

Being Hypnotic in Couple's Therapy (Practice Makes Perfect!)

Saturday February 14th, 2015

8:30 am until 12 noon

Carondelet Center

1890 Randolph Avenue

Saint Paul, MN 55105

Couple counseling is often an improvisational performance. We jump in with couples using bodies, words, prosody, and pacing to help each member of the couple have a **different experience** of themselves, of their partner, and their relationship. It is inherently unpredictable, and unpredictably wonderful. It is also inherently hypnotic, as are the problems couples bring to therapy.

In this workshop we'll put the pedal to the metal. Through live demonstration we'll imagine possibilities for joining and intervening with clinical hypnosis with couples. We'll create scenarios and then reach for different hypnotic voices and interventions. We will give you language to prime your thinking and imagination. We'll challenge you to develop some new language and try out some things to see how they work. You will go home with some hypnotic ideas for the next dyad or couple that wanders in your door.

So whether you're attempting to facilitate Withdrawer Reengagement, addressing the Four Horsemen, or coaching a partner on Standing Up For Yourself Without Putting Your Partner Down, come and link what you know about couples (and any other dyad) to what you know about hypnosis.

NOTE: This workshop will provide a brief overview of the framework we presented in our September Workshop, so attending the fall session is not a prerequisite for attending this workshop.

As a result of attending this workshop, participants will be more able to

- 1) Notice and attend carefully to those moments in a couple's therapy session that are doorways/opportunities for being hypnotic;
- 2) Skillfully invite partners in the couple into that experience, with or without formal induction;
- 3) Access and effectively use hypnotic tools that enhance their ability to create experiences of hope and change.

*Whatever theoretical approach you might have to couple therapy this workshop is for you! (To see an overview of the key ideas and areas of clinical focus for Susan Johnson's EFT, the work of John Gottman, Brent Atkinson's PET-C, Dan Wile's Collaborative Couples Therapy and Carla Leone's Self Psychological approach and how they link to hypnosis go to:

<http://www.rekindlethespark.com/hypnosis.htm>)

*How can we help each partner
at any particular moment in
the session become
more deeply absorbed
in his or her experience
in a new and helpful way?*

*How can we take the trance
of conflict or disengagement
and move to a trance
that opens new possibilities,
and opportunities for deeper
connection?*