



EFFECTIVE INTERVENTIONS

For Healing and Resilience

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SUE INTEMANN

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- Critical Incident Stress Debriefing





INTERVENTIONS

MINDFULNESS

EMDR

HYPNOSIS

HRV Biofeedback



TRAUMA

help with ...

Hysteria

Shell Shock

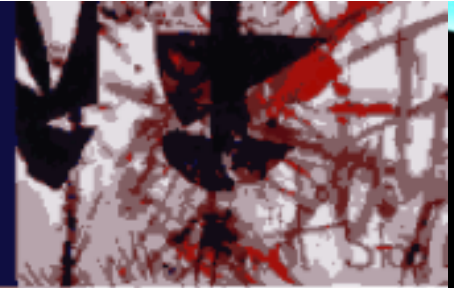
Battle Fatigue

PTSD

Combat Stress

"One of the most important
psychiatric works to be
published since Freud."

—*New York Times*



TRAUMA and RECOVERY

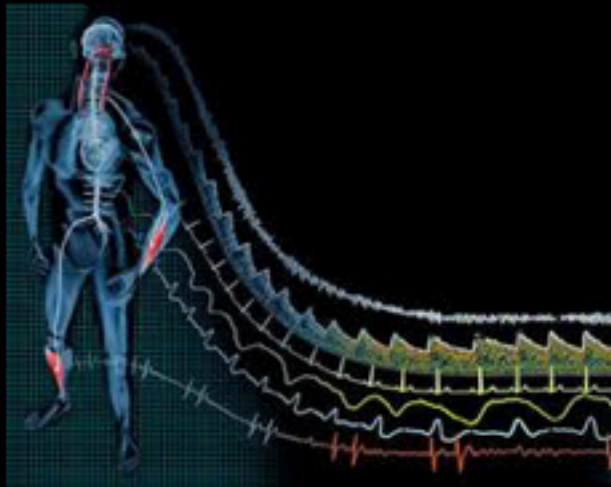
*The aftermath of violence—
from domestic abuse to political terror*

WITH A NEW AFTERWORD BY THE AUTHOR

JUDITH HERMAN, M.D.

Neurobiology of Trauma

Recent research in the neurobiology of trauma supports ... the likelihood of more effective treatment with the inclusion of ... somatic techniques such as



**heart rate variability
biofeedback
& hypnosis!**

http://www.rubenfeldsynergy.com/02rsm_3article08.pdf



THE BODY KEEPS THE SCORE

BRAIN, MIND, AND BODY IN THE HEALING OF TRAUMA



BESSEL VAN DER KOLK, MD

POSTTRAUMATIC GROWTH



- Subconscious likes POSITIVE STATEMENTS
- Visualizing improvements and GROWTH
- “That which does not destroy me, ...
.....makes me stronger.”
- Over 80% of the time!!
- 1x, 2x, 3x trauma... happier after bounce back





POSTTRAUMATIC GROWTH

RESILIENCE

OPTIMISM

MINDFULNESS

EMDR

HYPNOSIS

HRV Biofeedback



MINDFULNESS

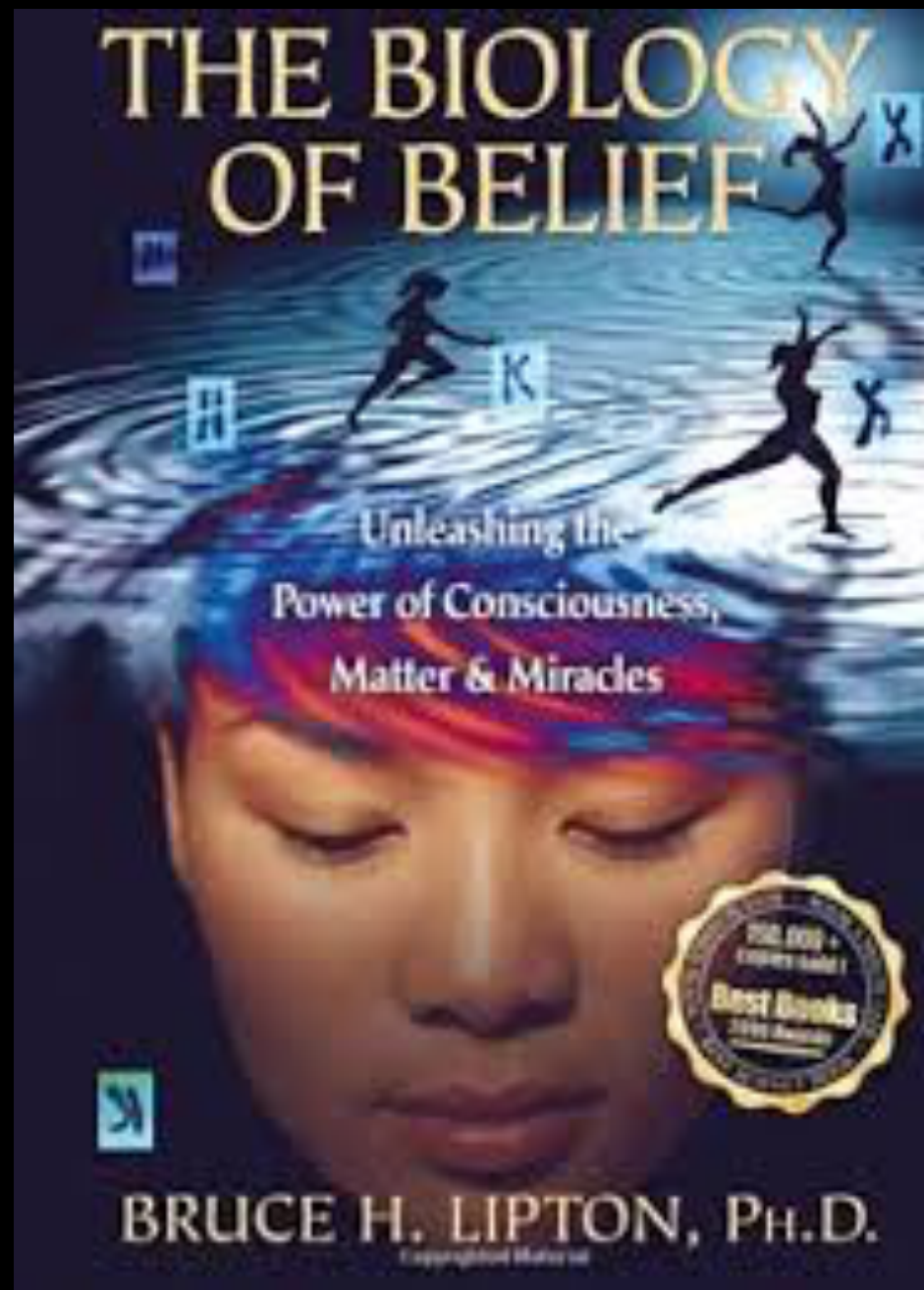
'the intentional, accepting and non-judgmental focus of one's attention

