

Annual Meeting 2016 Danish Society of Clinical Hypnosis
Meet the Diversity of the European Hypnosis

**Transforming Patient's Stories into
Therapeutic Intervention**

Consuelo Casula
ESH President (2014-2017)

12.-13. March 2016
DGI-byens Hotel, København

Consuelo C. Casula

Graduated in Philosophy

Specialized in Psychology, in Hypnosis

Private practice, Milan, Italy

Board Member of SII (Società Italiana di Ipnosi)

Board Member of the International Society of
Hypnosis(2009-2018)

President of the European Society of Hypnosis (2014-2017)

XIV ESH congress

hosted by

**British Society of Clinical
& Academic Hypnosis (BSCAH)**

23rd – 26th August 2017

www.esh2017.org



Hypnosis – unlocking hidden potential

The value of hypnosis in communication, health and healing in the 21st century



My Masters



Mara Palazzoli Selvini



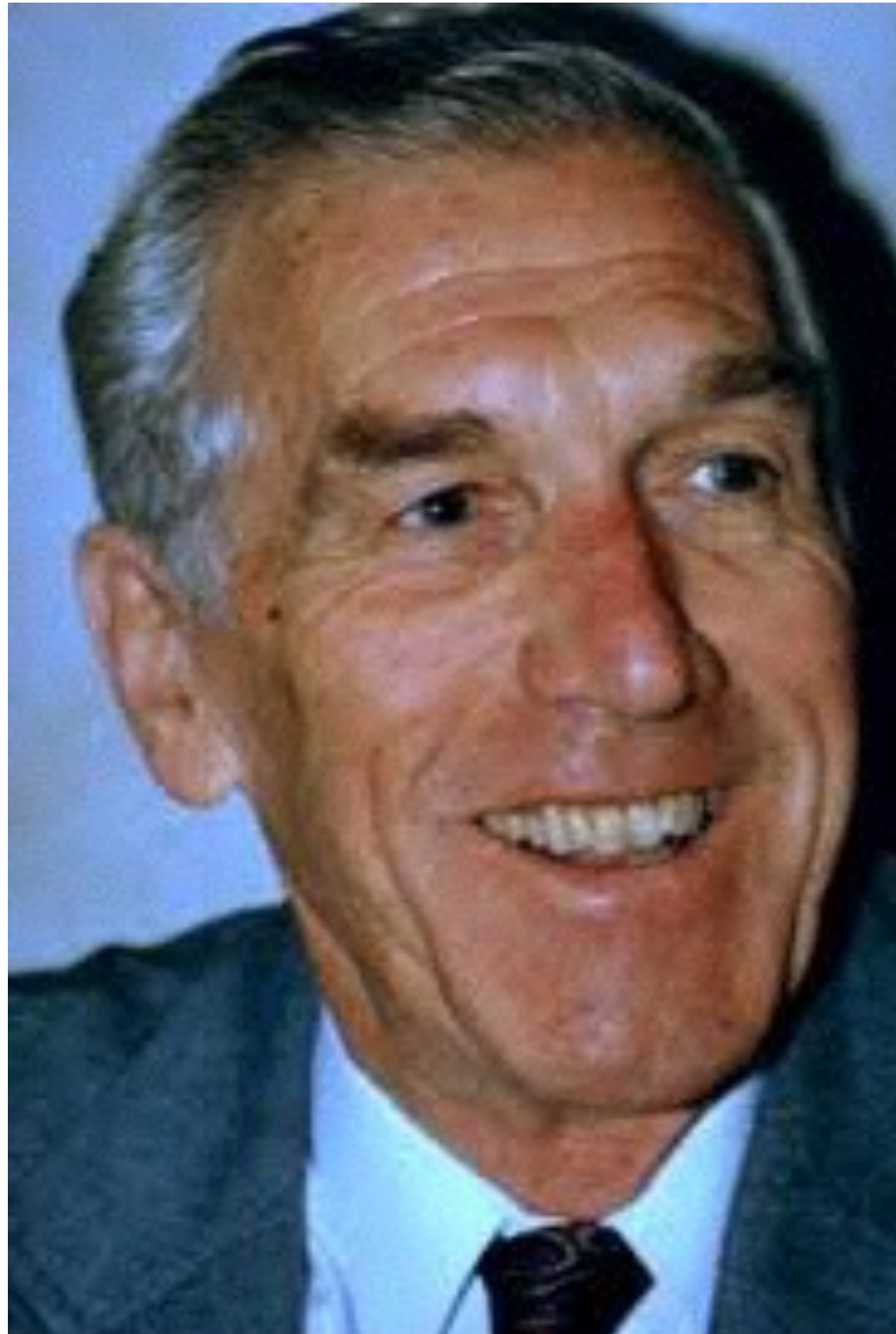
Gregory Bateson

Systemic Approach



Paul Watzlawick

Pragmatic Approach



Jay Haley

Strategic Approach



Kay Thompson

met at Hypnosis and Family Therapy Conference,
Rome, 1985



Milton Erickson Foundation Congresses from 1986



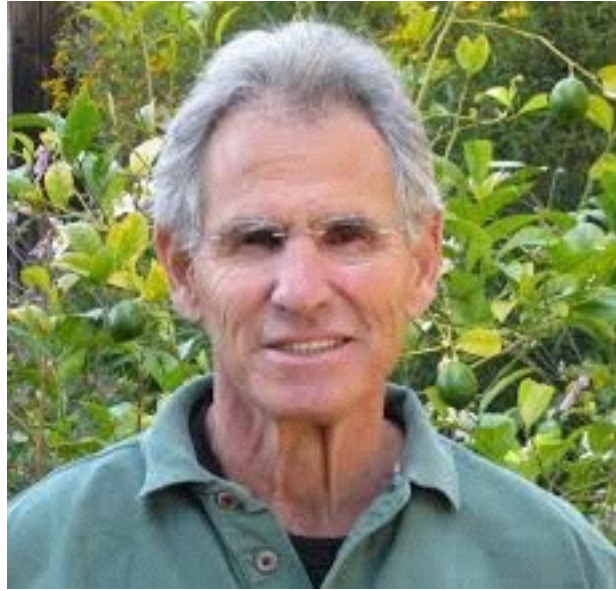
Jeff Zeig

Somatic Experiencing



Peter Levine

Mindfulness



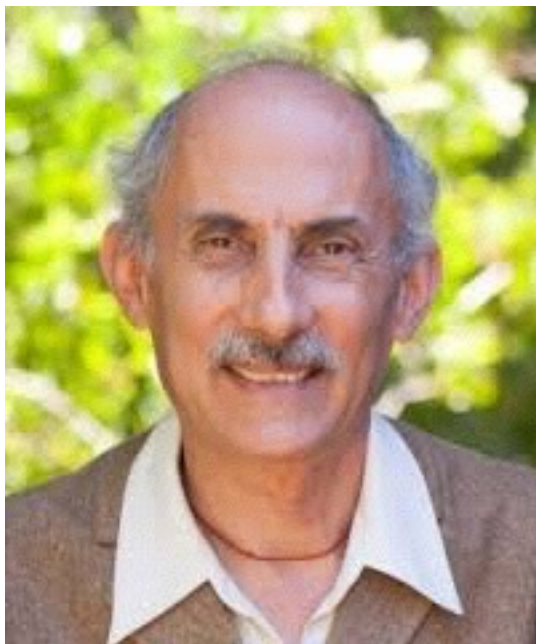
John Kabat-Zinn



Daniel Seigel



Tara Brach



Jack Kornfield



Michael Yapko

My Books

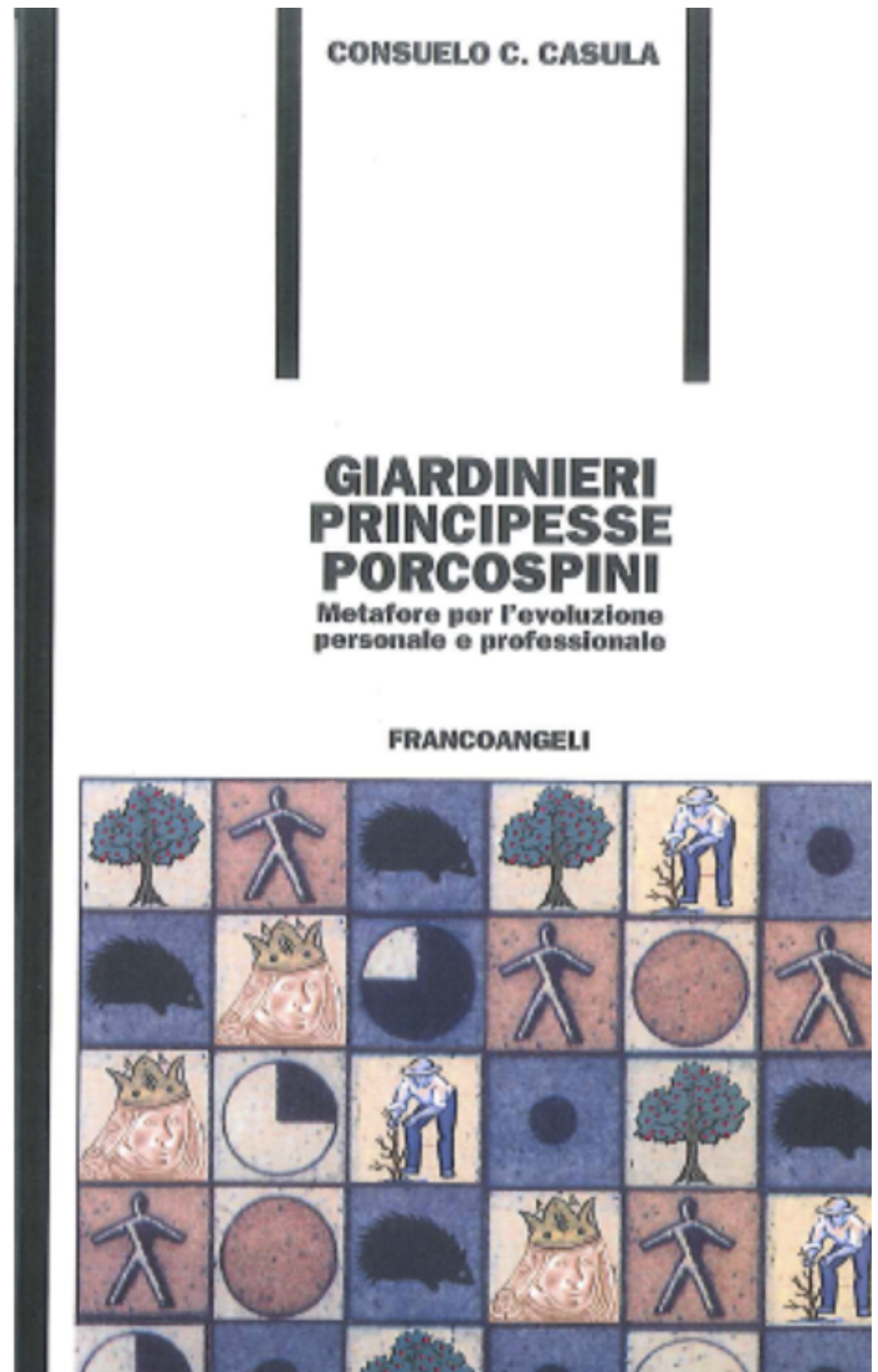
Schopenhauer's Porcupines: How to Design and Lead a Training Group

Milano, 1997

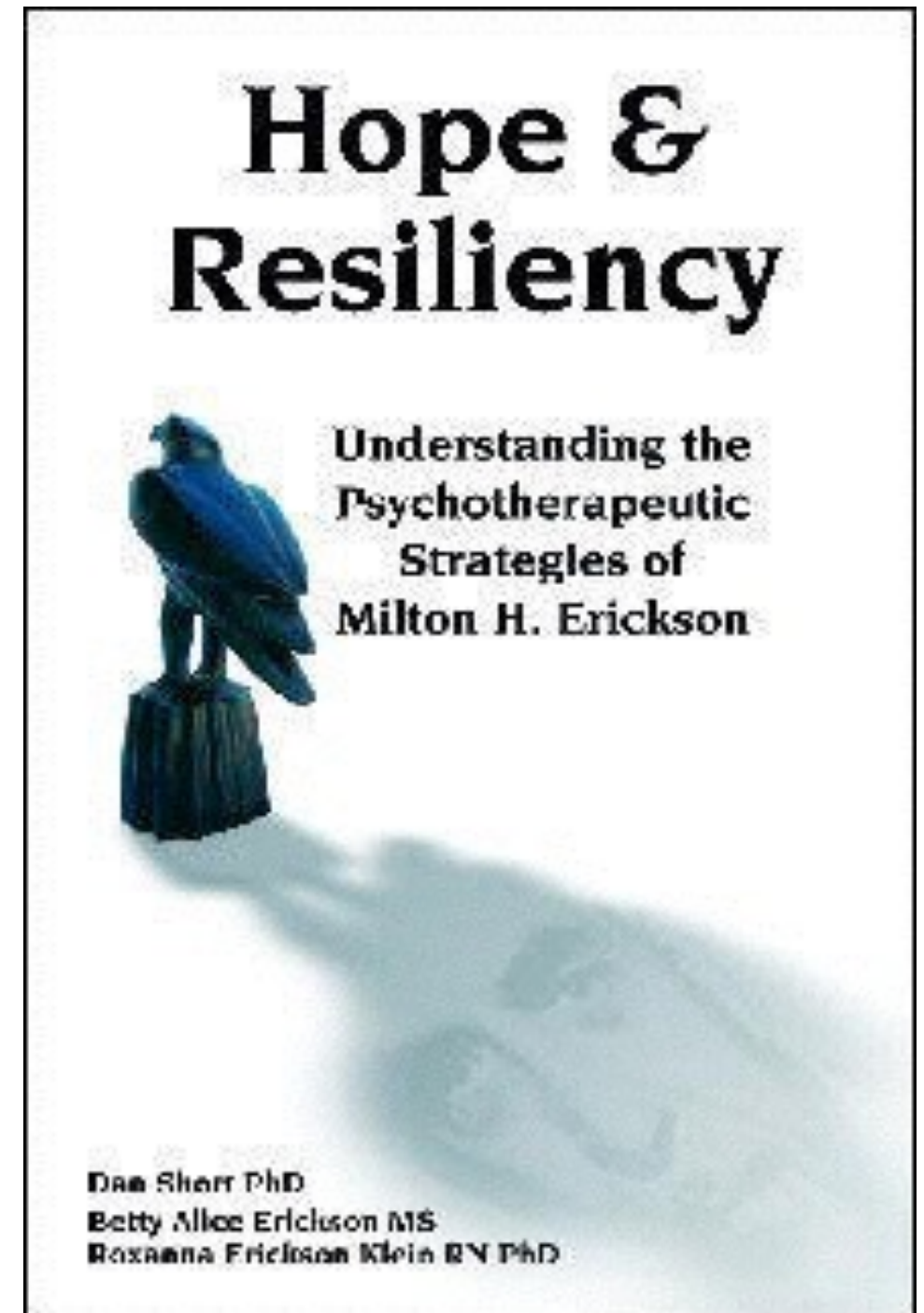
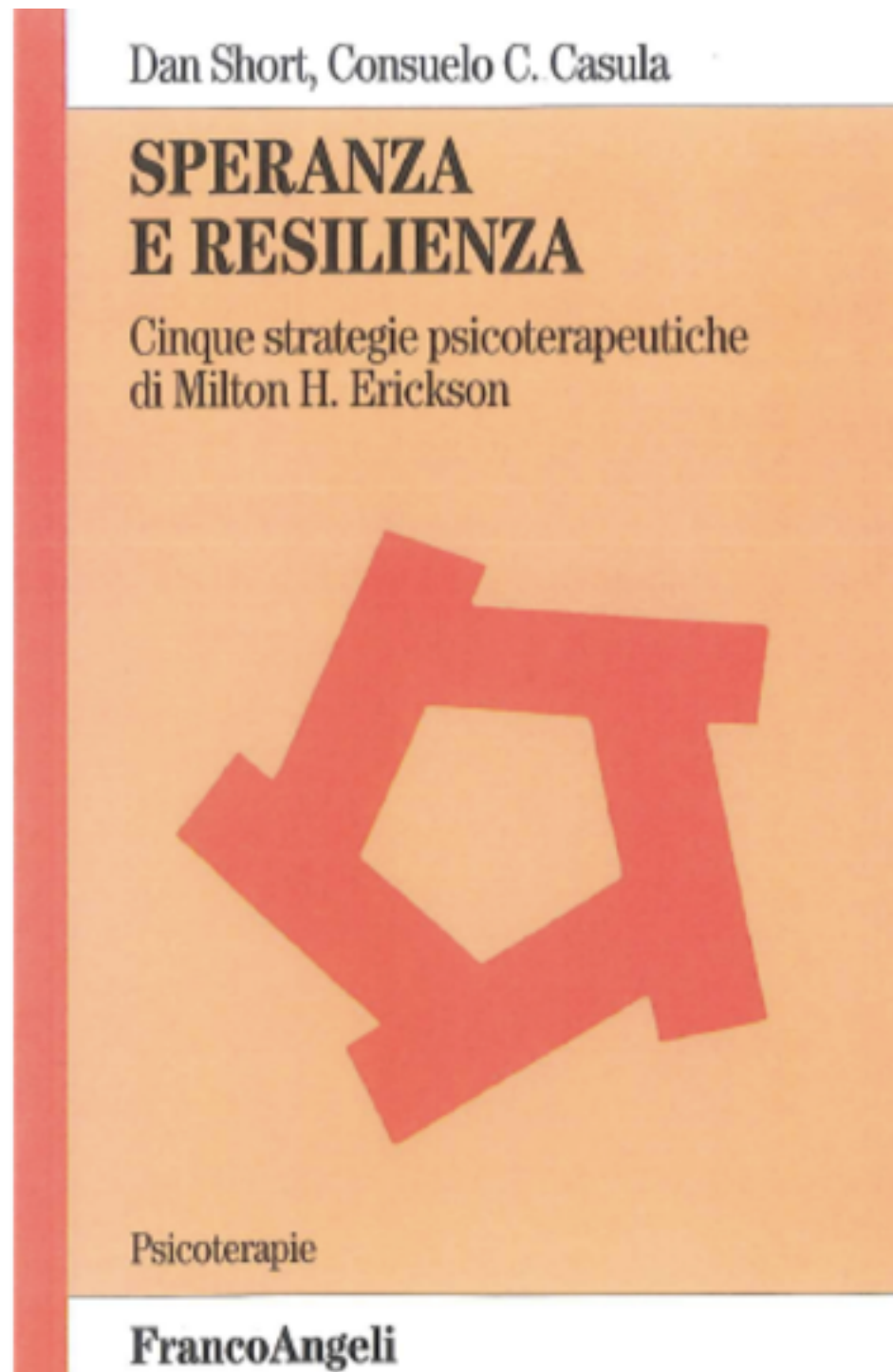


