

HYPNOSIS and Other Stories

By M. G. Dahl

© June 21, 2022 M. G. Dahl

M.G. Dahl

111 W. Main St., #310, Inverness, FL 34450

monica@geershypnosis.com

keywesthypnosis.com

Cellphone: 305-923-9945



CHAPTER 7 : Dog Phobia

Chapter 7 – Dog Phobia

Rapid Resolution of a Dog Phobia or Kids are great subjects.

The last time I worked with a young person (12 y/o) with a dog phobia, I was approached by the mother at a public event in which I was setting up a booth. When she asked if I handled phobias, I asked if she had a doctor's referral as phobias are the domain of psychiatry and psychology. She didn't have a referral. I told her i would work with her no charge, see what we could do. She said it was her daughter. I agreed to interview her daughter, no charge.

The interview was easy. I sat across from the daughter and placed a hand lightly on each of her knees.

"Tell me about your problem with dogs."

She started with a story about how her grandmother's little dog had bit her on the lip and hung there growling. I pressed on one of the knees lightly to set a negative anchor as she hit the part of the story about the dog growling while hanging on her lip. The mother didn't know that had happened, and expressed surprised at the daughter's recollection of something that the daughter claimed occurred around the age of four.

I released the pressure on the knee, and asked, "Did you bleed?"

She responded, "Yes."

"Did you die?" (I enjoy using the ludicrous obvious to shift state and reframe a problem.)

She looked at me in what appeared to be astonishment, "No."

I placed slight pressure on the opposite knee to set a positive anchor as I said, "So you survived all that."

"Yes."

I released the slight pressure and reframed the incident something like, "What a shame you had such a bad experience with that nasty little dog, and you didn't know enough to keep your face away from such a nasty little biter. You were very young then, and you didn't know how to assess if a dog was friendly or not. You probably thought that dog was as friendly as you, and bent over to say hello. You've learned a lot about life since then, haven't you?"

She brightened up, and as she said, "Yes," I put a slight pressure on the positive anchor, "Yes." I nodded and then released the slight pressure on the positive anchor site.

"Do you have any other incidents like this?"

"Yes."

She told another story about being assaulted by a dog, she was playing in the water with her brother, and a golden retriever ran into the water. She was scared and ran away, it ran after her, jumped on her, and scratched her. I pressed the negative anchor slightly, and then released it. Her brother "saved her" by pulling the dog off of her. I asked, "Did you bleed?"

"Yes."

"Did you die?"

I placed slight pressure on the positive anchor as she "No," and reframed the situation, "That as a very different dog from the nasty little biter you met when you were young. That dog might have been coming to play in the water, but you didn't know that, and you acted like a cat. You ran and the dog chased you. I wonder what would have happened if you had continued to play like a little girl instead of acting like a cat by running away?" I released the positive anchor.

"Are there any other incidents?" "Yes."

She pulled up her shirt sleeve and showed me multiple scars the size of the tip of my thumb, and told me a story about being mauled by a Rottweiler. This was the only dog story her mother knew about. I didn't press the negative anchor on this issue, we already had enough anchoring of the negative. She told me the whole story. I asked, "Did you bleed?"

"A lot."

"Did you die?"

"No, but I had to go to the hospital."

"I am so sorry you had an encounter with a big mean dog. Dogs can be just like people, some are mean, and some are nice. Would you like to let go of that worry you have about dogs?"

"Yes."

I asked her to remember something funny, and when her face was laughing, I pressed on the positive anchor spot, and released it.

I asked her to remember something she had done that she was proud of, and when she had that look of satisfaction on her face, I pressed the positive anchor spot, and released it.

I asked her to remember a time when she had worked hard to achieve something difficult, and had succeeded, and when I noticed her face looking happy, I pressed on the positive spot and then released.

Then I asked if she would like to explore how her nervous system can automatically pull up a memory of emotions without having to remember a specific incident. She said, "Yes."

I pressed on the positive spot and asked how that felt. She said it felt good. I released the pressure.

I pressed on the negative anchor spot and asked how that felt. She said it felt bad. I released the pressure. "Interesting how your body can pull up a feeling automatically, isn't it? Let's do that two more times to make sure you understand how this works."

We did the anchor comparison two more times.

I asked, "Would you like to get rid of that problem with dogs now?"

"Yes."

I pressed both sites simultaneously, and watched as the confusing messages rolled across her face, "Feels kind of wiggly like jello doesn't it?" She nodded. I suggested, "Tell me when it settles down."

I watched as her face began to relax, and when she said, "Ok," I released the negative anchor and kept some pressure on the positive anchor for another 30 seconds or so. "How are you doing now?"

"Good."

I released the pressure from the positive anchor.

Then we checked the anchors. She was neutral on the negative anchor, and was feeling good on the positive anchors. Job done. "Good deal, here's my card, tell me how things go for you."

The next day I had a visit from the mother, "What did you do to my daughter?"

"You watched, what did you see?"

"I watched you talk to her about her problem with dogs."

"And then what happened?"

"We left you and walked over to the ice-cream parlor. She was eating her ice cream cone and a big dog came and lay down on her feet, stuck out its tongue to catch the ice cream drips."

"How did she respond?"

"Oh, her father and I were freaked out, 'dog, dog, dog'. She said, 'so what?' What did you do to her?"

The mother explained that they had already spent a lot of money for therapy attempting to get her over her dog phobia, and nothing had worked. After one brief session of hypnosis in which we used the NLP strategy of collapsing anchors, the daughter didn't even remember being afraid of dogs. One session that lasted maybe fifteen minutes.

This is an example of using NLP anchors to overcome a phobia. I have been told by other NLP practitioners that phobias don't go away using that approach, but I have used it successfully with other phobias (birds and spiders) too. Does it work with everyone and every phobia? No. There are those folks with secondary gain and those who required uncovering to discover the initial sensitizing event and its related decisions so that the emotional load can be discharged. It was not successful when I applied it with agoraphobia (fear of going outside). The agoraphobics I have worked with required lengthy engagement (a year to two years) to be rid of their fear.