

Treatment Integration of Hypnosis and Eye Movement Desensitization Reprocessing (EMDR) with Trauma

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Goals of Training

- 1) Participants will state the 8 Phases of EMDR Treatment Process
- 2) Participant will be able to make at least three comparisons between EMDR and Hypnosis
- 3) Participants will be able to list at least three characteristics of PTSD
- 4) Participants will learn to apply at least three techniques of using EMDR and Hypnosis together

What is EMDR?

- EMDR (Eye Movement Desensitization and Reprocessing) is a psychotherapy that helps clients to recuperate from emotional distress due to disturbing or traumatic experiences.
- An accelerated psychological treatment for dealing with:
 - Traumatically stored memories
 - Addiction related to specific “Feeling States”
- A psychological treatment that taps into clients natural healing process

What can trauma do to us?

- Disrupts our information processing system that helps us to integrate, adapt, and resolve traumatic experiences (van der Kolk & Fisler, 1995)
- Holds our present emotions, sensations, and thoughts/beliefs hostage even though the traumatic event is in the past (State Dependent Form). Trauma is re-experienced when it is triggered.

What does EMDR do?

- Targets traumatic material
- Reignites information processing
- Allows traumatic memories to be processed and resolved
- Reestablishes psychological functioning by activating the Adaptive Information Process (AIP)

The EMDR Process

- The following are identified:
 - Traumatic memory
 - Associated thoughts
 - Associated emotions
 - Associated somatic distress
- Sets of bilateral stimulation (BLS) are used with the client as they experience elements of the memory.
- In between sets of BLS, the client and therapist discuss the processing of traumatic material.

The EMDR Process (cont.)

- The traumatic information is fully processed and resolved.
- Past experiences, present day concerns, and positive expectations about the future are explored and reinforced or “installed”.

The EMDR Process - (cont.)

- What is Bilateral Stimulation (BLS)?
- (BLS) - left to right or right to left
- Can be in the form of:
 - Eye movements
 - Taps
 - Tones
- Two Types of Saccades
 1. Longer sets of roughly 20 to 50 Saccades. Intended to deal with trauma oriented material.
 2. Short sets of roughly 6 to 12 Saccades. Intended to deal with installation for Resources, Positive Cognitions/Insights, and Positive sensations.

8 Phases of EMDR Process

- 1. Client History and Treatment Planning
- 2. Client Preparation
- 3. Assessment
- 4. Desensitization
- 5. Installation
- 6. Body Scan
- 7. Closure
- 8. Reevaluation

Comparisons EMDR & Hypnosis

- Electroencephalographic (EEG) readings demonstrate that EMDR does not generate brain wave patterns associated with hypnotic trance (Shapiro, 2001).
- EMDR has distinct and separate features and are not associated with hypnosis (Nicosia, 1995).
- Gilligan (2002) - Hypnosis and EMDR are distinct approaches, but suggests that both share in common an emphasis on a special learning state.

Comparisons

EMDR & Hypnosis - Cont.

Language and Trauma

- Trauma experiences can affect language making it difficult to describe. It appears that victims rely more on visualization to provide an account of the event but struggle to provide a verbal description or narrative of the event
- The Broca's area of brain (language area) is reduced when attempting to recall traumatic events (van der Kolk, 1997). This can have an impact on the effectiveness of traditional psychotherapy and psychoeducation that rely heavily on language.
- Hypnosis and EMDR not only includes verbal content but involve imagery and revivification. The reduced dependency on language makes hypnosis and EMDR ideal for re-processing traumatic sensory, perceptual, and affective material.

When PTSD Strikes - EMDR

- The Parts of the Brain when PTSD occurs:
 - Brainstem (fight/flight/freeze) -Activated
 - Limbic system (emotions) - Activated
 - Cortex (rational, analytical thought) - Not activated
- PTSD Triggers
 - Brain's frontal lobes can effectively shut down
 - Leaves mostly the brainstem (i.e. sensory circuits and limbic areas) dominating operations (Van der Kolk, 1997; Siegel, 1999)

When PTSD Strikes - EMDR Cont.

- EMDR rebuilds the bridge between
 - Cognitions
 - Emotions
 - Sensations
- This promotes processing & integrating of traumatic information from one's past so that it is more adaptive in the present.

Potential Consciousness Difficulties without Hypnosis

- Client's 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 treatment.

