



Workshop #11034

FACILITATING FORGIVENESS USING HYPNOSIS

The Rev. C. Scot Giles, D.Min., DNGH

THIS MATERIAL IS AVAILABLE FOR
DOWNLOAD

www.csgiles.org

FORGIVENESS AROUND THE WORLD

- “Not seven times, but...seventy-seven times.” (Matthew 18:22)
 - “But whoever pardons and seeks reconciliation, then their reward is with Allah.” (Surah Ash-Shura 42:40)
 - “If we have not forgiven we keep creating an identity around our pain.” (Ajahn Pasanno, Abhayagiri Buddhist Monastery, 2006-1-18)
 - “Forgiveness is the one supreme peace” (Mahabharata, Book 5, Section 33)
-

BUT WHAT IS IT?

- It is not condoning - “X” is still not okay.
 - It is not forgetting - Remembering is a survival skill.
 - It is not excusing - People still need to be held accountable.
 - It is not reconciliation - Setting boundaries can be very healthy behavior.
 - It is not ignoring accountability or justice.
 - It is not denying anger.
-

RESEARCH



- International Forgiveness Institute, Robert Enright, Ph.D., University of Wisconsin - Madison. A 20 step process.
 - Various studies correlate difficulty with forgiveness with neurosis, cardiac and neurological problems.
 - Various studies correlate skill with forgiveness with global health improvements.
-

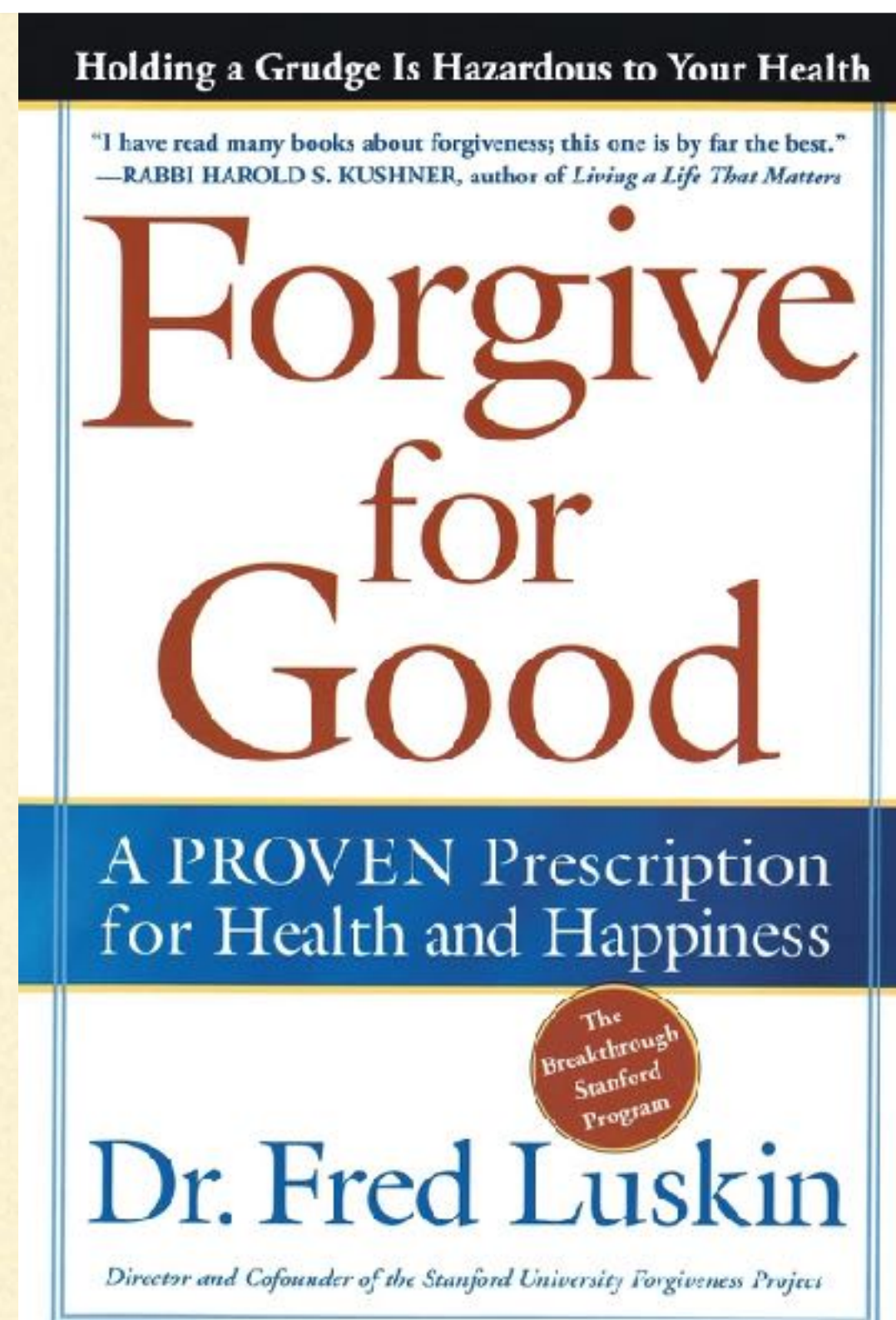
THE STAMFORD UNIVERSITY FORGIVENESS PROJECT

