



BSMDH NEWSLETTER

SUMMER 2014

VOLUME 9



And welcome to the

edition of our newsletter.

The Games

A message from President Dr Mike Gow

I thought it would be interesting to briefly share in this newsletter a technique which I recently taught a patient which was based on anchoring and the NLP technique 'The Circle of Excellence'. The patient has given his permission for me to give the details here.

The patient wanted to qualify for and compete in the Commonwealth Games, and wanted to learn some techniques that would help his focus.

There were several hypnotic techniques that were used, however I wanted to highlight here how specific techniques learned on workshops or training courses can be developed and altered to suit a specific case. One of the techniques used was based on the NLP technique 'The Circle of Excellence' which uses an imagined coloured circle which the patient stands in to evoke the pre-anchored desired emotions.

I had previously discovered with other patients that a single anchor or 'circle' was often not enough, and have in the past used a series of circles depending on exactly what the patient wished to feel at a particular time in the process.

On questioning, this patient described 4 distinct times where he felt he needed help. 1) The night before a race when he wanted to ensure that he would fully relax mentally and physically. 2) During his warm up on race day. 3) Staying focused while in the 'call room' immediately before a big race. 4) The race itself to improve his focus and specifically to be able to avoid thinking about his competitors while he raced.

We discussed the 'Circle of Excellence' technique and started to work on it. He found it difficult to focus on it at times however and also found that while he raced, it was harder to imagine the circle. It was then that I suggested we tried something different. I noticed that he was wearing a coloured wrist-band, the type of which has become increasingly popular in support of various causes. I asked him to source and buy 4 different wrist bands, coloured to the 4 stages we had been anchoring in the Circle of Excellence technique. At the next session he brought the 4 bands and in hypnosis we worked on strengthening and anchoring the meaning of each (importantly these were his ideas for what each desired state would be).

- 1) BLUE. The blue band was to be worn at any time he wanted to feel relaxed, particularly the night before or on the way to a race. The band was associated with mental and physical calmness, control, confidence, relaxation. Feeling refreshed, focused, clear minded etc.
- 2) RED. The red band was to be worn during his warm up. It was anchored to feelings of having energy but being relaxed. I taught him about 'Relaxense' a balance of tension and relaxation taught by Lars-Eric Uneståhl at a recent BSMDH Scotland workshop. The red band was to remind him that he was READY (with a tonal emphasis on RED in the word READY). It was anchored to 'having a neutral mind, with the perfect amount of energy being used in the warm up'. The red colour was to remind him of how the blood was taking the oxygen he was breathing to his muscles. As he had described to me that he often listened to music during his warm up sessions, I recorded a short 'warm-up' track reinforcing these feelings associating them with the red band. I even made a version of the 'warm up' track which was mixed into appropriate music to help him remain relaxed but energised during warm up sessions.
- 3) YELLOW. The yellow band was to be used in the call room. The call room can be a wait of 10-30 minutes before a race and athletes must maintain their mental focus. The yellow band was anchored to feelings of being in his own space, his own mind. The yellow feeling was to allow his mind to 'tick over'. It was also linked to feelings of confidence and memories of previous successful races and victories.
- 4) ORANGE. The orange band was to be put on when he was on the track, about to race. The orange band was anchored to drive, power and energy. It was bright and strong. It was anchored to a feeling of complete focus on his race and an ability to ignore his competitors and give it everything he has got. It was anchored to surges of adrenaline, especially at specific points of the race itself. It was anchored to commitment, trust in himself, and trust in his body and the muscle memory he had from all his training.

Among several other techniques, future rehearsal techniques were employed, allowing him, in hypnosis to watch over and over again as he prepared for and ran races well using the bands as anchors. He used the bands in training and in qualifying races.

Earlier this year he qualified for the relay team for the Commonwealth Games and we had some refresher sessions in preparation for the Games themselves. In the qualifying round, the team broke the Scottish National record, making it into the following day's final. In the final, the competition was stiff, however the Scottish team finished with a good time, in a respectable 5th place. Importantly, in the sessions, while he had stated that he would have obviously loved to win a medal, the ultimate goal was always simply to perform as well as he could, while feeling mentally and physically good. The hunger to win a medal can be useful and motivational and this was utilised, however care was

taken to avoid any sense of this being the actual goal. The goal had originally been to qualify for the games. When that was achieved, the goal was to get to the final. When that was achieved with a new Scottish record, the goal was to perform as well as possible with the knowledge that a medal was a possibility. All these goals were achieved, and while there are no medals for 5th place, the post hypnotic suggestion was given that the feelings of success and memories from that joyful day having run his best in the final at Hampden would stay with him forever and could be accessed to help him achieve future goals in any other aspects of his life out-with athletics.

I believe that the success of the Glasgow Games have acted as a strong anchor for the people of Glasgow & Scotland. I'm glad that there is talk of 'Clyde' becoming the Glasgow mascot. I hope that he continues to remind everyone what a wonderful city Glasgow is and that 'People Make Glasgow'.

Autumn Symposium Meeting



Sat 4th & Sun 5th October 2014

Guest Speaker

Dr Albrecht Schmierer

Saturday - 10am -5pm

Sunday 9 – 12pm

Venue: Stirling Highland Hotel, Stirling

Mike Gow has had the good fortune to have heard Dr Albrecht Schmierer present workshops in the past when I have attended international meetings. While he is a dentist, he is very well received by all healthcare professionals. He will be addressing the control of pain, acute and chronic, among other topics from his long experience. We are very lucky to be hosting his workshop here in Scotland at the start of October and I urge you to attend if you can.

More details on how to book are on our website soon <http://www.bsmdhscotland.com/training-and-events/autumn-2014-symposium-weekend>

ESH congress in Sorrento in 2014

XIII Congress - Venue: Sorrento (Amalfi Coast), Italy from 21st to 25th October.

HYPNOSIS AND RESILIENCE

“From Trauma and Stress to Resources and Healing”

Registration forms are available for download from:

www.esh-hypnosis.eu

Future plans

By Dr Judith Chapman

The October workshop with Albrecht Schmierer in Stirling is steadily filling up, and we are looking forward to our new style training course in November. Do encourage friends and colleagues to apply while there are still places available.

Plans for next year are well under way, and we are endeavouring to avoid clashes with interesting hypnosis meetings going on elsewhere in the UK as well as Europe

Watch out for details of our Spring meeting. This is likely to be a simple half or one day meeting, with maximum accessibility for any level of training, over the weekend of 28 February/1 March. All will be welcome, and the AGM will be held then too.

There are exciting plans afoot for a full weekend of workshops and presentations at the Beardmore Hotel and Conference Centre, 4 to 7 June. BSCAH, our sister society south of the Border, will be joining with us for that. We will be playing host to the Board of Directors of the European Society of Hypnosis. It should be a great opportunity to meet and hear from several of the acknowledged European experts using hypnosis in medicine, dentistry and psychotherapy/psychology.

Training course – CPD awarded
1st & 2nd November and 29th & 30th November 2014
The Pond Hotel, Glasgow

This updated, stream-lined course is designed to instruct in the basic precepts of hypnosis as an adjunct to medical and dental practice.

Pre-course learning material is planned to be available approximately one month before the training weekends. **Closing date for applications is 17th October.**

Please check our website for more information and booking form www.bsmdhscotland.com



We are always looking for interesting pieces that we can share, an article or a book review perhaps. Please get in touch.

Contact office secretary Angela, mail@bsmdh-scot.com