

LOGIC AND EMOTION

The main components that run our lives and logic and emotion.

Therapy is (mainly) aimed at improving the emotions of our clients. These emotions are triggered by (or trigger) our thoughts.

There is a third component that often goes unnoticed, the connection between these two.

I often use a technique to explore these three with the client - their thoughts, feelings, and the connection which joins (or is not joining) the two. I want to find out if these three are the cause of their symptoms.

I use hypnosis/imagination to find the metaphors that represent the trio.

Often the connection is inefficient; the feelings out of date; or the thoughts inaccurate. I am seeking to help the client find the metaphors or symbols that represent these three vital parts.

I will relate a case history to demonstrate what I mean, and this will be followed by notes of explanation.

Case History of Joe

Joe is a 26 year old Estate Agent who is having problems at work, and is concerned he will lose his job, although there is no evidence for this.

Every time he goes out to Spain to visit his mother, he is anxious he will not have a job to return to. This has happened for the last two years (he visits her every three months), and he came to see me for help to enjoy the time he spends with her.

I asked him to close his eyes, use his imagination and not to try, in order to learn what is happening in his inner world.

He learnt that he had positive thoughts in the front of his mind. He saw these as a blue cloud. When he asked the blue cloud what it would like to be called it replied 'cloud'.

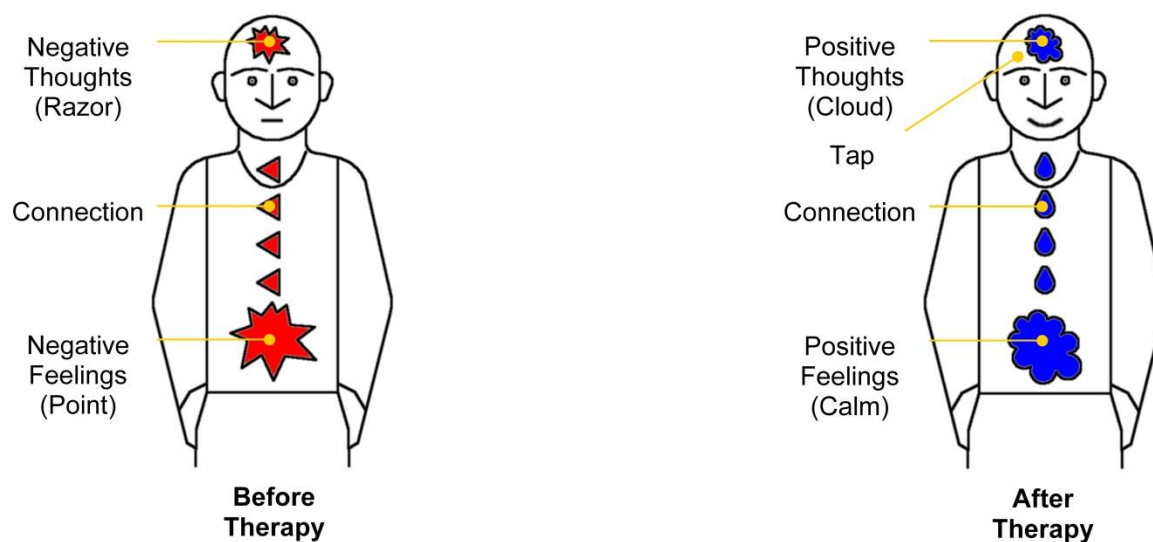
He also had negative thoughts in the right side of his mind. He saw these as a red cloud with a much sharper outline than the blue cloud. It said its name was 'razor'. The two clouds were intertwined

When I asked him about his worries, he said they were in his stomach, were red with pointed edges and answered to the name of 'point'.

He wanted to change these to a calm feeling in his stomach, which would be a blue cloud like his positive thoughts.

The communication he had was a tap in his mind. This tap allowed the blue cloud to float down and cover 'point', so it was smooth, cooler and calm. The red cloud 'razor' had been in charge of this tap, and he wanted the blue cloud to take over. In that way more blue cloud would float down and improve his calmness.

The diagram below attempts to depict the parts involved in Joe's symptoms.



THERAPY

Joe told me his aim was to have the red and the blue clouds entwine so they would work together; have the blue cloud control the tap, so more blue cloud would go to the stomach; 'point' would become cooler and smoother and feel more calm; and he would have more control of his feelings.

I guided Joe to achieve those aims over two sessions. A few weeks later I received a card from Spain telling me all went well.

Some points about this technique

1. Use clean language, and accept whatever the clients say when they describe the metaphors - however weird they may seem. Reply to the client using the exact words they have used when discussing the metaphors.
2. Learn how the thoughts, feelings and connection are represented in the client's imagination
3. Guide the client to change these components in the way he wants to change them. Don't offer any advice or suggestions. Support the client in making their own change, and give them time to do so.
4. Clients have their own timing when they are working in the inner world. Some are faster than others. If they are taking what I consider a long time, I often ask 'How are you getting on?'. so they know I am there with them, and may be able to help if they are stuck.
5. If the client is having difficulties finding an answer I suggest they go to their 'creative part, the one that solves problems', and this often helps them to proceed.

6. Support the client by commenting that what they are saying may sound ridiculous, but the stranger it sounds, the more likely it is to be of help. If it is logical and rational, they are not using their imagination.
7. When the client comes out of the trance, allow time for them to come back into the room, back to consciousness, before discussing what has just happened. Reassure them that they did very well, and answer any questions they may have.
8. It may be helpful to make a CD with the components of the session, so they can reinforce the new process on a daily basis.
9. See them a week later to talk about their experiences and any change that has occurred.

**THE MAIN LIMITATION IN THEREAPY
IS THE LIMITATION OF THE CLIENT'S OR THERAPIST'S CREATIVITY**