Potential Consciousness Difficulties without Hypnosis

- 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 is made easier.

Why Use Hypnosis? (cont.)

- 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.

Why Use Hypnosis? (cont.)

- 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.

Limitations to Hypnosis

- Certain jurisdictions may not allow court testimony to be admissible after hypnosis.
- Client may resist being hypnotized
- The hypnotherapist may not be skilled enough to bring about effective change. For example, only Direct Suggestion is used by the hypnotherapist.
- The hypnotherapist lacks creativity.

Utility of Hypnosis & EMDR

Phases (2,3,4)

- Phase 2 - Client Preparation
 - Resource building
- Phase 3 - Assessment
 - New and accurate information for processing can be had.
- Phase 4 - Desensitization
 - Stuck or ineffective processing can be dislodged

Hypnosis & EMDR Together

Resource Development

- Leeds (1995) coined the term “resource installation” - An EMDR strategy of combining positive imagery with short sets of Bi-Lateral Stimulation (BLS).
- Leeds (1996) expanded this to Resource Development and Installation (RDI) involving an number of interventions (e.g., skills building, use of metaphors, art therapy, imagery, and hypnosis) for developing resources used while applying BLS for the installation or strengthening of these resources and without using BLS.
- RDI is established before trauma processing in EMDR.

Hypnosis & EMDR Together

Resource Development - Cont.

- 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 ego states.

Hypnosis & EMDR Together

Resource Development - Cont.

When do we use BLS in Hypnosis to install resources?

- 1) Direct suggestion
- 2) During affirmations
- 3) Insights and break through moments
- 4) During positive imagery
- 5) During physiological safety with body parts - can be used to work through sensory trauma in body scan

Hypnosis & EMDR Together

Resource Development - Cont.

Phase 2 of EMDR Trauma Protocol - Client Preparation

- Safe place imagery originated as a clinical hypnosis imagery technique (Brown & Fromm, 1986; Korn & Johnson, 1983).
- Safe place imagery combined with BLS is an EMDR technique for providing a positive context for the introduction of BLS as a tool for managing anxiety and arousal during trauma processing (Leeds, 2009; Shapiro, 2001).

Hypnosis & EMDR Together

Resource Development - Cont.

- Hypnosis can be used to make the safe place:
 - When client cannot do so on own
 - By incorporating anchors to make it easier to recall in EMDR processing
 - More vivid
 - Incorporate elements of the therapist office and the therapist

Hypnosis & EMDR Together

Resource Development - Cont.

- Age Regression Hypnosis- Recall a time when you felt resourceful, powerful, in control, confident and then adding BLS. This regressed time can be linked to an anchor, trigger cue, and/or post hypnotic suggestion. These things can be used to develop or identify a safe place.
- Important Note: Remember, BLS helps to install resources, PC's, and positive sensory material.

Hypnosis & EMDR Together

Resource Development - Cont.

Relaxation - Self-Soothing

- In the initial stage of treatment, hypnosis can be used for relaxation, sense of mastery and ego strengthening (Philips, 2001).
- Relaxation work can be used to self-soothe in between EMDR sessions because processing can continue after a session is completed. Sometimes this can create stress for the client. Mastery and a sense of an internal locus of control can be established when the client can manage his or her anxiety.
- Hypnosis that targets sleeping problems or bruxism can also enhance self-soothing in between EMDR sessions.

Hypnosis & EMDR Together

Resource Development - Cont.

Body Part Safety

- Some trauma clients may have body part safety concerns. For example, a sexual abuse victim may believe that their genitals betrayed them during sexual their sexual abuse.
- If a client struggles with body part safety, hypnosis can be used. Once a comfortable body part is identified in hypnosis, suggestions to expand this comfortable feeling can be expanded to the rest of the body. This can be a useful technique when dealing with clients during Phase 6: Body Scan to expand calmness and serenity (Philips, 2000).
- Example - “Talking Liver” - Ego State w/ other body parts in substance abuse treatment

Hypnosis & EMDR Together

Resource Development - Cont.

Trigger Desensitization - Exposure

- Trauma processing in EMDR can be very stressful. Certain triggers can be especially explosive and the client may avoid EMDR. Hypnosis habituation to triggers can make EMDR processing less stressful.