FRED LUSKIN, PH.D.

- A 10 year project asking what is the importance of forgiveness according to science?
 - Forgiveness is a comprehensive vision of health.
 - The failure to forgive creates enormous physical and emotional effects in the body (see the Depletion to Renewal Grid) that impacts healing and health.
 - Even people with good mental health benefit from forgiveness, measured functionally.
-



BIBLIOTHERAPY!



- FORGIVE FOR GOOD
- STRESS FREE FOR GOOD
- FORGIVE FOR LOVE
- THE FORGIVENESS BOOK

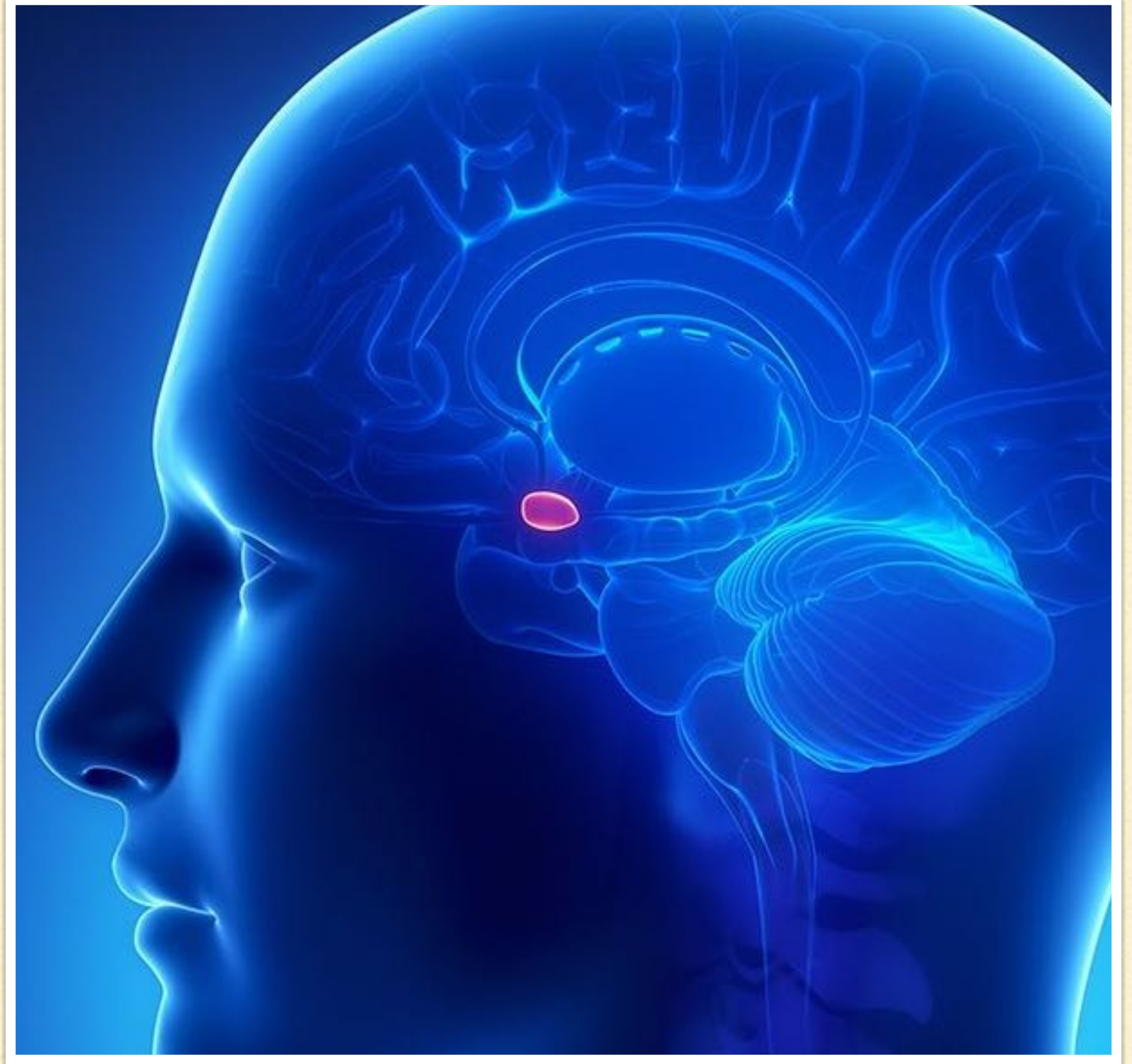
BRAIN CENTERS

BRAIN SCANS SHOW CENTERS FOR:

- Altruism
- Kindness
- ...and Revenge, Hate, etc.

Humans have the whole package.

Your brain doesn't have a brain. You have to be smarter than your brain.



ISSUES

- The mind finds enemies to explain its suffering by default. Rather than looking within, it externalizes. Much inner dis-ease is a search for someone or something to blame.
 - Not everyone wants to be forgiven because they do not think they have done anything wrong. People can disagree about what is right.
 - The difference between Reacting and Responding. There are times when Reacting is correct and a biological imperative (EG. an immediate physical threat). But there are more times when Responding is wise because Reaction is maladaptive.
-

