

TOPICS TO BE COVERED

- Euphoric Recall What is it?
- Substance Abuse Treatment Nuggets in Treatment The Good Stuff
- Brief explanation of FSAP and DeTur
- Brief overview of Hypnosis
- Augmented Protocol for FSAP and DeTur
- Permeability of Ego States
- Age Regression Pre-Talk Hypnosis
- Augmented Protocol Steps
- Augmented Protocol Future Environments
- Common Concerns and Troubleshooting

EUPHORIC RECALL

What is **Euphoric Recall**?

 Remembering only the positive aspects of something and minimizing or completely failing to acknowledge any negative aspects of something. Thus, the drug/alcohol is, "Romanticized".

Examples of Euphoric Recall with drugs/alcohol:

- Remembering the high but not fully acknowledging lying, stealing, dealing, or prostituting one's self to get the high.
- "The party last night was awesome". But failing to acknowledge
 that it ended with me urinating on myself and throwing up.

Examples Continued

- "I can talk to men/women easier after a few drinks". But failing to see that bloodshot eyes, slurred speech, and incessantly telling everyone, "I love you guys" are social asset when intoxicated.
- Holding onto my teenage beliefs that drinking and drug usage makes me a "Rebel" and that I am "Cool" as a result of using.
- Remembering, "Glory Days" of either things that did happen or did not happen (subject to manipulation) e.g., Bruce Springsteen's song, "Glory Days" is a good example.

Examples Continued

- "I have been sober 10 years, but on a hot day a cold beer looks really good. I
 don't know why, I don't want to go back to drinking".
- Variation on Euphoric Recall: Degrading positives of being sober/clean, which
 be default makes glory days of using seem/appear more positive (e.g.,
 "Sobriety is so boring". This implies that the only way to not be bored or
 boring is to start drinking again.).

Euphoric Recall Concepts

- Can come about from a single event or events
- Can be reinforced and modified/shaped over time/subject to fantasy or wish fulfillment
- Are held in state dependent form
- Can be held by an individual Ego State(s) or can be a belief held by an Ego State(s)
 - Ego State "Party Animal" personifies the belief that alcohol/drugs are positive – one dimensional

- The Ego State, "Fun" <u>believes</u> that alcohol is a way to have "Fun" but that there may be other ways to have fun.
- Can be held by either Overt Ego States (known to the client) or Covert Ego States (unknown to the client)

SUBSTANCE ABUSE TREATMENT – NUGGETS

DURING SUBSTANCE ABUSE TREATMENT

The client:

- Grows as a person
- Becomes more aware and consciousness increases
- Develops coping to fill the void of the addiction
- The client's field of view increases (mindfulness) to incorporate a balanced view of alcohol/drugs where:
 - Positive aspects of using are minimized
 - Negative concepts of using are increased
 - The truth is revealed about addiction illusions are brought into the open

DURING SUBSTANCE ABUSE TREATMENT

During Treatment (cont.):

- Overt Ego States supporting drug/alcohol usage usually lose their luster/influence first because they are known to the client which makes them easier to target in therapy.
- Covert Ego States have an easier time of remaining in power because they are not known to the client – "Fly below the radar"
 - The "Invisible Hand" (think Adam Smith in psychological terms) that has influence.

DURING SUBSTANCE ABUSE TREATMENT (CONT.)

- The client no longer strongly identifies with Regressed Ego State. They may not be seen as being a, "part of them".
 - Example: I see myself as a 40-year-old woman and no longer identify with the 14 year-old-girl that remains behind the scenes that still has influence over thinking ("I am 'grown up' and 'sophisticated' when I drink).
 - Example: The newly developed Ego State, "Sober" no longer sees the merits of drinking but younger ego state(s) see it as a way to cope still.

WHAT IS THE
FEELING STATE ADDICTION PROTOCOL
AND
DETUR?

FSAP AND DETUR — EGO STATES

Applying FSAP and DeTur with Overt/Covert Ego States

• Typically, Overt Ego States that show favorability for using can be addressed largely with the standard protocols of the FSAP and DeTur. However, Age Regression Hypnosis can regress back to periods in the past to gain more insight and awareness on how *Covert Ego States* developed and what holds them still in place in terms of power. The hidden becomes exposed with age regression.

FSAP AND DETUR – EGO STATES (CONT.)

