

Overcoming Mental Barriers Through Hypnosis

OLLI/Furman University(HFE521)

NLP & Motivation

W. Jeffrey Kramer, DC, PhD, ATC, CHt, NLP

Chiropractor / Hypnotherapist



Dr. Kramer's Working Definition of Hypnosis

- Hypnosis is a **natural state** of **altered (heightened) awareness** and **selective hypersuggestibility** whereby the subject **chooses to ignore** the realities of the world around to **focus their attention** on the imagined world and **accept suggestions** that appears so realistic, the **body reacts physiologically** as if they are real.

Two Very Important Points

- ALL hypnosis is Self-Hypnosis
- AND
- YOU are in control at all times

Neurolinguistic Programming (NLP)



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POTENTIAL

NOT EVERYONE GETS TO BE AN ASTRONAUT WHEN THEY GROW UP.

Neurolinguistic Programming

- Neurolinguistic Programming (NLP) is a tool to help us learn to think more effectively and communicate more effectively with yourself and others.
- The study of the structure of our subjective experience (Ready & Burton).

What is NLP ?

- The art and science of communication
- The key to learning
- It's about what make you and other people tick
- It's the route to get the results you want in all areas of your life
- Influencing others with integrity
- A manual for your brain
- The secret of successful people
- The way to create your own future
- NLP helps people make sense of their reality
- The toolkit for personal and organizational change

Four Pillars of NLP

- Rapport
- Sensory Awareness
- Outcome Thinking
- Behavior Flexibility

NLP Presuppositions

- The map is not the territory.
- The meaning of your communication is the response it elicits.
- Resistance is a comment about the communicator
- If what you're doing isn't working, do something else.
- Every behavior has a positive intent.

NLP Presuppositions (Cont.)

- People make the best choices they can with the information they have in consciousness.
- The element with the most flexibility in any system will be the controlling element of that system.
- Mind and body are part of the same cybernetic system.
- There is no failure, only feedback.
- Every behavior is useful in some context.

NLP Presuppositions (Cont.)

- People work perfectly, no one is broken.
- If one person can learn to do something, anyone can.
- Choice is better than no choice.
- People have within them all the resources they need.
- Anything can be accomplished if the task is taken in small enough chunks and the individual is willing to put in the time.

Changing Believes with NLP

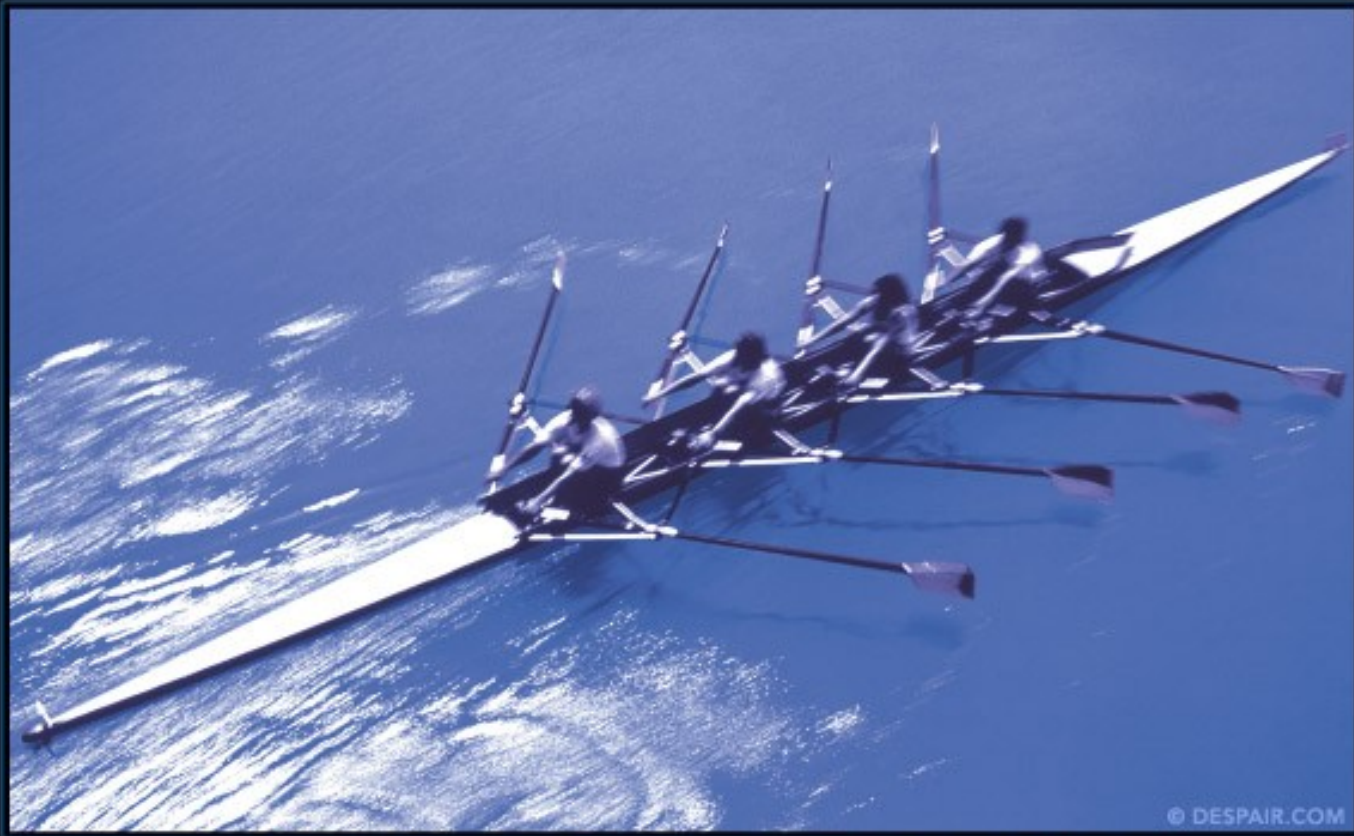
1. Think of a believe you know to be true, for example, “I am a really considerate driver.”
2. Did you get a picture, have a feeling, and/or hear a sound? What were the qualities of the picture or feeling or sound?
3. Now think of a belief that you would like to change because it is not serving you well. I can’t park straight!”
4. Superimpose the qualities of the belief you know to be true on those of the belief you would like to change