on the emotions, thoughts and sensations occurring in the present moment",

which can be trained by meditative practices



BRUCE LIPTON, PH.D.
AUTHOR OF "BIOLOGY OF BELIEF"
CELL BIOLOGIST & RESEARCH SCIENTIST





7

MINDFULNESS
SKILLS

ONE Wise PO

3 HOW skills

Wise Mind

3 WHAT skills

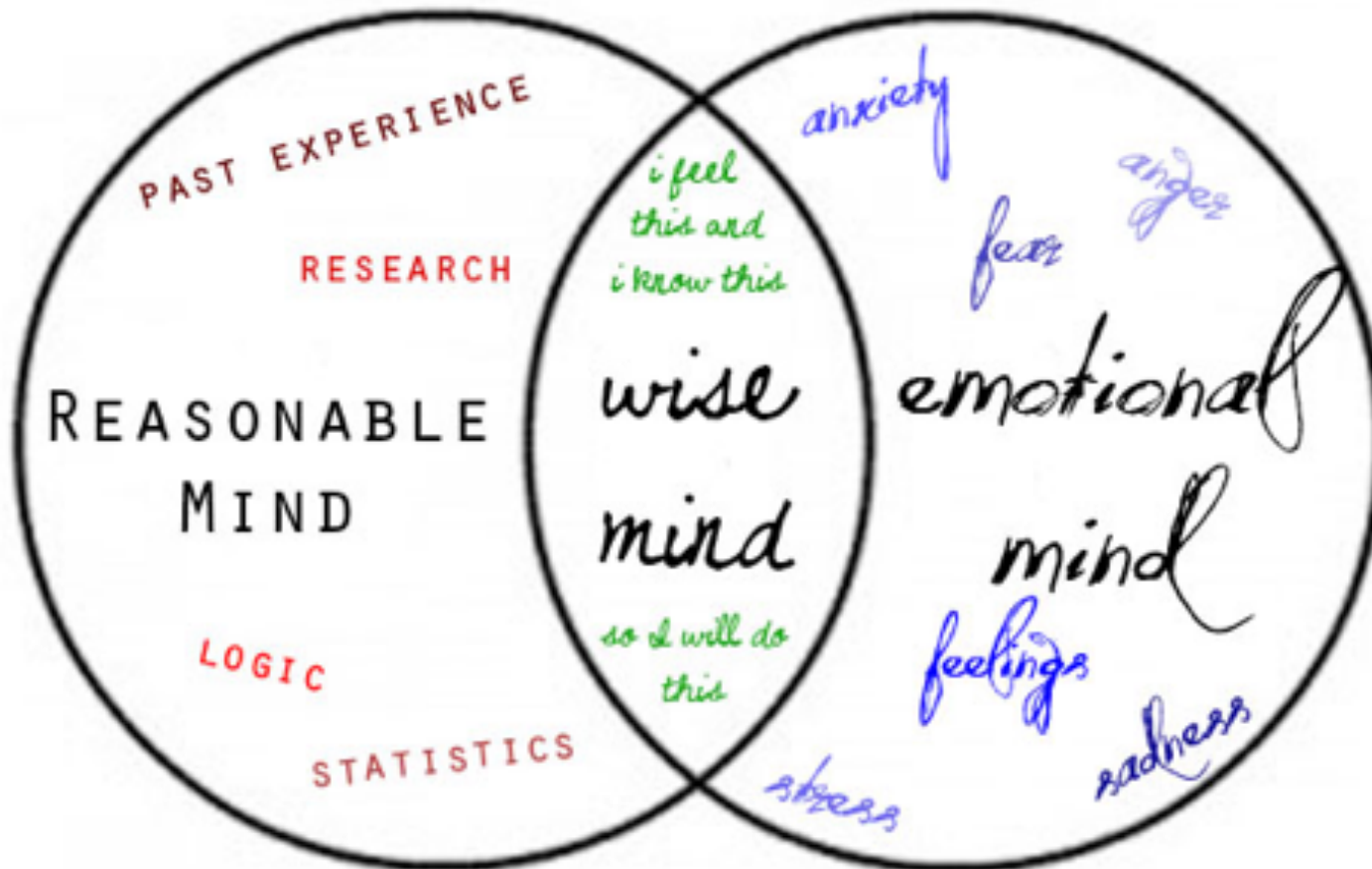


“HOW

- **One-mindfully**
 - One thing at a time
 - Let go of distractions... concentrate. Focus.
- **Non-judgmentally**
 - Don't evaluate
 - Accept & Acknowledge
 - Unglue opinions
- **Effectively**
 - Focus on what works
 - Play by the rules
 - Eye on your objectives... act skillfully

IE

WISE MIND



“WHAT

Observe

- Just notice, TEFLON mind
- Alert, watch, ... control your attention

Describe- put words on...