- Covert Ego States that show favorability for using need to be exposed to the client and the therapist before being addressed with the FSAP and DeTur. Age Regression Hypnosis exposes these Covert Ego States. Once exposed, a modified form of the FSAP and DeTur can be applied while in hypnosis (To be explained).
- In addition, if the Covert Ego States are "known" or brought into awareness to the client, the standard protocols of the FSAP and DeTur can be applied outside of hypnosis. If the Covert Ego States remain, "Covert", they may not be able to be processed outside of Age Regression Hypnosis. A lack of permeability between states can also keep information covert or unknown.

HYPNOSIS

AGE REGRESSION HYPNOSIS

Age Regression Hypnosis is used to return to pivotal points in the client's usage history:

- First exposure to drinking/drug usage
- First usage of drinking/drug usage
- First time in time intoxicated/high
- First positive/negative experience drinking/drug using
- Last relapse or usage
- Experience of using when with friends, alone, when experiencing a specific stressor, emotion, event, etc.

AGE REGRESSION HYPNOSIS (CONT.)

When we use Age Regression Hypnosis:

- Can return to previous times, events, and experiences of drinking and drug usage.
- Can be evaluated in the current day to assess if continued Euphoric Recall is still present.
- Can assess if Euphoric Recall has an impact on client's outlook as it pertains to alcohol/drug usage and being sober and clean.
- Yoda Wisdom: "You must unlearn what you have learned".
 - Age Regression Hypnosis provides a context and experience for the unlearning of learned concepts that still hold Euphoric Recall and see alcohol and drug as being positive.

HYPNOSIS ADVANTAGES

Hypnosis allows for:

- Easier access to Covert Ego States Promotes awareness and context.
- Can assess if Covert Ego States still hold favorable beliefs (euphoric recall) about alcohol/drug usage.
- Urges/Triggers/Secondary Gain to use can all be evaluated while in the stimulating environments while remaining out of harm's way. — "Safe Proofing Grounds" for experimentation. - You can talk the talk, but can you walk the walk?
- The vividness and the details that comes from the hypnotic experience makes it closer to "real life" (think Virtual Reality VR) and allows for a more complete understanding of urges/triggers/secondary gain.

AUGMENTED PROTOCOL

FSAP & DETUR

WITH

HYPNOSIS

STATES BEING USED IN THE AUGMENTED PROTOCOL

Three Primary Ego States are accessed:

- Sober/Clean
- Utility
- Age of Regressed State Age of the client at that regressed state ("15")

 e.g., "15, how appealing does alcohol look to you right now at the 'Keg Party'"?

Note: "Future" will be an additional ego state used later.

SOBER & CLEAN – EGO STATE

Sober/Clean - Ego State Description

- He or She is sold on the idea of being substance free
- Endorses recovery sold on being clean and sober Convinced
- No use in using substances willing to do what is needed for recovery
- Willing to attend therapy, AA/NA, make necessary changes that support being sober and clean – "You say Jump and I say how high" – No resistance

SOBER & CLEAN – EGO STATE (CONT.)

- Is based in the present day with:
 - Present day wisdom of treatment suffered consequences reality based
 - Does not have euphoric recall
 - Understands the consequences of continued usage
- Sober/Clean Comments
 - "I don't drink, and my higher power helps me to make sure of this".
 - "I take my methadone to remain clean. I don't want to be sick".
 - "Recovery saved my life. I won't ever return to drugs and booze".
 - "I am not stupid, Crack is going to kill me if I keep using".

UTILITY – EGO STATE

Utility – Ego State Description

- He or She once used to see "utility" in using but now finds new "utility" in coping and not using.
- The knowledge of coping and not using has been developed, but the
 degree that it has been absorbed and endorsed may vary with context.
- The conviction to not use drugs/alcohol can be very strong and align with the ego state, Sober/Clean, but old habits can have an influence.

UTILITY – EGO STATE (CONT.)

- Has present day wisdom not to use drugs or alcohol, but also may endorse
 antiquated beliefs that support usage (Bo Diddley "Who do you love"sobriety or alcohol and/or drugs).
- Generally, leans towards wanting to remain sober and clean.
- Utility Comments
 - "I can no longer drink, and I need to call my sponsor if I have an urge".
 - "I am in recovery, but it is my birthday is today. I figure that drinking a little champagne will be okay. It's just for today".
 - "Booze was my problem. I can never drink again, but I am cool with pot".

UTILITY – EGO STATE (CONT.)

