

INTRODUCING MEDICAL **HYPNOANALYSIS**



DR SUSAN KRIEGLER

INTRODUCING MEDICAL HYPNOANALYSIS

My ultimate goal in using Medical Hypnoanalysis is to expand your sense of self-discovery, so you have a healthier perspective of yourself and the world around you. In order to understand the benefit of hypnosis combined with traditional psychotherapy, let's discuss what hypnosis is. Hypnosis is an alternative state of consciousness, and it is characterized by a person's increased willingness to respond to suggestions for changes in his/her perceptions, sensations, emotions, thoughts or behaviours.

Medical Hypnoanalysis combines psychotherapy and hypnosis. It is a short-term therapy that emphasizes that the subconscious holds the origin of the psychopathology. Through the use of word association, age regression, dream analysis and other resources we will find the root of what may be troubling you.

Each of us actually has a complete memory of our life. We have the power to remember the origin of our fears and the power to dissolve our fears. Together, we will recognize the unnecessary fears that block your awareness of the opportunities that surround you. Through hypnoanalysis you and I will let go of the story of limits you adopted in childhood, you will feel a different story rising within you, one based on the opportunities and possibilities that you embody and have always embodied.

Background

The method was developed by a group of physicians on the West Coast in the 60's and 70's and originally only physicians were permitted to be trained in its use. As time progressed training was expanded to all individuals who were licensed to diagnose and treat mental disorders. The practitioner of Medical Hypnoanalysis requires a training background in the basics of psychology, developmental psychology, psychopathology and psychotherapy as well as hypnosis.

Medical Hypnoanalysis is dynamic, short term and directed. It is dynamic in that the treatment approach emphasizes causes rather than symptoms, explanations rather than descriptions, and unconscious forces rather than conscious forces as being the ultimate origin of the psychopathology.

It is short term in that in most of the situations twenty or less sessions are required for the completion of the treatment procedure, with the majority ranging between ten and sixteen sessions.

It is directed therapy in that the psychotherapist, upon making a diagnosis, follows a medical model of psychotherapy aimed at alleviating the symptoms by means of resolving underlying, unconscious causes.

Procedure

Medical Hypnoanalysis first examines the presenting symptoms of the patient by means of a case history, observing verbal and non-verbal communication, while seeking unconscious clues to the ultimate causes of the symptoms in order to make a psychodynamic diagnosis. After the patient is introduced to hypnosis the majority of the therapeutic sessions are conducted with the patient in the hypnotized state. The therapist investigates the unconscious by using the following procedures:

1. A specifically designed word association exercise
2. Dream analysis
3. Age regressions directed at crucial periods earlier in the patient's life.

Such procedures allow identification and re-implementation, adjustment or re-evaluation and desensitization of the casual events. This procedure is directed at correcting the symptoms and the unwanted behaviour that cause suffering and disease.

For example, depression, phobias, obsessions, psychosomatic disorders, self-destructive and anti-social behaviour and other psychological problems can be relieved.

Resolving the Cause Rather Than the Symptoms

In the relaxed hypnotic state, the subconscious mind is more accessible. Hypnoanalysis uses various techniques to allow the subconscious mind to reveal the original cause of the problem so that, working together, the client and therapist can understand and resolve the origin of the problem rather than just treat the symptom.

For example, in the case of a phobia, some stimulus got connected to a physiological response of panic. Discovering when that got connected and resolving that event can bring rapid relief of the phobia.

Another example is that a child may carry that wrong belief into adulthood and develop symptoms to compensate for the feelings that go with them. As an adult, one may recognize that the feelings and beliefs are inaccurate, uncomfortable or in some way unhelpful. He/she may have found that simply trying to think or feel differently has not helped relieve the problem. This is because the conscious, decision-making part of the mind does not have access to where those feelings and thoughts originate. However, when in hypnosis, the origin of the thoughts and feelings are available.

Going back to the key memory while in hypnosis, gives the adult the chance to reinterpret the event more appropriately. Once that is done, it is often a relatively simple matter to give up the symptom, given positive reinforcement to do so, thus replacing the old, negative beliefs.

