CAFÉ CALM COURSES

HYPNOTHERAPY FOUNDATION 5

KAY BEST & SIAN MURPHY

IPHM International Practitioners of Holistic Medicine
APPROVED TRAINING PROVIDER

Hypnotherapy and Milton Erickson

Milton Erickson is a pivotal figure in the field of hypnotherapy, and dedicating a module to him in a hypnotherapy course is both essential and beneficial for several reasons.

Firstly, Erickson is often called the "father of modern hypnotherapy". His innovative techniques and theories revolutionised the practice, moving it away from the traditional authoritarian methods and towards a more client-centred, solution-focused approach. This shift significantly enhanced the effectiveness and acceptance of hypnotherapy in the broader therapeutic community.

Secondly, Erickson's work introduced the concept of indirect suggestion in hypnosis. This was a major departure from the direct suggestion methods prevalent at the time. Indirect suggestions are often more acceptable to the conscious mind and can lead to deeper and more lasting change, making this technique invaluable for practitioners to understand and master.

Thirdly, Erickson's unique approach enabled him to work with a wide variety of clients, including those who were resistant or who had not responded to other treatment approaches. By studying Erickson's methods, students can learn how to adapt their techniques to meet the needs of individual clients, enhancing their flexibility and effectiveness as therapists.

In addition, Erickson's work has profoundly influenced many other therapeutic modalities, including neuro-linguistic programming (NLP) and brief therapy. Understanding his contributions can provide valuable context and insight for students studying these and other related fields.

Finally, Erickson's life story is an inspiring tale of overcoming personal challenges, adding another layer of depth to his teachings. Despite suffering from several health issues, including polio and colour blindness, Erickson made significant contributions to his field, demonstrating the power of resilience and determination.

Understanding Milton Erickson helps you comprehensively understand his ground-breaking techniques, philosophies, and contributions to the field of hypnotherapy. It provides a solid foundation to build your practice, equipping you with the tools and knowledge to be an effective and adaptable therapist.

About Milton Erickson

Milton H. Erickson grew up on a farm. The influence of this environment on him is evident, as he often used the farm in stories and metaphors.

At the age of 17, Erickson was paralysed with polio. While bedridden, the boy could do little more than move his eyes and hear. Speaking was difficult, and moving was out of the question.

From this experience, he learned to read the body language and indirect behaviour of his family members and nurses. He listened intently as well.

For example, if his parents confronted a sibling about completing their homework, he could see his sister's body language say "no" when they said "yes."

After graduating from the University of Wisconsin with an M.A. in psychology and an MD, Erickson continued his medical training at various hospitals in New England and Michigan.

He became the Clinical Director at the University of Arizona in 1948. He left one year later to start a private practice, partially due to paralysis, which had confined him to a wheelchair. In World War Two, he consulted the U.S. Olympic Rifle Team and the U.S. Government.

During this time, he was well-known in clinical circles. However, it was not until 1973 – when former student Jay Haley published *Uncommon Therapy* – that Erickson became famous to the rest of the world. He began offering seminars to teach the principles of his work until he died in 1980.

An Introduction to Milton Erickson Language Patterns

The Milton model utilises language patterns. They can be used to create confusion and be ambiguous; this is a gentle way to induce a trance experience. It was created by modelling Hypnotherapist Milton H. Erickson.

The Utilisation Approach

Erickson believed that healing for psychological problems lay within an individual's subconscious mind. His "utilisation approach" focused on developing a rapport with the subject so that he could communicate with their unconscious.

Erickson was a brilliant therapist and hypnotist who provided ways to induce and create trance-like therapeutic experiences, including the handshake technique. In his handshake technique, he utilised the client's responses and behaviour to enhance hypnotic responses and therapeutic experiences.

What is Ericksonian Hypnosis? Definition & History

Milton Erickson dedicated his professional career to advancing the use of hypnosis in medicine. He was committed to regulated professional training for practitioners, and Erickson's investigations in the first half of the 20th century were particularly influential in the second half. Erickson's clinical innovations in hypnosis are credited with inspiring its renaissance and arousing a new generation of practitioners.

