

# CONFUSION INDUCTIONS: A PRAGMATIC GUIDE

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Confusion inductions will be discussed in terms of where and when to use them and with what client populations. Several formats will be presented with demonstrations and opportunity for skill training in small supervised practice groups.

## OUTLINE

### 1 Dual Inductions as Recapitulations of Early Childhood

Confusional Inductions: simultaneous speech

disorientation and conflict, attributions, etc.

2. Indications: Use with intellectualizing, analytical, hypervigilant, rigid, overcooperating clients.

2.3 Contraindications: Do not use with recently traumatized clients or those with poor ego boundaries unless rapport very well established.

### 2.4 Patterns of Confusion

2.4.1 establish context, disrupt, lead to restabilize

2.4.3 temporal distortions

2.4.3 spatial distortions

2.4.4 use of ambiguities, homonyms, antonyms, etc.

2.5 Issues of Coherence and Consistency

2.6 Demonstration of an Eriksonian Confusion Induction

2.7 The Inverse House

2.8 Dual Inductions

2.9 Exercise (groups of 3 or 4)

### 3.0 REFERENCES

Erickson, M.H. (1964/1980). The confusion technique in hypnosis. In E.L. Rossi (Ed.). *The collected papers of Milton H. Erickson on hypnosis: Vol. 1: The nature of hypnosis and suggestion* (pp. 258-291). New York: Irvington.

Otani, A. (1989). The confusion technique untangled: Its theoretical rationale and preliminary classification. *American Journal of Clinical Hypnosis* 31 (3), 164-172.