Participate

- Dive in!
- Become one with experience..... Forget self.

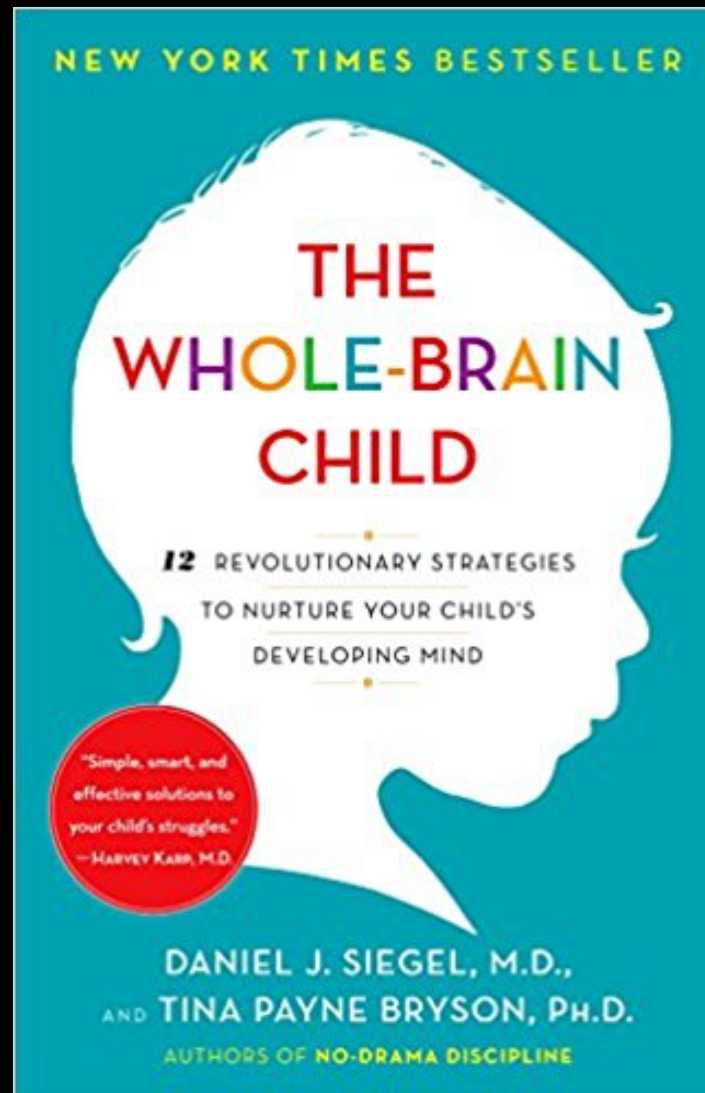
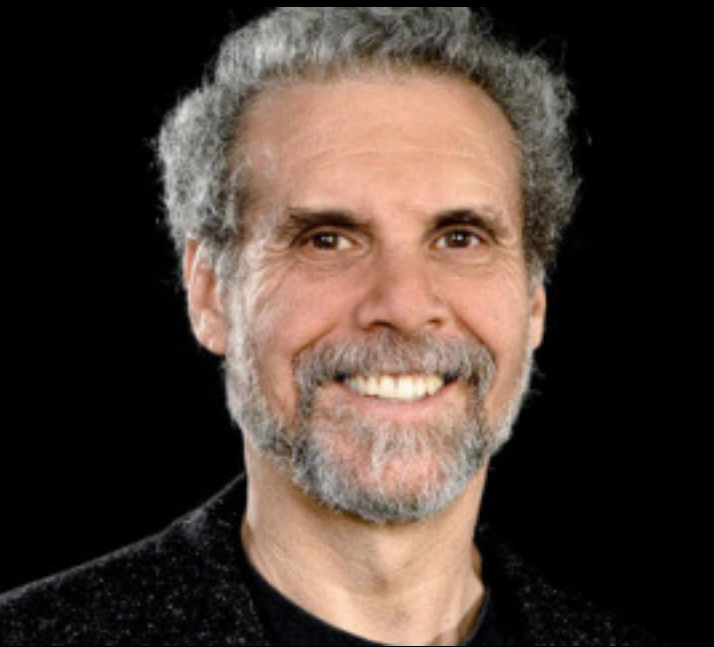
D