Ericksonian Hypnosis is a method of indirect hypnosis named after Dr. Milton Erickson. Erickson, a prominent American psychiatrist and psychologist, is regarded as the "father of

hypnotherapy." His discoveries have influenced a broad spectrum of therapy, from strategic family therapy to neuro-linguistic programming.

Dr. Erickson found that **indirect suggestion** could result in therapeutic behavioural change. He preferred to converse with clients using metaphors, contradictions, symbols, and antidotes rather than direct orders to influence their behaviour.

As a patient who suffered extreme pain after contracting polio early, he thought it critical to "put yourself in the patient's shoes" and utterly understand the client's situation.

Unlike **Freud** – who encouraged self-exploration – Erickson adopted a form of brief therapy where a patient's history is not the focal point of change.

Recalling one conversation with a patient with obsessive-compulsive disorder who showered a dozen times a day, he asked the patient about the present rather than their past. Specifically, he would ask about the process: "Do you wash from the neck down, or do you start with your feet and wash up? Or do you start with your head and wash down?" He made it a point to show the patient that he was interested. The patient, who had undergone five years of traditional psychoanalysis prior, was quickly cured with Ericksonian hypnosis.

Milton Erickson was the foremost hypnotherapist of his time. He worked with trance and cleverly structured sentences of vague meanings to help his clients discover how to address their problems and the resources they already had available. Erickson's success was based on his ability to read non-verbal behaviour (sensory acuity), establish rapport with his clients, skill with language patterns and his beliefs about his clients.

NLP Milton Model

The NLP Milton Model is a language pattern to help people make changes and solve complex problems. It is also helpful in inducing a trance or altered consciousness to access our all-powerful unconscious resources.

The Metamodel seeks to bring clarity and precision into communication. The Milton model deliberately tries to be vague and unclear to awaken associations and activate resources. The Milton Model is linguistically the exact reversal of the Metamodel.

Ericksonian Hypnosis

Traditional hypnosis uses ritual inductions and direct suggestions. Ericksonian hypnosis is conversational and natural. Therefore, it is sometimes known as conversational hypnosis! Many of his techniques are different from what we may think. "Hypnotic" but create trance states (Where we find subconscious resources and choices). Trance is a common altered state we access naturally many times a day. Erickson believed the subconscious mind was self-generating. Positive and the key to successful change. People usually go to a

hypnotherapist because their conscious resources are not working. Therapy aims to get the conscious mind out of the way to access subconscious resources.

Milton Model

Richard Bander and John Grinder set out to discover what made some psychotherapists more successful than others. They assembled their findings into a methodology called “neuro-linguistic programming.” Erickson was one of several therapists and communicators examined, and they created a model of his methods called the 'Milton Model.’ This model is often taught as an adjunct to NLP courses by organisations that teach NLP.

Likewise, organisations often teach NLP skills and techniques as an adjunct to hypnotherapy courses.

NLP organisations tend to teach the NLP Milton Model of hypnosis (if they teach hypnosis), and Ericksonian Hypnosis organisations prefer to teach the work of Ericksonian.

This approach to teaching Erickson is more comprehensive than the Milton Model, which is primarily a model based on language patterns.

The Meta Model assists a client to be more specific about his problem, and as a result, he begins to discover resources or solutions to his situation. "The Milton Model is a way of using language to induce and maintain trance to contact hidden resources of our personality. It follows the way the mind works naturally. Trance is a state where you are highly motivated to learn from your unconscious mind in an inner-directed way. It is not a passive state, nor are you under another's influence. There is cooperation between the client and therapist, and the client's responses let the therapist know what to do next.

The Milton Model Focuses on Three Aspects:

Rapport – Building an empathetic connection with the client. In addition to verbal communication, this may include "mirroring" the subject's body language while avoiding "mimicry", which could have the opposite effect.

Overloading conscious attention – By distracting the conscious mind with vagueness and ambiguity, one can open the unconscious to change. See also the confusion technique and handshake induction**.**

Indirect communication – Clients can only meet a direct order in two ways: acceptance or dismissal (the latter). An indirect suggestion is a more subtle and successful way to invoke change. See also indirect hypnosis.

