

## Overview: Possible Interventions

level of intervention	indication	intervention	ressource
<b>goal</b>			
hypnotherapeutic goal determination	concretising the goal in a sense-specific way and find out possible means	goal progression  How do I see myself seeing me with the desired weight?	Martin, Becker
Setting realistic goals	changing unrealistic or self-damaging targets	(Motivational Interviewing)	Toman
		(Psychoeducation about weight and health)	Toman, Wirth, Klotter
		Exploring which changes the unconscious supports. Are there unconscious resistances?	Using ideomotoric signals
self-esteem and identity	Influencing the link between weight and self-esteem/identity	self-acceptance	Becker
	Avoiding things one would do if one had reached one's desired weight	What does the person have to be like to fit the desired weight?	Background: Klotter  miracle question
		contract with oneself to live now as if the goal has been achieved. At the same time work to eliminate the causes of the problem.	contract with the unconscious (as done in treatment of exam fears)
<b>conflicts</b>			
problem as an attempt to find a solution	settling conflicts	ball induction: one side wants to lose weight and the other side wants no change	(Rossi, Hypnocurriculum M.E.G.)
		finding another solution to the problem	Becker
symptom as a message	negotiating with the symptom	personalizing the problem	Meiss, Hypnocurriculum M.E.G.
		committee meeting	Alman
Decoupling food and emotions	eating to regulate emotions: e.g. boredom, frustration, anger, grief, fear.	rectifying mixed things  clarification of feelings of guilt	strategies of anxiety treatment by Paul Janouch (in Revensdorf & Peter)
		Putting down loads, leaving weight behind	Becker Egeling & Egeling

<b>traumatic experiences</b>			
identifying and handling sensitizing events	unprocessed traumatic experiences  unwillingness to physical activity due to freezing after stressful experiences	affect bridge  age regression  work with inner parts  interior child work	Brett
<b>interrupting patterns</b>			
perception	changing triggering stimuli through posthypnotic suggestions	assigning new meanings to triggering stimuli  aversion, disinterest  anchoring mindfulness in eating behavior hypnotically	Alman  Stock  Egeling & Egeling Alman
motivational support through metaphors	supporting proximity and avoidance goals	contrasting positive and negative images (favorite animal, travel party, two wolves)	Martin, Becker Egeling & Egeling
changing irrational beliefs and negative self-verbalisation	negative beliefs blocking change  using Models	find out and overwrite negative self-verbalisations  establish helpful figures	Stock, Becker  Stock
change in the perception of hunger and saturation	hypnotherapeutic modification of physiological processes	metaphor of a control center where the correct switches are flipped now  gastric band dissolving the fat cells	Martin, Becker,  Egeling & Egeling
behavior	influencing eating behaviour, movement patterns, stress coping patterns	anchor posthypnotic suggestions for behavioural modifications	Stock, Becker, Alman
management of consequences	establishing short feedback loops	small observable steps	Martin, Becker, Alman
dealing with relapses constructively	changing negative self-verbalisations concerning renewed weight gain	thought transformation	Becker