



Hypnosis: Advanced Techniques of Hypnotherapy and Hypnoanalysis

Terence Watts

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Hypnosis: Advanced Techniques of Hypnotherapy and Hypnoanalysis. Analytical Hypno-psychotherapy gains its strength from the fact that it is more flexible and more interactive than straightforward hypnoanalysis. We can work with a wider variety of psychological conditions and can even achieve positive results when working with the logical and analytical client. It is more interactive than hypnoanalysis, more flexible than 'direct regression' and allows the skilled worker enormous access to the individual workings of the client's psyche. We can work with people in their sixties and seventies, logical and analytical clients, individuals who are 'hypnophobic' or 'hypno-incapable', even those who strenuously seek to avoid confrontation with whatever trauma has caused their presenting problem. We can even work with those who have not experienced any trauma but are, in the words of the late C.G. Jung, "Suffering only from the problems of living." Conventional hypnoanalysis often appears to fail - usually because the therapist has not the training to recognise that he or she is using it for the 'wrong' type of symptom or the 'wrong' sort of client, more of which later. Hypnoanalysis is a relatively brief therapy, when taking into account the type of problem for which it is normally employed as a work methodology. The problem is that the oft-quoted 'eight to ten sessions' format is really only applicable when working within certain parameters - and there are many clients and their presenting problems who fall outside these guidelines. The advantage of the work methodology that we are looking at here is that it is far more versatile; its disadvantage is that we are not looking at a truly brief therapy here - we are looking at getting the client better and the timescale is going to vary enormously according to the client personality type and presenting difficulty. In any case, a conscientious therapist should completely ignore the "I can fix that in two sessions, what on earth are you doing?" brigade - therapy should never be a race. It is the emotional health and wellbeing of the client that is important, not the ego of the therapist. If you are looking for the "next level" of hypnotherapy, you have found it here. Experience the journey with Terence Watts.

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