Ericksons Self-Hypnosis

Bedridden and given until the morning to live at 17, Erickson requested a mirror be set up in his room. He was determined to see another sunset as reflected through the mirror. The

following day, he was still alive and asked his father why the fence and trees had been removed outside. He had been concentrating on the mirror so long that he had not realised his unconscious mind could block out all the objects between himself and the sunset!

Polio left Erickson paralysed, and he faced extreme pain throughout his life. He adopted a self-hypnosis routine to effectively manage the pain, whereby he would sit in a chair pushing his spine into the back for an hour each morning.

Erickson sometimes hypnotised himself during client sessions to increase his awareness and listen to clients better. Self-hypnosis by a therapist during a session was and still is highly controversial.

Ericksonian Hypnotherapy Techniques

Again, in a departure from classic psychotherapy, Erickson discouraged the authoritative use of “tell me about…” Instead, he would encourage patients to withhold information and only discuss their wishes. This passive method helped clients share more details with him. The client was empowered rather than the therapist. They felt they needed to save this unique ability to withhold information for something important later. By the end of the conversation, they had told him everything.

A famous example of using resistance and a “double bind” occurred when Erickson was a boy. One day, Erickson was helping his father coax a stubborn calf into the family barn. Try as they might to pull the calf into the barn, it did not budge. He realised that the calf wished to resist, accepted it, and pulled the opposite end on its tail – away from the barn.

The new input of the boy pulling on the tail negated the father pulling on the head, and the calf went into the barn.

He used this as a classic psychological example of a double bind – where the subject becomes overwhelmed and is emotionally “pulled” in two conflicting directions. Thus, the confused individual successfully accepts one form of resistance and fails to respond to the other.

In the context of family therapy, if a family member resists engaging in conversation, he might ignore that member until they finally respond out of frustration.

Seeding Ideas

Using indirect hypnosis, Erickson would "seed ideas" into the unconscious through metaphors and stories. A less subtle example would be, "Have you ever been in a trance before?" The idea of a trance is in the mind even though the subject is not in one yet.

Handshake Induction

One of the most famous hypnosis techniques is the handshake induction. As the first interaction with a client and a common everyday occurrence, Erickson proved it was a

subtle way to change the mind's accepted behaviour. When someone performs a handshake, their reason is on autopilot – you may have never realised it is a trance. It is the most widespread social norm in the world to shake hands at the beginning of a meeting; we do not even think about it. By interrupting this subconscious process, Erickson could open the mind to suggestions. This is a classic example of "pattern interruption."

Erickson's handshake technique is well documented in his books and by those who have met him. He began with a robust and regular shake to begin the induction. Then, he would interrupt the process by loosening the strength of the grip and brushing specific fingers against the subject's hand. It isn't straightforward to learn, but it is a potent induction.

Emphasising the Positive

Erickson always found the good side of a patient's disability. He was colour-blind, dyslexic, tone-deaf, and partially paralysed. Yet these negative disabilities were the very things that allowed him to become an expert at reading body language.

But this does not only apply to disabilities. A more common example would be a child who refuses to go to bed. Here, a parent might combine two Ericksonian therapy techniques – emphasising the positive and encouraging resistance. First, they might compliment the child on their Energy and then encourage them to stay up later. This would end resistance in the child as they no longer need to prove that they can stay up late. If they accept the suggestion and stay up later, they will be even more tired the next day and go to bed early.

Confusion Technique

Erickson could open the unconscious mind to hypnotic language by distracting the conscious mind. According to Erickson, every one of his techniques employs confusion in some form. For example, he intentionally uses vague language patterns, complex topics, confusing words, metaphors, and jokes to distract his patient's conscious train of thought.

Shock Therapy

In some cases, Erickson would use psychological shock therapy to help clients face their fear directly. For example, he once shocked a man who feared riding the elevator by convincing an elevator attendant to attempt to kiss the man in a stopped elevator (he was married). The man denied the kiss and asked her to turn on the elevator and bring him to the lobby! He had overcome his fear of moving elevators.