Gardeners, Princesses, Porcupines: Metaphors for Personal and Professional Evolution

Milano, 2002



With D. Short: Hope and Resilience: five Ericksonian Strategies (Milano, 2004)



7 Guided Imagery To Awaken Chakra's Energy

(Milano, 2005)



Consuelo C. Casula

(a cura di)

LE SCARPE DELLA PRINCIPESSA

Donne e l'arte di diventare
se stesse



FrancoAngeli / LE COMETE

Princess' Shoes: Women and the Art of Becoming Themselves (Milano, 2009)



Marilia Baker

Susanna Carolusson

Betty Alice Erickson

Cecilia Fabre

Marlene Hunter

Julie Linden

Teresa Robles

Lilian Borges Zeig

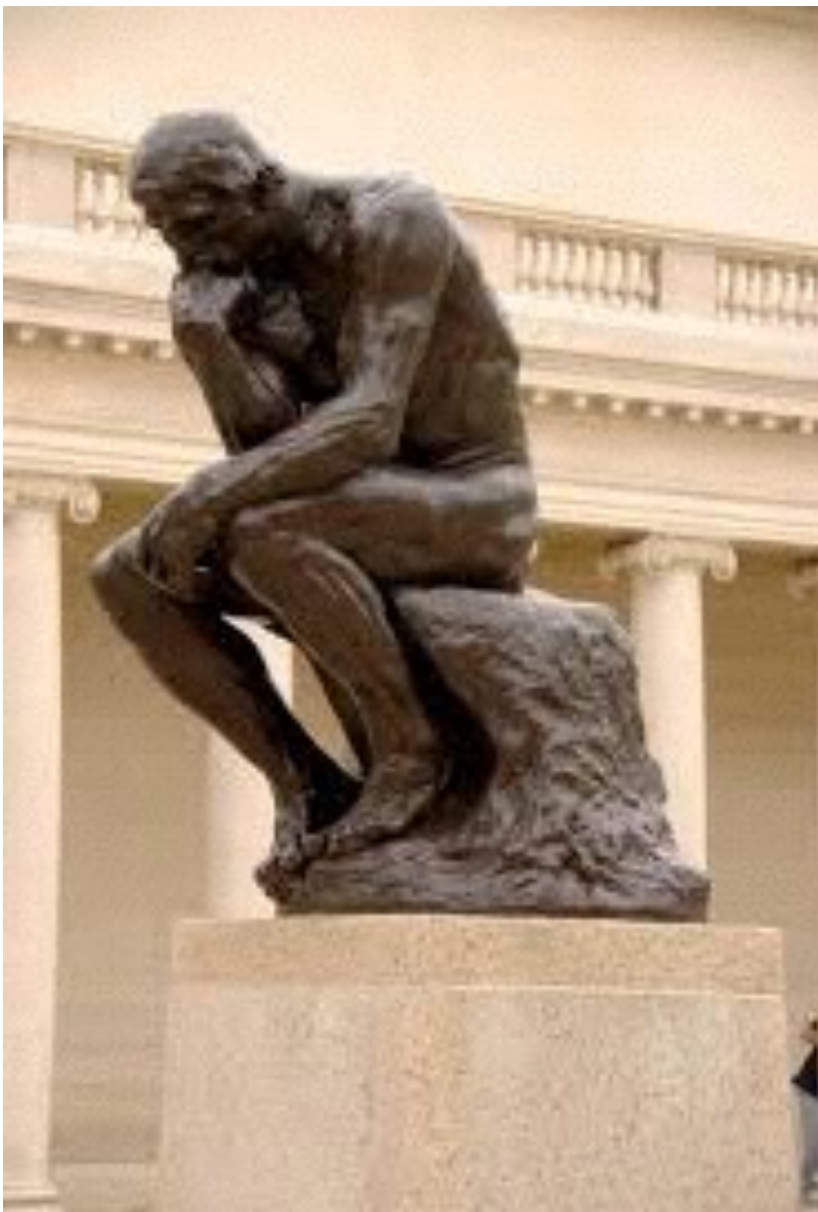


The Strength of Vulnerability: Utilize Resilience to Overcome Adversity

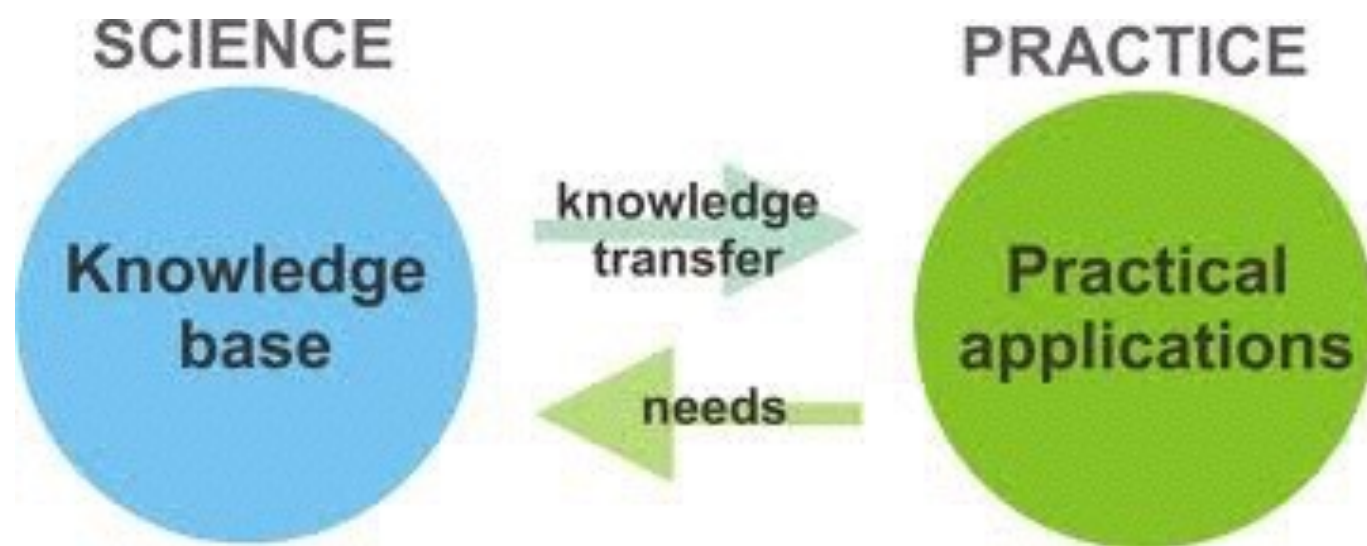
Milano, 2011

My Style as a Therapist

Rational Thinking and Magical Thought



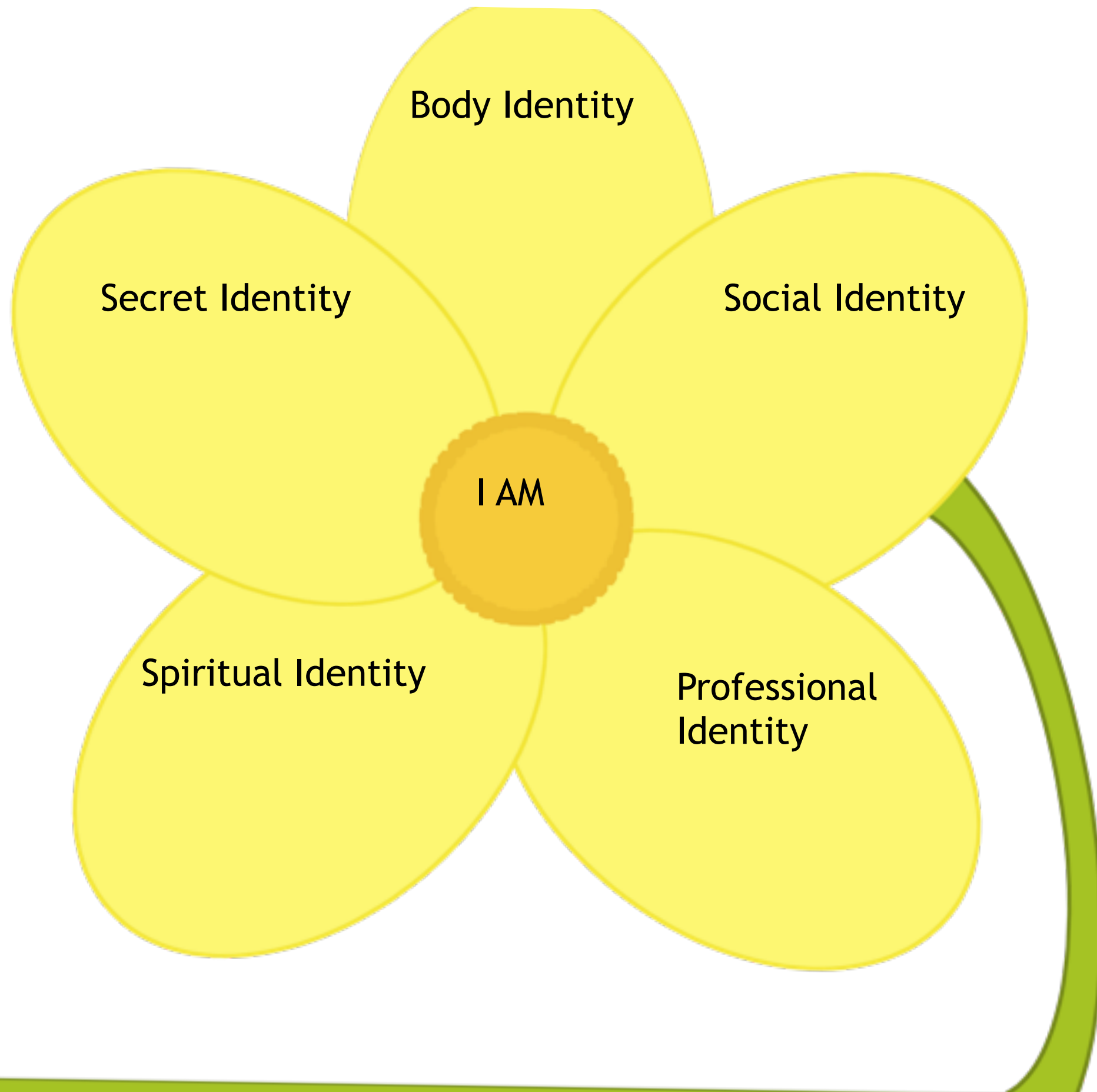
Scientific Knowledge and Spiritual Wisdom

