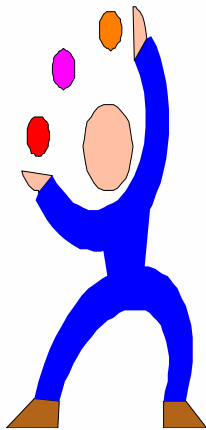


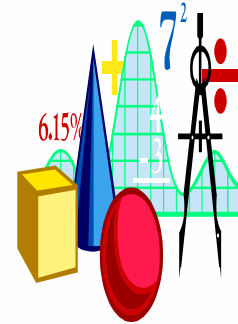
Indirection: Suggestions and binds



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Its all about experience retrieval

- Direct methods
- Indirect methods
 - Search phenomena
 - Indirect Suggestion
 - Anecdotes
 - Metaphor
 - Presupposition



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Definition

- Indirect suggestions are defined as those suggestions that have a degree of ambiguity and allow for increased latitude in responding on the part of the subject as compared to direct suggestion which is a clear request for a particular response by the hypnotist to the subject.

Summary of typical research

- Allman and Carney (1980) using audio-taped inductions of direct and indirect suggestions compared male and female subjects for responsiveness to post-hypnotic suggestions. They reported that indirect suggestions were more successful in producing post-hypnotic behavior than were direct suggestions.

- McConkey (1984) used direct and indirect suggestions with real and simulating hypnotic subjects. He found that while all the simulating subjects recognized the expectation for a positive hallucination half of the real subjects responded to the indirect suggestions while half did not. He concluded that "indirection may not be the clinically important notion as much as the creation of a motivational context where the overall suggestion is acceptable such as making the ideas congruent with the other aims and hopes of a patient" (p. 312).

- Van Gorp, Meyer, Dunbar (1985) in comparing direct and indirect suggestions for analgesia in the reduction of experimentally induced pain found direct suggestion to be more effective as measured by verbal self-report and autonomic lability scores.

- Stone and Lundy (1985) investigated the effectiveness of indirect and direct suggestions in eliciting body movements following suggestions. They reported indirect suggestions to be more effective than direct suggestions in eliciting the target behaviors.

- Mosher and Matthews(1985) investigated the claim by Lankton and Lankton (1983) that embedding a series of metaphors will create a natural structure for amnesia for material presented in the middle of the metaphoric material. The authors compared treatment groups who received multiply embedded stories with indirect suggestion for amnesia to control groups who received multiple embedded metaphor with out indirect suggestions for amnesia. They found support for the structural effect of embedding metaphors on amnesia but also reported that indirect suggestion did not enhance the effect of amnesia.

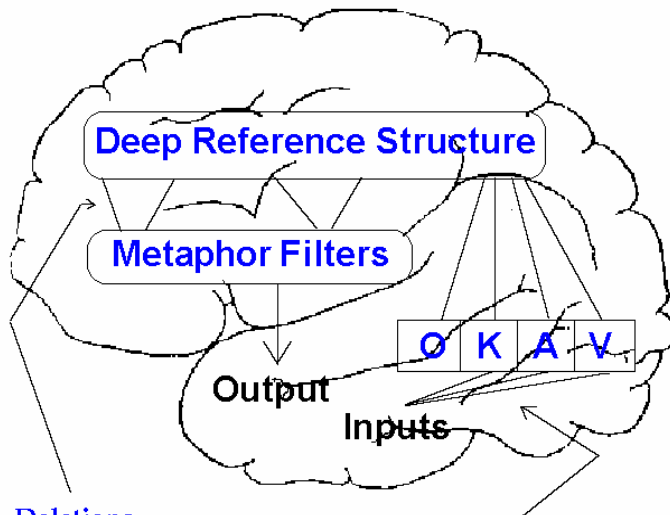
- Matthews, Bennett, Bean, and Gallagher (1985) compared subjects responses on the Stanford Hypnotic Clinical Scale (Morgan & Hilgard, 1978) to subjects responses on the same scale re-written to include only indirect suggestions. They found no significant behavioral differences between the two scales. However, they did report that individuals who received the indirect suggestions perceived themselves to be more hypnotized than those who received the SHCS.