FLOW

MihalyCsikszentmihalyi

MIND → BODY

Top-down
NAME IT TO TAME IT



Bottom-up

MAMMALIAN DIVE REFLEX

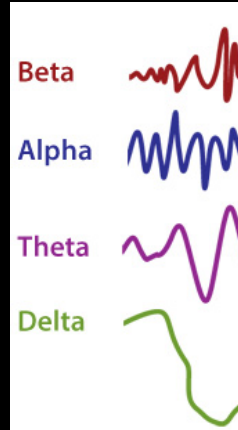
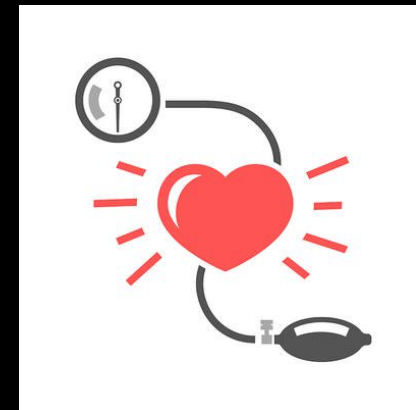
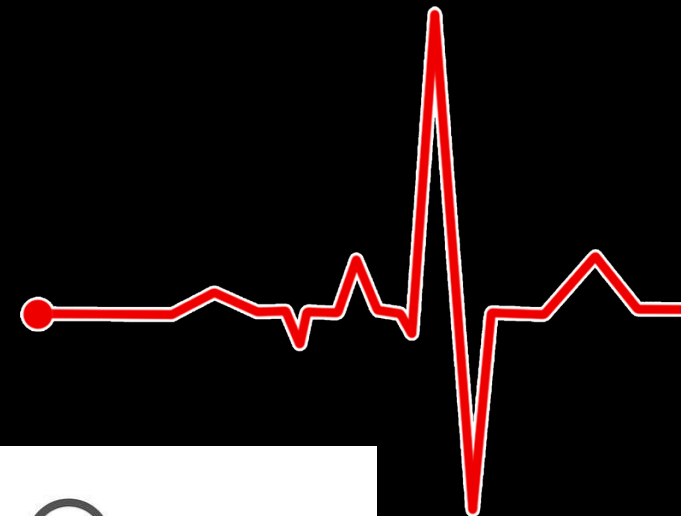
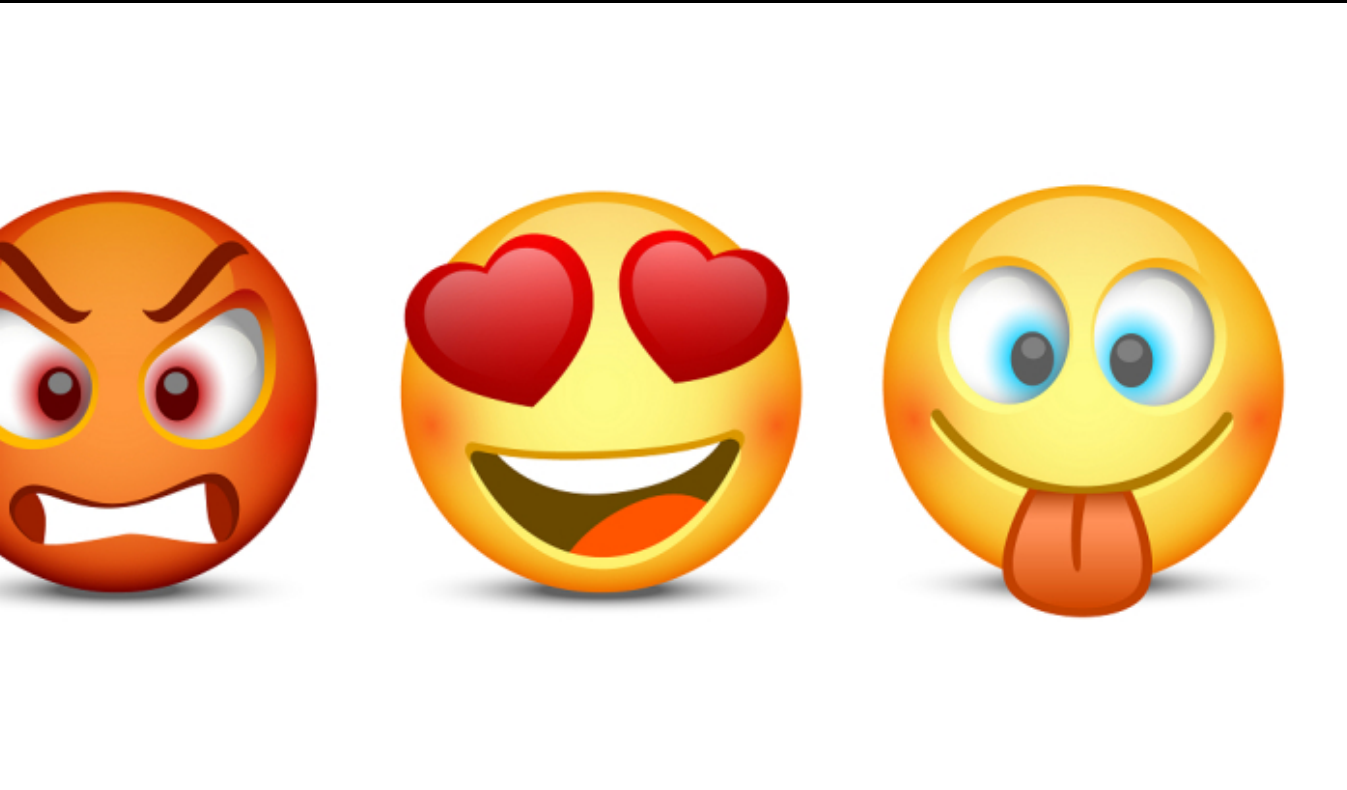


