



Amalgamating Hypno- Psychotherapy into a Trauma Counselling Protocol

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What is Hypno-Psychotherapy

- ▶ Hypno-Psychotherapy is an integrative form of psychotherapy which can integrate a variety of modalities including Humanistic, Psychodynamic and Cognitive Behavioral
- ▶ Has been a recognized treatment for trauma since the First World War
- ▶ A researched based methodology for psychotherapeutic intervention.
- ▶ It is NOT hypnotherapy

Research Evidence

- ▶ Spiegel, D & Cardena, E (1990) New uses of hypnosis in the treatment of posttraumatic stress disorder, J Clin Psychiatry. 1990 Oct;51 Suppl:39-43; discussion 44-6.
- ▶ Ganaway, G.K. (2008) Hypnosis, childhood trauma, and dissociative identity disorder: Toward an integrative theory, *International Journal of Clinical and Experimental Hypnosis*, Vol 43 Issue 2 Published online 2008, pp 127-144
- ▶ Amundson, J.K, Alladin, A, Gill, E (2003) Efficacy vs. Effectiveness Research in Psychotherapy: Implications for Clinical Hypnosis olume 46, 2003 - Issue 1 pp 11-29

Approaches which compliment counselling

- ▶ Regression to Cause (Must be used cautiously)
- ▶ Theatre of the Mind
- ▶ Using direct suggestion to ratify therapeutic gains in counselling
- ▶ Solution Focused Psychotherapy
- ▶ Creative Visualisation