

**Foundations for Integrating Hypnosis
into Your Therapies for Treating Anxiety,
Depression, and Pain**

with
Michael D. Yapko, Ph.D.
Webinar Section 5 of 12



Michael D. Yapko, Ph.D.
www.yapko.com

Three Common Age Regression Strategies

- Direct regression to a specific time, context
- Imagery of special vehicles
- Metaphorical and indirect approaches

Michael D. Yapko, Ph.D.
www.yapko.com

Age Regression- Simple Form

- Orient to hypnosis
- Induction
- Response set regarding memory
- Regression strategy; emphasize positive memory
- Interaction (remember to ask neutrally)
- PHS (integrate a positive learning from the experience)
- Closure and disengagement

Michael D. Yapko, Ph.D.
www.yapko.com

Stages of Memory

- Encoding
- Storage
- Retrieval

Distortions can occur at any stage

Michael D. Tsalko, Ph.D. www.ipeds.com 4

I cannot overstate the importance of understanding how memory works before you apply age regression

“Memory is reconstructive, not reproductive”

Michael D. Tsalko, Ph.D. www.ipeds.com 5

“I have the feeling...but I don't have the memory”

Stage hypnosis: “What's so funny about your movie?”

Michael D. Tsalko, Ph.D. www.ipeds.com 6

Hypnosis is not a reliable tool
for uncovering presumably
repressed memories

That's why hypnotically obtained
testimony is generally excluded from court
proceedings

Memory is a process,
not an event.
It is subject to a variety of influences just
as other perceptual processes are.

In Search of Memory by Eric Kandel
Searching for Memory by Daniel Schacter
The Seven Sins of Memory by Daniel Schacter
The Memory Illusion by Julia Shaw
Memory by Bennett Schwartz

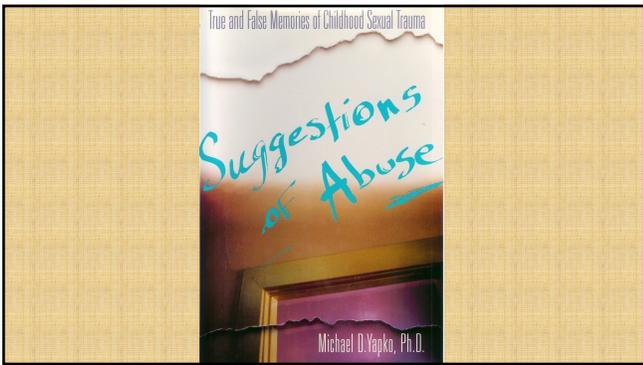
Michael D. Topko, Ph.D. www.topko.com

The Repressed Memory/False Memory
Controversy in the 1990s Drew Sharp
Attention to Iatrogenic Possibilities in the
Context of Psychotherapy

**And a whole new generation of therapists is starting to
make some of the same mistakes all over again...**

Michael D. Topko, Ph.D. www.topko.com

Therapists often fail to distinguish between “narrative truth” and “historical truth”



See “Divided Memories,” a PBS 4-hour documentary on the subject you’ll find on *YouTube*

Also watch the demonstration of implanting a false memory on YouTube by Dr. Julia Shaw in a program called “Memory Hackers”

Michael D. Yapko, Ph.D.
www.yapko.com

Ways to Avoid Contamination

- Don't assume there must be a causal event for the issue to be identified
- Don't assume trauma or repression when memories are sparse
- Don't use suggestive techniques to try to uncover problem origins
- Don't make well being contingent on "working through" memories
- Accept "I don't know" as a valid response in questioning

Michael D. Yapko, Ph.D.
www.yapko.com

13

Accessing And Contextualizing Resources

An empowering intervention strategy of empowerment by making dissociated resources available in desired contexts

Michael D. Yapko, Ph.D.

www.yapko.com

14

Strategy Structure: Accessing and Contextualizing Resources

- Induction procedure
- Build response set regarding memory (orient to general experience)
- Age regression to a specific context
- Ideomotor signal indicating context retrieved
- Suggestions to facilitate verbalization

Michael D. Yapko, Ph.D.

www.yapko.com

15

Strategy Structure:
Accessing and Contextualizing Resources

- Verbal interaction regarding memory
- Identify specific resources in past context
- Consolidate resources
- Orient to future and extend resources into desired context
- Post-hypnotic suggestions for integration
- Closure and disengagement

Michael D. Yapko, Ph.D. www.yapko.com 16

For Next Time...

- Explore your own memory process; field vs. observer, global vs. detailed
- Practice the simple regression process with as many people as you can; **KEEP THE FOCUS ON THE POSITIVE!** (happy events, good times)
- Start to think critically; when is a past focus counter-productive?
- When you're ready for a little more complexity, practice the accessing and contextualizing resources strategy with as many people as you can.

Michael D. Yapko, Ph.D. www.yapko.com 17

Thanks for your kind attention!

Michael D. Yapko, Ph.D.

Website: www.yapko.com

Email: michael@yapko.com



Michael D. Yapko, Ph.D. www.yapko.com 18