Motivation

Keep All O.A.R.S. in the Water

- Opportunity
- Resources
- Aptitude
- Strength





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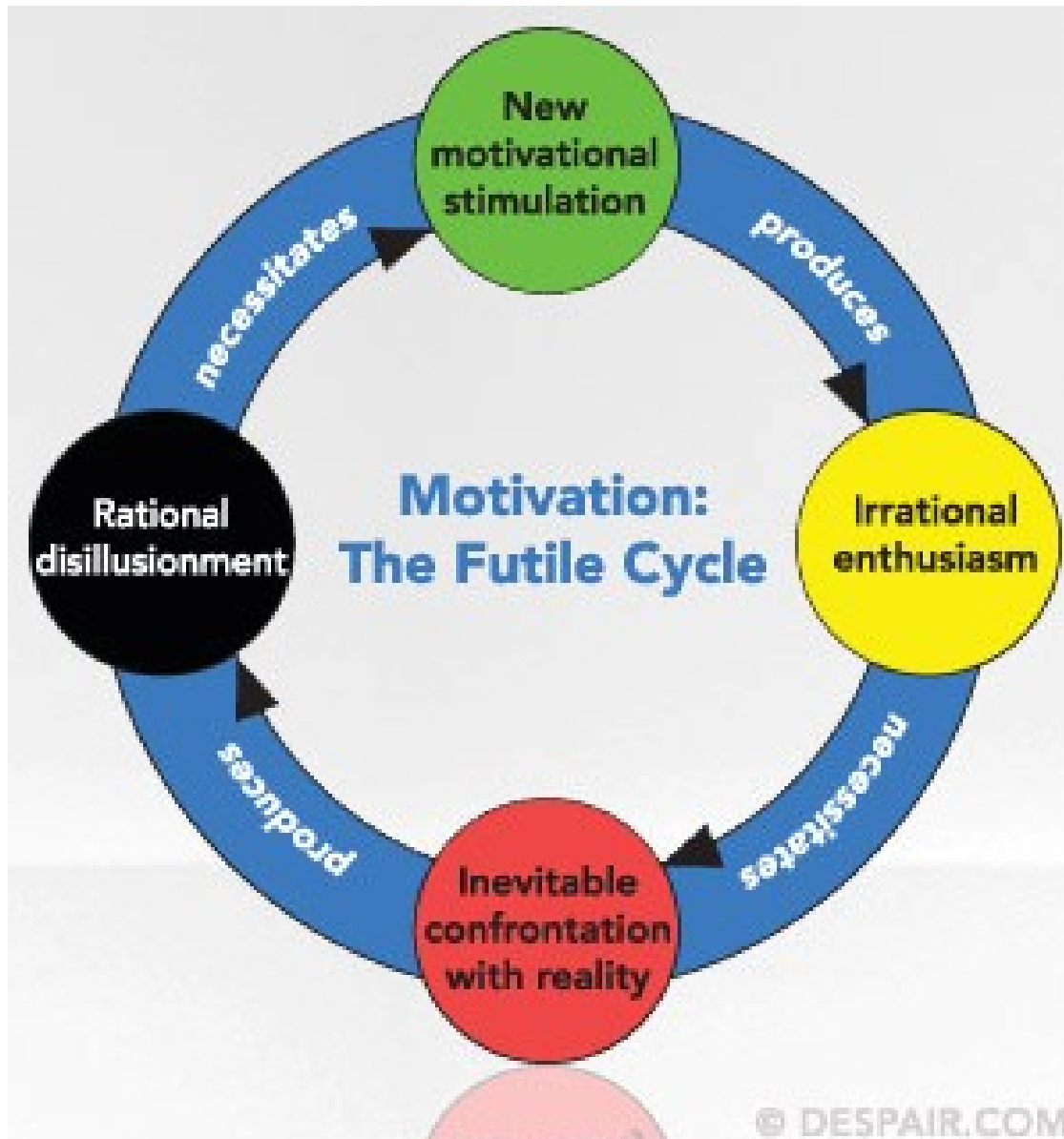
IGNORANCE

