

1. TITLE: (limit 58 char incl., actual 46)

Family Members as Cotherapists in Hypnotherapy

2. FORMAT: Workshop

3. CATEGORY: Techniques

4. FORMAL RESEARCH RESULTS? No

5. EQUIPMENT: VHS Overhead Projector.

Desirable but not necessary: One blackboard or flipchart.

6. PRESENTER LISTING:

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7. THIS IS MY ONLY SUBMISSION: Yes

8. DESCRIBE PUBLIC SPEAKING EXPERIENCE AND EXPERTISE WITH PROPOSED TOPIC:

Adjunct Faculty, Family Therapy Institute, Holy Cross Hospital of Calgary. Instructor, Canadian Society of Clinical Hypnosis. Sport Psychologist, National Coaching Certification Program. Editorial Advisory Board Member, **Journal of Systemic Therapies**. Clinical Member and Approved Supervisor, American Association for Marriage and Family Therapy. Has published articles and presented numerous workshops on such topics as Ericksonian hypnosis and therapy, humorous approaches in family therapy, anorexia and bulimia, training and supervision, imagery training, lucid dreaming, creativity, mind state management, and neurotechnology. He has presented several times at AAMFT.

1. TITLE: Family Members as Cotherapists in Hypnotherapy

2. Abstract (limit 250 words, actual 175)

Family members can be effectively empowered by having them participate as cotherapists in multiple simultaneous inductions in a family hypnotherapy. A videotaped case example presents a mentally challenged low socio-economic family that, at the time of transfer to the clinic, has already had over 30 previous therapies for their multiple problems, including sexual abuse in 2 generations. The overwhelmed therapy team opts to deal with a previously-neglected problem, the mother's nightmares of recurrent molestation. A family therapist operates as case manager, while her colleague is a hypnotherapist who involves the entire family as cotherapists in a trance to overcome mother's nightmares. Within 4 sessions the nightmares are resolved and the other problems dissolve. The therapy team opts for an interesting method for case closure to further empower the family's sustained success.

Ericksonian principles of utilization are presented in a simple format for the involvement of family members as cotherapists. Guidelines are offered to cope with inadvertent family slips into previous patterns of negative induction, reframing with positive intent and patterns of possibility for the now tranceformed family.

3. Abstract Summary (265 chars. incl., actual 265)

A theory, format, and guidelines are presented for involving family members as cotherapists in hypnotherapy to reverse family beliefs and fears. Videotape case example: multi-problem, low socio-economic, many previous therapeutic failures, sexual abuse, nightmares.

4. Learning Objectives:

* Present a theory of utilization and empowerment for this method

- * Demonstrate the effect of dual or multiple induction
- * Outline a format for a family hypnotherapy session
- * Offer guidelines to cope with inadvertent family slips into previous negative inductions and attributions
- * Illustrate examples of reframing and offering patterns of possibility for the trance-formed family
- * Illustrate principles of therapy selection, case management, and empowerment in termination.

5. Implementation Profile:

The pioneering work of Milton Erickson often involved family members in supportive or adjunctive roles in hypnotherapy. The more recent work of Michele Rittnerman and others, including the author, has taken this further in having family members participate in key roles as trance figures, creating new realities utilizing old imprinting relationships.

6. Unique Features of the Current Presentation:

Family members are virtually full cotherapists with the hypnotist. They select goals, devise scripts, and participate in choruses of chanting in sequence, then simultaneously, dual inductions with the therapist. The resulting ritual is unusually powerful in embedding new possibilities and attributions in family members. Moreover, family members have a unique sense of personal

contribution to the positive outcome that arises, such that relapse prevention and positive growth typically evolves.

7. Recommended Level: Intermediate to Advanced.