Process:

1. Review their earlier traumatic experiences while in trance
2. Client reports subjective level of distress on a scale ranged from 0 to 10

Hypnosis & EMDR Together Resource Development - Cont.

- If the anxiety up to 8 or above or is intolerable, the client signals for a pause (ideomotor), and the client accesses their safe place to relax. The extent of the safe place and closeness to the exposure is easily controlled with hypnosis. For instance, the client can be:
 - Invisible witnessing the event
 - Watching the event on a small television (black and white) that fades in and out. The client can pause the scene with a remote control or fast forward. The client can be on a deserted island or anywhere they feel comfortable.

Cont.

- A support system can be observing the trauma event with the client.
- The environment can be tailored to any specificity that makes the client feel comfortable. The options are endless.
- Exposure continued once the client gains a comfortable control over the memory. EMDR processing can be engaged or re-engaged once this occurs.

Hypnosis & EMDR Together

Resource Development - Cont.

Desensitization of Event in Hypnosis

- If EMDR processing trauma event is too stressful for the client to process, then...
- The event can be made less stressful with desensitization w/ hypnosis
 - Split Screen (Spiegel & Spiegel, 1987)
 - Safe place/Disturbing Event - Pleasant/Disturbing Event
 - Struggle/Success
 - Remote Control

Hypnosis & EMDR Together

Resource Development - Cont.

Continued

- Alternating images between negative and positive images (Desland, 1997).
- Glass Separation/Divider in between client and event
- Movie Theater - Exposure of Event
 - Play - Fast, Rewind - Fast, Play - Fast, Rewind - Fast (Repeat Process)
- Important Note: Once images have been observed, images can be reframed.

Hypnosis & EMDR Together

Resource Development - Cont.

Future Templating

- Hypnosis techniques for future progression
 - Erickson's "crystal ball" technique
 - Client is invited to imagine a crystal ball and to look in that ball to discover something about what will be different when their treatment is completed. As positive content emerges, add BLS to install a positive future.

Hypnosis & EMDR Together

Resource Development - Cont.

Continued

- Future progression - Fork in the road...“Low Road” and “High Road” - BLS used on high road only.

Important Note: All Future Templating can be used during Client Preparation (Phase 2) to build confidence of a positive outcome w/ EMDR and/or during Installation (Phase 5) to project positive future after treatment. Anchors, post hypnotic suggestions, post hypnotic emergence suggestions all further this work. It can also be used once treatment is completed to project future success.

Hypnosis & EMDR Together

Resource Development - Cont.

Informed Child on Steroids

- RDI with BLS can “beef up” the “adult’s” resources before conducting “Informed Child Technique” in age regression.
- The stronger the “Adult” with ego strength, the better the information to be passed on to the “younger versions” of the client.

Hypnosis & EMDR Together

Assessment Phase of EMDR

Ways to integrate Hypnosis into Assessment Phase of EMDR

- The vividness of hypnosis can help to Identifying EMDR targets for clients (Shapiro 2001)
- The vividness of hypnosis can help to recover most disturbing elements of trauma in hypnosis to flesh out all the Negative Cognitions (NC's) to promote thorough processing.

Hypnosis & EMDR Together

Assessment Phase of EMDR cont.

Body Scan

- Clients may struggle to identify or be cut off from knowing where their body holds trauma.
- The trauma experience that is not in a cognitive format. This makes completing the Body Scan difficult and a pocket of the trauma may still linger if not identified and processed with EMDR.
- The Body Scan can be found easily in trance states of revivication, hypermenisia, and time tunneling technique.

Hypnosis & EMDR Together

Assessment Phase of EMDR - Cont.

- Further develop Positive Cognitions (PC's) by:
 - Parts Mediation to relieve self-blame that provided an internal locus of control. Reframing can help patients to recognize and give themselves credit for what they did to survive. This way of approaching their traumatic past allows them to change their self-image from that of a victim to that of a survivor.
 - Hypnosis imagery that is positive can help Increase the strength of & install PC's. BLS will intensify this.
- When NC's decrease and PC's increase, less EMDR processing is needed and it is not as emotionally taxing on the client.

Bilateral Stimulation (BLS) - Cont.

When do we use BLS in Hypnosis to install resources?

