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- **Stabilisation a key to comfortable hypnotherapy for the patient and for the therapist.**

There exist many approaches and protocols using hypnosis to promote positive changes.

We could say that the therapist's job is to show the patient how to use his innate hypnotic capacities to promote these changes and during this time to assure the patient's security. The patient needs to feel assured that, when using hypnosis, he can keep the situation under control when exploring a difficult situation or even at moments when outside the therapist's office.

During this workshop I would like to explore with you

1. a model to codify the intensity and quality of the patient's presenting difficulty by using his body feelings and his emotions when asked to imagine the disturbing situation in the therapist's office. This targeted situation can then be used to realize the efficiency of the proposed stabilization methods
2. easy to learn methods of stabilization permitting the patient to regain control of himself when distress arises in therapy. This can later be applied by the patient alone in another stressful situation.
3. (if time permits) a simple method based on actualizing old resources through positive age regression and then anchoring them. When the patient is confronted with a destabilizing situation, he can easily evoke the anchored resource and stabilize his distressing thoughts as well as his physical and emotional disturbances.

The methods will be presented in English either by demonstration with a volunteer or with those participants, as a group, who would like to gain in their proper experience and capacity. The protocols will be available in English for those who participate.