Insta media

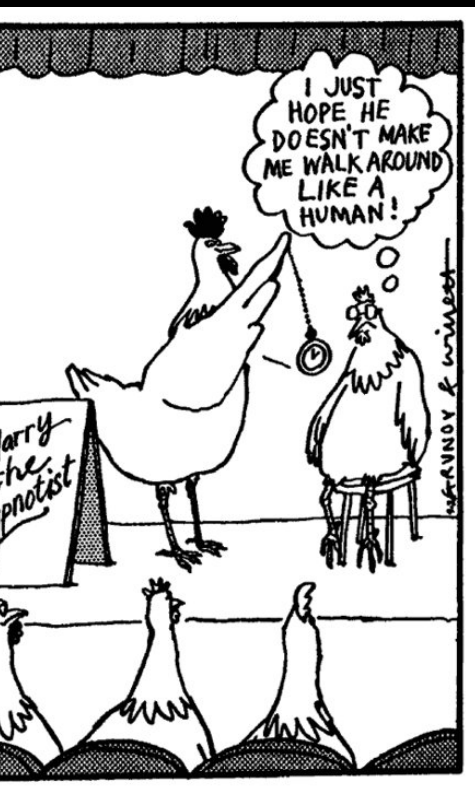
BODY → MIND



MINDFUL OF



MYTHS



NATURALLY IN HYPNOSIS

Waking up in and out of sleep

'Zoning out' while watching a TV show or movie

Arriving to a familiar place and forget how you got there

VIDEO GAMES

Daydreaming

zoning, highway drives

Getting grossed in a book

Thoughts wandering, drifting on a train of thought

Spacing off

Falling out during meeting





“WORRY...
is a waste of the IMAGINATION.

-Walt Disney

HYPNOSIS

A relaxed, yet focused
state

which

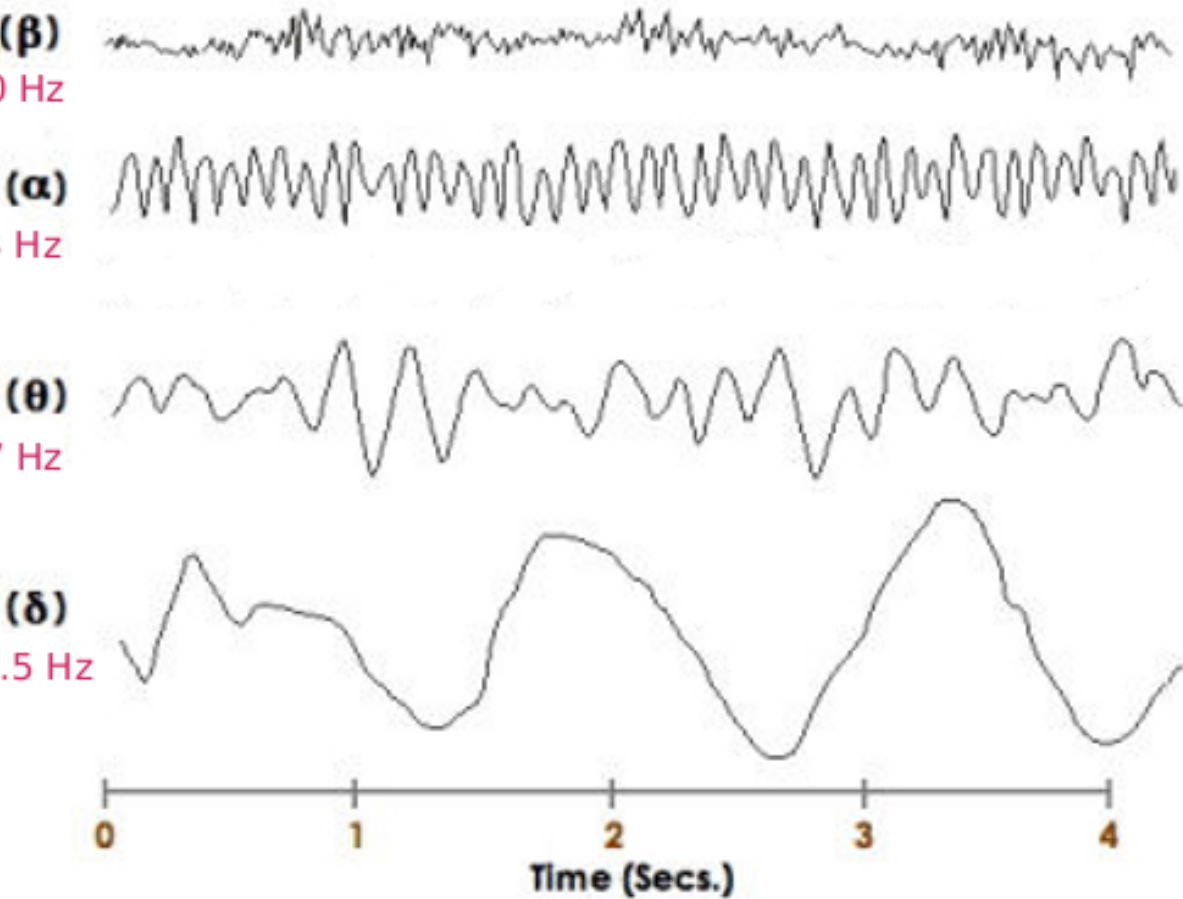
everyone

visits *naturally*

every day.



