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Facilitating EMDR with Ericksonian Hypnosis

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Facilitating EMDR with Ericksonian Hypnosis

- Content of workshop:-
- Styles of Hypnosis
- Milton Erickson – biography
- Modelling Erickson’s therapeutic patterns – key principles
- Key elements of hypnotic language
- Exercises
- Sources and recommended reading



Use of Ericksonian Hypnosis in EMDR

- History taking, Preparation and Processing phases.
- Builds rapport and trust.
- Helps client to relax (window of tolerance).
- For Resource Installation.
- Use as interweave when processing is blocked. Combine with body interweaves (one/two hands).
- Shifts blocking beliefs, ambivalence.
- End incomplete processing session.

Styles of Hypnosis

- **“Traditional” :-**
- **Authoritarian Approach to client**
- **Direct Induction**
- **Trance: Deep**
- **Structured and can be scripted**



Styles of Hypnosis



- **“Ericksonian”**
- **Permissive**
- **Indirect Induction**
- **Trance: Light or Deep**
- **Conversational**



Milton Erickson – Brief Biography

- Lived 1901 – 1980, polio twice.
- Practising psychologist and psychiatrist.
- Founding president of American Society of Clinical Hypnosis.
- Published > 100 books, articles, papers.
- Pioneered “naturalistic” induction techniques, hypnotic utilisation, metaphorical and sub-conscious communication and the use of behavioural tasks in order to effect change.

Modelling Milton Erickson

Key Patterns:-

- Sensory Acuity
- High Level of Rapport
 - Content (Accept client's beliefs)
 - Behavioural (Match predicates and match non-verbal components)
 - Cultural (Accept client's model of world)
- Behavioural Flexibility – makes it possible to “lead” the client



Modelling Milton Erickson

- **Key Patterns:-**
- Interventions are directed towards clients doing things out in the world which will provide learning experiencing/change
- An orientation towards the future – clients can become resourceful and autonomous
- Use of Humour
- Use of Metaphors and Teaching Tales
- Principle of Utilisation

Hypnotic Language Patterns

- **Ambiguity creates Trance**
- **Indirect Suggestions:** *I'm wondering if...*
- **Presuppositions:** *You are learning many things.*
- **Embedded Commands**
- **Yes Sets:** *You are sitting here, breathing, probably thinking about certain things.*
- **Truisms (about time, sensations):** *In a moment you are going to blink.*

Hypnotic Language Patterns

- **Not knowing, not doing:** – a type of paradoxical suggestion
- **Open-ended suggestions:** *We all have potential that we're unaware of and we usually don't know how it will be expressed.*
- **Covering all possible responses** *Soon you'll find a finger moving a bit. It can move up or down, or sideways, slow or quick, or not at all. As one of these will happen, it becomes a convincer for client.*

Hypnotic Language Patterns

- **Questions to facilitate new response possibilities** - can be combined with:
- **Double binds:** *Would you like to go into trance now or later?*
- **Compound Suggestions:** Association (*With every breath you take you become more aware of the natural rhythm of your body*); If...then statements; Negatives + Until (*You don't have to go into a trance until you're ready. And you won't until your Unconscious mind is ready.*)

Hypnotic Language Patterns

- **Tentative Language:** *I wonder if you would be willing to suspend belief....just for a moment....*
- **Tag Questions:** *You can try, can't you..*
- **Generalisations:** *Sooner or later; all the things; one way or another, one, people, they.*
- **Extended quotes**
- **Utilisation:** work with everything that happens, or that the client says.



Hypnotic Language Patterns

- **Paradoxical Instructions:** *Now, I don't want you to go ahead...yet... close your eyes only when you are totally ready to relax and let go...*
- **Deletions:** *And it's a good thing to wonder. ..and you can. And it's much more useful..*

Hypnotic Language Patterns

- **Ambiguities:-**
- **Phonological:** *You can hear that here*
- **Syntactic:** *they are visiting relatives*
- **Punctuation:** *I want you to notice your hand me the box*
- **Incomplete sentence:** *I know that you expect...*
- **Pause at unexpected place:** *As you read this....book, you'll learn new techniques*

Embedded Commands

- An embedded command will be enhanced by the use of a special 'marker'.
- Markers:-
 - **Spatial**
 - **Tonal**
 - **Pause**
 - **Use of person's name**

Embedded Commands - example

- *"You don't need to go into trance right now."*
- An embedded command can be combined with punctuation ambiguity:-
- *"I want you to tell me only the things you want to tell me everything."*



Enhancing the hypnotic message

- **Speak key words as client breathes out**
- **Sentence structure: a question spoken with intonation of a command**



Metaphors and Teaching Tales

- Tailored to the client
- Stories – can act as a pattern interrupt
- Themes about learning change/relationships between people/understanding/revelations
- **Nested loops** – a sequence of multiple metaphors/stories nested in each other



How Nested Loops work

- Tell most of metaphor 1.
- Break off the story at an interesting point – leave the loop open.
- Tell most of metaphor 2.
- Break off as before – leave loop open.
- Close each loop in reverse order.
- This also takes the person out of trance.



Workshop Exercises

1. Practise hypnotic language and embedded commands
2. Practise using “markers”
 1. Use these in a story/metaphor



Sources and Further Reading

- Tad James, PhD (2000). Hypnosis: a comprehensive guide, Crown Publishing.
- David Gordon & M Meyers-Anderson (1981), Phoenix, Therapeutic Patterns of Milton H Erickson, Meta Publications.
- Sidney Rosen (1982). My Voice will go with you: the Teaching Tales of Milton H Erickson, Norton.
- Rubin Battino, MS & Thomas L South, PhD (2005) Ericksonian Approaches: A Comprehensive Manual, Crown Publishing.

Sources and Further Reading

- Authors who worked with Erickson:
- Jeffrey Zeig, PhD
- Ernest Rossi, PhD – editor/co-editor of Collected Volumes I – IV
- Also books on modelling patterns:-
- R Bandler
- J Grinder