

HYPNOSIS and Other Stories

By M. G. Dahl

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CHAPTER 5 : Creating State and Collapsing Anchors

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Forward

This collection of articles were written for the International Medical and Dental Hypnotherapy Association (IMDHA). Some appeared in the Unlimited Human magazine, some were in the Subconsciously Speaking newsletter, some are drawn from handouts used during hypnosis conference presentations.

Thirty five years ago I was drawn to the IMDHA by the face of Irene Hickman, D.O., as keynote speaker in the promotions for the conference. The opportunity to meet her was irresistible, and I registered to attend the conference in Michigan. The presenters were fascinating. I was delighted to meet such high quality, knowledge presenters and practitioners, and asked the founder, Anne Spencer if I could take the certification test that weekend. My first certification was in 1985 from the American Council of Hypnotist Examiners (ACHE), founded by Mark Gilboyne. Anne Spencer, founder of the IMDHA, had studied with Gilboyne. She accepted my training time with ACHE educators Jerry Kein and Jack Mason who were then in Ft. Lauderdale, FL, and I passed her essay answer certification test.

It is a pleasure to be part of such an eclectic group of mind power professionals. For 35 years I've studied, sharing meals and ideas with remarkable, enlightening humans through this hypnosis membership. I feel refreshed after attending the annual conference.

Dr. Hickman invited me to study at her place in Kirksville, Missouri; a transformative experience with Dr. William Baldwin and Father Marty Patton. Learning to observe for and notice spiritual phenomenon accelerated the speed with which people I had the great fortune to serve, were able to process change. How inspiring to bear witness to people rapidly reclaiming the power to transform their lives for the better, using their innate and learned skills for coping with or resolving what bothered them.

When the IMDHA was purchased from Anne Spencer by Linda and Robert Otto, they placed it under the umbrella of the organization they founded, the International Alliance of Professional Hypnotists. It joined the International Association of Counselors and

Therapist (IACT), which the Ottos purchased from Jillian LaVelle. These organizations have membership options if you are interested in hypnosis: associates, students, certified members, and educators.

The names of my educators are accurate. The names of people in these articles are made up to protect their identities. They are fascinating humans who decided to sit with me because they were ready to change something in their life. They had a longing to release things that bothered them so that they could live more enjoyable, fulfilling lives.

These teaching tales are intended to remind you that you are powerful, resourceful.

You are remarkable!

We can often change things in our lives, given the right tools to remember, and redecide.

If you are not contented with what is occurring in your life at this time, reading this book, may elicit changes in you. These stories of other people in the process of change, may remind you that change is not only possible, it is occurring with every breath, breathing in, and breathing out.

And the old becomes new again.

June 18, 2022

Monica Geers Dahl

Inverness, FL

Chapter 5 - Creating State and Collapsing Anchors

By Monica Geers-Dahl

The work of Viktor Frankl (1963) examines how mental state is the only thing over which a person has control even in seemingly hopeless environments. Frankl survived the death camp experience of Nazi Germany and wrote his theory of logotherapy arguing that man's search for meaning is the driving force in human growth, development, and health. Richard Bandler and John Grinder were collaborators in the development of mental technology known as neurolinguistic programming (NLP) to describe just how humans learn and make meaning of the world through what they perceive, express and do automatically.

Humans have an ability to create states that can either support or deny their dreams, ideals, and hopes for the future. Hypnotherapists are skilled at eliciting state and using those emotional experiences to create the internal alignment empowering clients to achieve their stated goals (and ideally generalize to successes in other areas of their lives).

Creating State

A positive state of being has a different pattern from a negative state of being. Since State of Mind is affected by focus of attention, posture, vocal qualities and breathing patterns, you are able to change your State of Mind by changing what you are doing. You can do it right now!

You can create a change in someone else's state by eliciting specific states: recall and revivification.