EEG Tracings of the Four Main Brainwaves

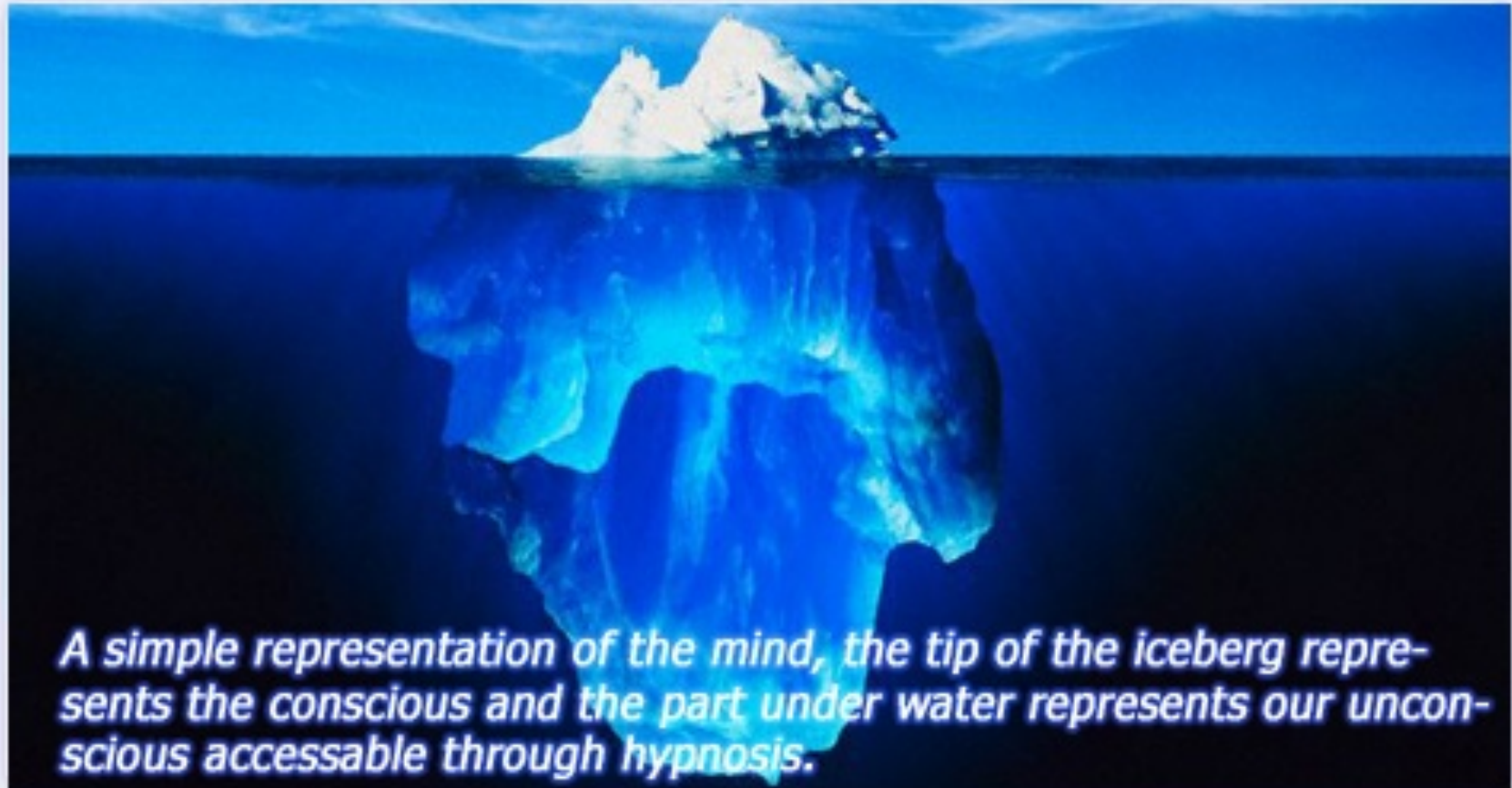


Amplitude (power) increases as frequency decreases.

YOU'RE AWAKE

- Beta- *awake*
- Alpha- *HYPNOSIS*
- Theta- *light sleep*
- Delta- *deep sleep*

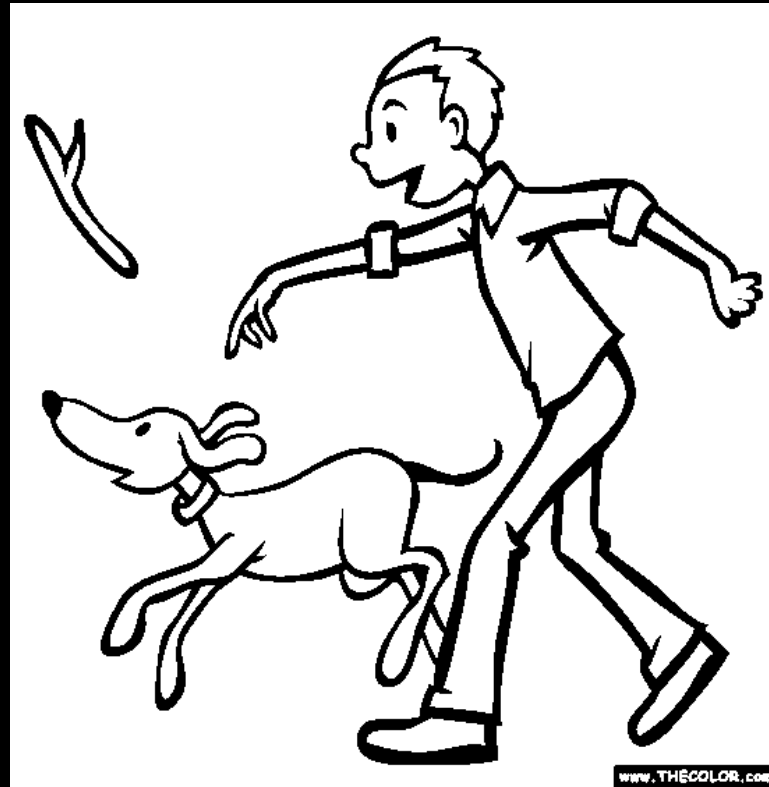
A WAY TO ACCESS THE SUBCONSCIOUS:



A simple representation of the mind, the tip of the iceberg represents the conscious and the part under water represents our unconscious accessible through hypnosis.