In one instance, he stepped on a woman's foot who refused to leave her home because she thought she had tiny feet! The shock caused her to open her mind to the induction which followed. He exclaimed, "How's a man supposed to marry a woman with such big feet?" After that, she was cured.

Interspersal Technique

Erickson describes a hypnotic technique to an end, while psychotherapy addresses guidance of the subject's behaviours. The same hypnotic method can be applied to diverse patient concerns. In his discussion of the applications of the interspersal technique, Erickson offers two case examples in which a similar application of the Technique was made. One patient was suffering from intolerable malignant pain from a terminal condition. At the same time, the other subject was an intelligent though illiterate man who sought to relieve a disabling symptom of frequent urination. Erickson provides an exciting case write-up for each case chosen to illustrate his use of the interspersal technique. Erickson provides a transcript for the induction in which he interwove personalised therapeutic suggestions, explicitly selected for the patient, within the hypnotic induction itself. The transcript illustrates how easily hypnotherapeutic tips can be included in the trance induction and maintenance suggestions. In the follow-up case discussions, Erickson credits the patients' positive responses to the receptivity of their unconscious minds: they knew why they were seeking therapy; they were desirous of benefiting from suggestions. Erickson states that one should also recognise the readiness of one's unconscious mind to pick up clues and information. Erickson noted, "Respectful awareness of the capacity of the patient's unconscious mind to perceive the meaningfulness of the therapist's unconscious behaviour is a governing principle in psychotherapy. The patient's unconscious mind is listening and understanding much better than is possible for his conscious mind."

In the book *Uncommon Therapy,* Jay Haley identifies several strategies that repeatedly appear in Erickson's therapeutic approach. For Erickson, the classic therapeutic request to "Tell me everything about ..." was aggressive and disrespectful. Instead, he would ask the resistant patient to withhold information and only tell what they were ready to reveal:

[Erickson] "I usually say, "There are several things you do not want me to know or tell me. There are many things about yourself that you don't want to discuss; therefore, let us discuss those you **are** willing to discuss." She has a blanket.

Permission to withhold anything and everything. But she **did** come to discuss things. And therefore, she starts discussing this, discussing that. And it is always, "Well, this is all right to

talk about." And before she finished, she mentioned everything. And each new item – "Well, this isn't so important that I must withhold it. I can use the withholding permission for more important matters." It's simply a hypnotic technique. To make them respond to the idea of withholding and to the idea of communicating."

Some people might react to a direction by thinking, "Why should I?" or "You can't make me." This is called a "polarity response" because it motivates the subject to consider the opposite of the suggestion. The conscious mind recognises negation in speech ("Don't do X"), but according to Erickson, the unconscious mind pays more attention to the "X" than the injunction "Don't do." Thus, Erickson used this as the basis for suggestions that deliberately played on negation and tonally marked the important wording to provide that whatever the client did, it would be beneficial: "You don't have to *go into a trance*, so you can *easily wonder* about what you notice no faster than *you feel ready* to become aware that *your hand is slowly rising."*

Every behaviour has a Positive Intention.

This is the best choice available to a person, given the circumstances as they see it.

Respect for the other person's model of the world.

Resistance in a client is due to a need for rapport. That is, there are no resistant clients, only inflexible therapists.

Erickson would also pace a client's experience and lead them into a trance (or downtime). In N.L.P. terms, uptime is when your senses are focused on the outside world, while rest is related to your inner thoughts. The Meta Model is associated with uptime (i.e., who, what, how specifically), while the Milton Model is associated with downtime. As we go through our daily activities, we continually cycle through uptime and rest and are often somewhere in between.

Pacing and Leading

To place a client, begin by matching and mirroring her physiology, choice of words, tone of voice, etc., then refer to what she would most likely be seeing, hearing, feeling or thinking (e.g. "As you notice the lights slowly dimming ... ." or "As you hear my voice ... ." or "As you feel the chair on your back ... ." or "As you wonder ... .") while speaking slowly in a soft tonally and pacing your speech to her breathing. To lead her into downtime, you would begin to focus her attention inward by saying something such as, "You may notice how easy it is to close your eyes whenever you wish to feel more relaxed ...."

