The “States” Model

**Depression**
- Internal
- In the past
- Inactive
- Negative
- Hopeless – no goals
- Intropunitive
- Withdrawn socially
- Tactile
- Vision limited

**Happiness**
- External
- Present
- Active
- Positive
- Hope – directed
  - (Balanced)
- Engaged
- Visual
- Scope and depth

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**Depression**
- Judgmental
- Negate/discount accomplishments
- Absorb social energy
- “If only …” vocabulary
- Physiologically deadened
- “I am not okay” existentially
- Victim

**Happiness** (cont.)
- Open
- Acknowledge accomplishments
- Emit Social Energy
- “Yea and …” vocabulary
- Arousal
- “We are okay” existentially
- Victor
Hypnosis

- Guide attention:
  - Internal and focused
- Alter intensity:
  - More or less vivid
- Create dissociation:
  - “just happen” and “apart from”
- Modify responsiveness:
  - Minimal cues and search for personal meaning

Traditional Therapist

- Empathic
- Attentive
- Accepting
- Quiet
- Educational
- Inquisitive
- Genuine
- Warm; positive regard
- Present
- “Vanilla”

Traditional Hypnotist

- Directed
- Commanding
- Powerful
- Active
- Suggestive
- Imperative
- Dynamic
- Calculating
- Future
- “Colorful”

Ericksonian Therapist

- Experiential
- Dramatic
- Active
- “Tour guide” – in charge
- Flexible
- Metaphoric – “oriented-towards”
- Utilizing
- Expectant
- Systemic

Hypnosis State

- Guide attention:
  - Internal and external
- Alter intensity:
  - More or less vivid
- Create dissociation:
  - “just happen” and “apart from”
- Modify responsiveness:
  - Minimal cues and search for meaning

Therapist “State”

- Experiential
- Dramatic
- Active
- “Tour guide” – in charge
- Flexible
- Metaphoric – “oriented-towards”
- Emotional
- Expectant
- Systemic
## A Phenomenological View

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