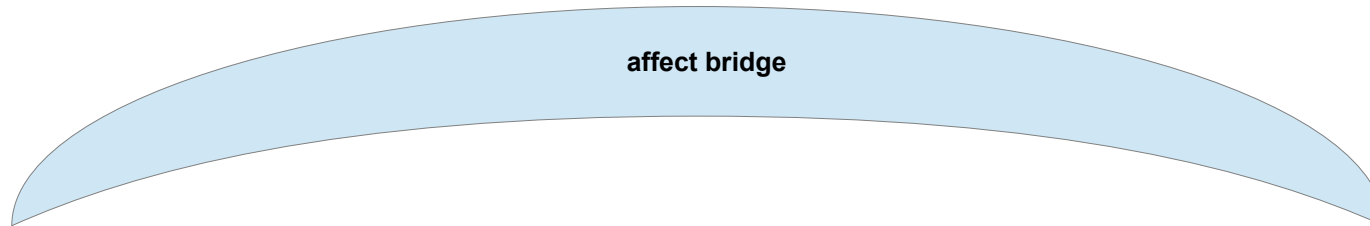


Affect bridge for restructuring problem-triggering experiences

Clarifying the genesis of the unpleasant feeling in hypnotherapy:
 Mission to the unconscious, to seek the ISE.
 A handlevitation can indicate when the ISE has been found



| starting point | final sensitizing event (FSE) | subsequent sensitizing events (SSE) | initial sensitizing event (ISE) |
|----------------------------------------------------------|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|
| unwanted behaviour, connected with an unpleasant feeling | event that the client consciously perceives as a trigger/cause ("drop that has overflowed the barrel") | further situations with similar problem constellation, in which the original situation causing the problem is repeated for the patient and thus solidifies the problem | the original, problem-triggering moment, the problem first arose |

| exploring the ISE | generation of resources | reconstruction of reality | backup |
|--------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| using dissociative modus (external perspective, only seeing and hearing) | change the situation, so a good end is found - What resources does the former self need to bring the situation to a good end? - Has the person been able to solve the problem in a different context? - Are there models from which a problem solution can be copied? - Who can help the former self to master the situation (e.g. client as an adult, other adults at that time, a helping figure, the therapist)? - What can't be solved / can't be solved in time, give in safe, possibly amnesia prescription, work on in another framework | re-experiencing solving the problem in associative modus (internal perspective, all five senses) | if the problem has dissolved emotionally for the client, his hand lowers again |

Cave: It is possible client remembers a severe trauma. Therefore, in order to use this method, it is necessary for the therapist to have the necessary skills to respond appropriately to the discovery of a severe trauma in trance.