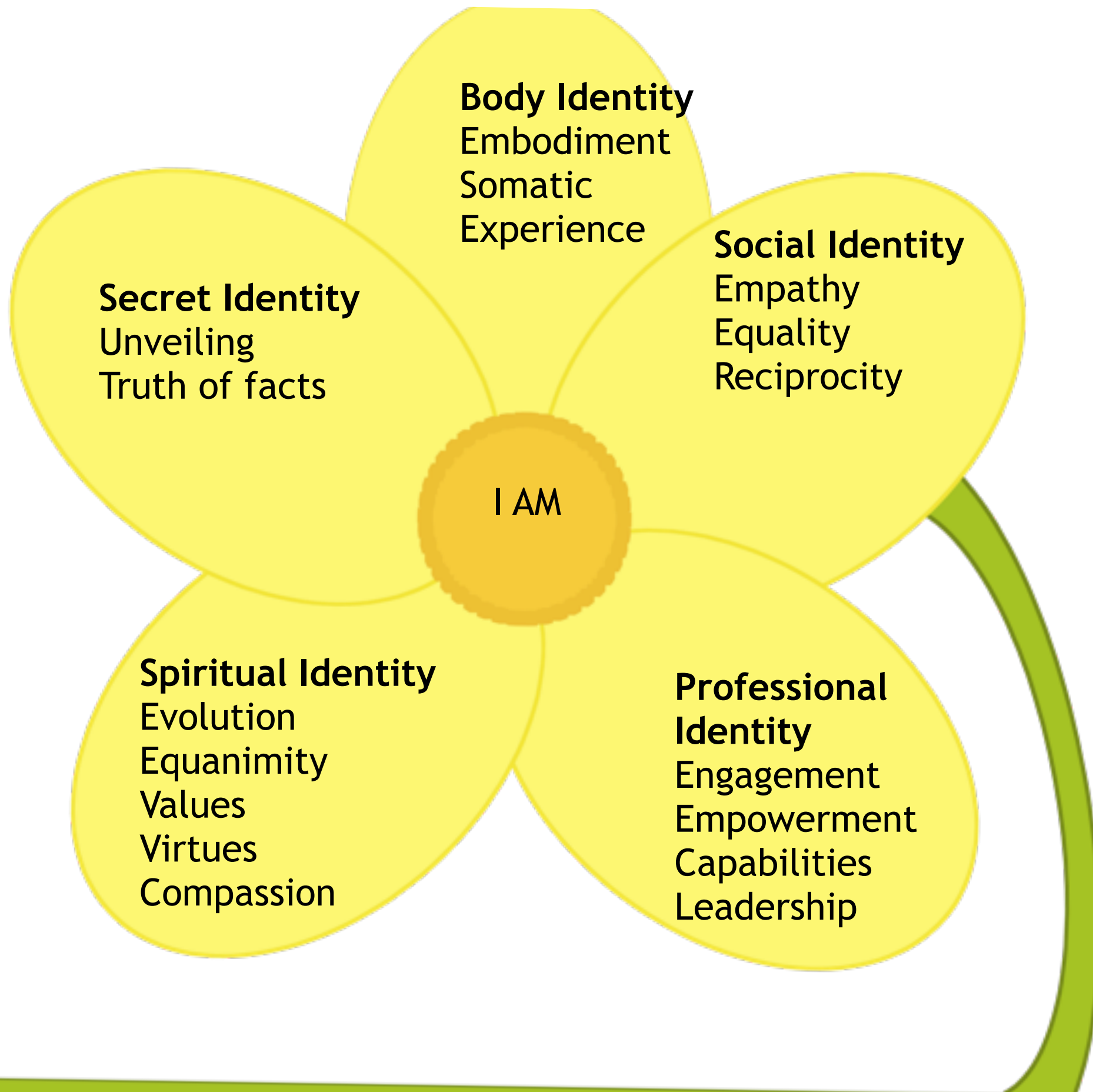


Soft Assertiveness and True Compassion



The Five Petals





How do I transform patient's stories of traumas into stories of resilience?

Through some Ericksonian strategies such as:

- Utilization
- Reframing
- Metaphors
- Change history
- As if

Transforming Patient's Stories into Therapeutic Interventions Through

- **Utilization**
- Reframing
- Metaphor
- Change history
- As if

Utilization

Utilization is a strategy that engages habits, beliefs, perceptions, symptoms or resistance in service of trance induction or problem resolution

The therapist listens to, observes and responds strategically to some stimuli that come from the subject or from the environment, in order to redirect them for therapeutic purpose

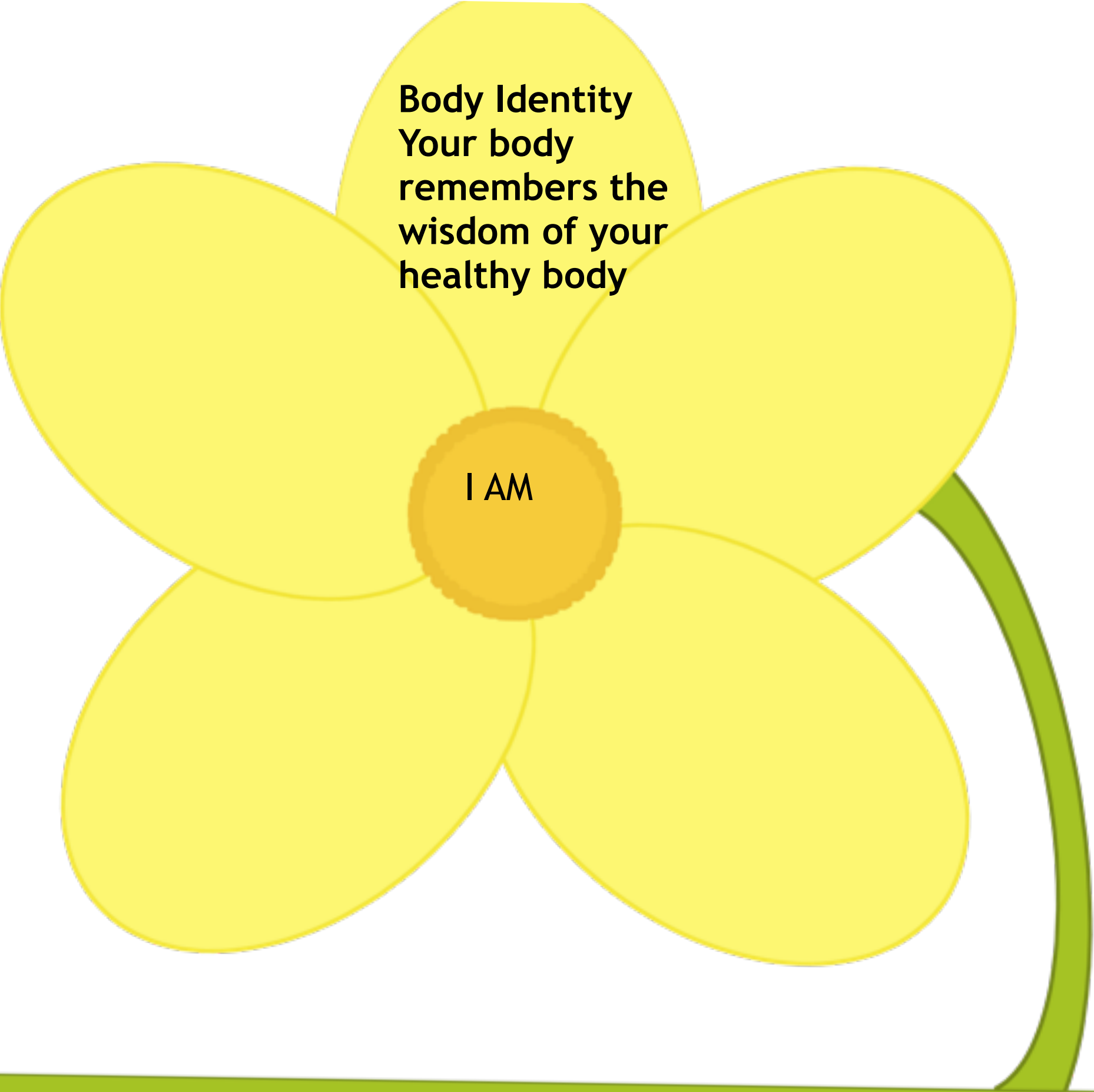
Utilization is also helpful to gain rapport, and to be present in the present moment

