

easy hypnosis

a common everyday approach after Erickson

with Dr Rob McNeilly

easy hypnosis - an introduction

- hypnosis has had weird associations
- Erickson spoke of “the common everyday trance”
- we can think of hypnosis as an extension of this
- we can describe it as
 - an experience
 - with focus and absorption
 - that we mutually agree to be hypnosis

easy hypnosis - an easy recognition

- look around and see multiple examples
- in others - watching TV etc
- in yourself - reading a book etc
- this releases us from questions of “hypnotisability” and “depth”

easy hypnosis - an easy beginning

- ask someone what they like to do
- invite them to recall or imaging doing that
- invite focus and absorption
- comment on any spontaneous signs of trance

easy hypnosis - an easy direction

- ask someone what is missing for them, that if they had it, they would be OK
- knowing what's missing lets us all know what we are looking for
- this makes it more likely that we will find it

easy hypnosis - an easy way of finding what's missing

- we can invite someone into a focused absorbed experience of doing something they like
- we know that this is a resourceful state
- we know what we are looking for - what's missing
- we can expect to find it in this experience

easy hypnosis - an easy way of connecting with a missing resource

- a client may make the connection spontaneously
- we can state “the problem is the same as the likes”
- we can ask “How is what you like relevant to the problem?”
- we can evoke a process of learning - learning the likes is the same as learning the solution

easy hypnosis - easy feedback

- during the experience we can ask “What’s happening?”
- at the end of the experience we can ask “What’s different?”.
- if quantifying is appealing, we can use Scott Miller’s ORS & SRS

easy hypnosis - a disclaimer

not everyone is going to be easy
not every problem can be resolved easily
starting easy can make easy more likely

“Many scholars have made the Buddha’s teaching complicated and difficult to understand. But the Buddha said things very simply and did not get caught up in words. So if a teaching is too complicated, it is not the sound of the Buddha.”

Thich Nhat Hanh



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