- The dealer for a nickel
 Lord, will sell you <u>lots of sweet dreams</u>
 Ah, but the pusher ruin your body
 Lord, he'll leave you, he'll <u>leave your mind to scream</u>
 - The Pusher Steppenwolf
- Utility's allegiance to therapy is on trial w/ the Augmented Protocol How strong is Utility under fire? How much **Intestinal fortitude** is present? How strong is treatment when put to the test?

AGE REGRESSED STATE – EGO STATE

Age Regressed State – Refer to this Ego State by their Age (e.g., "15").

- He or she finds solace with using.
 - "Remember what the dormouse said...Feed your head, feed your head"...White Rabbit...Jefferson Airplane
- Usually does not possess any present-day knowledge associated with being clean and sober.
- Can be very primitive and immature.

AGE REGRESSED STATE – EGO STATE (CONT.)

- Views alcohol drug usage positively. Does not yet know hardships with alcohol/drugs. Free and Easy Bygone Days of Usage.
- The age of the regressed state can be in existence before drug or alcohol usage began.
- For example: A two-year-old protective ego state may find that at the age of 14, cannabis helps them to feel less anxious. The regressed state does not identify at 14 but still identifies with being age 2. In this case, refer to the ego state as, "2".



PERMEABILITY BETWEEN EGO STATES

- Permeability Definition—Sharing of information and coping skills between Ego States.
- Permeability of information between the three states can vary (Open, Closed, Semi-Permeable).
 - Sober/Clean------Utility------Age Regressed State
- Sober/Clean and Utility usually have adequate permeability with each other.
- Utility tends to have adequate permeability with the Age Regressed State, but not the other way around. The flow of information tends to not be reciprocal.
- The permeability between Sober/Clean and the Age Regressed State are usually less than adequate if not non-existent.

AGE REGRESSION HYPNOSIS PRE-TALK

AGE REGRESSION HYPNOSIS PRE-TALK

- Age regression is explained to the client –debunk myths, affirm positives
- Euphoric Recall definition is provided for the client.
- Ego State Therapy/Hypnosis is explained
 - What are ego states
 - How are ego states different from Alters (DID)
 - Emphasize that everyone has Ego States to normalize them

AGE REGRESSION HYPNOSIS PRE-TALK (CONT.)

- Explain how ego states can:
 - Switch from one to another
 - Collaborate with others Hang together
 - Have disputes amongst themselves internal squabbles
 - Take an executive role or supportive role chief or little indian
 - Be Overt or Covert known or unknown
 - Promote prosperity and peace when working together

AGE REGRESSION HYPNOSIS PRE-TALK (CONT.)

- Explain how current knowledge can be shared with age regressed states.
- Explain how the past cannot be changed (destiny), but that it can be viewed differently and by doing so empowers the present and future by reducing/eliminating the euphoric recall.
- What is done is done...but how do we learn from the past?

GETTING INTO THE AGE REGRESSION HYPNOSIS

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- Regress client in hypnosis to a determined time (e.g., First Usage) etc...
- In Age Regressed State Determine:
 - Age of Regressed State?
 - What is the setting?
 - Who is present if anyone?
 - What is going on in the setting?
 - How are they feeling and what are they thinking?

GETTING INTO THE AGE REGRESSION HYPNOSIS (CONT.)

- Regress client in hypnosis to a determined time (e.g., First Usage) etc...
- In Age Regressed State Determine:
 - Age of Regressed State?
 - What is the setting?
 - Who is present if anyone?
 - What is going on in the setting?
 - How are they feeling and what are they thinking?

- How are drugs and alcohol a part of the setting?
- What are the positives and negatives about using drugs and alcohol.
- What is making the drug and/or alcohol look appealing?
- Is there any trepidation with using? If so, what is it?
- Are their pressures or encouragement to use drugs and alcohol? If so, what is it?
- What is going on before, during, and after using?

- What are they thinking and feeling before, during, and after using?
- What variables/circumstances are making the alcohol and/or drug appealing? What is the Level of Urge (LoU) associated with this variables/circumstances, 1 to 10? <u>Data for using DeTur Record this</u>
- What are the perceived benefits (feeling states) associated with using alcohol/drugs? How appealing are these benefits on a scale of 1 to 10 (Positive Feeling State – PFS)? – <u>Data for using FSAP – Record this</u>

- After connecting with the Age Regressed State:
 - Describe the other two Ego States and have them identify themselves.
 - Sober/Clean "The part of self that most endorses being clean and sober. The part that fully believes in recovery and treatment. Please come forward and speak to me to help (client's name). When you are here, just say, 'I am here'".

