

ASCH Virtual Regional Workshop
January 23/24 & 30/31, 2021

Baseline Hypnotic Self-Assessment: Examining My Presumptions about Hypnosis

A central goal of this workshop is to help us as clinicians step up a level in comfort, proficiency, and awareness of the nature of the conditions presented by our clients/patients. A second goal is to examine our biases and presumptions about the nature of clinical hypnosis. The result is an advanced understanding of what it is we are asked to treat, what role hypnosis plays in that treatment process, and how shifts in the way we frame conditions and treatment approaches, with and without hypnosis, can powerfully impact our clinical outcomes and client/patient's satisfaction.

What follows are paraphrased questions I have been asked by clients who learned that I am trained in clinical hypnosis. Look over each question they posed. Pick several that pertain to your practice. Then, ask yourself the questions that follow. Make note of your responses so we can discuss them together as a group.

Client Questions:

1. "Since I have been abstinent from heroin, I started to walk in my sleep, raid my refrigerator at night, and prepare things to eat. I do it without any awareness that I am doing this. I find what I've done in the morning. Can hypnosis help me stop this?"
2. A nine-year-old referred to me for her pattern of trichotillomania asked, "Are you going to 'hit-no-tize' me like Shaggy (on Scooby-do)?"
3. "My gastroenterologist said I should see you for my IBS. I don't understand why he sent me, and I am not sure that hypnosis can even work. Isn't that just saying my problems are in my head?"
4. "My therapist said hypnosis could help me remember when my brother started to abuse me. Can you help me to remember that?"
5. "In my new role at work I have to do more presentations. I like the promotion but get panicked if I must give presentations. Will you do hypnosis to help me like to give talks?"
6. "We get into these 'stupid' arguments with each other. They are destroying our relationship."
Her: "Can you hypnotize him to be calmer?" Him: "Can you hypnotize her to stop being so picky?"

Clinician Questions:

1. What part of the mini scenario captured your attention?
2. Did the response you began to formulate focus on:
 - a. Providing evidence-based information
 - b. Focusing on the client/patient's apparent level of distress
 - c. Responding to the implicit bias of what hypnosis is going to "do"

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- d. Bringing to mind treatment efficacy details you've learned pertaining to the client's overtly presented concern?
- e. Beginning to consider questions about the client's history
- f. Consider what problem(s) the presenting concern may be seeking to solve
- g. Gauge qualities of the interpersonal relationship demonstrated and expressed by the client/patient and clinician in the opening moments of the encounter
- h. All of the above
- i. None of the above. My main question or focus wasn't listed. My question was:

Thank you!