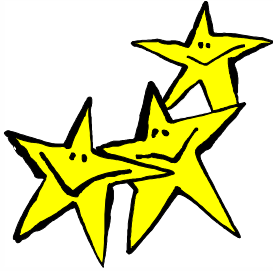
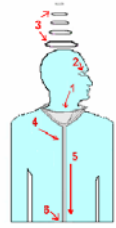


Development of Therapist



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Funnel self-indu



1. Imagine a funnel from neck to seat
2. Close eyes and gently look upward
3. Imagine the inside rings of the funnel getting smaller above your head as you...
4. Begin falling through the shaft.
5. Feel the fall downward to the relaxation in your seat.
6. Hold the feeling of relaxation and spread it.

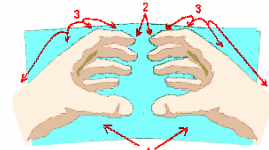
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Funnel self-induction

1. Imagine a visual funnel which extends from the bottom of your seat on the chair to your neck and then flanges out to actually hold up your head.
2. Imagine that your center of gravity (or your eyes or what makes up you, etc.) drops through this tube. Pretend to feel the actual but pleasant sensations of falling. As you do, notice the upward rolling of your eyes, notice the increased clearing of your thoughts.
3. Imagine that as you fall a sense of the light entering the end of the tube (now) over your head gets further away. Finally, feel your gentle impact on the seat of the chair.
4. Feel the relaxation in the seat as you sit comfortably on the chair. Let the relaxation in that region of your body spread, join and remove the areas of previous tension, and sort of "jell" in your body.
5. Now, retaining this comfort in your body open your eyes and let your body continue in trance and continue to "jell" the comfort. Repeat this several times until it becomes a rapid self-induction.

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Hand sensation self-induction



1. Place hand in front of abdomen, one-hair width apart.
2. Observe the jerky movements and feel the pulsing.
3. Holding the pulsation feeling in the background, move concentration systematically to each knuckle until the pulsing feeling follows each in turn...
4. Continue consciously leading of that experience into forearms, elbows, upper arms, shoulders, and neck.
5. Surround the entire torso in this feeling, then continue moving it into the feet and finally, the head.
6. Begin further associations (heart, imagery, etc.).

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Brain scan self-induction

1. Establish a self-hypnosis by means such as the "Rapid Self-Induction."
2. Changing your sensation of eye focus, imagine that you are looking into your cranium and scanning around your brain. (You will actually have sensations of a synthetic nature created by the mix of muscles of the eye and skull).
3. Notice where you seem to be most mentally alert, restful, vacant, active, etc.
4. Familiarize or memorize parts of this experience so that you can retain a memory of it after arousing from trance.
5. Come out of trance retaining or somehow holding on to that "feeling" in your "brain."

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Enriching experience

1. Participate in some form of sensory-quieting and reduce distractions to a minimum.
3. Explore memories of successful moments or events in learning from the current day.
4. During each remembered moment or event stop and dwell on the experience and determine:
 - a. What sensory modality or modalities do you use to remember it?
 - b. What sensory modalities seem to play no part? Which are less dominant?
5. Relive the successful moment as much as possible using the available memory as a lead-in and as you do so notice any experience whatsoever in the lesser-used and un-used modalities.
6. Complete the above for each remembered event.

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Self-image thinking steps

- Create a “Central Self-image”
 - Retrieve desired resources
 - Add feeling resources
 - Make it a social image
- Create and play “Scenarios”
 - Make a gradient of easy to hard
 - Run scenes to end
 - Keep feeling resource in self
 - Keep desired resources in CSI
 - Add any additional resources needed
 - Add dialogue or narration as you watch



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Self-image thinking

1. Familiarize yourself with the steps of Central Self-Image building on the handout.
2. Familiarize yourself with the steps of Scenario building on the handout.
3. Sit quietly for 3-4 minutes and follow the steps in a dedicated manner.
4. Do not do this activity unless you personally wish to do so and can and will do it with only desired feeling attached.

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Phenomenological rapport

1. In pairs, determine which person will be the “subject” and which will be the “operator.” Begin relating a real-life problem or situation.
2. Use the following methods to identify with the “subject’s” experience:
 - a. Repeat what the “subject” describes about himself or herself with self-talk in the 1st person singular.
 - b. Imagine having the feelings or experience described (briefly). Notice where you would tense up, be numb, etc.
 - c. Keep connecting digital and experiences into longer sequences of events.
3. The operator should repeatedly check your experience - is it the “subject’s”?
4. When you experience a piece which was not articulated by the client, share it and find out if it is verified by the “subject”.

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Enantiomorphic “mind reading”

1. Select the roles of “source” and “reader” and sit facing one another silently.
2. The “source” individual remembers a highly emotional experience which, either pleasant or unpleasant, is under their control for a learning environment.
3. The “source” person continues to develop an absorption and mental reliving of the experience.
4. The “mind reader” matches the “source’s” posture and (subtle) facial expressions and silently studies the “source” with no conscious conception about the experience being seen or heard.
5. The “reader” begins speaking about his or her bodily sensations, which are newly noticed during the exercise and attempts to guess from (his or her bodily experience only) what real life situation was being experienced by the “source.”

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Stop negative self-talk

1. Develop relative relaxation, get whatever positive experiences you can at this beginning point, and close your eyes. Quietly visualize yourself.
2. Imagining and seeing this projected self, do two things in the following order:
 - a. Say supportive, loving, kind and accepting self-statements.
 - b. Make critical, negative self-statements to the projected self (while you make sure to remain comfortable and continue seeing the self). Continue this for several moments.
 - c. Keeping the image, again say supportive, loving, kind and accepting self-statements. These must also continue for at least one minute or more.
3. Having now satisfied both sides of any incongruent polarity about your skill, importance, worth, or ability, open your eyes and retain an inner quiet (with no self-talk and no internal dialogue). Memorize the experience with overlapping.

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Sabotaging self-excuses

1. Sitting in circle with the group, each person quietly accomplishes three goals:
 - a. establish a self-hypnosis sufficient to do steps b. and c.
 - b. picture yourself successful at your desired goal (as therapist, in career, etc.)
 - c. retrieve the resources (a sense of confidence, worth, determination, intelligence, resourcefulness, etc.) necessary to reach the goals, such that, if you retained these resources you believe you would reach that goal.
2. Take turns volunteering to the group what is, basically, your favorite excuse (I’m not smart enough, I don’t have the right degree, I don’t have the time, I don’t really want to do it after all, etc.)
3. Stay in trance and continue holding on to the resources as you listen to the group members exaggerate and state your excuses back to you (“You are really very stupid,” “Intelligence is everything in this world,” etc.).

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