

Metaphors, Similes, Reframes and Movement in Hypnotic Settings

With Michael Ellner & Roger Moore

Handout



"There are only 2 ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." ~ Albert Einstein

Definitions:

Metaphors and similes both call attention to how two different things are similar, so people listening to you can apply the qualities of one thing to the other. The difference between metaphors and similes is that similes hit you over the head with the comparison by using explicit words such as “like” or “as,” -- When Jon Bon Jovi sings “My heart is like an open highway,” that's a simile because he used the word “like” to directly make the comparison. Metaphors, on the other hand, don't use direct comparison words. When Tom Cochrane sings “Life is a Highway,” that's a metaphor because there's no word such as "like" or "as."

Metaphors are a bit more subtle. You can remember the difference between similes and metaphors by remembering that simile has the letter l in it, just like the word “like,” which you often use in a simile.

(Source: <http://www.quickanddirtytips.com/education/grammar/metaphors-and-similes>)

Cognitive reframing is a psychological technique that consists of identifying and then disputing irrational or maladaptive thoughts. Reframing is a way of viewing and experiencing events, ideas, concepts and emotions to find more positive alternatives.

In the widest sense hypnosis is focused attention. The Art of Hypnosis is focusing someone's attention in ways that promote health, healing and wellbeing as well as reaching and maintaining their goals.

The Power of Suggestion: Preframes and Reframes:

Being stuck is kind of like having one foot on the gas and the other foot on the brake at the same time.

Less is More

Even the slightest...

That reminds me of something my mother said on my 40th birthday

Blah, Blah, Blah...

Taste the rainbow

I am in the mood for change

Being stuck is kind of like having one foot on the gas and the other foot on the brake at the same time.

Less is More

Even the slightest...

That reminds me of something my mother said on my 40th birthday Blah, Blah, Blah...

Anything that pops up in a session can be utilized to signal improvement if you and your client see it that way... We can easily suggest that laughing, crying or passing gas during a hypnotic session is part of their healing process.

"It isn't the amount of time. It isn't the theory of psychotherapy. It's how you reach the personality by saying the right thing at the right time."

~ Milton H. Erickson, M.D

YouTube:

This can be life-changing video if you and your client see it that way...

Reframing discomfort On Responding To Stress

<https://youtu.be/3aDXM5H-Fuw>

Priming clients for changing unwanted behaviors in two words?

<https://youtu.be/Ow0lr63y4Mw>

Utilize a YouTube to turn a little lump of coal into a diamond?

<https://youtu.be/1k08yxu57NA>

Two Wolves

<https://youtu.be/E8CHjX8HauA>

Dreaming the dream puts a client in the mood for change... Susan Boyle

https://youtu.be/jca_p_3FcWA

Give your client's an A —

<https://youtu.be/qTKEBygQic0>

Your body language shapes who you are | Amy Cuddy

<https://youtu.be/Ks-Mh1QhMc>

Alternate Nostril Breathing

<https://www.youtube.com/watch?v=Xbbr6Udg1UA>

Taste the Rainbow

<http://tinyurl.com/zwkgean>

