
  - External - shift to external focus

- Selectively attend
  - Information has already been received
  - Ignore the alarm

Pain Management Techniques -
Directing Attention to Pain itself

- Pain - switches, dials, scales. Can you move them?
- Give pain a shape and color and then change it
- Displacement to some other less bothersome body part
- Symptom Substitution
  - less noxious than presenting pain
Pain Management Techniques

- Hypnotic Dissociation
  - Body Disorientation - patients induced to experience themselves apart from their bodies
- Time Distortion
  - reorient patient to a time earlier in illness when pain was less
  - shorten duration of pain
  - lengthen interval between pain

Pain Management Techniques

- Hypnotic Dissociation
  - Glove anesthesia
  - Analgesia

Trade Sensations & Emotions

- Burning - Warm
- Pounding - tapping
- Stabbing - pressure
Pain Management Techniques

- Reframing and Reflecting
  - Separate pain from hurt
  - Connect to the Comforter

- Reframing and Reflecting
  - Release and Rework
    - Anger, Anxiety
    - Grief
    - Self-esteem

- Uncovering - explore the meaning of the pain
  - Free association
  - Age regression
  - Affect bridge
  - Hypnoprojective
1. Entering Trance
2. Intensification
3. Suggestions
4. Re-orient

Self-Hypnosis Steps

1. Develop an Entry Cue to go into Trance
   Two Deep Breaths, inhaling through nose, exhaling through mouth OR Deep Breath and Hold (as long as possible), Exhale. Add an image or a magic word.
   2. Count 100-95 (not so fast you can’t catch your breath, not so slow your mind wanders)
   3. Suggestions

Two Versions- Choose 1

1. Garver’s Counting Protocol -
2. Imagery based elicitation of self-hypnosis

Garver’s Steps
4. Count down from 95-90
5. Exit cue: As simple as counting out 3-2-1. Alert, refreshed, fully oriented.
   • Garver: The breathing and counting occupy the conscious mind
   • The counting bookends the trance
   • Let it be...

Step 1: Eliciting Trance (Induction)

• Thumb & forefinger cue
• w/ 2 Deep Breaths, inhaling through nose, exhaling through mouth
• OR Deep Breath and Hold x 2 (as long as possible), Exhale.
• Optional: Add an image or “Magic Word” - Special Place of ____________.

Step 2: Intensification

• Counting and breathing occupy the conscious mind
• 100-95
• Or Instead: Use imagery. Find your special place where this important work occurs, place where your unconscious mind comes to your aid
Suggestions

Re-orient

• Count down from 95-90
• Slip in a suggestion
• Re-orient 3,2,1. add body movements, suggestions
  - feeling refreshed, alert, etc.

Imagery Trance Elicitation
Special Place or Place where I do my work
After Designing Protocol of 4 Steps

1. Do it themselves in your presence (only give reminders if necessary)

2. Repeat w/ the Suggestion to Go Inside and do it again, imagining where at home they will be doing it.

6. Check in regarding final questions, etc.

7. Follow-up Next Session: “How’d it go?”