

DUAL HYPNOTIC INDUCTIONS WITH FAMILY MEMBERS AS COTHERAPISTS

1. Theory of Dual Inductions as Confusional Techniques.

2. Dual Inductions as Recapitulations of Early Childhood

Confusional Inductions: simultaneous speech

disorientation and conflict, attributions, etc.

3. Dual Inductions with Cotherapists, deepening technique.

Use with intellectualizing, analytical, hypervigilant, rigid, overcooperating clients. Do not use with recently traumatized clients or those with poor ego boundaries unless rapport very well established.

4. Dual Inductions with Family Members as Cotherapists:

- involves the family supportively, makes them feel involved and helpful.

- utilizes existing relationships in an effective way.

- circumvents family constraints with an enabling ritual.

- allows for a co-construction of reality with the

therapist.

- empowers family members in joining against an externalized problem.
- allows for "My Friend John" indirect family inductions.

5. Typical Preparation Interview Format:

- general orientation to hypnosis.
- description of problem situation.
- list of 10 internal resources currently unavailable to the I.P.

6. Typical Induction Format:

- T. begins induction 2 min
- T. alternates with family on trance cues 5 min
- T. overlaps simultaneously trance cues 5 min
- T. introduces alternation on resources 2 min
- resource access fugue 5 min - T. overlaps
- T. continues then finishes trance work 2 min
- T. interviews I.P. & family re their experience of the process.

7. Case Example: Mom, You're Having A Bad Dream: The case of a waiting to emerge.

solution