- Utility "The part of self that once found utility in drinking and/or drug usage but now finds utility in being sober and clean. The part that believes that new forms of coping work best instead of using alcohol and/or drugs. Please come forward and speak to me to help (client's name). When you are here, just say, 'I am here'".
- Thank both parts for coming forward to promote unity and support for the client.

- Return to speaking with the Age Regressed State. Recap what makes the situation appealing by mentioning the variables/circumstances/triggers and Positive Feeling States that making using alcohol/drugs appealing.
- Once data is collected from the Age Regressed State, ask to speak with Utility. Review the Lou's and PFS's from the Age Regressed State with Utility and ask if any of them generates scores above "0".

AUGMENTED PROTOCOL STEPS

AUGMENTED PROTOCOL STEPS

- If any LoU's and/or PFS's scores need to be processed (Scores above "0") for Utility, then proceed with Steps 1 through Step 6.
- If No, LoU's and/or PFS's scores are above "0" for Utility, then proceed with Steps 3 through Steps 6.

- Step 1: Generate dialogue between the ego states, Sober/Clean and Utility. The ego state Sober/Clean can offer unwavering wisdom and energy that support not using alcohol and drugs to Utility.
- **Step 2**: BLS can be applied to reduce the LoU's and PFS's with the goal of reducing them to "0". Once done, Utility is on board with not using. Move to take the same approach with the Age Regressed State.

- Step 3: Use dialogue between BLS sets with the ego states Utility and Sober/Clean that can offer future based wisdom about not using alcohol and drugs to the Age Regressed State ego state.
- **Step 4**: Apply BLS to reduce LoU's and PFS's to 0 for the Age Regressed State.
- Step 5: Once the LoU's and PFS's are reduced to 0, apply BLS to install positive epiphanies associated with not using.
- **Step 6**: DeTur grounding technique can be used at this point with BLS (Demonstration of Grounding Technique).

- Step 7 Follow Up Step: Next session Use hypnotic age regression and return to previous times when using alcohol/drugs (e.g., First Usage, First Intoxication).
 - Reassess the make sure that LoU's and PFS's are all 0's. If so, then use BLS installation between the parts to emphasize how each one of the LoU's and PFS's have been dealt with affectively.
 - If LoU's and PFS's are not all at 0's, then follow Steps 1 through 6 until LoU's and PFS's are all 0's.

When ending sessions

- Use post hypnotic suggestions and direct suggestion to emphasize the high points and epiphanies. Use BLS installation to enhance this even more during direct suggestion.
- When the client emerges for hypnosis, again use BLS installation of epiphanies and high points from the session.
- Future pacing/templating with BLS installation should also be used.

Rod Serling – The Twilight Zone Introduction

- "There is a fifth dimension beyond that which is known to man. It is a dimension as vast as space and as timeless as infinity. It is the middle ground between light and shadow, between science and superstition, and it lies between the pit of man's fears and the summit of his knowledge. This is the dimension of imagination. It is an area which we call the Twilight Zone.
- The Twilight Zone Technique Using the FSAP & DeTur
 - The therapist can create virtual environments where the FS's/urges/triggers (State Dependent or Not) can be assessed for strength. Any environment that can be imagined can be used.
 - EMDR processing can be used to reduce the strengths of these Feeling States/urges/triggers (State Dependent or Not) in these virtual environments.

Age Regression & Twilight Zone Technique Advantages Enhancing Processing

- Feeling States/urges/triggers can be assessed in numerous environments and situations in rapid succession. "Real Life" cannot be experienced so quickly as it can while in hypnosis.
- Certain aspects of the environment or situation can be enhanced, manipulated, increased, or decreased, or altered in someway making the experience very dynamic and unique. This gives a great deal of control for the therapist to shape the circumstance.

Age Regression & Twilight Zone Technique Advantages Enhancing Processing

- Not all environments and situations will elicit the same strength with feeling states/urges/triggers. The strengths can be variable. Reducing the strength of the feeling states/urges/triggers in many environments and situations generalizes the treatment gains over many domains of life.
- New feeling states/urges/triggers sometimes emerge with new experiences in different and dynamic environment.
- Reducing feeling states/urges/triggers in a variety of situations and environments
 while in hypnosis provides a vivid template for success. "I think I can do it" is
 replaced with "I have done it and can do it again" belief system. Post hypnotic
 suggestions and direct suggestions can further these positive belief systems,
 especially with applying BLS installation during these times.

