

# **REGRESSION**

## **USING FEELINGS AND THOUGHTS TO LOCATE CAUSE**

### **PRETALK**

During the pre-talk, the client should be encouraged to describe the problem in detail giving as many examples of occurrences as possible and including the most recent occurrence. Make sure to ask specifically about the feeling or emotions that were present at the time.

### **INDUCE HYPNOSIS**

Use any effective induction, but make sure the client remains in a light enough level so that they are able to converse with you during the session.

### **HAVE THE CLIENT IMAGINE BEING IN THE PROBLEM-PRODUCING SITUATION**

Use the most recent occurrence or the one with the most emotional impact. Have them visualize using all the senses. Make sure that the client feels the emotions that were present.

“Just let your mind drift back now to a time (or the last time) that you were experiencing this problem (describe). Let yourself be there fully and tell me what’s happening.”

**(Ask questions about what all they see, hear, smell, feel)**

### **ASK FOR THE THOUGHT ON THEIR MIND AT THE TIME**

This will usually be expressed simply and concisely. It may be the actual words someone said to them, or the client’s subconscious interpretation at the time. It is usually a direct statement of a single, powerful thought to which the client is compelled to conform.

“What are you thinking?”

## **TRACE THE THOUGHT BACK TO THE ORIGIN**

Here's an example of one way to word the regression:

“Now, return in your memory to the time when you first created this thought and felt exactly the way you are feeling right now. I'm going to count back from ten to one to give your inner mind time to organize this for you. When I say the word 'one,' a memory will form in your mind and continue forming until it becomes clear, and you will be feeling just the way you feel now.”      **(Count 10 to 1)**      “What's happening?”

## **ABREACTION**

An abreaction will probably happen spontaneously at this point, if not, encourage the client to experience all the emotions connected with the scene. You may want to have them keep re-telling the experience until all emotion has been dissipated.

## **FURNISH INSIGHT**

Provide conscious understanding of the situation. You may remind the client that either:

- (1) an untrue thought was accepted
- (2) the thought, although appropriate at the time, became inappropriate when the situation was over and can now be removed.

## **REINFORCE THAT THE PROBLEM IS RESOLVED**

This can be done in a variety of ways which include:

- (1) Visualize an upcoming situation with the problem resolved.
- (2) Re-script the Initial Sensitizing Event or a previous situation in a positive way.
- (3) Use imagery of pulling a weed out of the “garden of the mind.”
- (4) Positive suggestions that the problem is now resolved forever.