Ericksonian Dynamics

Learned limitations
(blocked resources and potentials)
- mental sets
- frames of reference
- belief systems

personal history
character
emotional dynamics
field of work
interests
hobbies
mindsets
NLP rep systems
metaphors
eye accessing cues

Utilisation

- of behaviours or thoughts that dominate client
- set up **anchors** for accessed states
- set up seeds (process associations)
- recognise and use **creative moments**
- clean language – use client's own **metaphors**
- utilise **resistance**, go with it

Preparation

- loosen frames of reference & belief systems
- build **expectancy**
- enhance hypnotic **responsiveness** (yes sets)

Therapeutic Trance

- shock
- surprise
- confusion
- doubt
- disequilibrium

focus attention inwards

- fixation of attention
- depotentiate habitual frameworks & belief systems
- unconscious search
- unconscious process
- hypnotic response

- indirect suggestions
- interspersal
- focussing
  - associative
  - ideodynamic
- truisms utilising ideodynamic process
  - ideomotor
  - ideosensory
  - ideoaffective
  - ideocognitive
- truisms using time
- not knowing not doing
- open ended suggestion
- covering all possibilities
- questions increasing responsiveness
- compound suggestions
  - yes set
  - contingent suggestions
  - apposition of opposites
  - negation
  - shock, surprise & creative moments
- implication & implied directive
- binds & double binds
- metaphor

Anchor

- voice, tone
- focus through client to talk to unconscious

Resistance

- pace, lead, **utilise**
- **question unconscious**
- left hand yes, right hand no
- emphasise **separation of minds**

Ratification of Trance

- an experience
- ratify change
- new responses still in fragile development
- initiate **post hypnotic** E - Zeigarnic Effect

Post Hypnotic Suggestion

- Fix attention / yes set / pacing
- associate indirect suggestion
- utilise personality
- associate with future pacing
- initiate expectation for surprise

- break state
- post hypnotic amnesia
- resort back to earlier discussion
- initiate expectation for change
- new learnings, etc.