Other Areas to Explore with the Future Based Environments During Hypnosis

- Experiencing friends or family offering drugs or alcohol
- Going to a bar
- Being at the airport and being delayed on your flight and the bar is right next to your gate
- Driving by your dealers house
- Smelling cannabis at a concert
- Walking by the liquor aisle in a grocery store.
- Your significant other asking you to test yourself in an environment
- Etc.

- Instead of Age Regression, use the hypnosis to go into the future (similar hypnotic procedure to age regression). Once in the Future Based Environment, process the scenarios using Steps 1 through 7as had been done with the Age Regressed Time Periods (e.g., First Usage, First Intoxication/High). The ego state here would be referred to as "Future".
- Using this method for future temptations that can occur prepares the client for troubleshooting their environment and building confidence that they can manage it. "I think I can" becomes "I know I can" when successfully managing these dynamic environments. This all is experienced in the safety of treatment with no possibility of relapse.

- Ego State: "Future"
 - Has a current set of skills and wisdom that are used to deal with situations that deal with alcohol/drugs.
 - Ego state that is situation specific.
 - Is similar to the "Age Regressed State" due to being in a specific context/situation where he or she must perform under pressure. "Show me the money". Can you cut it in the future?

Cont.

- Different from "Utility" in the sense that "Utility" is like a "theoretical concept" offering opinions/advice/persepectives by comparison to "Future" that must make decision as the, "Boots on the Ground" decision maker. "Future" is living the situation whereas "Utility" is not but still has influence.
- If Future is successful with managing or thwarting alcohol and/or drugs, then a template is established for managing substance abuse in the future. The notion of, "I can live without drugs/alcohol" is established.



COMMON CONCERNS & TROUBLESHOOTING

No desire to stop? An outside force requires that the client abstains from usage. "They say I gotta go to rehab but I say No, No, No.

• Precontemplation, Contemplation, Preparing to Change stages of Motivational Interviewing need to be completed first. This protocol works with those individuals that are at a minimum in Active Change stage of Motivational Interviewing.

COMMON CONCERNS & TROUBLESHOOTING

Is the client fully detoxed?

- The client will not be able to focus well enough if they are not fully detoxed.
- With opiate usage, it is recommended that at least 24 hours of medication (e.g., methadone) coverage is in place to manage physical withdrawal symptoms.
- Is the client "Jonesing for a hit, a bump, a hit, a shot, a cannon ball"?

Is the client resistive to hypnosis? Ego States are blocking processing

- Make sure that a proper pre-talk has taken place so:
 - Clients don't have to worry about ego states being "Killed Off", dismissed, or sent off to the "Knackery" where they are of no use. "See ya and I wouldn't want to be ya."
 - Clients don't fear they have DID/Multiple Personality Disorder or are "Crazy"

Is this the first hypnosis session?

 This protocol works best if previous hypnosis has taken place that builds in resources. This helps to take away irrational fears about hypnosis. Thus, hypnosis can be viewed as a powerful tool that can help the client and can be welcomed by the client. Get rid of the

Is this the first exposure to FSAP or DeTur?

• This protocol works best if some level of previous exposure to the FSAP or DeTur has taken place. When a client has some success with reducing PFS's and LoU's with the FSAP and DeTur, they have confidence that they can take charge of their addiction. By combining it (FSAP & DeTur) with the hypnosis, they can take even more control of their addiction by addressing it in the subconscious, which is not available to them outside of hypnosis. That is, they are using the FSAP and DeTur at a deeper level of awareness.

- Why is "Utility" not holding strong about not using drugs and alcohol during Age Regression?
 - Utility has not been in existence as long as the Aged Regressed States
 (state dependent). Utility has not had the ability to develop a sober and
 clean narrative that has been tested over time. It needs to develop,
 "Courage Under Fire" with experiences, either real or virtual with
 hypnosis, that support not using.
 - The vestiges of euphoric recall may increase when put in highly stimulating situations where alcohol/drugs look favorable. That is why we are executing this protocol. *Example: Dr. Strangelove (Peter Sellers) still showing his, "Semi Loyalty" to the Third Reich with his Salute despite working for the Americans.*

Continued

 Are enough resources in place to make a case for not using? If not, then this should be increased. Utility will be as strong as the resources that it has been given in treatment. ROLE PLAY – CASE STUDY - A