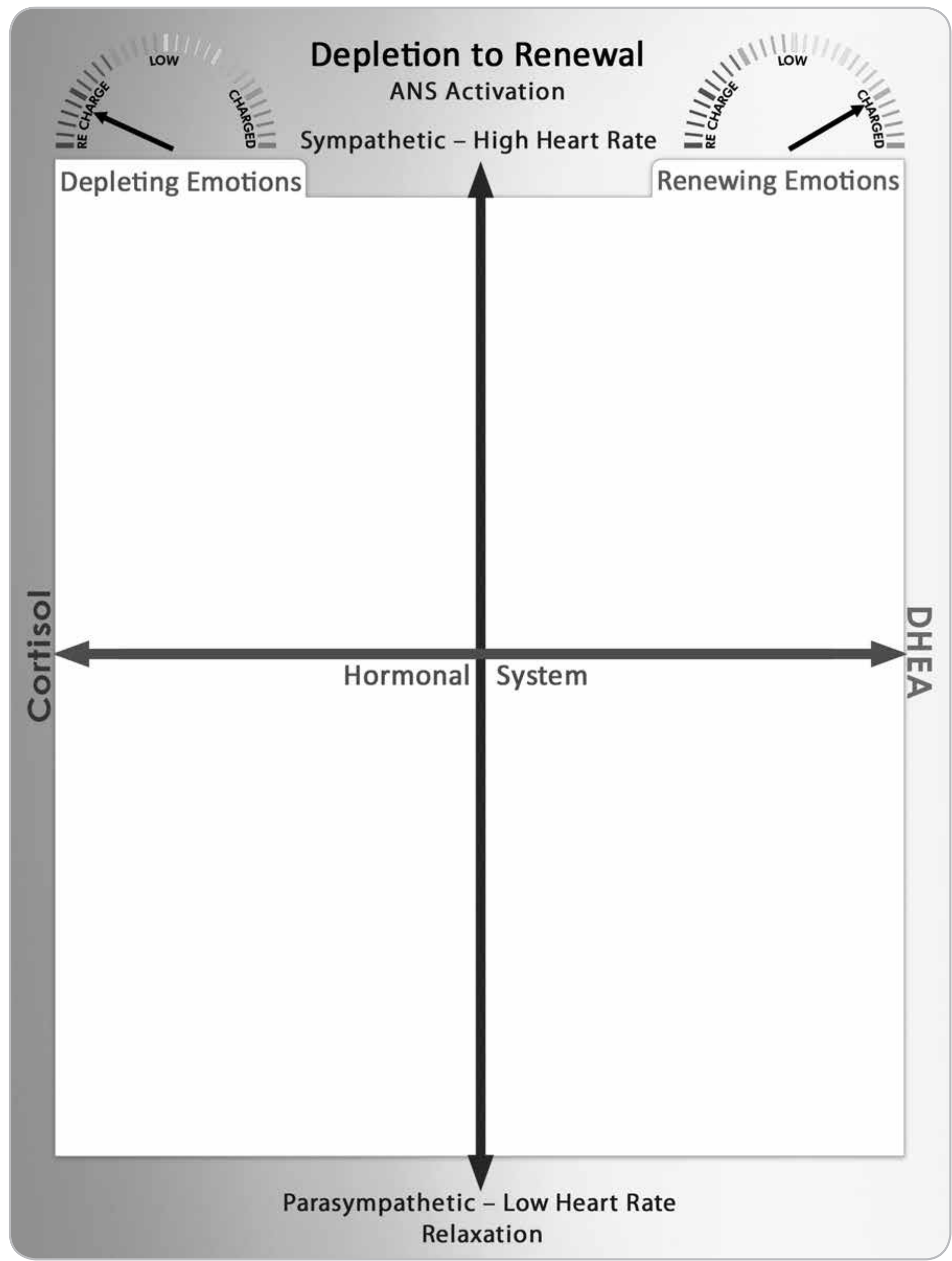
THE JOHN TEMPLETON FOUNDATION

- A 6 session, 90 minute forgiveness training program developed from Luskin's Ph.D. dissertation.
 - College students improved on self-report of mental function and objective productivity measures, with gains stable after 10 week followup.
 - Taught in groups of 12 - 15 participants, using lecture, homework, discussion and guided imagery.
-

THE HEARTMATH SYSTEM

- HeartMath Incorporated is a dba for Quantum Intech, Incorporated of Santa Clara, California. Info at www.Heartmath.com.
 - Does well-designed research into mind-body connections, especially related to information processing by the heart.
 - The heart processes information independently of the brain, and transmits that information to the brain in a way that affects your Autonomic Nervous System.
-

Depletion to Renewal™ Grid



STAMFORD DEFINITION

- **Forgiveness is a decision, not a feeling.** It is a decision to take care of oneself by not allowing the behavior of someone else to harm one by rumination.
 - “I’m too angry to forgive” is a cognitive error. Forgiveness is not an emotion.
 - You forgive for your own sake, not for someone else.
 - The assertive creation of a sense of peace in the present.
 - We each create a lack of peace, so we are the only one who can fix that. “Life happens, and then we objected to life....Our objection to life causes turmoil.” Forgiveness is making peace even though you didn’t get what you want.
