

Hypnosis for Pain Management

APA

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Importance of Story:

The stories that people have about their lives determine the ascription of meaning to experience.

• They determine those aspects of experience that are to be given expression.

Stories are constitutive or shaping of people's lives.

The lives of people emerge and evolve as they live through and perform these stories.



Creating a metaphor

FINDING THE ‘YES’

Creating a metaphor

- Sensory System

| Strongest Sense |
|-----------------|
| Auditory |
| Visual |
| Kinesthetic |
| 'Sixth' sense |
| Olfactory |
| Taste |

Creating a metaphor

- Nested behavior:

Who, what, when,
where, why?

Strategies

Environment

Organizational or
systemic purpose

Behaviour

Belief/Value

Highest Purpose

Creating a metaphor

| Visual | Auditory | Kinesthetic/Feeling |
|---------------------------|-----------------------|---------------------------|
| Black and white or color? | Loud or soft? | Strong or Weak |
| Near or Far? | Near or far? | Large area or small area? |
| Bright or Dim | Internal or external | Heavy or light |
| Location | Location | Location |
| Size of picture | Stereo or Mono | Smooth or rough |
| Self in picture? | Fast or slow, pauses? | Constant or intermittent |
| Focused or defocused | High or low pitch | Hot or cold |
| Framed or unbound | Verbal or tonal | Size |
| Movie or still | Clear | Vibration/pressure |
| | | |

Creating a metaphor

| Meta Model | Milton Model |
|----------------------|-----------------------|
| Delete: | Loud or soft? |
| Near or Far? | Near or far? |
| Bright or Dim | Internal or external |
| Location | Location |
| Size of picture | Stereo or Mono |
| Self in picture? | Fast or slow, pauses? |
| Focused or defocused | High or low pitch |
| Framed or unbound | Verbal or tonal |
| Movie or still | Clear |
| | |

Creating a metaphor: Meta Model

- Deletions
 - Simple: “I am mad.” Question: About what?
 - Unspecified referential index: “They rejected me!” Question: Who did, what was rejected.
 - Comparative deletions: “They are telling me I am the worst!” Question: Compared with whom?
 - Unspecified Verb: “They embarrassed me!” Question: How?
 - Nominalizations: e.g. depression. “My depression made me do it!” Question: What is your depression?

Creating a metaphor: Meta Model

- Generalizations

- Universal qualifiers: “My sister hates everything I give her.”
Questions: “□Everything? Can you think of one time she liked something?”
- Modal operators of possibility or necessity: “I can’t do it. I must just accept that.” Question: “What would happen if you did do it? What would happen if to didn’t just accept it?”

Creating a metaphor: Meta Model

- Distortions

- Mind Reading: “My sister THINKS I’m a lousy daughter.”
Question: How do you know?
- Lost Performative: “That’s the RIGHT way to get ahead in the APA!” Question: “According to whom? How do you know?”
- Cause-Effect: “When he talks to me that way I disappear.”
Question: “How do you disappear?”
- Complex Equivalence: “He didn’t kiss me good by so he doesn’t love me any more.” Question: How does that work?

Creating a metaphor: Meta Model

- TIP!: Never ask why, rather, ask HOW.

Creating a metaphor: Milton Model

- Language Patterns - similar concerns to the meta model, but using the fact that they are common mental habits to encourage the client.
 - Mind Read: “I know you believe in wellness...” (General, easy to believe, creates a ‘yes’).
 - Lost Performative: (Expert undefined). “Breathing is good for pain.”
 - Cause-effect: “IF you can listen to the swish of the leaves, THEN they will tell you many things about lowering pain.”
 - Complex Equivalence: “Just being in this group means you can lower your pain level.”
 - Presupposition: (That you will do something) . “Will you change your attitude NOW or LATER?”

Creating a metaphor: Milton Model

- Language Patterns - similar concerns to the meta model, but using the fact that they are common mental habits to encourage the client.
 - Universal quantifier: {Generalizing) “EVERYONE in this room is capable of changing their behaviour. ALL your dreams are possible.”
 - Modal operator: (Words refer to possibility or necessity) “You CAN make choices. You MUST resolve this issue.”
 - Nominalization: “You can obtain new UNDERSTANDINGS. Your DEPRESSION can leave you.”
 - Unspecified Verb: (Action implied). “You have OVERCOME THE CHALLENGE.”

Creating a metaphor: Milton Model

- Language Patterns - similar concerns to the meta model, but using the fact that they are common mental habits to encourage the client.
 - Tag Question: (To soften resistance). “Your perception of life is changing, isn’t it?”
 - Lack of referential index: “People can change.”
 - Comparative deletion: (Unspecified comparison). “You will enjoy IT more. THAT ONE is better.”
 - Pace current experience. “You are reading this book.”
 - Double bind: “You might not absorb everything today but over the next few days it will start to make sense?”
 - Embedded Commands: “I will not suggest to you that CHANGE IS EASY.”

Creating a metaphor: Milton Model

- Language Patterns - similar concerns to the meta model, but using the fact that they are common mental habits to encourage the client.
 - Conversational Postulate: “Can you OPEN THE DOOR?”
 - Extended Quote: Quoting someone else as saying the thing you want to say, “An elder once said, “Be with others the way you would like them to be with you.”
 - Selectional restriction violation: “The earth holds you up as you make changes.”
 - Lack of specificity: “Your (you’re) changing mind.”

Creating a metaphor: Milton Model

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