

HYPNOSIS and Other Stories

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ARTICLE 1 : Being Stuck

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During the first Daytona Beach hypnosis conference, I was gifted with a room by one of my former students. It is such a delight to have the camaraderie of hypnotherapists of like mind; inclusionary, open to experiences, sharing freely, joyous updates, and burdens halved.

I was heading for the door to our suite, thinking of the awards dinner and folks I admire who would be in attendance in body, or spirit. My hostess launched into one of our traditional leads on to a session, "I feel stuck."

"Where in your body do you feel it?"

(Color, sound, size, shape, moving or still, loud or quiet, anything else that creates a full sensory experience of the stuckness?)

"What's it like?"

What color is it?

What size?

How big or small?

Clearly defined or diffused? Still or moving?

Is it loud or quiet?

Does it have a voice?

If it has a voice, is it young or old? Male or female?

If it could speak, what would it say?

Is it a part of you like your nose is a part of you?

(Sometimes we carry words from the past that feel like they are a part of our own thoughts. We may encounter sneak attacks of emotions, or words as if out of nowhere.

Sometimes they are other people's words that we haven't yet fully processed for integration, assimilation, or disregarding as less than useful for life right now.)

We reached the, *I'm not ready to do this*, part of the conversation.

"I'm not ready to forgive _____."

I'm all about the client having control of the speed of change. I prefer quick, some like it more slowly. Some folks want to hold a grudge, or stew, or marinate, or percolate, not done. Raw. Not fully cooked. Stick it back in to heat some more.

Stuck.

Maybe stubborn, too.

In this moment of lived experience, there were two options available for me. There was a dinner party of my colleagues starting downstairs. I could get involved with a lengthy hypnotherapy process, seize the therapeutic moment, maybe miss dinner and the awards ceremony. Fr. Marty Patton had called to ask where I had been, what I had been up to, and to make sure I was in attendance that year in Daytona. I was on a short list of folks being tossed around for an award, and I hadn't been to the conference for the many years of academia. I asked if someone could pick up the award for me if I was the person who was gifted with this opportunity. He said, "Be there."

I was writing the dissertation for the doctorate, and seeing no clients as I focused on completion of the degree. My juice was allocated elsewhere, toward my own deadlines and goal achievement. Having already pulled my juice lateral from the degree plan, I wasn't planning to miss a good meal in great company to take my time with someone who was "stuck." Hmmm, pleasure or pain? I wanted to give loft to my academic goal. I preferred dining with my lovely colleagues.

My colleague / roommate had access to my professional skills for years before this dinner party. I felt we had plenty of time to address this stuckness. Part of a healthy hypnosis practice includes taking time to play, mingle with colleagues, and applaud one's progress with fun. I didn't have to give up my fun for this long standing stuckness. I chose fun for me, and a direct suggestion of what my colleague could do with her stuckness. I said something like:

"Ok. You can stay stuck as long as you like. Now that you know where you are stuck, it gets nothing but worse until you CHANGE YOUR MIND! You can hang onto all that stuff for as long as you like, or you can CHANGE YOUR MIND! I am going downstairs for a

good meal and great company. Let's see, your baggage, or my good time. There may even be music and dancing. Go ahead, stay stuck as long as you like, perhaps you'll even have nightmares tonight to help you process this stuckness to the point of finding out whatever it is that is bothering you enough to hold onto a grudge that denies you the opportunity to follow the path of greatest joy, happiness and fulfillment. When you fail to forgive, or hold a grudge, it is like eating poison and hoping the other person will die. So go on, hold on to that stuckness for as long as you like."

Change comes from the inside out. Each person knows, at some level, and knows that he or she knows. This person knows what is liked, disliked, wanted, needed, and preferred.

I went to the door, opened it, and my colleague said quietly, "No. I didn't want to have nightmares."

She was able to process her resentment quickly when I demonstrated something more fun than mucking around in a sad story of betrayal and loss. I didn't want to invest my time joining her in her stuckness. We both knew a narrative of loss and suffering wasn't going to fly with me at that moment we were in. I was not there to do hypnotherapy work, I was socializing, attending to enjoy professional camaraderie.

I asked what process she used to release her lack of forgiveness so quickly, and thereby avoid any nightmares later. I am curious about the inside job when people move through change.

"I decided I didn't want or deserve to have nightmares because I wasn't forgiving _____. Hanging onto that unpleasant feeling wasn't worth it. Forgiveness was easier, less poisonous to me."

The tools of transformation that we learn in hypnosis training programs are wonderful. We can apply them to our own lives just as easily as we apply them to the lives of our clients. When we are "stuck" in some way in our own lives, it is useful to have someone trained in hypnosis to speak with, as they can remind us of methods we have used in the past, things that work. We can run those patterns internally, creating a more generalized sense of wellbeing and joy in living an authentic life based on personal wants, needs, and values.

Monica Geers Dhal est une figure emblématique de l'hypnose contemporaine aux USA.

Membre à vie de l'ACHE (American Council of Hypnotist Examiners) et de l'IACT/ IMDHA (International Association of Counselors and Therapists / International Medical & Dental Hypnotherapy Association) elle a écrit 4 ouvrages de référence, fondateurs de l'hypnose moderne sous la forme de cours d'enseignement : HYP 100 (Bases de l'hypnose), HYP 200 (Hypnothérapie), HYP 300 (Hypnothérapie avancée) et HYP 400 (Hypnoanalyse)

Elle découvre très jeune le pouvoir du subconscient par l'intermédiaire de sa mère, Eva Margaret, professeur d'université lorsque Jose da Silva vient sur le campus enseigner sa méthode d'auto hypnose aux étudiants , intitulée la méthode Silva.

En 1985, elle décide de se consacrer professionnellement à l'hypnose et étudie avec Jerry Kein et Jack Mason avec Omni Hypnosis.

Jerry Kein présente à Monica trois éducateurs qui vont déterminer le cours de sa carrière en hypnose : Gil Boyne (fondateur de l'ACHE), Irene Hickman (auteur de « Mind Probe Hypnosis »), et l'hypnose de Dave Elman (applications médicales).

Monica ouvre sa pratique libérale à Key West, en 1985.

En 1987, Monica participe à la première conférence ACHE de Gil Boyne et devient son assistante. Elle rencontre et travaille avec plusieurs des grands hypnotiseurs de cette époque notamment, Ormond McGill, et Charles Tebbets.

Lorsque Anne Spencer crée l'IMDHA, Monica participe également à cette association et devient membre à vie de l'IACT/IMDHA.

Le cours HYP 100 ici traduit est devenu le cours de Base pour la certification IMDHA que dispense Monica depuis 1994.

L'hypnose étant à la fois un art et une science, Monica Geers Dhal s'est approprié les trois grands courants de l'hypnose moderne : médicale, thérapeutique et spirituelle, pour délivrer une synthèse personnelle.