- Matthews and Mosher (1988) sought to compare direct and indirect hypnotic induction and direct and indirect suggestions. Thus, one-quarter of the subjects received direct induction followed by direct suggestions, one-quarter received indirect induction followed by indirect suggestion, while the remaining half of the subjects received a mixed procedure. The results did not support the efficacy of indirect induction and suggestion over direct induction and suggestion.
- Contrary to expectations, the data also revealed that subjects who received indirect induction and suggestions reported feeling more resistant to the hypnotist than did subjects who received direct induction and suggestion.

- Weeks and Lynn (1990) also compared direct and indirect suggestions for a range of hypnotic behaviors and found no significant behavioral differences but did find that subjects who received direct suggestions perceived their hypnotic responses to be more involuntary than those who received indirect suggestions.
- Weeks and Lynn (1990) also found that subjects who received indirect suggestions reported a greater fear of negative appraisal by the experimenter than did subjects who received direct suggestions.

- The research to date would appear to be mixed at best in support of indirect suggestion as compared to direct suggestion in producing trance depth, and a range of hypnotic and post-hypnotic behaviors.
- In most of this research, the reader should remember that the tests were done with audio taping to standardize the intervention, and therefore it was not possible to tailor the suggestions (whether direct or indirect) and stories to the individual, and thus do not emphasize the importance Erickson attached to adapting and utilizing the unique responses of the individual. Similarly, and perhaps more importantly, these tests were not designed in a context which attempted to address relevant goals of each individual. In this regard, therefore, this research may not represent an accurate picture of how a clinical client would experience the interventions.

Ambiguity facilitates finding unique meanings



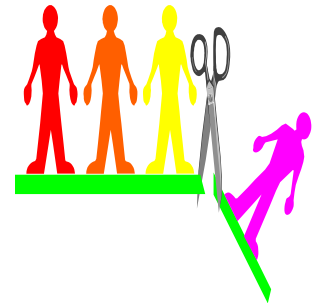
Deletions
Distortions
Generalizations

Experience mapping
Fuzzy functions

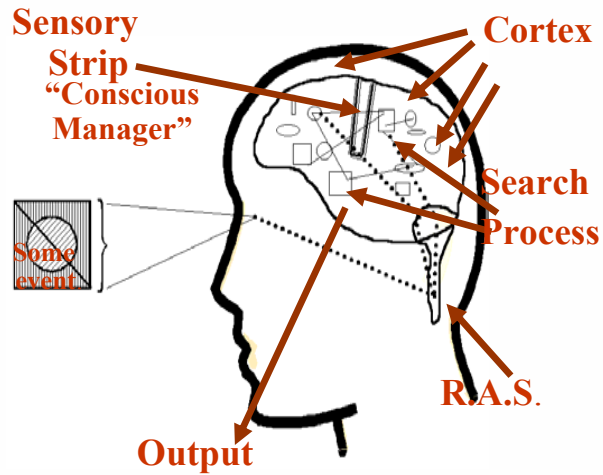
Ambiguity shift listeners to experiences outside their customary/normal story or metaphor.

Why retrieve experience?

Because clients will be cut off from the desired meaning until they have sufficient resources to participate.



Search for recognition, meaning, and response



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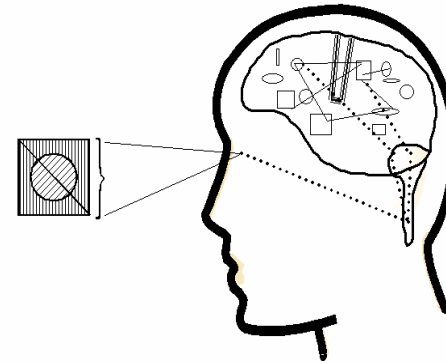
Different Internal & External Reactions