IT'S AMAZING HOW MUCH EASIER IT IS FOR A TEAM TO WORK TOGETHER
WHEN NO ONE HAS ANY IDEA WHERE THEY'RE GOING.

Motivation Or De-Motivation

Psychologists tell us that it can only come from within. Common sense tells us it can't be manufactured. So how is it that a multi-billion dollar industry thrives through the sale of "motivational" products and services? Because in our shallow times, people desperately want to believe there are simple solutions to even the most complex of problems. And when desperation has disposable income, market opportunities abound.

At **Despair, Inc.**, we believe it's time people face the truth- that any kind of motivation you can buy isn't worth owning, and in the end will produce even greater demoralization. Given that inevitable fact, we'd like to invite you to ***skip the delusions that motivational products induce and head straight for the disappointment that follows!*** Our legendary Demotivators products are peerless in The Art of Demotivation. They will leave you feeling just as depressed and uninspired as even the most insipid motivational poster might, without first ***subjecting you to the indignity of misplaced hope!*** Enjoy! (As if that's even possible...)



From: <http://www.despair.com/viewall.html>, 12/24/2011



CONFORMITY

WHEN PEOPLE ARE FREE TO DO AS THEY PLEASE,
THEY USUALLY IMITATE EACH OTHER.



BE YOURSELF!

Most individuals try to blend, but others choose to stand out.

Define Your Desire

- If you had a million dollars, what would you do and how would you spend it?
- If you could do anything without fear of failing, guaranteed to succeed, what would you do?
- If you only had six months to live, what would you do?
- Imagine you have passed on. One of your friends has been chosen to read your eulogy. Who would you ask and what would they say?

Be Specific

- The more detailed you are with your goals or desired outcomes the better, because you will be taking the information and using these ideas for designing your suggestions for your self-hypnosis sessions. Incomplete or weak goals will result in ineffective or weak outcomes.
- Ask the tough questions: who, what, where, when and how specifically?

Think and Be Positive

- State goals or desired outcomes in positives
- How to convert a negative to a positive statement?
- If you aren't _____, what are you?
- If you don't _____, what will you do?
- Think about word choice....

Behavioral Goals/Outcomes

- State goals or desired outcomes in action or behavior terms
- How to convert a state of being or emotion into a behavior?
 - When you have _____, what will you be doing?
 - When you are _____, what will you be doing?
- Again, think about word choice and be specific....

More to Think About

- What do you want?
- Is it possible to hit a target when you can't see it?
- Remember “Alice in Wonderland” ?

Passion, Do You Have It?