The topic of trance and hypnosis is vast. The Milton Model is a set of language patterns used to:

Pace and lead.

Distract the conscious mind.

Speak directly to the unconscious and access its hidden resources.

Hypnotic Language Patterns with Milton Erickson.

The Milton model uses language patterns. They can be used to create confusion and be ambiguous; this is a gentle way to induce a trance experience. It was created by modelling Hypnotherapist Milton H. Erickson.

The Milton Model, hypnotic language patterns, encourages the listener to move away from detail and content and to higher levels of thinking and deeper states of mind. Some patterns establish a trance state (or downtime or relaxation in the body). Other patterns are used to loosen the listener's model of the world from which he is expressing his current behaviours and to consider a more expansive interpretation of what is possible.

You will notice that many of these language patterns are identical to those of the Meta Model. The difference is that the client needs to be more specific about the Meta Model, and we ask.

Specific questions to assist him in getting clarity on his issue/problem. We use some of the same language patterns for the Milton Model, but this time, we wish to be vague so that the client can quickly go into a trance and, from the vague suggestions, choose a suggested course of action that will address his problem/issue.

Mind Read: Claiming to know another's thoughts or feelings without specifying how you came to that knowledge.

"I know that you believe ..." or "I know you're thinking ..."

Lost Performative: Expressing value judgments without identifying the one doing the judging.

"Breathing is good."

Cause & Effect: Implies one thing leads to or causes another; there is a sequence of cause/effect and a flow in time. Includes phrases such as: "If ..., then ...; As you ...., then you ...; Because ... then ..."

"If you can hear my voice, you can learn many things."

Complex Equivalence: Attributes meaning to something that may or may not have a cause capability.

"Being here means that you will change easily."

Presupposition: The linguistic equivalent of assumptions.

"Will you be changing your attitude now or later today?" The person is assumed to change their attitude; the only unknown is when.

Modal Operator: Words that refer to possibility or necessity or reflect internal states of intensity tied to our rules in life.

"You should care for others." or "You must resolve this issue."

Nominalisation: Words that are formed as nouns and are shorthand for processes.

"People can come to new understandings." Here, 'understandings' is used as a noun and is shorthand to describe the ongoing experience of 'understanding' or 'making sense of something'.

Unspecified Verb: Implies action without describing how the movement has/will take place.

"He caused the problem."

Tag Question: A question added at the end of a statement/question designed to soften resistance. It is used to ratify to the listener that he has or will manifest the action. It has a question's structure and often the statement's tonality.

"Your perception of life is changing, isn't it.”?

Lack of Referential Index: An expression without specific reference to any portion of the speakers/listeners' experience.

"**People can change."**

Comparative Deletion (Unspecified Comparison): A comparison is made without specific reference to what or to whom it is being compared.

"You will enjoy it more." or "That one is better."

Pace Current Experience: Using sensory-grounded, behaviourally specific information to describe the everyday experience.

"You are reading this lesson."

Double Bind: Invites choice within a larger context of 'no choice'.

"Do you want to begin now or later?" or "Do you want to go into a trance before or after you sit down?"

Embedded Commands: This command forms part of a more significant sentence marked by using italics or a subtle change in voice tonality or body language and is picked up by the reader's or listener's unconscious.

"**I will not suggest to you that *change is easy*."** or "Do you think *this article should be sent to your friends*?" or "You can *learn* this material *easily*."

Conversational Postulate: These are questions that operate at multiple levels. Although they require only a simple yes or no answer, they invite you to engage in an activity. Often, they contain an embedded command.

"Can you open the door?" or "Can you choose to change?"

Extended Quote: This is a rambling context for delivering information that may be in the format of a command.

Ambiguity: Lack of specificity

A Client says: "I don't understand." Response: "That's right...you don't understand yet because you've not taken that one deep breath that will allow the information to fall easily and comfortably into place."