Unconditioned Stimulus

1. High Frequency Search
2. Low Volt Action
3. Stimulates Sensory Strip

Conditioned Stimulus

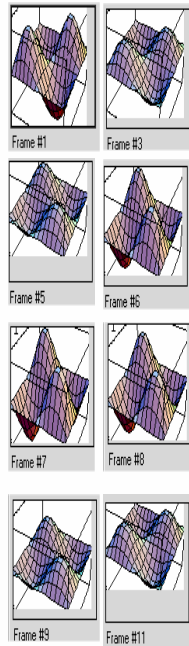
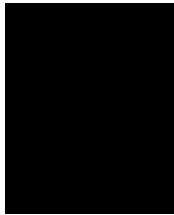
1. Low Frequency Search
2. High Volt Action
3. Bypasses Sensory Strip



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Neural net decision making: Energy convergence

- Decision is made at point of greatest energy conservation.

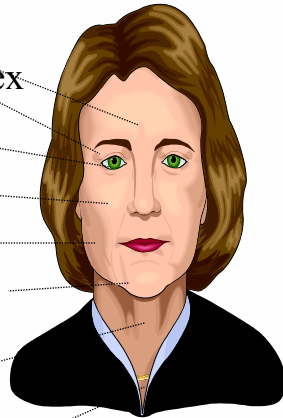


Cure

Cure = having the required experiential resources available in the context in which they are needed.

Search Phenomena

- relaxed ocular muscles
- slowed blink reflex
- pupil dilation
- flushing
- flattened cheeks
- slowed head nod
- slow and lowered swallow
- lowered breathing



Indirect Suggestions

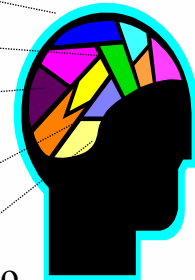
- 1. Open Ended Suggestions:
- 2. Implication:
- 3. Focus Awareness:
- 4. Truism:
- 5. All Possible Alternatives:
- 6. Apposition of Opposites:

Therapeutic binds

- 7. Binds of Comparable Alternatives:
- 8. Conscious / Unconscious Bind:
- 9. Double Dissociative Conscious / Unconscious:
- 10. Non-Sequitur Binds:

Stimulating different mentation

- Open-ended suggestion
- Implication
- Focusing attention
- All possible alternatives
- Truism
- Comparable alternatives
- Conscious/Unconscious Bind



List of ten suggestions and binds

1. Open-ended suggestion
2. Presupposition/Implication
3. Focusing attention
4. Truism
5. All possible alternatives
6. Apposition of Opposites
7. Bind of Comparable Alternatives
8. Conscious/Unconscious Bind
9. Double Dissociative Bind
10. Pseudo Non-sequitur Bind

Confusion (multiple negative, permutations of
4 concepts, sentence ambiguity, other)

Anecdote

Metaphor

Formulae for six suggestions

- **Open-ended suggestion:** Increase elements of the sentence one higher level of vagueness.
- **Presupposition/Implication:** Use a presupposition and state the goal.
- **Focusing attention:** Use 'wonder' or 'doubt' about goal.
- **Truism:** Use 'every person' or 'every company,' etc., and state the goal in some manner.
- **All possible alternatives:** Use 'a, or b, or c, or d, or 'not'' as different ways of reaching the goal.
- **Apposition of Opposites:** Contrast changing "toward" the goal with some presented change or process.

Formulae for four binds

- **Bind of Comparable Alternatives:** Use 'A' or 'B' where both contain a form of the goal by presupposition.
- **Conscious/Unconscious Bind:** Use the form: "Your conscious mind is/may (some form of awareness) while your unconscious is/may (retrieval of the goal).
- **Double Dissociative Bind:** Use the form above and then reverse: Your conscious mind __A__ as your unconscious mind __B__, or perhaps your conscious mind __B__ while your unconscious __A__.
- **Pseudo Non-sequitur:** State the goal: "A"; and then restate it with a rewording that sounds different: "A`".