

Abreaction Management

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Understanding Abreaction management training is an absolute must for the practicing practicing hypnotist of today.

An abreaction is not just a remembering a traumatic event. The client is actually re-living a frightening event of their past.. They see it, smell it, taste it, hear it and feel it. It is happening all over again for the first time to those individuals. This can be a very dramatic thing that can happen when you least expect it . They can respond with a little tear coming down the eye or violent screams. You could go your whole career and never have this happen, or it could happen five times in one week. The professional hypnotist must understand and be able to use or defuse the abreaction when it happens.

There are basically three types of abreaction's we must be ready for.

1. Directed
2. Non-directed
3. Spontaneous
4. Recreational

The Directed Abreaction. When a hypnotist uses a regression technique that takes the individual back to a known emotional situation or event that of their past they usually regress back to a situation which causes them to abreact. Since the hypnotist is looking for this event, it should be of no surprise to him. A therapeutical abreaction has two purposes and two purposes only. First, to discover what happened. Second, to discover who, if any, the players are. Once this information is discovered, the abreaction should be terminated and the transformational therapy started.

Non-Directed Abreaction. Using this method, the hypnotist directs the individual to go back in time as far as they need to go to the first situation or event that caused the problem they are in your office for. Actually, this is somewhat of a directed regression as we are sending them to a specific place but, since we don't know where they are going, we call it non-directional.

The Spontaneous Regression. When you hypnotize people, some people will, and you can't tell by looking at them or talking to them because they look in total balance and harmony will spontaneously snap themselves into a abreaction and start sobbing or yelling and flailing. They may be suffering from some deep emotional situation that that knowledge of it is not available to them at the conscious level. Sometimes when one suffers a very traumatic event, the conscious mind is not allowed to recall that situation because it feels that if the conscious mind has awareness of it that they may not be able to handle the memory so it blocks that event from the memory. It

could be a rape or a terrible beating or something like this. Sometimes, when you start the hypnotic induction, the relaxation can be enough to release the repression and have that memory come up to the individual.

The Recreational Abreaction. Many individuals are very interested in being regressed back to a time in their past. Some people have a belief in the concept of having a previous life and want to explore these beliefs. The hypnotist must remember that whenever he uses a regression technique there is always the possibility the client may regress to highly emotional situation that causes them to suffer a strong abreaction. So what do you do when this happens ?

First of all if they are not coming to you to solve this problem that the abreaction exposes, to stay away from doing any therapy for it. That's not what they are paying you for. For example, if the client is coming to you to stop smoking and regresses back to a rape or violent combat situation, just stop the abreaction. If you work with it, I promise you, the client, upon emerging, may be very upset with you.. You don't deal with it then. You only work on what the client is paying you for. It is so easy to stop an abreaction. There are certain guidelines that you have to be aware of;

1. Never let that person know that you are frightened. Always deep calmness in your voice. It doesn't mean that you don't raise your voice, possibly to get over the noise so they can hear you, but you are not radiating any fear... You're the one in control.

2. Never touch the individual. When you touch the individual, you are anchoring them to the situation more often than not. That means that after you get past it, six months later, they could be at the local pub having a good time, then someone comes by and taps them on the shoulder and triggers them right back to the abreaction, and they don't know what's going on. Keep your hands off of them. Then say these nine words:

3. Say these nine words. They will stop the abreaction every time. "The scene fades and you tend to your breathing." I'm sure there are other words that are just as effective but until you learn them, these work.

Some other people have what we call repressed emotions. Maybe their life is terrible. Maybe they married the wrong person, or their job is pitiful. Sometimes, they just are repressing these negative emotions and cover it up with a big smile. Watch out for those people that smile all the time and are always up because they usually always have the other end, of being very down. When you start the induction, as the relaxation comes in, many times it's like taking the lid off of a pressure cooker. All of a sudden these people will start to cry. Not a violent reliving of an event of the past, they're just going to cry. The best thing that you can do for that person is to just let them cry and comfort them a little bit and say... it's fine. Go ahead and let this out. You're going to feel a lot better once this comes out. (then let them just cry.)

If you did nothing else for that person, let them do that, have them open their eyes and

send them home, they would feel like a million dollars for a long time until that pressure built up again inside of them. Not to be misunderstood with an abreaction. An abreaction is more powerful, more strong. Than just soft or moderate crying.

The use of regression to abreaction is one of the most important and useful tools in the hypnotists toolbox. By learning how to safely instigate and handle this tool will enable you to be able to correct those deep and powerful problems that direct suggestion hypnotists are totally unsuccessful with. Unfortunately, regression and abreaction management techniques are not taught in the majority of hypnosis schools today. The reason is the instructor generally suffers a lack of training and understanding in the various procedures. Or, he has a fear that the student will not be able to handle the abreaction when it appears. This is a sad and erroneous concept. A hypnotist who has excellent training in the techniques is easily able to handle any abreaction that happens. It is our job to use any tool at our disposal in order to eliminate the problem the client is paying us for. In addition, on occasion, a doctor may ask you to perform a regression, if you do not have the skills necessary, future referrals from him will probably stop. The doctor expects us to be proficient in all necessary hypnotic skills. To attempt to use simple direct suggestion with the deep serious problems that people want relief from just causes another individual to say, "I tried hypnosis but it didn't work for me."

Remember!!! All regression/abreaction therapy can be classified a practicing medicine or psychology without a license. Prior to doing this work with anyone, obtain a doctor referral. Make sure that it says that you are working under the direct supervision or prescription of that doctor. Use the referral form your instructor gave you In your training class as it probably has the necessary correct verbiage. **GET THE REFERRAL IN WRITING!**

If abreaction therapy is not part of your practice, go back to school and become proficient in it's use. One can never have the outcome with our clients we desire without this skill. Don't be afraid. With the proper training, you will always be in control of whatever happens in your sessions. You will be able to professionally anything that presents itself to you.