

Hyperempíria
Hypnotism for Creative
Problem Solving

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Hyperempíría

- ◆ Don E. Gibbons, Ph.D.
- ◆ Beyond Hypnosis (1973), Applied Hypnosis & Hyperempíría (1979), and Experience as an Art Form (2001)
- ◆ “Hyperempíría” = Enhanced Experience
- ◆ Other similar approaches?

How It's Done

- ◆ It is done like normal hypnotism, except where you'd suggest "depth" you suggest "height."
- ◆ And you leave it "Open Ended." You do not suggest how the client should solve the problem.

Tricks of the Technique

- ◆ Count Up, not Down
- ◆ Use “enhanced,” not “relaxed”
- ◆ Suggest Time Expansion, not Compression
- ◆ Suggest Recall, not Amnesia
- ◆ Suggest Confidence that Client will Find a Way to Solve the Problem

Example of Use

- ◆ 57 year-old woman with renal cancer in stage 3.
- ◆ Many regrets over roads not taken in her life. She wants to be happy with remainder of her life, but isn't sure how.
- ◆ A week after hyperemipiria she discovered her artistic interests could be implemented using textile arts. She joined a Stitching Guild and won competitions. She continued to do this work until her death 9 years later, and died shortly after completing a Family Qult.

Why Use It?

- ◆ It can make any experience seem better (much used in sex therapy).
- ◆ It's ideal for those who resist "hypnosis."
- ◆ It can make people more creative.
- ◆ Allows creative problem solving.
- ◆ Answers come from the client

Day-Dream Believer...



What Is It?

- ◆ A form of Cognitive Restructuring
- ◆ Notion is the hypnotist suggests an “alternative reality” to the client and the client plays along until it seems real.
- ◆ Trance is a “motivational daydream” and the client becomes a “daydream believer.”

Gibbons Theory

- ◆ Starts with Emile Coue' and idea that Suggestion, not Trance is where the action is. Gibbons agrees.
 - ◆ mind receptive when hypnogogic
 - ◆ "Every Day, In Every Way, I'm Getting Better and Better."

Coue' Made a Blunder

- ◆ It's the reason why Positive Thinking Techniques often fail.
- ◆ The positive outcome affirmed may be incompatible to the total pattern of a person's needs and circumstances.
- ◆ Can become mere "Wishful Thinking."

Hyperempíria is Flexible

- ◆ Instead of affirming an outcome the conscious mind thinks it wants, hyperempíria allows a person to discover what the unconscious (or subconscious) mind wants, because the end is left open.

Which Isn't to Say...

- ◆ Of course the hypnotist has “some” control. There is a way to manage hyperempiric suggestion to nudge the client in a given direction.
- ◆ It's only “Open-Ended,” sort'a.....

Suggestion Management

- ◆ NGH: Structured Affirmation
- ◆ Elman: Direct, even Argumentative
- ◆ Spiegel: Restructuring
- ◆ Ericksonian: Indirect, Conversational
- ◆ Guided Imagery: Metaphoric, Sensual

Hyperempiric BEST-ME

- ◆ Somewhere in the session you suggest in two ways what the client might do and why the client might do it (leading) by covering four bases (pacing).
- ◆ Can be done in the patter, pre- or post-talk parts of the session.

Pacing v. Leading

- ◆ Pacing = A truism about what the client is surely experiencing.
- ◆ Leading = A suggestion about something that the client is not experiencing.
- ◆ After you've Paced a client for a while the client is willing to accept your Lead.

How It's Done

- ◆ Pacing
 - ◆ Beliefs (orienting)
 - ◆ Emotions
 - ◆ Sensations
 - ◆ Thoughts (automatic)
- ◆ Leading
 - ◆ Motives (why the client should change)
 - ◆ Expectations (reasonable outcomes)