- To get what you want will require devotion, dedication, and commitment to the task.
- The single most important factor in getting what you want is passion.
- The answer to ***why*** you want something is more important than the answer to ***how*** you will get it.
- Spend some time writing the reason you want your goals and look for where you get excited or feel great passion. This is where you will find success.

View of Life

We experience life in four realms:

- Emotional – Peace of mind, love, relationship with self and others
- Physical – Health, financial goals, material needs
- Mental – Education, learning, stimulation and growth
- Spiritual – Live your purpose and mission, serve others, connection with God or Higher Source.

Some Questions to Think About

- Who will be with you on this quest?
- What will you be doing?
- Where will you be?
- When will this take place (Day/Time)?
- Anything else that you will notice if you don't have _____?
- Use your own words....
- Don't use "why"!



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PROBLEMS

NO MATTER HOW GREAT AND DESTRUCTIVE YOUR PROBLEMS MAY SEEM NOW,
REMEMBER, YOU'VE PROBABLY ONLY SEEN THE TIP OF THEM.

Tend To Your Garden

- The subconscious mind is like a garden, the critical faculty is the gate keeper, and the conscious mind is the gardener. You possess the ability to plant and nurture *any* seed or thought. The garden accepts *whatever* is planted whether it is good seed or a destructive weed. It does not judge or differentiate. It accepts as true every thought that is firmly planted by the gardener. The key is to by pass the gatekeeper, to get to the garden and plant good seed.

Tend To Your Garden (Cont.)

- We need to remove the negative destructive weeds or thoughts and only plant the flowers we want to flourish.
- How do we make this happen?
 - Change your thoughts and beliefs
 - Visualize and emotionalize your desired result or outcome (Put yourself in it, be it, and live it)
 - Eliminate negative thoughts
- The Key to getting what you want, once you know exactly what you want , is to create a new belief or thought and plant it permanently into the subconscious mind.

Visualizing Your Success

The process of visualizing your goals turns dreams into reality because it:

- Clarifies what you want and desire
- Creates a new belief system
- Raises your vibrational energy
- Magnetizes and attracts you to the people, resources and opportunities that will help achieve your goal

Positive Reinforcement for Change

- Avoid reacting emotionally to negative thoughts
- Disassociate and become bigger than the thought
- Cut off the weed and plant new seed
- Overly exaggerate the negative

Self-Talk



DELUSIONS

THERE IS NO GREATER JOY THAN SOARING HIGH ON THE WINGS OF YOUR DREAMS,
EXCEPT MAYBE THE JOY OF WATCHING A DREAMER WHO HAS NOWHERE TO LAND
BUT IN THE OCEAN OF REALITY.

Positive and Negative Affirmations

Negative Affirmations

- I can't...
- I'm tired...
- I'm getting old.
- I'm giving up.
- I always loose.
- That's just my luck.
- Things always seem to go against me.
- I can't afford it.

Positive Affirmations

- I can...
- I will...
- I'm getting well.
- I've got all I need.
- I am young for my age.
- I can do all things,...
- If I need it, I can afford it.
- I choose...
- I am happy.

Four Conditions Causing Fear

- Every stress that we face fall under one or more of these four conditions:
- **Novelty** – New situation, something we are not accustomed to (change)
- **Unpredictability** – Something is about to happen but we don't know what ... we can not predict it.
- **Lack of Control** – A situation where you either have no control or you perceive you have not control over the events to follow.
- **Threat to Ego** – This can be an actual threat to our life (war, being shot, mugged, accident, etc) or symbolic treat (put down, overlooked, unappreciated, disrespected, losing face or losing esteem).



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VISION

HOW CAN THE FUTURE BE SO HARD TO PREDICT
WHEN ALL OF MY WORST FEARS KEEP COMING TRUE?

From: <http://www.despair.com/viewall.html>, 12/24/2011

**The biggest thing that prevents us
from achieving our goals...**



FEAR





FEAR

UNTIL YOU HAVE THE COURAGE TO LOSE SIGHT OF THE SHORE,
YOU WILL NOT KNOW THE TERROR OF BEING FOREVER LOST AT SEA.

FEAR

“You gain strength, courage, and confidence by every experiencing in which you really stop to look fear in the face.”

