



Hypnotic Techniques for Dental Professionals

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Pain/Fear as an Object

- Identify source of the negative emotion(s) and their location on the body and place hand there
- Rate negative feelings 0-10 and ask HOW HIGH?
- Intensify negative feelings, break scale if possible and rate again (How high are they now?)
- Create construct (for example the magnetic hand and feeling)
- Get feelings stuck to hand (use color to add a visual element)
- Pull feelings out (they can no longer bother inside while in the hand/fist)
- One by one, gather the features of the negative feelings (shape, temp, texture, etc)
- One by one, change each feature to "one that would make you feel amazing/fantastic/awesome (be vague)"
- Place new feelings back in body (in the same or different place, as long as the person commits to the feelings having changed first)
- Intensify good feelings (use the new good color, make the feelings move faster, use your voice and upbeat energy!)
- When satisfied that the person is feeling good, take a nice deep breath AND AS YOU EXHALE...
- Rate those feelings (again be vague) from 0-10 and ask HOW LOW ARE THEY NOW?
- Ask if that's enough improvement and repeat as needed

NOTES:

Don't assume anything: It might seem weird to you that a person thinks their pain/fear is red and shaped like a star, but if that's what they're giving you that's what will work for them. Be flexible and patient.

Respect the fear/pain: Feelings are subjective and people have a different tolerance to them, so just because you don't feel the same emotions with the same intensity doesn't mean they are lying. It's better to be helpful than to be right.

Get into the process: If you believe they have that shape in their hand, they will believe it too. So act the part of hypnotic worker and they will receive exponential benefit from the processes you do together.

Vagueness: Let them find the answers that come from within by not leading them and boxing them into your own choices.

Anchor Collapse

- Explain “anchors” (associations) and how the “collapse” works (scrambling of the positive and negative signals)
- Rate negative feelings 0-10 and ask HOW HIGH?
- Intensify negative feelings, break scale if possible and rate again (How high are they now?)
- Build negative anchor on fist or wherever (intensify bad feelings (use color, make the feelings move faster, use intense voice and energy and as much detail as possible)
- Break state (What did you have for lunch... yesterday?)
- Test negative anchor (ask to close fist (or fire anchor) and notice emotional response) and either build it up more or move on to the next step
- Break state (Did you say you... ride horses/motorcycles, like swimming, love pizza? just change the subject enough to break their current emotional state.)
- Build positive anchor on fist or wherever (intensify the good to overpower any other feelings. Be vague)
- Break state (So we were talking about your... .. how is that?)
- Test positive anchor (ask to close fist (or fire anchor) and notice emotional response) and either build it up more or move on to the next step
- Break state (Mmm... your 5 year old... does he like sports?)
- Explain the collapse steps (1,2,3 fire both anchors, 5,4,3,2,1,0, release negative anchor, intensify the good) ask if understood and get commitment.
- Count to 3 and ask to fire and hold both anchors (ie. close both fists at once)
- Count back from 5 to 0, with intention
- Ask to release negative anchor only and all the feelings associated with it (go ahead and release that fist and let those feelings go now and...)
- Focus all attention now on the good feelings and the positive anchor (intensify them and the good anchor until they overpower any other feelings at the time)
- When satisfied ask to take a nice deep breath AND AS YOU EXHALE...
- Rate those feelings again from 0-10 and ask HOW LOW ARE THEY NOW?
- Ask if that's enough improvement and repeat as needed

NOTES:

Build expectation: You must be firm and direct in your intent and your expectation of these techniques working, and build the person's expectation of it working also by planting seeds throughout the entire process.

Breaking states: When building anchors (associations) make sure to break the emotional state as often as needed, to keep the anchored state as clean/uncontaminated as possible.

Anchors: Anchors are about your timing and ability to lead the person to a certain emotional state. Create thought processes that start the emotion you're after, intensify, PAY ATTENTION, and then set the anchor.

A note on these notes... these notes and the ones for other techniques are important to each technique but most importantly they are general concepts to learn. Use all the tools at your disposal to help the person achieve the change s/he's after.

Practice a lot: No amount of reading without doing will get you ready to use these techniques with your patients. Only practice will make you comfortable enough to be effective.

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