The Magic Ring

Roberta has Candida

During our third session, Roberta is wearing the ring she wore when she did not have Candida

Inviting Roberta to caress her ring, I utilize it telling... it is a magic ring that possesses the secrets and the memories of your healthy body without Candida



Body Identity
Your body
remembers the
wisdom of your
healthy body

I AM

Practice in Utilization

A. (the hypnotist) utilizes and incorporates in the induction every stimuli coming from B, C, D, E

B. names an objet, feeling, mood, state

C. suggests an actions, says a verb

D. makes a sound

E. says a sentence, proverb, truism

Transforming Patient's Stories into Therapeutic Interventions Through

- Utilization
- **Reframing**
- Metaphor
- Change history
- As if

Reframing

Reframing is a reorientation to new meanings or interpretation of a particular event

Reframing helps to transform negative (or wrongly positive) representation of an event into a learning experience

Reframing helps subjects who give negative attributions to themselves, others, and the world to also see the positive side

I Feel Guilt...

Giulia feels guilty about an abortion after amniocentesis, six years ago, showed a deformed baby

I used the term “therapeutic abortion”

she corrects me...

“I killed my son”, “I am Christian”, “I was very selfish”

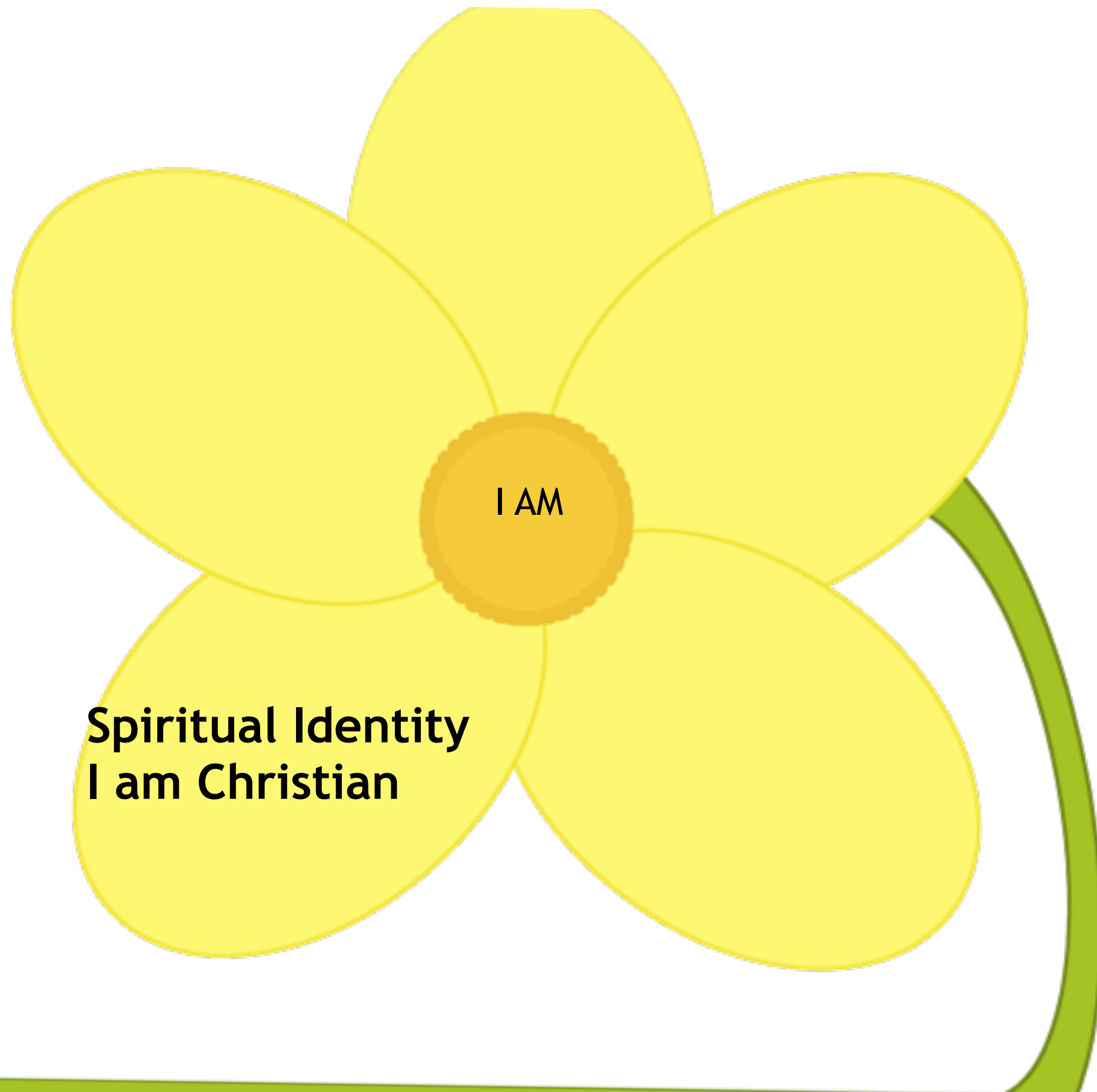


Social Identity
Mother who
lost her baby

I AM

I Am a Killer

I move her attention from the grief caused by the loss of her first child to her guilt for her action and explore her spiritual self noticed in her assertion “I am Christian, I killed my son”



Spiritual Identity
I am Christian

I AM

Forgotten Memories...

I ask her to explore how her life would have been different if she had kept the handicapped baby

In hypnosis Giulia remembers a severely handicapped hospitalized uncle and a milder handicapped cousin who was mocked and humiliated

It was an Act of Mercy

The hypnotic exploration helps her to reframe her abortion into an act of mercy to spare the handicapped baby from a reduced quality of life