Or, while working with a client, one of your colleagues mistakenly opens a door. Instead of getting frustrated and annoyed with your colleague, you could tell your client, "You may

have heard a door opening and let this be an opportunity to invite new ideas and thoughts into your life."

Betty Erickson's 3-2-1 Technique

Betty Erickson was Milton Erickson's wife. She developed her method for self-hypnosis, known as the 3-2-1 Technique. The procedure starts with your eyes open. You note 3 things in the room that you can see, hear, and feel. For example, you might see a sofa, a table, and a clock.

You might hear birds outside the window, the hum of a refrigerator, and the clock ticking.

You might feel the pressure of the chair on your back, your feet on the floor, and the warmth of the sunlight through the window. The process repeats, focusing on two items from each sensation and 1 item (hence the name 3-2-1). Then, you close your eyes and start by visualising three objects from each sense in your head. Again, you count down. You will be in a trance once you have reached the last item.

"The Betty Erickson Special" 3. 2. 1 Script

Sit in a comfortable chair with your feet flat on the floor.

Find a spot above eye level upon which to rest your eyes.

Soft focus and take in the whole room. Try to keep your eyes open for a while, anyway. At some point, your eyes will naturally close. Just let it happen when it does.

Complete the sentence with observations in the three prime modalities: Visual, auditory, and kinesthetic (tactile sensations, e.g., air temperature, textures, etc.)

Note: While it's optimal to observe different things, in the audio realm, it is OK to repeat items if necessary – like if you are in a noticeably quiet room and all you hear is one or two things. Remember that silence can be heard, too.

1. "I am now aware that I see _____." (Repeat four times, four different

visual observations)

2. "I am now aware that I hear _____." (Repeat with four different

auditory observations)

3. "I am now aware that I feel _____." (Repeat with four different

kinaesthetic observations)

1. "I am now aware that I see _____." (Repeat 3x, visual)

2. "I am now aware that I hear _____." (Repeat 3x, auditory)

3. "I am now aware that I feel _____." (Repeat 3x, kinaesthetic)

“I am now aware that I see _____.” (2x’s)

2. "I am now aware that I hear _____." (2x's)

3. "I am now aware that I feel _____." (2x's)

1. “I am now aware that I see _____.” (1x)

2. "I am now aware that I hear _____." (1x)

3. "I am now aware that I feel _____." (1x)

Repeat as needed until the trance is satisfactory. And, even if you do not make it through the set once when your eyes close, take yourself (in your mind's eye) to a body of water. Enjoy some R & R there until you are ready to return.

To utilise this trance, you can add your suggestions once in a spell, or you can ask your unconscious mind before you begin that while you are in a trance, it can go through and retrieve all helpful and constructive references and resources pertinent to your issue at hand and have them available to you when you come out of trance. Then trust that that will happen and enjoy your time by the water.

This is Another Betty Erickson Self-Hypnosis Technique

Erickson's wife was not a hypnotherapist, but she understood how our representable systems (Visual, auditory, and kinesthetic) Impact the world and the trance state.

This is a good technique that she came up with that has become extremely popular. This can be used for releasing Stress or any other type of self-hypnosis.

Before you begin this process and take yourself off into the journey of self-hypnosis, you should set goals for what you wish to happen or go over suggestions you want to circulate when you are hypnotic. So, when you are ready, follow these steps.

Step – 1 – Become comfortable.

Sit, lay down in a quiet and comfortable place, relax your mind and body and feel yourself beginning to drift into a calm, soft relaxation state. Let yourself go inside slightly while remaining aware of the outside world and having your eyes open but about to become sleepy.

Step – 2 – Concentrate on something that you are seeing.

The shadows moving across the wall or the unique patterns of the environment can provide something special for you to see. Notice what you see and become aware of it. Do these three separate times with three different items.

Step – 3 – Concentrate on something that you are hearing.

This could be the sound of your breathing, the wind brushing against the windows, or the hum of a car or someone singing. Find three different things, notice them, and let them into your awareness.

Step – 4 – Concentrate on something you are feeling.