Exercise:

"Think of the most wonderful time you can remember. Perhaps you were inside or outside. With someone or by yourself. Where ever you were, whatever you were doing, BE THERE AGAIN. Breathe the way you breathe when you are in the most wonderful time you can remember. Hold your body the way you do when you are having a wonderfully good time. Notice how you speak to yourself and others in

that most wonderful time. Imagine yourself speaking like that now. Notice what you are focused on, thinking about and remember how good it feels to BE THERE again and good and excellent . . . Now notice how good you feel. Who did that to you? Not me, I'm not your mind. Your mind is the most powerful tool you own. Now take that feeling, that state, and think of a word or a phrase that symbolizes that feeling for you."

(If you would like to demonstrate the power of the mind to change state, set an anchor or trigger during the positive state:)

"Then store that feeling, that state, upon a shelf and let me show you more about how your mind power works for you."

Managing State

You can access different inner resources with shifts in breathing, posture, tone of voice and focus of attention. The most elegant way to use state is to re-direct internal representations by selecting a time in which you had the qualities you desire, or successfully achieved your desired outcome or something better.

"Return to that time in which you _____. Back to the same state that you had then. Back to the time or times when you _____."

(Use sensory representations to establish a clear associated state and then set an anchor for a triggering device to get into state when desired.)

Changing State

(As learned from Tag Powell, in Florida, sometime in the early 1980s. First, set up an anchor with three positive events. Using the same anchor or trigger, anchor as is established in thinking of a wonderful time.)

"Think of a wonderful time. Don't tell me what it is, but tell me when you are there.

(When they indicate they are "there",)

"Be there, again. Be in that wonderful time."

(You will notice a shift in their being when they get in state. Then fire the anchor, perhaps pressing on a shoulder. After a moment, release the anchor and say:)

“Now leave that time and go to a time of humor and laughter, a time in which you laughed hard. Tell me when you are there.”

(Wait for their response,)

“Be there, again. Be in that time of humor and laughter, now.”

(Wait until the shift happens and anchor this memory on the same anchor as the wonderful time. Wait a moment and then say,)

“Now let that memory go and remember a time of great power, a time in which you felt strong and powerful. Tell me when you are there.”

(Wait for the response. Then say,)

“Be there, again. Be in that time of power, that time of strength and power.”

(When you notice the shift in state, anchor the same place as the two previous anchors were placed. Perhaps you would prefer to use a time of success or a successful outcome. Perhaps a time in which the subject accomplished something, or did something they were proud of. Whatever it is, you are establishing a triple whammy of positive power to counteract any potentially negative response. It would be a shame to link a single positive experience with an overwhelming negative one.)

"Now think of a miserable time. The worst . . . perhaps the most miserable time you can remember. You know which one I mean . . . sink into it, again. Hold your body the way you do when you are that miserable. Breathe the way you do when you feel like that. Hold your body the way you do when you feel so darned blah . . . Notice how you speak to yourself and others, and imagine yourself speaking like that now. Notice what you are focused on, thinking about and remember how miserable it feels to be there . . . Notice how you feel."

(Set an anchor / trigger, different than the positive one.)

"Who did that to you? Not me, I'm not your mind. You are in total control of what you think and how you feel. Which way do you want to feel? Which way is going to get you what you want? This?

(Use the positive anchor or trigger, wait for a moment.)

"Or this?"

(Use the negative anchor or trigger, wait for a moment.)

"Perhaps it is time to remember the full range of options available between the two extremes."

Collapsing an Anchor

(This is useful as a fast phobia cure. Trigger both anchors simultaneously and notice the response. You may notice a ripple of emotions or vibration pass over the subject. Wait until there is a slight shift into greater relaxation, then release the negative anchor, holding the positive anchor for a bit longer.)

"Now you are more aware of all the options between those extremes. There is so much to learn, and so much to know. You are smart. You know how to think. You know how to learn. You know how to speak. Trust yourself. There is so much more to KNOW NOW. So many more options available than way back when. You've grown and learned and developed many new resources."

References

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Monica Geers Dahl, Ed.D., presented on the topic of creating state and collapsing anchors at the annual IACT/ IMDHA conference in beautiful Daytona Beach, Florida, in May 17 - 19, 2013.