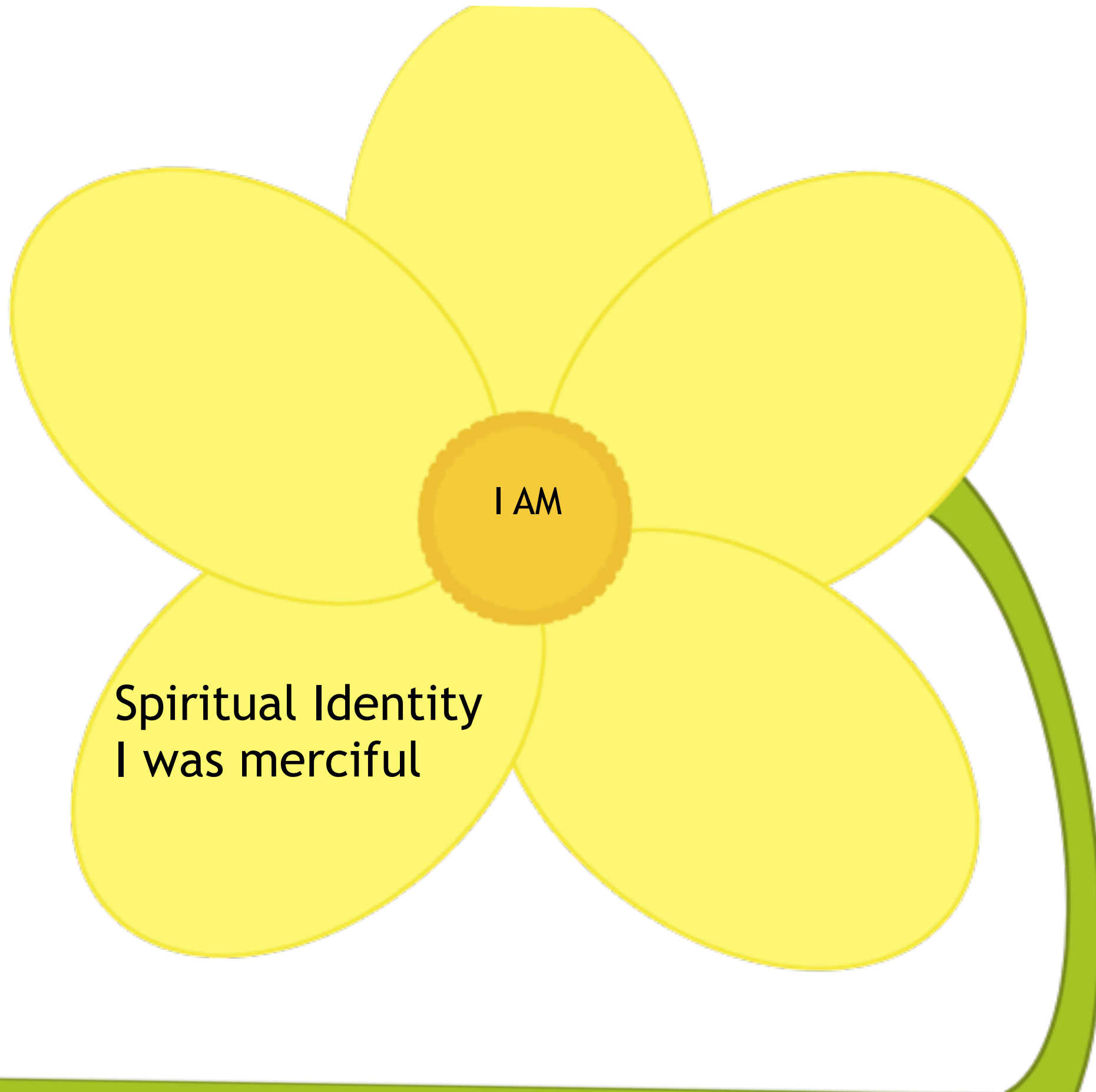
Hypnosis leads Giulia to recognize her helplessness to protect her son from the threats of the outside world, and start a process of acceptance and self-forgiveness

From Guilt to Gratitude

Giulia feels compassion for her unborn son as well as for herself for all the pain of these six years of guilt and shame

She feels gratitude for having a healthy child and reaches acceptance of what could not be changed

From I was selfish to I acted with mercy



Spiritual Identity
I was merciful

I AM

Erica Jong

**Women are the first enemy of themselves.
And guilt is the main instrument of torture
that they inflict on themselves**

Practice in Reframing

Selfishness is also...

Boredom is also...

Envy is also...

Loneliness is also...

Betrayal is also

Transforming Patient's Stories into Therapeutic Intervention Through

- Utilization
- Reframing
- **Metaphor**
- Change history
- As if

Metaphor

A metaphor is a symbolic reference in which one topic is used to illuminate another. This includes anecdotes, analogies, stories, riddles, puns, excerpts of movies, jokes and idiomatic phrases

A metaphor is a rhetorical figure of speech helpful in overcoming linguistic inadequacy by transferring concreteness and familiarity to abstract and unfamiliar words or concepts

A metaphor is also a story created and narrated with the intent of sending messages at different levels of consciousness

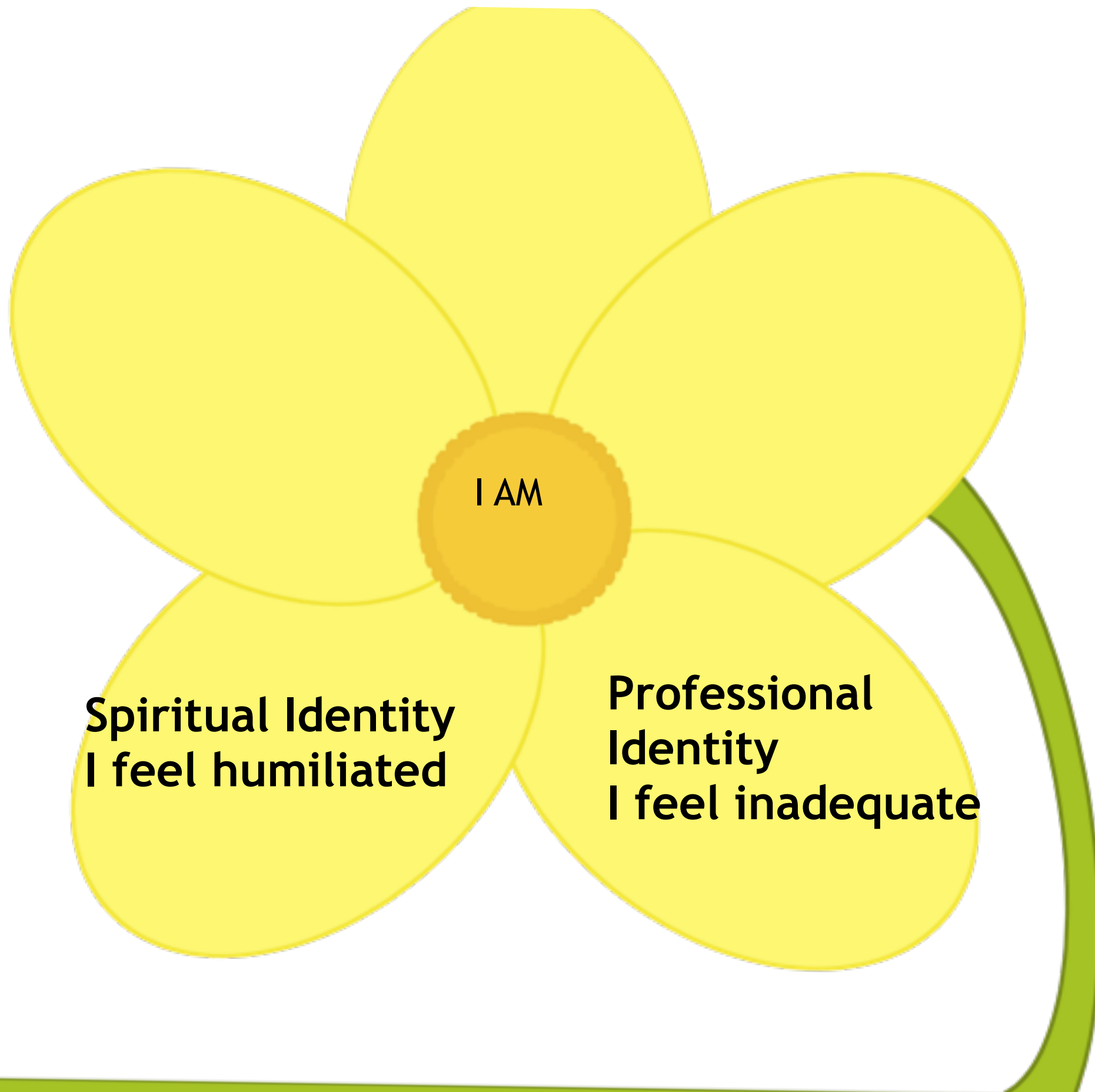
A metaphor is helpful when the therapist wants to stimulate patients' flexibility in perception, cognition, emotions, behaviors, values

From Feeling Offended...

Christina reacts aggressively and impulsively when she feels offended, and humiliated in her core identity

I ask her to go back to the last such event and observe it from the distance of the here and now

I talk about heroes, warriors that usually wear armor, helmets, and shields as a protection for their most vulnerable parts





