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In Hypnosis and Therapy

- · Part of every induction
- Part of the process of experiential change in therapy

Why use Destabilization in Therapy

- Without destabilization, there is no drama
- Utilize arousal
- Make things memorable.
- You can catch more flies...
- A little nonsense now and then...
- Moves the person internal.
- To change mood and perspective
- It creates fascination; energizes; playful.
- It is experiential, not didactic. Feel the therapists attempt to influence.
- People dislike uncertainty states.



History of the confusion technique

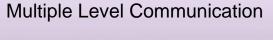
- Erickson's first example
- 1963 paper
- Wolberg example



Common examples

- Jokes
- Psychological "games" Eric Berne— Transactional Analysis
- Con+gimmick-response-switch-"x"-payoff
- Suspense movie
- Art/poetry
- Advertising

Methods Hard confusion 1. Using pairs of opposites (E.g., Conscious/unconscious and understand/misunderstand.) Overload 2. 3. Negation 4. Boredom Soft destabilization 1. Misspeak Switch sets quickly 2. Pivot on a word Indirect suggestion Nonverbal methods Disrupt a pattern Homonyms 3. 4. 5. 6. 7. 8. Divided words 9. Double Dissociation 10. Stuttering



• You can...respond to my voice.

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Hard Confusion Using Opposites Conscious-Unconscious Understanding-Misunderstanding

The attitude of the therapist

- No surgery without anesthetic
- Best when it is a "utilization," not a technique.
- How to use confusion without being confused.
- Only use the methods that you would want to have used on you.

Exercise

- Pace
- Disrupt/Destabilize
- Pattern

Groups of five: Go around four times, and then make complete sets yourself.

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