It is the movement of your muscles alongside the joints, the space between your shoulder blades, the weight of your feet on the ground, or the heaviness of your body in the chair. Notice three things and become aware of them.

Step – 5 – Continue with two things and then one thing.

Repeat steps 2 to 4, and this time see two things, hear two things and feel two things. Then repeat and do the same for one thing. One thing you see. One thing you hear and one thing you think.

Step – 6 – Close your eyes and go inside.

Allow yourself to go inwards, relax, and feel slightly drifting. This Is a calm, peaceful state where you can just let go.

Step – 7 – Imagine a new or old sight.

This could be what you saw beforehand, or it could be something completely new. Imagine something you can see. It is a purple elephant, a calming blue light, or a sight of a boat taking off from a harbour.

Step – 8 – Imagine a new or old sound.

You can either make up a sound, or it could be something already known to you. For example, you could hear an animal in the wild. Or of a soothing rain falling onto a group of leaves.

Step – 9 – Imagine a new or old feeling.

Become aware of something that you have noticed before or something you wish to pay attention to. For example, how your breathing feels as it enters your lungs and the relaxation around your collarbone as you breathe.

Step 10 – You are not in hypnosis.

In this hypnotic state, you can give suggestions to yourself or relax and let the suggestions take effect that you had in mind before you began the session. Trust that your mind is letting the tips circulate – the more you can let go, the easier it will be for your suggestions to take root inside.

Step – 11 – Emerge

Tell yourself, "As I count from 1 to 5, I will emerge with a great sense of Energy and excitement, allowing all the time that your body needs to make that accurate for

Milton Model

THE METAMODEL	THE MILTON MODELL
Chunks Language down, becoming more specific.	Chunks language down, becoming less specific.
Moves from deep structure to surface structure by challenging Deletions, Distortions & Generalisations	Moves from surface structure to deep structure by generating Deletions, Distortions & Generalisations
It is concerned with bringing experience & meaning into consciousness.	I am concerned with unconscious/subconscious resources.
Deals with the results of a trans-derivational search.	Provokes trans derivational search.
Deals with precise means.	Deals with general understanding.
Access Conscious understanding	Access unconscious/Subconscious understanding

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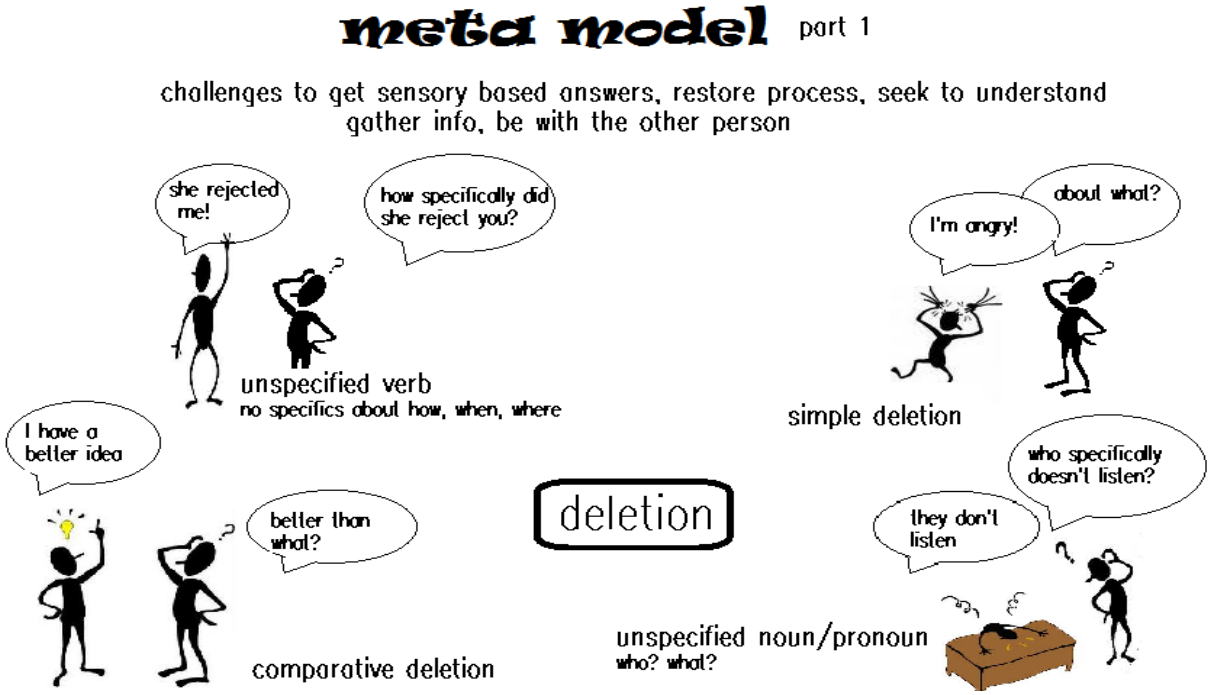
Rapport – Building an empathetic connection with the client. In addition to verbal communication, this may include "mirroring" the subject's body language while avoiding "mimicry", which could have the opposite effect.