Caravaggio



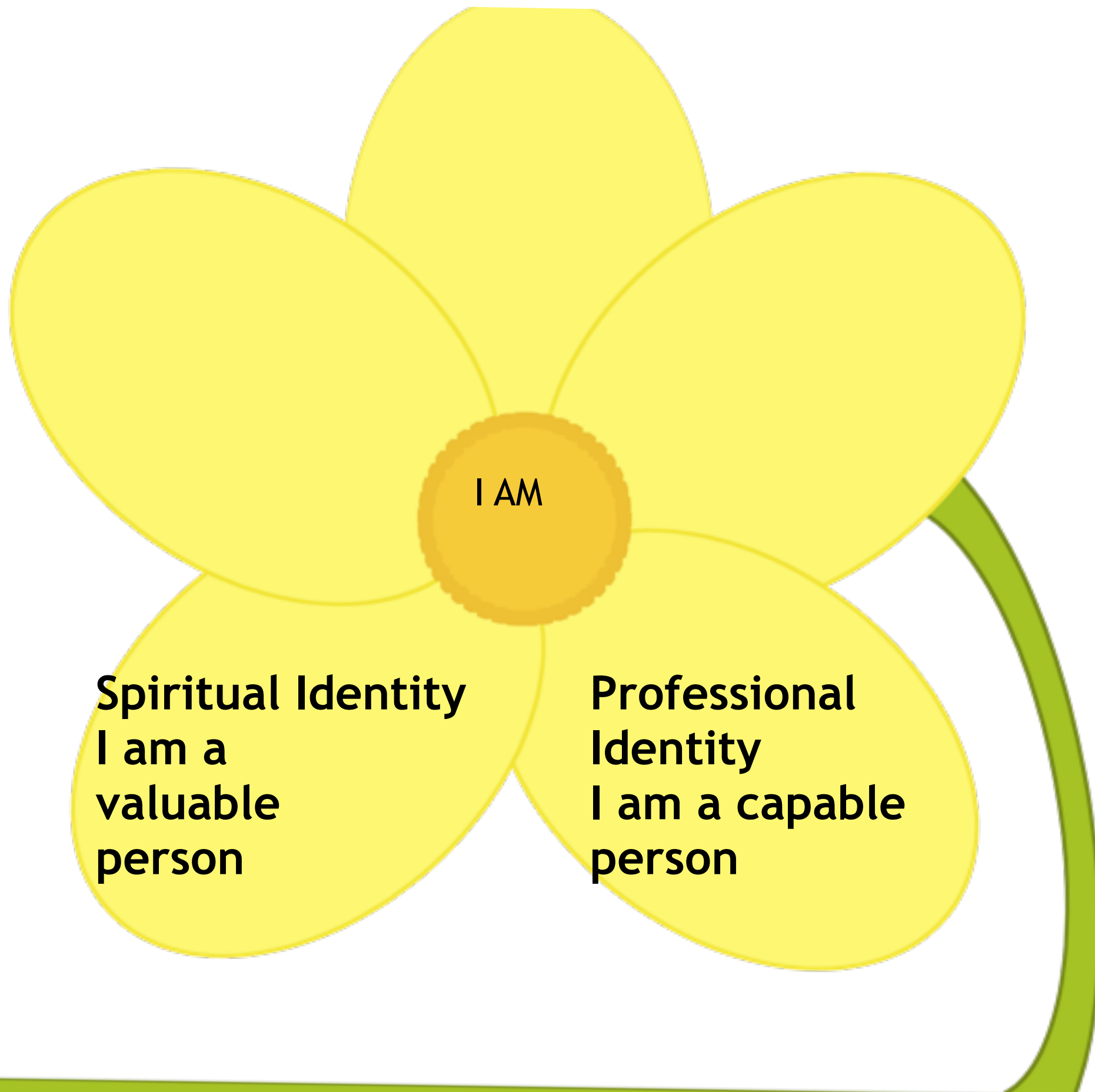
Perseo (helped by Athena and Hermes) kills Medusa

... to Wearing Armor

I suggest she create her own protection to wear when she feels vulnerable.

An invisible shield with a timer to help her to pause, breathe, assess the relevance of the stimulus, feel grounded and empowered and then react properly

With this protection Christina is ready to imagine reacting in different ways, changing her sensations, emotions, thoughts and behaviors



Practice in Metaphor

Anger is like...

A relationship is like...

A group is like...

Jealousy is like...

Trust is like...

Transforming Patient's Stories into Therapeutic Interventions Through

- Utilization
- Reframing
- Metaphor
- **Change history**
- As if

Change History

Change history is a therapeutic strategy that helps to create a more satisfying reaction to a **specific** event, and to imagine what would have happened if the subject had behaved differently

This strategy is helpful to transform powerlessness or passive emotions and behaviors into active ones, to move from fear to fearless, from deterministic thoughts to flexible attitudes

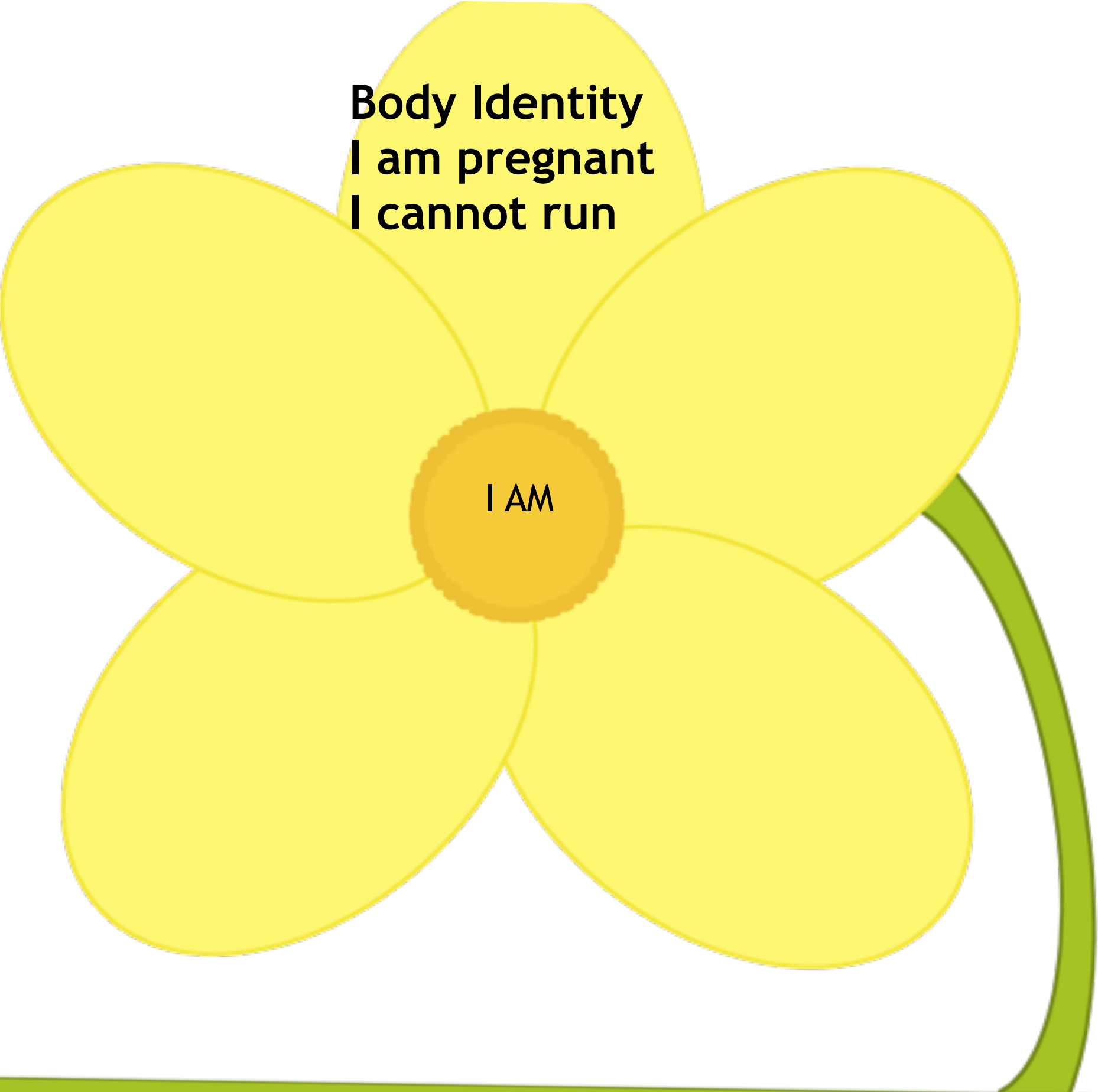
I was Fearful ...

Milena is walking on a narrow country path when a young man on a bicycle overcomes her. He stops, gets down from the bike and starts shouting at her

She is frightened, tries to call her husband but the telephone doesn't work. She feels paralyzed, frozen, also because she is eight months pregnant.

After a while, a couple passes by and the man jumps on the bike and runs away

She recounts her experience to her aunt, who tells her that the young man is well known in the small town as strange but harmless.



Body Identity
I am pregnant
I cannot run

I AM

I am in the future of that episode

I invite Milena to be present in the here and now, grounded and aware that she now knows something she didn't know at that time.

Now she is not pregnant anymore

She is in the future of her past and she can go back to that episode and imagine reacting differently

I am Fearless

I tell her about our ancestors: they survived because they were able to overcome fear and react with *fight, flight, and freeze*. I emphasize that running or fighting was difficult because she was pregnant

I also add that if we don't give our body the message that we are now free from danger, the fear lingers in our bones, and muscles.

Our body needs the experience of active reaction, not only a passive reaction.

Body Identity

**My body is
strong and
alive**

**I can threaten
him with a
stick**

I AM

Confucius

***We have two lives:
the second begins when we realize
that we have only one.***

From Fearful to Fearless

I suggest she imagine reacting with a fight response.

In her imagination she picks up a branch from the ground and threatens the young man who then runs away.

