

Hypnosis and Mindfulness.

How does the Concept of Mindfulness contribute to Hypnotherapy?

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Currently, various psychotherapeutic schools pay attention to the concept of mindfulness. This concept will be explained with regard to its roots. Overlappings with hypnotherapeutic principals will be pointed out and further possibilities of how the concept of mindfulness contributes to hypnotherapy will be discussed.

Mindfulness is understood as a state, an attitude of mind and a process of both the therapist and the client. It is understood as a way out of daily trances, as "de-hypnosis". The concept of an "internal observer" is introduced. The difference between the states of hypnosis (trance), mindfulness and meditation, respectively dissociation and disidentification will be explained.

Contributions may be:

- A conscious focus on the "present experience" in particular on the body,
- salutogenetic effects by training the "internal observer" with the ability to focus attention,
- the relationship-aspect of mindfulness, that is expressed through acceptance in the therapeutic relationship as well as in the self-relationship, and
- a mindful attitude of the therapist that may end up in the "loving presence" described by Ron Kurtz in the Hakomi method.

The workshop will demonstrate these possible contributions in practical exercises.

Workshop

Hypnosis and Mindfulness: Experiencing mindfulness

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After a brief theoretical introduction, the participants will be given the opportunity to experience states of mindfulness through different practical exercises. Various ways of focussing the attention and a disidentification exercise will be offered in order to install and train the internal observer.

Further to these intrapersonal experiences, we add the interpersonal aspect by introducing the benefits of a mindful attitude for the therapeutic relationship.

There will also be time to practice the support of clients in the process of mindfulness.

Finally, we shall discuss how the concept of mindfulness contributes to hypnotherapy.

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