BYPASS CONSCIOUS MIND

- Bore it
- Surprise it
- Distract it



Turn off EDITOR/ANALYZER

HYPNOSIS SESSION

Induction
Suggestions
End



SELF-HYPNOSIS

Get **comfy**

Pretend you're fast asleep - or recall a time you were in a trance/zoned

Count backward from 10 to 1, breathing more slowly and **releasing** more tension with every number

Imagine yourself in a safe, comfortable place (real or imagined)

Give yourself **suggestions**

Let yourself fall asleep or... bring yourself **back** to the present moment

- Counseling work is FASTER
- Relaxation response = HEAL you
- Tap into intuition & Creativity



ENHANCE COUNSELING SPE

Minimize aggravators / perpetrators

Enhance internal locus of control: self-regulation
and self-control

Achieve an immediate effect

Recognize the physical effect thoughts /
emotions have on their own wellbeing

Gain some measure of hope!!



YOU ALREADY USE IT

Mind:
Autogenics

Mind:
Guided
Imagery

Mind:
Mindfulness

Body:
Progressive
Relaxation

Body:
Diaphragmatic
Breathing



BENEFITS OF HYPNOSIS FOR TRAUMA

Goal of creating mind/body balance

Decreases sympathetic arousal

Increases internal locus of control (SELF-REGULATE)

Relies on rapport in a therapeutic relationship

Involves heightened and focused attention

Uses Imagery is an important component

Positive expectancy facilitates the response

Learning can be generalized



WITH TRAUMA

Trauma survivors EXCELLENT candidates for hypnosis → dissociative

Suggestions:

- **Reinforce coping skills**
- **Empower client strengths**
- **Increase self-esteem**

Process incident → healing

- **Systematic Desensitization**
- **Regression**
- **EMDR**
- **REWIND (hypnosis)**

Post-hypnotic suggestions → relax

HYPNOSIS & TRAUMA T

Exposure therapy → Using hypnosis to assist with safe dissociation
e. NLP (Neuro-Linguistic Programming) – movie theatre
Dr. HG (Human Givens) - REWIND

Cognitive restructuring → Trance state allows for subconscious to
process and reprocess quickly
e. Age regression – affect bridge

Stress inoculation training →
Learning self-hypnosis
IS learning to self-soothe
Breathing techniques, TIPP, etc.





PATTERN-MATCHING

APET

POSITIVE (WAKING) SUGGESTIONS

- I am calm and relaxed– NOT I won't freak out.
- I enjoy the fresh air– NOT I won't smoke today.
- I am eating healthy– NOT I won't eat CHOCOLATE.
- I will remember– NOT I won't forget.
- I am healing myself– NOT I won't get sick.

SUBCONSCIOUS HEARS...

- ~~I am calm and relaxed~~—NOT I won't freak out!!!!
- ~~I enjoy the fresh air~~—NOT I won't smoke today!!!
- ~~I am eating healthy~~—NOT I won't eat CHOCOLATE.
- ~~I will remember~~—NOT I won't forget.....!
- ~~I am healing myself~~—NOT I won't get sick!!



AFFIRMATION

Stated in positive terms


GENUINE – Make sure you believe it!

Forgotten realm of time

I'm _____ = blanket statement (past, present, future)

Present Progressive instead! (I am learning, I am growing...)

3rd person- NICER!



Don't WANT something to be
true of you?

Put it in the PAST
(literally- grammatically)



TRY

WORDS TO WATCH OUT FOR

SHOULD

WANT

LOSE

QUIT

NEED

Extreme words: always, never,
everyone, no one, everything, nothing

HRV BIOFEEDBACK

Heart Rate Variability

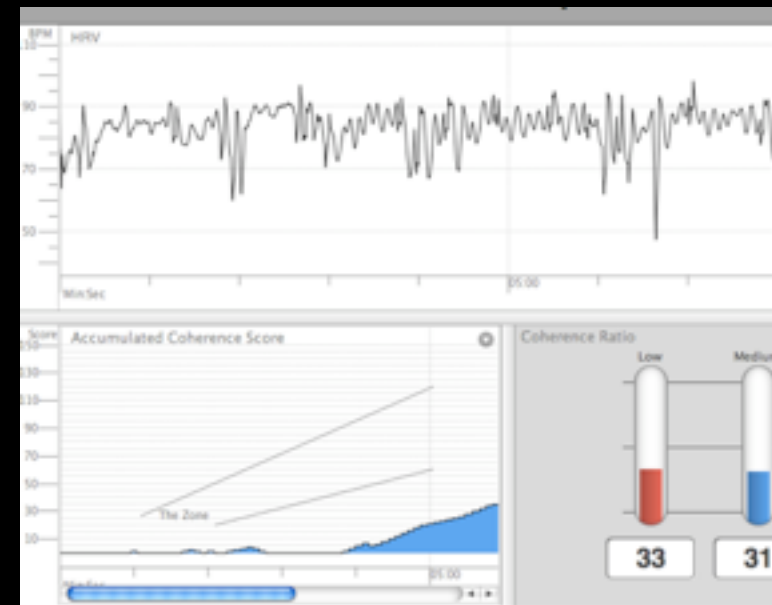
Measures beat-to-beat changes in heart rate