-

CLIENTS OFTEN HAVE A PROBLEM WITH FORGIVENESS

- There are hypnotic coaching strategies that can be used to help people re-establish self-control when they have lost it through a failure to forgive.
 - Of course, information about forgiveness can be given at the PreTalk. But people come to a hypnotist for hypnotism not conversation. Also, there can be legal issues if you confine your intervention to verbal coaching alone.
 - This requires that the hypnotist has done their own inner work.
 - This requires that the hypnotist know techniques to use.
-

TYPICAL HYPNOTIC APPROACHES

- Regression to Cause
 - Popular in the Elman System (Omni/Boyne). Typically used to reframe.
 - Subconscious Purge
 - Used to overwrite a memory (Inner Healing), to seek revenge (HypnoAlchemy)
 - Restructuring/Reframing
 - Hypnotic systems that stress Restructuring tend to avoid Regression due to re-imprinting concerns
 - Ho'Oponopono/Huna
 - Appears to parallel Meta Meditation from Buddhism.
-

STAMFORD METHODS

THE VICTOR NARRATIVE

- We all have an inner narrative, or Explanatory Style.
 - Optimistic, Optative v. Pessimistic
 - Victim v. Victor
 - Regression/TimeLine can be used to reframe the narrative.
 - Future Pacing is extremely helpful
 - Inner Guidance Work adapts well
-

