



# CONNECT

Official newsletter of the International Medical and Dental Hypnotherapy Association®



## *Creating State and Collapsing Anchors*

**MONICA GEERS DAHL**

The work of Viktor Frankl (1963) examines how mental state is the only thing over which a person has control even in seemingly hopeless environments. Frankl survived the death camp experience of Nazi Germany and wrote his theory of logotherapy arguing that man's search for meaning is the driving force in human growth, development, and health. Richard Bandler and John Grinder were collaborators in the development of mental technology known as neurolinguistic programming (NLP) to describe just how humans learn and make meaning of the world through what they perceive, express and do automatically.

Humans have an ability to create states that can either support or deny their dreams, ideals, and hopes for the future. Hypnotherapists are skilled at eliciting state and using those emotional experiences to create the internal alignment empowering clients to achieve their stated goals (and ideally generalize to successes in other areas of their lives).



**Monica Geers Dahl**

Monica is an IMDHA educator who started teaching hypnosis certification courses in 1994. She opened a private practice of hypnosis in 1985 and earned a Doctorate in Counseling Psychology in 2010, with a focus on Neurofeedback aka Biofeedback for PTSD symptom reduction. Her theoretical orientation is an eclectic client centered approach with the Gestalt of Fritz Perls, depth psychology of Freud and Jung, family systems based on Bowen and Satir, and Elmans' rapid induction and deepening as her foundation for hypnotherapy.

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## Brain Riddle

Pronounced as one letter, and written as three,  
Two letters there are, and two only in me,  
I'm double, I'm single, I'm black, blue, and gray,  
I'm read from both ends, and the same either way.  
What am I?

### Creating State

A positive state of being has a different pattern from a negative state of being. Since State of Mind is affected by focus of attention, posture, vocal qualities and breathing patterns, you are able to change your State of Mind by changing what you are doing. You can do it right now!

You can create a change in someone else's state by eliciting specific states; recall and revivification.

### Exercise:

"Think of the most wonderful time you can remember. Perhaps you were inside or outside. With someone or by yourself. Wherever you were, whatever you were doing, BE THERE AGAIN. Breathe the way you breathe when you are in the most wonderful time you can remember. Hold your body the way you do when you are having a wonderfully good time. Notice how you speak to yourself and others in that most wonderful time. Imagine yourself speaking like that now. Notice what you are focused on, thinking about and remember how good it feels to BE THERE again and good and excellent . . . Now notice how good you feel. Who did that to you? Not me, I'm not your mind. Your mind is the most powerful tool you own. Now take that feeling; that state, and think of a word or a phrase that symbolizes that feeling for you."

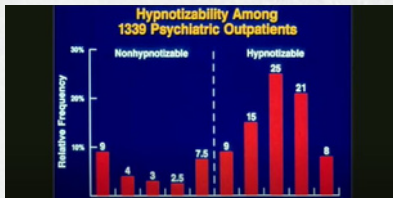
(If you would like to demonstrate the power of the mind to change state, set an anchor or trigger during the positive state:)

"Then store that feeling, that state, upon a shelf and let me show you more about how your mind power works for you."

## Did You Know?

- Jack Daniels employees get a free bottle of Jack Daniels with their paychecks on the 1st Friday of every month.
- Bananas are not trees. They are giant herbs and banana is actually its berry.
- FDR created the charity organization the March of Dimes due to his bout with polio.

## Video Pick of the Month



### Brain Biology of Hypnosis

Dr. David Spiegel study findings on the brain biology of hypnotizability

<https://www.youtube.com/watch?v=br8-qbjlgs>

### Managing State

You can access different inner resources with shifts in breathing, posture, tone of voice and focus of attention. The most elegant way to use state is to re-direct internal representations by selecting a time in which you had the qualities you desire, or successfully achieved your desired outcome or something better.

Return to that time in which you \_\_\_\_\_. Back to the same state that you had then. Back to the time or times when you \_\_\_\_\_."

(Use sensory representations to establish a clear associated state and then set an anchor for a triggering device to get into state when desired.)

### Changing State

(As learned from Tag Powell, in Florida, sometime in the early 1980s. First, set up an anchor with three positive events. Using the same anchor or trigger, anchor as is established in thinking of a wonderful time.)

Think of a wonderful time. Don't tell me what it is, but tell me when you are there.

(When they indicate they are 'there')

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Be there, again. Be in that wonderful time.

(You will notice a shift in their being when they get in state. Then fire the anchor, perhaps pressing on a shoulder. After a moment, release the anchor and say, "Now leave that time and go to a time of humor and laughter, a time in which you laughed hard". Tell me when you are there. (Wait for their response)

Be there, again. Be in that time of humor and laughter, now.

(Wait until the shift happens and anchor this memory on the same anchor as the wonderful time. Wait a moment and then say,) "Now let that memory go and remember a time of great power, a time in which you felt strong and powerful." Tell me when you are there.



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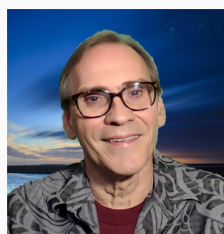
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(Wait for the response. Then say,) "Be there, again. Be in that time of power, that time of strength and power."

(When you notice the shift in state, anchor the same place as the two previous anchors were placed. Perhaps you would prefer to use a time of success or a successful outcome. Perhaps a time in which the subject accomplished something, or did something they were proud of.

Whatever it is, you are establishing a triple whammy of positive power to counteract any potentially negative response. It would be a shame to link a single positive experience with an overwhelming negative one.)

"Now think of a miserable time. The worst . . . perhaps the most miserable time you can remember. You know which one I mean . . . sink into it, again. Hold your body the way you do when you are that miserable. Breathe the way you do when you feel like that. Hold your body the way you do when you feel so darned blah . . . Notice how you speak to yourself and others, and imagine yourself speaking like that now. Notice what you are focused on, thinking about and remember how miserable it feels to be there . . . Notice how you feel."

(Set an anchor / trigger, different than the positive one.)

"Who did that to you? Not me, I'm not your mind. You are in total control of what you think and how you feel. Which way do you want to feel? Which way is going to get you what you want?"

This? (Use the positive anchor or trigger, wait for a moment.)

"Or this?" (Use the negative anchor or trigger, wait for a moment.)

"Perhaps it is time to remember the full range of options available between the two extremes."

### **Collapsing an Anchor**

This is useful as a fast phobia cure. Trigger both anchors simultaneously and notice the response. You may notice a ripple of emotions or vibration pass over the subject. Wait until there is a slight shift into greater relaxation, then release the negative anchor, holding the positive anchor for a bit longer.

"Now you are more aware of all the options between those extremes. There is so much to learn, and so much to know. You are smart. You know how to think. You know how to learn. You know how to speak. Trust yourself. There is so much more to KNOW NOW. So many more options available than way back when. You've grown and learned and developed many new resources."

### **References**

Frankl, V. (1963). Man's search for meaning. New York, NY: Washington Square Press.

Geers, M. (1994). Hypnotherapy. Chapter 303: Communication, pp.19-35. Key West: Author. p. 21-25.