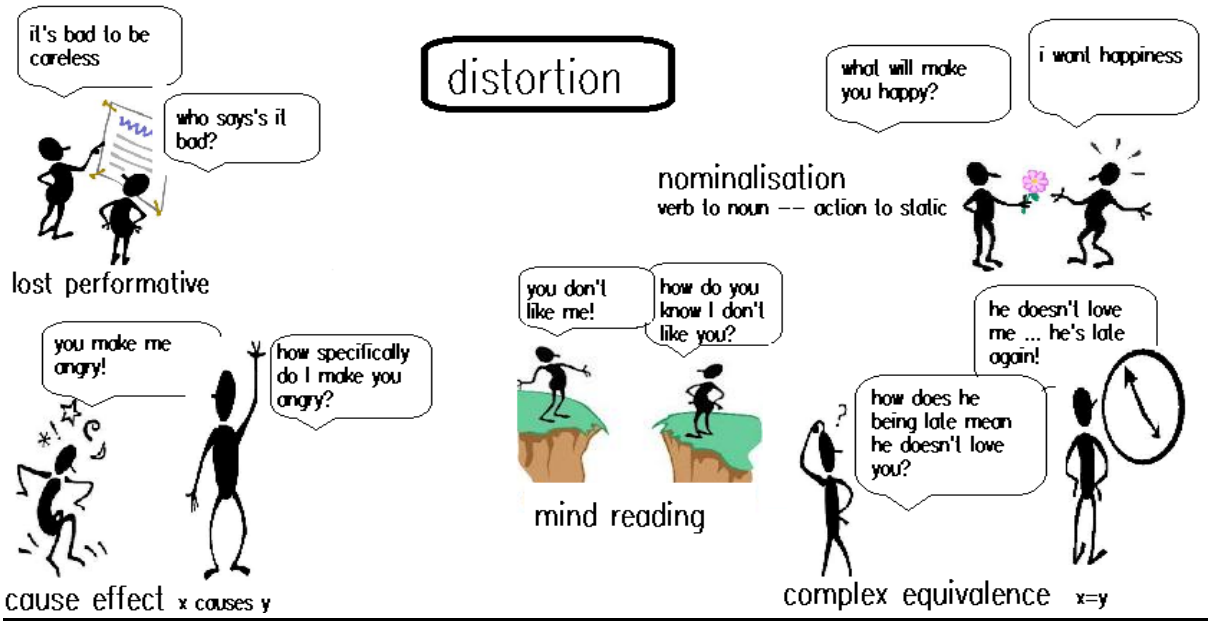
Overloading conscious attention – By distracting the conscious mind with vagueness and ambiguity, one can open the unconscious to change. See also the confusion technique and handshake induction**.**

Indirect communication – Clients can only meet a direct order in two ways: acceptance or dismissal (most likely the latter). The indirect suggestion is a more subtle and successful way to invoke change. See also indirect hypnosis.



meta model part 2

challenges to disprove faulty logic/connections



meta model part 3

challenge assumptions, provide choices, break limiting beliefs