Eleanor Roosevelt

FEAR

- Fear is the greatest killer of all human potential. Fear is what stops us from even trying to get what we want. Fear stands between us and everything we want out of life.
- **Fear, though, does not exist!**
- Fear is not something tangible; we can't hold it, see it or touch it. Fear is simply a thought, a very powerful thought
- Fear is an anticipation of pain, serving as a warning that pain is imminent or possible.
- Fear is always of a future event; we can't experience fear in the present moment.

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Face Fear Head-on

Simple techniques to help you overcome fear:

1. Focus on your breathing
2. Take on step at a time
3. Shift focus from yourself to contributing to others
4. Observe the sensations of fear in your body
5. Affirm or recall a positive memory and the feelings of power, success or confidence
6. Other techniques...

Writing Goals

Goals: Be Specific

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Goals: Think and Be Positive

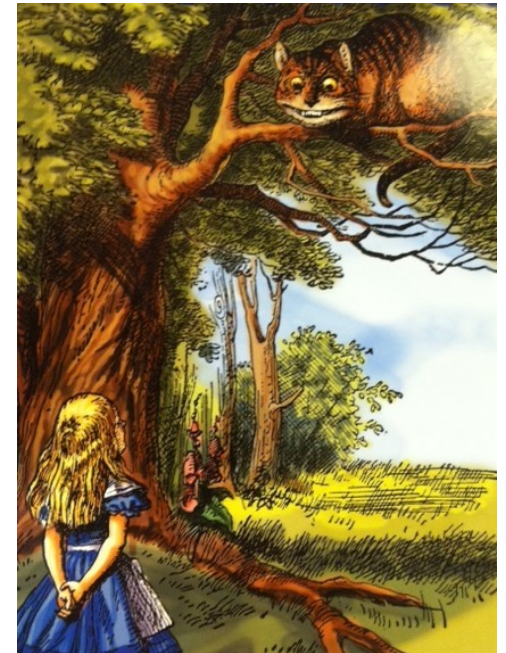
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***Writing
Suggestions***



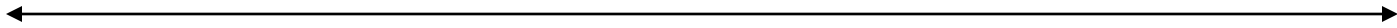
WISDOM

SOMETIMES THE ONLY DIFFERENCE BETWEEN A BUDDING GENIUS AND A BLOOMING IDIOT
IS WHERE THEY CHOOSE TO TAKE A STAND.

Self-Hypnosis Script

1. They focus on the positive—on what you want, not on what you don't want.
2. They remind you to use your inner resources and strengths.
3. They tap into your four sources of *personal power*: what you think, what you feel, what you say, and what you do.
4. The emphasis is on creating a solution, not analyzing the problem.
5. They are future-oriented—no lamenting about the past here.
6. The change is self-initiated—no one else has to do it for you, and you don't have to wait for external circumstances to change first.
7. The solution happens at a certain time and place or under specific circumstances. When you think of the solution, you specify where and when you intend to bring it about. This lends clarity to your thinking, preferable to a vague statement such as “I want to be happier.”
8. They involve thinking in both words and pictures. What you say to yourself and what you visualize can have powerful impacts on your future actions and feelings.

THANK YOU!



CONTACT INFORMATION

INSTRUCTOR NAME: Dr. Jeff Kramer

OFFICE ADDRESS: 7-C Brendan Way,
Greenville, SC 29615

PHONE NUMBER: (864) 242-5810

E-MAIL: drjkramer@gmail.com



Self-Hypnosis

Putting Your goals into action:

- ***Self-Hypnosis***
- ***Visualization***
- ***Guided Imagery***
- ***Relaxation Techniques***

8 Steps for Self-Hypnosis Session

1. Identify the goal you want to achieve (step 2) and plan it on your template (steps 3–7).
2. Induce trance. There are many ways to get into a state of focused concentration. An induction is included which will help you achieve the optimal level of trance just by reading it aloud while relaxing.
3. Focus on how your life will be improved once you successfully achieve your goal.
4. Think about what you will be doing new once you achieve your goal.
5. Visualize yourself carrying out the new behavior - imagine how you will think, feel, and act. Think of this as your mental rehearsal for times of challenge.
6. State some behavioral suggestions and positive affirmations that you can easily repeat to yourself to remind yourself about the change you are creating.
7. Now make your own posthypnotic suggestion with this easy formula:
“From now on when I encounter X, I do Y.”
8. Reorient yourself: read the “wake-up” script, open your eyes if they were closed, stretch, and take a deep breath. Done!