- 1) Direct suggestion
- 2) During affirmations
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Hypnosis & EMDR Together Combating Stuck Processing

- Occasionally EMDR processing can become stuck when
 - Emotions during processing are too low or high (therapeutic window)
 - Feeder memories
 - Complex traumas
 - All of the targets, NC's, and PC's are not known
 - Sensory material is overwhelming
 - Secondary gain is present
 - Client lack of information

Hypnosis & EMDR Together Combating Stuck Processing - (cont.)

Trauma processing occurs in three cognitive domains

- - Past (Responsibility, Guilt, and Self-esteem)
- - Present (Safety and Vulnerability)
- - Future (Choice and Control)

Hypnosis & EMDR Together Combating Stuck Processing - (cont.)

Hypnosis can Remove "Blocking" of Processing in EMDR

Common reasons for Blocking - Fear of:

- - Being abandoned
- - Not being able to contain emotions (e.g., angry and not knowing what will happen).
- - Lose of control
- - Guilt
- - Not being believed by others
- - Memories not being accurate

Hypnosis & EMDR Together Combating Stuck Processing - (cont.)

Continued

- - Betraying loved ones - not being loyal
- - Revealing family secrets (harm self or others dear to client)
- - Shame
- - Feeling “Crazy” or “Sick”
- - Unsure of identity
- - More responsibility & expectations w/ getting “well”
- - Being judged/rejected/punished/ostracized

Hypnosis & EMDR Together

Combating Stuck Processing - (cont.)

Using hypnosis to deal with stuck processing in EMDR

- Cognitive interweaves can be developed and enhanced with imagery and “experience” in hypnosis. In addition, Hypnotic Metaphor or Metaphorical Stories in hypnosis can be tailored to provide information to dislodge stuck processing .
- Insights and wisdom drawn from these concepts can be reinforced and made stronger with BLS. If processing is stuck in EMDR, these cognitive interweaves and metaphors can be brought out and used during EMDR processing.

Hypnosis & EMDR Together Combating Stuck Processing - cont.

- Age Regression using Time Tunneling and/or Affective Bridge to recall details associated with trauma using the Informed Child Technique is better than EMDR Float Back Technique because:
 - Age regression takes the client back to the Symptom Producing Event and Initial Sensitizing Event. The inability to recall is eliminated with age regression.
 - Connection to earliest past memory is made and not missed.
 - Connections between Subsequent Sensitizing Events are made and processed. Events that “feed” or “reinforce the trauma are disconnected.

Hypnosis & EMDR Together

Combating Stuck Processing - cont.

Ego States (Overt and Covert) are easier to identify and work with in hypnosis once the hypnotherapist is into the subconscious.

- The Ego States holding trauma can be targeted for EMDR processing instead of the client or a less relevant ego states that is not holding the trauma.
- Stronger ego states can assist the weaker ego states during EMDR processing.
- Secondary gain can be identified with Ego States and can be removed with “parts mediation” in hypnosis or with the Feeling State Addiction Protocol with EMDR or DeTur Technique in EMDR.

Hypnosis & EMDR Together Combating Stuck Processing - (cont.)

- The hypnotic trance environment can provide safety for the client to face delicate information in a life like environment.
- This is important when the client wants or needs to confront someone that has harmed him/her. Confronting someone that has committed a transgression against him/her can be empowering but very upsetting to the client without safety measures being in place in hypnosis.
- Once the individual(s) are confronted or dealt with and emotional obstacles are lessened or removed in hypnosis, processing can continue. This can involve individuals that are alive or dead that need to be confronted.

Hypnosis & EMDR Together Combating Stuck Processing - (cont.)

- Socratic questioning with hypnosis can be done to coach the client through stuck processing. Gestalt techniques can be used to enhance this. Gestalt experiences in hypnosis are usually superior than without hypnosis. Gestalt experiences without hypnosis usually do not have the same fidelity as they do when the client is in hypnosis.

Hypnosis & EMDR Together Combating Stuck Processing - (cont.)

- Hypnotherapist can use BLS to install insights making them even stronger to prevent EMDR processing from sticking.
- Positive insights made in hypnosis that were reinforced with BLS can also be used during the Preparation or Installation Phases of EMDR.
- EMDR processing can take place while in a hypnotic state. This allows for vivid safe places to be accessed if the client has an especially problematic abreaction.

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

EMDR Information

- www.emdr.com
 - EMDR Institute
- www.emdria.org
 - EMDR International Association
- Proper training in EMDR and hypnosis is required before applying it in a therapeutic setting with clients.

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