



Integrating Hypnosis & EMDR w/ Trauma




Phase 2 Client Preparation

RDI is needed due to EMDR potentially being very emotional for the client. RDI soothes the client during EMDR processing and can make the entire process less emotionally taxing. RDI may not be as important to use if clients have strong internal resources and strong and cooperative ego states. Hypnosis is designed for RDI (e.g., Safe Place, coping skills, empowerment, healing ego states, using BLS to install insights in trance state, etc.)



Phase 3 Assessment

- The vividness of hypnosis can help to Identifying EMDR targets for clients (Shapiro, 2001)
- NC's, PC's, Body Scan identification easier
- Parts Mediation (Ego States - covert & overt) work during hypnosis reveals PC's and NC's being held.
- When NC's decrease and PC's increase, less EMDR processing is needed and it is not as emotionally taxing on the client.



Phase 4 Desensitization

EMDR processing can become stuck. Hypnosis can combat this by:

- Making vivid Cognitive Interweaves & Metaphors
- Enhanced recall w/ Age Regression & empower wounded ego states.
- Ego States (Overt and Covert) are easier to identify and work with.
- Provides enhanced safety & consciousness

Why Use Hypnosis with EMDR?

Potential Consciousness Difficulties without Hypnosis

- Clients may not have full awareness of their thoughts, feelings, and memories. This content may be stored fully or partially in the subconscious where it is harder to access. This can complicate the various phases of EMDR treatment because the important information that is required for EMDR treatment may be limited and not readily available.
- Working beyond the conscious and into the subconscious can make it easier to dig deeper to get at required content that can be used in EMDR
- Ego State Therapy can be used to enhance EMDR by helping the client to understand new dynamics about his or her make up to get at deeper held thoughts and beliefs to help in EMDR treatment. However, Ego State Therapy in most cases is limited to surface level awareness because it is conducted mostly in the conscious and not in the subconscious where information may be tucked away.

Why Use Hypnosis?

- Hypnosis is like a psychological virtual playground that that can bring about change in new and inventive ways that go beyond routine talk therapy.
- What can be done with hypnosis?
 - Age regression
 - Gestalt experiences with clean and static fidelity
 - Ego States that are overt and covert can be brought into the open and dealt with ease.
 - Ego State identification, purpose, intentions, and communication between ego states are made easier.

Why Use Hypnosis with EMDR?

Why Use Hypnosis?

- Taking the perspective of another person (dead or alive) is made possible when the client “becomes” or takes on the role of the other.
- Past events can be analyzed with present knowledge making knowledge non-local.
- Future incidents can be conceived to build a template for a positive outlook and see that change is possible.
- Clinically significant material can be managed and controlled with the restrictions or allowances in the “hypnotic world”.
- Building and sharing insights and skills between the various ego states makes integration, cooperation, and permeability between the ego states possible and easier.
- Secondary gain (overt and covert) held by ego states can be acknowledged and dealt with. Dynamics between the ego states can be understood and they can communicate with each other, thus breaking the silence. Transcending judgment w/ understanding is made more likely and possible.
- Confronting self and others can be done with safety as a priority.
- Information for processing is discovered at a deeper level when it comes from the subconscious.
- Post hypnotic suggestions can reinforce treatment insights after the sessions.

Take Home Messages

- EMDR & Hypnosis work well to treat trauma
- EMDR & Hypnosis can compliment each other to help clients
- EMDR therapists & Hypnotherapists can and should work together to help clients
- EMDR and hypnosis should not be viewed as an “Either/Or” form of treatment with providers being adversaries

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