The activation of the energy in her body gives her back the strength of feeling fearless, and releases the energy that was frozen in that episode

In this way she recovers the flexibility to react to situations now able to distinguish between a real and a pseudo threat



Social Identity
I am a good
mother

I AM

Practice in Change History

Identify a case history where the subject could have or should have done something different

Elicit the here and now resources and knowledge

Invite the subject to go back to the past episode with the here and now knowledge and imagine doing something different and observe the consequences

Transforming Patient's Stories into Therapeutic Intervention Through

- Utilization
- Reframing
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- **As if**

As if (Sliding Doors)

The “*As If*” (or *Sliding Doors*) is a technique that stimulates imagining a **parallel version of life**

With the *As If* technique subjects are invited to imagine what would have happened in their lives if they had done something different or had made a different decision

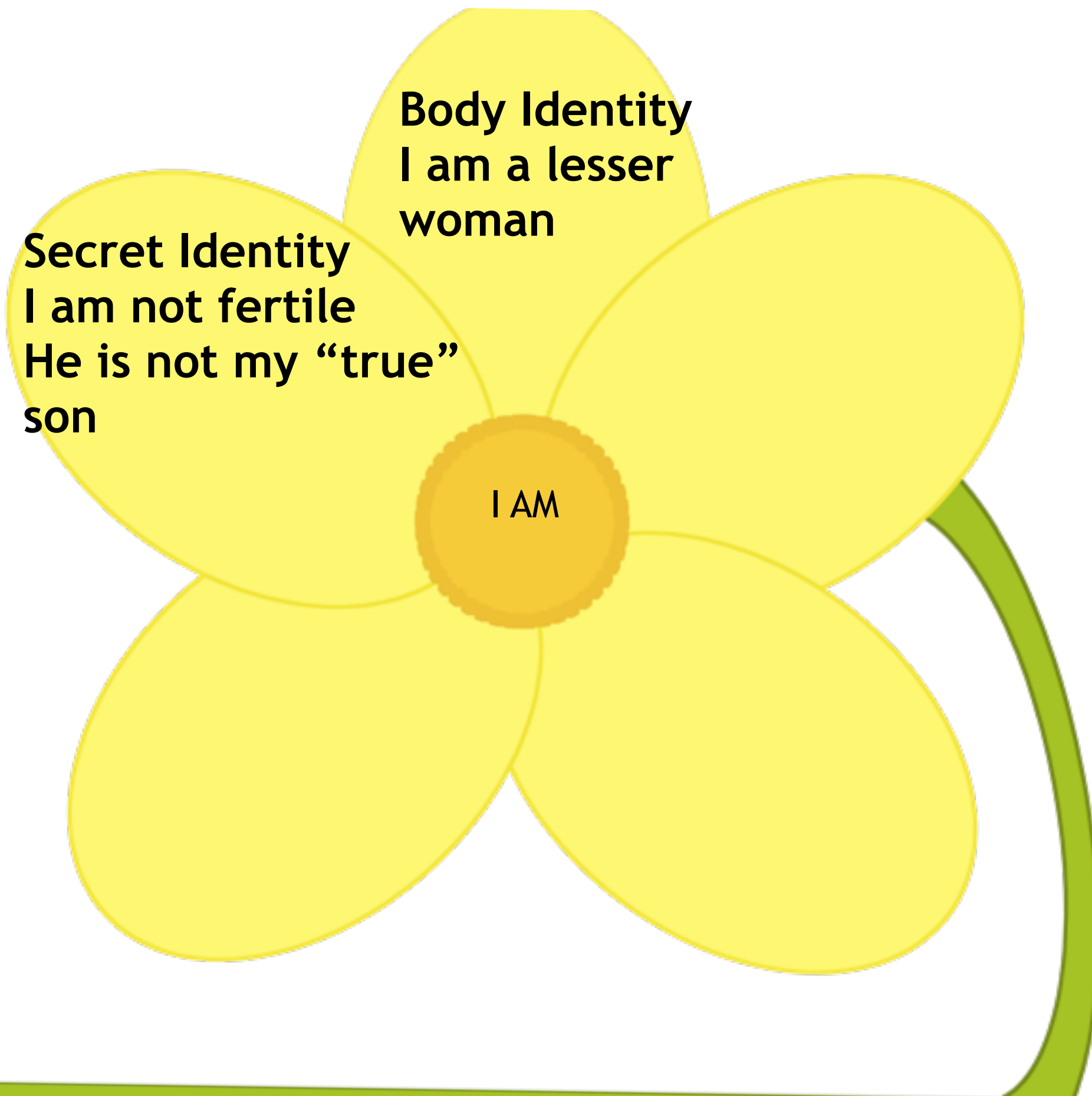
It is helpful to transform regret into acceptance of what cannot be changed and to find out what can be changed

From ...I Am a Lesser Woman...

Lucia fears her 13 month old son will suffer forever because she did not love him at the beginning of his life.

Lucia had an ovarian insufficiency and had implanted a given ova inseminated by her husband's sperm.

During the pregnancy Lucia regretted that she was not the “real” mother of her baby.



...Thus My Son will Suffer Forever...

When she saw her baby for the first time she did not see in him any resemblance to herself or her husband

It was hard for her to look at her child with unconditional love

As the child grew, she felt her love for him growing as well.

Now she feels she loves him

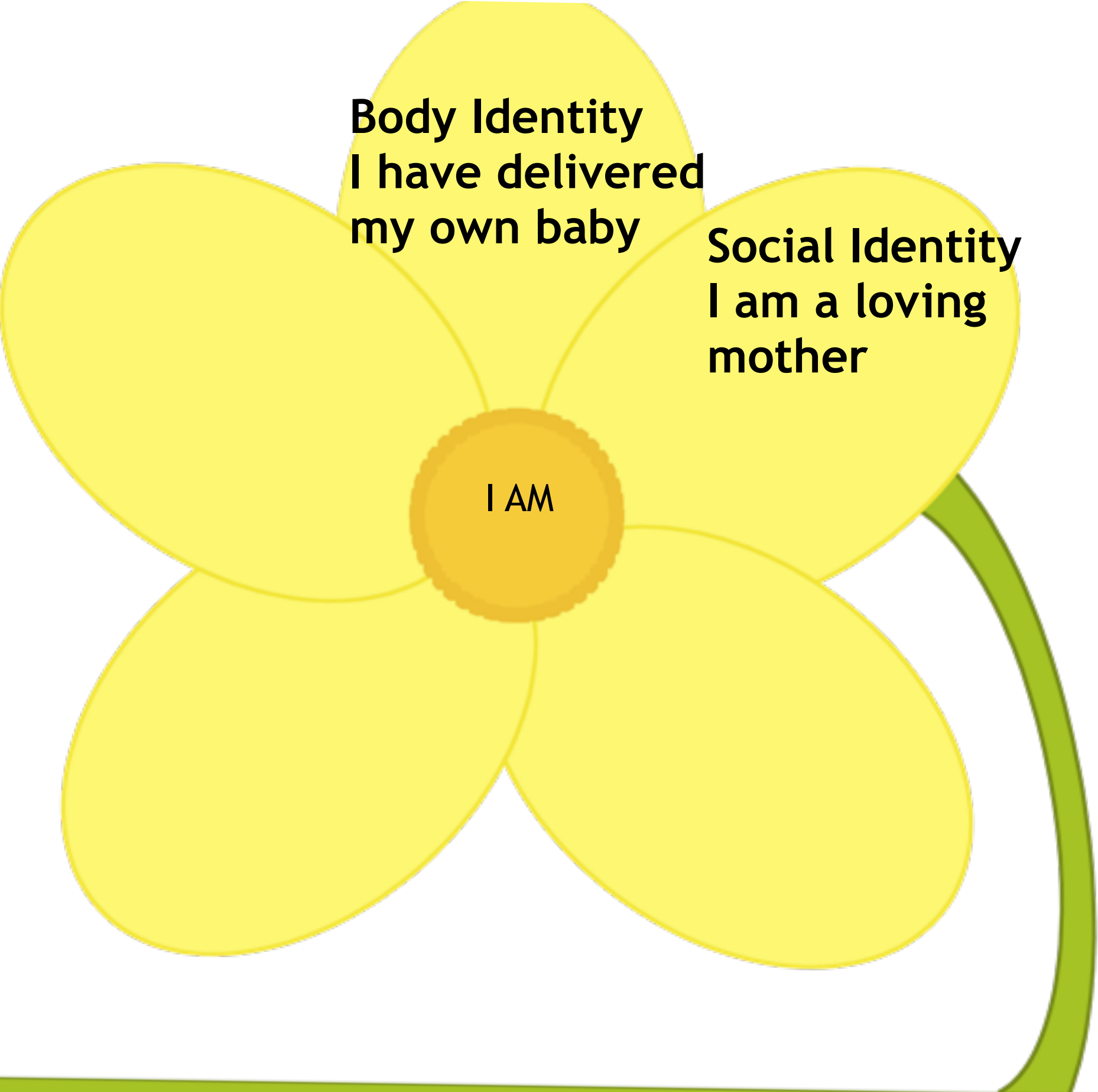
to...I Love my Son

Eliciting the current love toward the child, I strengthen the feeling Lucia is experiencing in the here and now

I suggest Lucia go back to her pregnancy with the feeling of love she now feels

I suggest Lucia go back to the moment of her delivery with the feeling of love she now feels

I suggest Lucia go back in time to the moment after her delivery, look at her baby with the love she now feels, hold him in her arms, smell his smell and feel the softness of his skin



Body Identity
I have delivered
my own baby

Social Identity
I am a loving
mother

I AM

... and He Will Be Happy

After this reparative and reconstructive induction,

Lucia feels she is ready to have a loving relationship with her son

Practice in As if (Sliding Doors)

Identify a regret, a remorse, a doubt regarding a past decision taken

Identify the here and now resources and knowledge

With this current knowledge, suggest the subject imagine what would have happened to his/her life if s/he had taken a different decision

LOVE

**Your path is not to seek for love
but merely to seek and find
all the barriers within yourself
you have built against it**

Rumi

XIV ESH congress

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