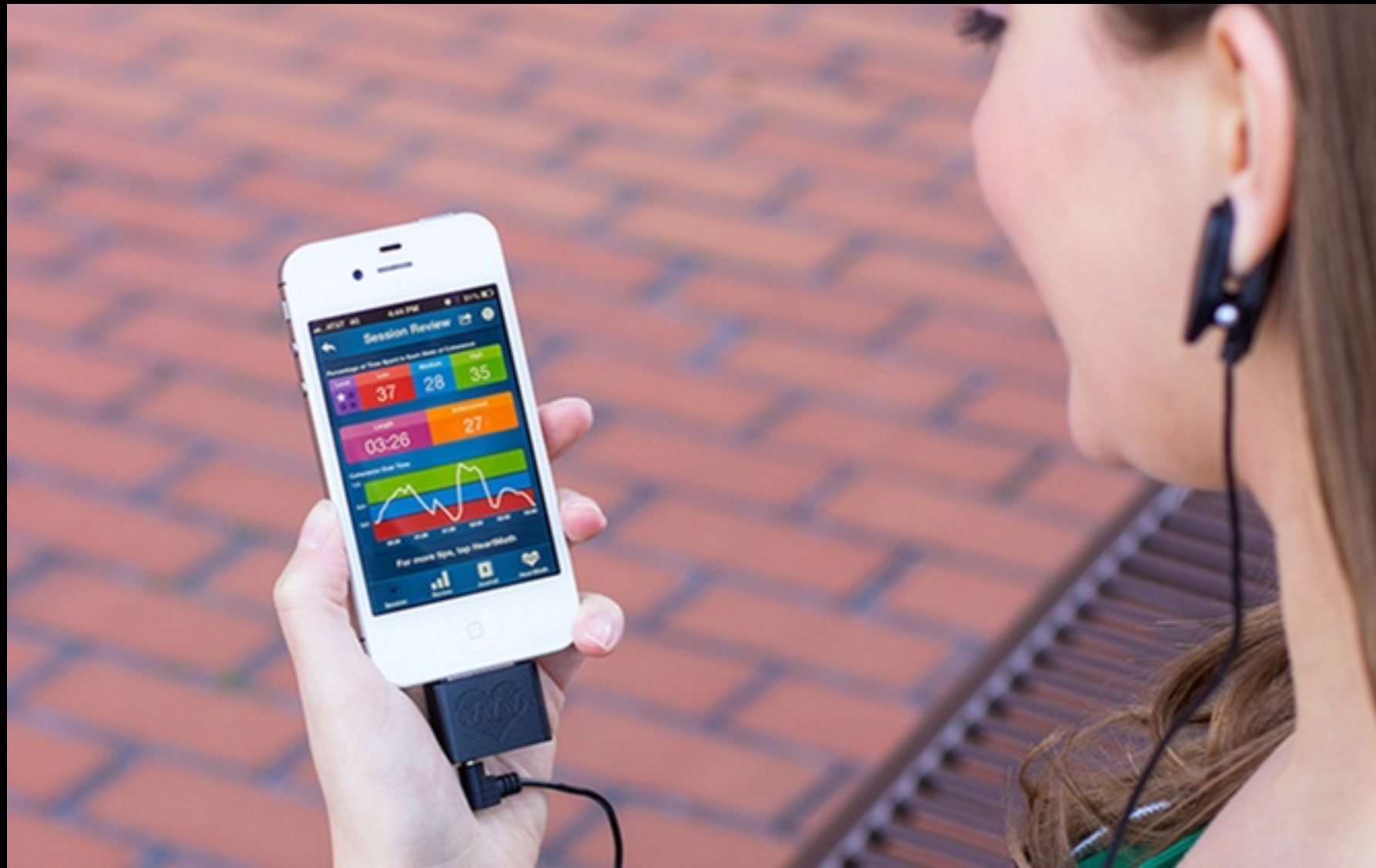
Ideally HRV should be high – flexible

HeartMath, HeartWave, Heartmath (software)

Changes influenced by brain | mind process

- Thoughts
- Sounds
- Emotions





HRV= HYPNOTIC INDUCTION

Clients see → in control of mind and sensations (thoughts and feelings)

Immediate feedback → doing it "RIGHT"

Familiarity with feeling TRANCE state

- Helps practice at home- duplicate feeling
- Enhance depth of trance- durability of suggestions
- Increase probability of rapid and immediate inductions
(LEAVES MORE TIME FOR THERAPY)

Inductions

- Kids ages 0-7 typically function in ALPHA WAVES
- Proteus: light and sound system
 - Difficulty relaxing
 - Stimulates alpha waves



Ratio 1:1:2

Inhale mouth: oxygen → muscle relaxer

Exhale slowly: decreases heart rate

HOLD - allows for more exchange of gases

DIAPHRAM = lower two lobes

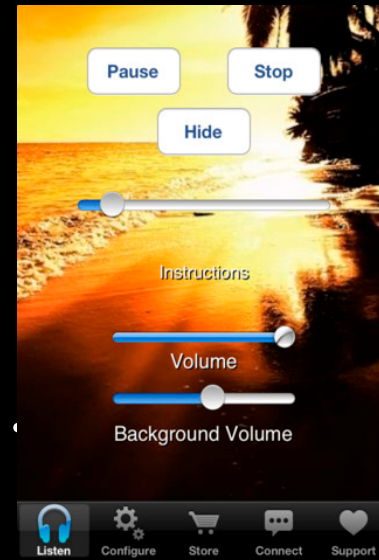
- More receptor sites for pulling oxygen out of your air
- Vagus Nerve → Parasympathetic

Colors and sounds → auditory and kinesthetic anchors

ESLINGER BREAK



Mindifi
Hypno-Relax.....
JC Hypnosis
Meditations, or Guided Meditations – The
Silva Method
ChantBuddy
BellyBio



APP





CAUTION

Tools used to complement counseling modalities → NOT stand-alone therapies

Counselors must get proper training and certification

- Code of Ethics: NBCC
- Code of Ethics: BCIA → HRV Biofeedback (Heartmath, EmWave)
- Code of Ethics: NGH → Hypnosis for clinical purposes