How Does Medical Hypnoanalysis Work?

Medical Hypnoanalysis uses various tools to diagnose the subconscious mind's reasons for having a symptom and resolves the issue. Many people have problems that they have tried to resolve in other ways, including counselling or therapy. Those forms of therapy are limited because they only have access to the conscious mind. Some people have used medications to help reduce their symptoms. However, merely treating the symptoms does not resolve the cause of the problem.

Medical Hypnoanalysis works specifically because of the effect of hypnosis on the mind and body. When a person is in a state of hypnosis, the conscious mind goes into the background. This makes the part of the mind that stores the information about the cause of the problem, available to actually make the changes a person wants to make. When the emotional cause of the problem is healed, the problems with the feelings, thoughts, and body are usually relieved.

This form of therapy differs from traditional “talk” therapy in that much less time is spent talking about how the symptom affects a person on a daily basis. Therapy time and energy are put into finding and removing the underlying cause of the problem. Once the cause is removed, the person can begin developing new, healthy ways of thinking, feeling, acting, and being in the world through carefully designed suggestions. True change takes place so clients can meet their goals.

Traditional talk therapies can take years to achieve lasting results. Using hypnosis greatly speeds the process that often brings permanent relief.

What is the Healing Power in Medical Hypnoanalysis?

The essential component of the healing process is the spirit, the healing energy itself. I don't really know where one of the body-mind-spirit complex leaves off and another begins, and probably we should not try to separate them. They are really one and the same thing. If we read what the physicists have to say about the nature of matter, we find that it is only a crystallization of universal consciousness and that the direction of its flow is powered by divine spiritual energy. Love is the energy of creation. It is the energy that maintains what is created, and it is the energy of healing. Its presence in therapy is not just important. It is essential. Hippocrates, the father of modern medicine, knew this, and every good doctor since has known it too. Self-love is where we have to start, and if your love battery is low, it may be necessary to find out why and get it recharged before the real healing can begin.

What Are the Possible Subconscious Causes of Most Emotional Problems?

The Identity Problem Syndrome

This concerns the initial thought pattern about the self-created in the mind of the unborn infant from its perception of its mother's emotions and thoughts during her pregnancy. During those months, the flow of thought from mother to child is strong and clear. If the mother's thoughts are loving and accepting, the foundations of the infant's budding personality are strong. If the mother's emotional state is resentful, worried, or fearful, the infant enters the world in a state of confusion, and even guilt, about the very fact of its existence. This determines, not only the new-born infant's concept of self-worth, but the amount of love he or she is capable of storing and expressing, and since love is the healing energy, a well charged love battery is essential.

The Walking Zombie Syndrome

This is the subconscious acceptance of physical death or a thought that life is no longer worth living. Love is the single most important survival factor providing a sense of belonging, security and purpose. To be without love is to a foetus, new-born or child a death-like feeling - consistently described by patients as being worse than any physical death-like experience they may have had.

The survival response initiated by the subconscious in all these circumstances is the Flight or Fight Response. When neither Fear nor Anger provides the means to that survival the last resort of the subconscious is to accept death – what is termed the *Walking Zombie Syndrome*. This has been variously described in the literature as the 'giving up/given up syndrome' and more recently as 'freezing'. Old knowledge re-invented.

The point is that once the subconscious has accepted death it cannot of its own delete that idea since it has no logic. As life continues confusion arises as to whether one is alive or not and the subconscious must then provide some symptom at a level of lesser importance as a proof of life, to provide a sense of being alive. 'Lesser' since having accepted death at whatever level that level is now unavailable to provide a proof of life. This is the mechanism in many physical diseases. Thus, if the Walking Zombie Syndrome ensued at the level of spiritual or ego survival, one can readily expect physical symptoms to occur at the levels of physical, socioeconomic or species survival – manifesting as eating disorders, or a preoccupation with money or sex.

The Birth Anoxia Syndrome

This syndrome is also referred to as the Death Expectancy Syndrome. It includes not only the terror experienced by the infant in the presence of a falling oxygen level, but also other causes of trauma such as blood chemistry changes, pain, pressure and distortion of the head with approaching loss of consciousness which is interpreted by the infant's subconscious mind as death.

