

Psychodynamics

The four main steps to help a client remove a presenting problem:

1. The use of post-hypnotic suggestions and guided visualisation – assuming the client has made the decision to change and has the desire, often this is enough to “tip them over the edge”. The client runs future images of themselves being successful, having made the desired changes, feeling the resultant emotions of success and having the therapist’s post hypnotic suggestions reinforce the desired shift.
2. Eliciting the root cause of the problem – bringing the limiting decision or source of the problem into conscious awareness usually helps the client release the issue, and it is often sufficient to do this alone.
3. Release or dissolve the issue – when the root cause is associated with the presenting problem, hypnotic techniques such as guided imagery, Time Line Therapy, Parts work and others may be required to heal that issue within the client.
4. New understanding and new learning's – whereby the client reframes the situation and sees “new light through old windows”, both at the conscious logical level that rationalises the past, and at the unconscious level which feels differently about the past.

For eliciting the Root Cause of a problem **directly from the Unconscious Mind**

Set up Ideomotor Signalling – Pendulum, Finger Signals, Living Pendulum

ASK – “Is it the following?” Yes or No.

1 SELF – PUNISHMENT

- beating the client because they did something wrong
- Forgive themselves, clear guilt
- If there’s resistance, CAP, Parts, Ho’o Pono Pono or Regression

2 PAST EXPERIENCE

- a past painful SEE or incorrect conclusion
- Treat as a Limiting Decision, use Regression, Scramble Pattern

3 INTERNAL CONFLICT

- the problem prevents the client doing something they want to do but shouldn’t
- Parts, make new agreements

4 PSYCHOSOMATIC SYMPTOM

- symptom produced by Unconscious Mind to get the Conscious Mind’s attention
- Elicit the real issue
- Refer to Louise Hay book and MP healing Interventions
- Treat as a Limiting Decision and run Healing Paradigm

5 SECONDARY GAIN

- The presenting problem contains reward or a payoff [though the payoff may be less than the pain suffered by the client] such as protection, significance or excitement
- Parts, Limiting Decision, Regression
- Elicit positive payoff and then use Feeling Connection to track it back

6 IDENTIFICATION

- Client is emulating a hero or loved one

7 IMPRINT

- belief implanted by a figure in authority
- Regression, Limiting Decision, Parts, Ho’o Pono Pono