UNENFORCEABLE RULES

- An Unenforceable Rule is when you have an expectation on the behavior of others, regarding something you cannot actually control.
 - You have turned a wish into a demand.
 - We all absorb these unintentionally and unconsciously. We think there are rules that others are obligated to follow - except usually they are not so obligated.
 - But we project them on to others.
-

LUSKIN EXAMPLES (1 OF 4)

- My partner has to be faithful.
 - Nope. It is not a default despite promises. But appreciate how precious faithfulness is. Love involves risk.
 - People must not lie to me.
 - People lie for reasons both big and small, kind and cruel. Learn to appreciate how rare and valuable honesty is.
-

LUSKIN EXAMPLES (2 OF 4)

- Life should be fair.
 - Instead, mature people deal with life on life's terms.
 - People have to treat me with kindness/in the way I want.
 - Look for the ROI in your interpersonal relationships instead.
 - Life has to be easy.
 - Everyone confronts challenges, they just may not be obvious.
-

LUSKIN EXAMPLES (3 OF 4)

- My past should have been different (the most common Unenforceable Rule)
 - Remember the past is done. It may not have been perfect, but it is over.
 - It is always better to deal with what is, rather than what should have been.
-

LUSKIN EXAMPLES (4 OF 4)

- My parents should have treated me better.
 - Bad parenting is common. Longing for better is normal, but as you can't change the past look for healthy compensating relationships in the present.
 - Don't throw good money out after bad.
-

HYPNOTIC STRATEGIES RE UNENFORCEABLE RULES

- Reframing/Restructuring works well.
 - In the PreTalk
 - In the Suggestion Patter
 - Ericksonian Interspersal Technique
 - Implied Directive - “When you feel that resentment I wonder if you could also remember better ways to consider the matter.”
 - Affirmations work well.
-

THE MASTER AFFIRMATION (DON MOTTIN)

- There is no person, thought, idea, memory, image, feeling or sensation, out of the past, in the present, or ever to arrive in the future that could stop you from....
 - ...to stop “Shoulding” all over myself.
 - ...recalling that “Shoulding” is “Shitting.”
 - ...remembering that wishes are never healthy demands.
-

POSITIVE EMOTION REFOCUSING TECHNIQUE (PERT)

- Takes a minute to practice and can be done anywhere. Can be easily incorporated into hypnotic scripts. Similar to HeartMath Inner Ease Technique.
 - 1. Deep Breathing until relaxation is felt.
 - 2. On the third breath summon a positive image or feeling to mind. Many find heart imagery helpful.
 - 3. Soften and slow your breath.
 - 4. Reflect on any ideas that arise about how to make things better/less objectionable.
-

HEAL METHOD (1 OF 2)

- HEAL can be a template for a long-term hypnotic protocol for a client, with each step broken down into one of more hypnotic inductions.
 - Hope - Make a statement that expresses a positive hope. Multiple times if needed.
 - “I want my boyfriend not to cheat on me,” is not correct. “I want to experience a stable and loving relationship,” is.
 - Educate - Educate/Remind yourself of the way the world works.
 - A reminder that you may not get what you want and this is the human condition.
-

THE HEAL METHOD (2 OF 2)

- Affirm - Affirm some positive intention for yourself.
 - Be sure it is an intention for yourself. “Joan should pick up the lunch check more,” is incorrect. “If I do not enjoy my time with Joan I can have lunch with others,” is correct.
 - Long-Term - Focus on your own long-term happiness and commit to that.
 - This may include a resolution to change something in one’s life.
-

THE STAMFORD FORGIVENESS PROTOCOL

- 1. Help the client realize they are angry and blaming, and there may be active and tacit anger.
 - Self-Discovery work, Inner Narrative Work, Regression, Facing Fear, etc.
 - 2. Help the client realize they are hurting themselves and resolve to end that hurt in some way.
 - Releasing hypnotism imagery, NLP swish, PERT, HeartMath, etc.
-

THE STAMFORD FORGIVENESS PROTOCOL

- 3. Help the client to keep self-correcting the anger or hurt, becoming increasingly aware of the time and energy drain the anger or hurt is causing.
 - Hypnotic anchors or post-hypnotic suggestions
 - 4. Work to help the client proactively avoid anger or hurt in real time.
 - Warding/Shielding Imagery
 - Energetic Drain Imagery
-

THANK YOU