The syndrome is often the root cause of later anxiety, as if the person is living in constant fear of some approaching disaster, evidenced by phobias, panic disorder, or chronic stress. It is difficult to achieve peace of mind, optimism, faith, and positive imagery in the presence of anxiety. If love is the energy that drives the healing process, relaxation is the key that opens the door and allows it to work.

The Separation Anxiety Syndrome

This is an important source of later emotional problems, not only those concerning relationships, but those leading to compulsive overeating, alcoholism, school phobia and rejection fears of every sort. The syndrome results from the longstanding practice of separating the new-born infant from its mother directly after birth and for long periods of time thereafter, thus depriving it of the constant awareness of physical support and loving reassurance at a time when it is most needed. This allows the fears perhaps created during the pregnancy and the birth process to become firmly rooted in the infant's subconscious mind. Obviously, this weakens the love battery and creates further anxiety, both of which are antagonistic to happiness and healing.

The Ponce de Leon Syndrome

This syndrome describes the continuing immature train of thought, emotion and behaviour into adulthood resulting from being 'stuck' at a younger age with a fear of the danger adulthood might hold. It is the state of emotional immaturity caused by certain traumas during the growing up years. Such experiences can block the maturing process and damage the personality. Child abuse, sexual or physical, or loss of a parent, for example, can not only create severe guilt and loneliness, damaging inner love potential, but can also result in suppressed fear and anger, which can later surface in the form of chronic mental or physical disease.

The Jurisdictional Problem

This syndrome is perhaps the most important of all. It refers to the problem of self-imposed guilt, which possibly, more than anything else, can be the underlying cause of mental and/or physical pain and suffering. Guilt is the most destructive of all the emotions. Since guilt is a subconscious fear of eternal damnation implanted early in life, it demands penance in order to escape this disaster. The healing begins with self-forgiveness. Failure to resolve spiritual matters is often the reason why patients/clients have resistance and struggle in therapy. Medical Hypnoanalysis generally allows a comfortable passage from self-punishment to enlightenment.

What Symptoms Can Medical Hypnoanalysis Treat?

Hypnoanalysis is used to successfully treat anxiety, phobias, depression, low self-esteem, all types of fear, sexual/physical/emotional abuse, and eating disorders. It is also used to relieve relationship issues, guilt, poor self-esteem, sexual problems, as well as help relieve some physical symptoms such as chronic pain and chronic fatigue, asthma, allergies and other problems that have their roots in emotions or beliefs about oneself. However, Medical Hypnoanalysis is not a medical treatment, and physical illness and pain should be assessed by a medical doctor.

What Is Hypnosis Used for & How Long Does It Take?

There are many facets to the practical and therapeutic uses of hypnosis. All of them including self-hypnosis, hypnotherapy and Medical Hypnoanalysis can be very helpful and can serve useful purposes for one's personal and professional growth and development. Hypnosis, including self-hypnosis, can be used to reduce stress, and relax. This state is very positive mentally and physically. Regularly getting into this state can help relieve symptoms of stress related illnesses including high blood pressure.

Especially during times of high stress, practicing self-hypnosis daily can help reduce the chance of physical problems. It can aid sleep by helping people keep their minds off negative thoughts that may be keeping them awake. Also, being in a deeply relaxed state can have an effect on pain relief.

This booklet on Medical Hypnoanalysis is also available electronically on my website. To download this booklet as well as a collection of other booklets and CD's, please visit my website – **www.susankriegler.com** - or scan the QR Code below. If you would like to schedule an appointment, please contact my reception.

-Susan-

Dr Susan Kriegler
Educational Psychologist

181 Beckett Street
Arcadia
Pretoria
0083

Tel: 060 6215 398
Email: reception.smk@yebo.co.za

www.susankriegler.com
www.facebook.com/DrSusanKriegler
www.cribnotesSA.co.za

WEBSITE



FACEBOOK



**THE CRIBNOTES
PROGRAMME**

