

Class Zoom hypnosis session ACT THERAPY

Six Core Processes

with Richard Nongard

Instructor:

And so, go ahead and close your eyes now. And with your eyes closed down, bring yourself to that resource state that we call hypnosis. I know that everybody in here has experienced hypnosis, even hypnotized other people. And so it should be fairly easy to access that resource state that we call hypnosis. Being fully in the present, setting aside any concerns of tomorrow or any rumination about yesterday. Simply enjoying the experience of getting together as a class to learn new things, not just as Richard lectures or Joseph shares, or other people share, but experiencing processes of hypnosis.

Instructor:

And so, bring yourself fully to this moment. Feel the arm rest below your chair, or feel the fabric on your lap as your hands rest. Notice the temperature in the room where you are, and pay attention to the breath, breathing in, breathing out, and observing the breath.

Instructor:

Each breath marks each moment, and each moment is the time that we have to actually make the changes that are most important to us.

Instructor:

And so, notice in your body, observe your body. In fact, you can imagine another you outside of you observing you as you experience hypnosis. And if you see anywhere that's holding the tension in the body, let that tension relax. Let the shoulders relax, let your jaw unclench, let your brow unfurl, and be mindful of this experience and this opportunity to learn, this opportunity to just be fully present. It feels pretty good, doesn't it, to set aside the chaos of the day or the anxiety or anticipation of tomorrow, and just be here right now.

Instructor:

And so, with each number, each breath, allow yourself to become even more absorbed in this moment and this experience without expectation and without judgment. Each number and each breath, marking each moment, knowing that you're doing exactly what you need to be doing at exactly this time. Five, four, three, two, doing perfect. All the way down, now. Three, two, one, zero. Accessing that place of hypnotic resourcefulness. Seeing yourself as you know you can be at your very best. Doing the things that are consistent with your values. Undoubtedly, one of those values is helping other people because you've enrolled in a class designed to help you help other people.

Instructor:

Part of that is also personal transformation. There's probably not anyone in this class who didn't also enroll in this class to help themselves. And so, think about the change that you need to make, or the behavior you'd like to adopt, or the transition that's taking place. Make the decision to act in ways that are congruent with the values you have and the experiences you desire. Over the next day or two, and over the next week or two, over the next month or two, even over the next year or two, the normal

state of life is actually transition or change.

Instructor:

And so, see yourself right now as you know you can be or will be, a month from now, a year from now, 10 years from now, acting congruent with your values, helping other people and helping yourself, and being as you know you will be in the future. Thinner, healthier, more oxygenated, calmer, less frustrated with technology, or however the future you will be. And take a moment to just observe the you in this room and the you you know you will be. Create a mental picture, an image, or a visualization of that future self.

Instructor:

Of course, part of getting there is almost always acceptance. Accepting some limitations. Maybe there's limitations, either imposed by others or imposed by yourself, or simply imposed by the scenarios and situations of...

Instructor:

Always been a little frustrated by a negative hypnotic suggestion my doctor gave me when I had my first foot surgery about eight years ago. And the doctor said to me, "You know Richard, after we do this surgery, you will never run again." And my thought was, that's a negative hypnotic suggestion.

Instructor:

And so, it took a long time after the surgery to heal. It was an orthopedic surgery. It was a fusion. And eventually, I was at the point where I wouldn't damage the injury again, and I remember going to the gym and washing on the treadmill. But in almost every session, speeding it up so I could actually run for a little while, just to prove to that doctor he was wrong.

Instructor:

But as the years have gone by, the doctor was correct. Another foot surgery, another fusion on the other side, and the reality is I have a limitation in my ability to be the fastest person in the room.

Instructor:

For me, somebody who's always been pretty physically active, it was hard to accept that. But I actually came to a point where I was able to accept my limitations by imagining in my mind my feet literally sitting up on a table. I don't know what you need to put up on that table to accept it, to just be present with what limitations you have, but in life, by the time we're the age that we are, they usually exist. And rather than trying to run from them, I no longer at the gym speed up the treadmill to prove to that doctor, who I haven't seen in years, that he was wrong. Rather, I mindfully enjoy the walking I do each and every day.

Instructor:

The thoughts, the feelings, the situations you have surrounding the change, the transition, the experience, bring with it new sensations, new thoughts, new emotions. And whether those are good or joyful, or whether those are distressing or difficult, you can put some space between those thoughts, feelings, and sensations.

Instructor:

And where you are right now, and by putting some space in it, you have the ability to choose a valued path without impulsivity, without being held back by the expectations of others, and by fully embracing the committed action you've taken in this experience to do your very best.

Instructor:

And so, say to yourself right now, "I do my very best with the tools that I have. I do my very best with the tools that I have. I do my very best with the tools that I have." And when I count to three, open your eyes and smile on your face, ready for the rest of our class, knowing that you do your very best with the tools that you have, and that doggone it, you're good enough, and smart enough, and people really like you. And so, one, two, three, open the eyes, noticing the smile on your face, having experienced in a short hypnosis session an element of each of these six hallmarks or core processes in act therapy.