

HYPNO-GRAM®

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Sleep Deprivation: Hypnosis Is The Core Of An Emotional Solution

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Restful Sleep Is a Living Requirement:

A good night's sleep is the restorative tonic that supports a fully functional day. Today's sleep challenged society is affected by 1) advanced technology; 2) life's high demands and expectations; 3) stress; 4) less down time and more to do, and much, much more. Sleep has become a highly prized commodity. It is negatively affecting us and our world. Up to 70 million Americans suffer from sleep problems⁽¹⁾, and 14 million adult Canadians suffer from sleep deprivation [study conducted by Université Laval researchers under the supervision of Dr. Charles M. Morin⁽²⁾].

Does Insomnia Hurt Our Health and Our Pocketbook? Approximately 200 billion dollars are lost in the USA annually to direct and indirect costs of sleep problems (this does not include medical expenses, and it is a severe underestimate). Patients with insomnia are more likely to have chronic health problems, e.g., depression, type II diabetes, hypertension, cardiovascular abnormalities, obesity, and excessive and rapid weight gain. How many times have you heard your clients say, "I try to go to sleep, but I just can't?"

As sleep deprivation increases, one loses one's mind. Self-reported sleep problems include varying degrees of loss of mental executive functioning. Ultimately, sleep deprivation leads to an end-of-the-rope mentality that modern medicine has a hard time solving.

Hypnosis Counseling Aids Sleep Problems and the Associated Life Problems: In our extensive experience most painful and traumatic issues are stored in the subconscious. Issues like these prevent peaceful sleep. However,

the subconscious never sleeps. It holds all emotions, behaviors, habits/patterns, and beliefs. It protects you. For example, if your parents fought at midnight when you were a child, making you afraid and feeling unsafe, you may very well find yourself waking up every night at midnight. Your subconscious does this in order to protect you. At night, when an issue arises, it is usually the main issue that is having a tremendous effect on the person's life.

Sleep disorders are multi-factorial and require a specific counseling process to alter the unhealthy behavior and to eliminate the significant and severe consequences.

As hypnotherapists, we have the most powerful techniques not only to access the subconscious, but to make changes at the subconscious levels. Furthermore, we also know and understand the rules of the subconscious. This deep understanding gives us the how-to-tools for eliminating, reframing, and releasing these issues. In most cases, this happens in a matter of minutes.

Not only can we get the best results, but surprisingly, we can also achieve the results that last forever. We have the advantage of working strictly with the subconscious to access the root cause of the problem and resolve it.

We can understand all the issues, but unless we change the emotions that are connected to the root cause and resolve them, our results will be only temporary.

In our hands, an integrative process with hypnosis at its core works best. The process includes a) detailed history; b) interactive exercise; c) finding the emotions; d) releasing these emotions; and e) reframing to bring harmony and

balance allowing the body to function at its best. This is followed by the 3Es (client education, emotional harmony and effective examples). For the time being, let's forget two very specialized areas of major concern. These major familial and societal concerns are teenage sleep disorders and the surrounding sleep deprivation associated with a newborn or a small infant. These special problems universally expand into affecting the balance and cause disruption within the family. In the remaining population, more than 1/3 are sleep-deprived adults⁽³⁾.

A clear history of the sleep deprivation should be obtained. In order to insure proper focus for beneficial hypnosis counseling and NLP intervention, there are a series of probing questions that we ask. In our practice, questions are asked to determine: a) whether sleep is restorative; b) whether the problems lie in falling asleep; c) whether sleep is intermittent and disturbed; or d) if there is a problem with waking up too early. Clearly, this is not to delineate the different forms of sleep disturbances (there are well over 100 different sleep diagnoses), but to determine the focus of the counseling (see Olivia case report below). The case report below describes an innovative Sleep-timeline Method™. Our method skillfully focuses on learning timing and emotions of the sleep disturbance. Two other technical mainstays of our counseling in sleep problems includes the Reverse Mirror Technique™ and the Relationship Code™.

Another important question is the effect of sleep deprivation on functioning, whether that be at work, at home, or at social and family activities.



However, many studies have shown the unreliability of self-reported sleep impairment. The correlation between self-reported and objectively-measured sleep shows a distinct bias towards overestimating the stability and acumen of cognitive function. In other words, sleep-deprived individuals, when getting into their car, may feel perfectly functional; however, they are much more likely to get into a car accident.

Alleviating Insomnia – A Case Report: Olivia was a 30-year-old receptionist who regularly awoke abruptly from deep sleep with intense fear, shaking, sweating and temporary paralysis. Through hypnosis, we regressed Olivia to her childhood, where we uncovered she had witnessed her parents fighting violently. She relived this stressful event two to three times a week. This event was so intense for her that she could actually hear the fight and conjure up images and voices that escalated with the dream duration. For the next twenty years, she continued to have episodes of nocturnal awakening with paralysis.

In a hypnotic trance, we took her back to the time she would wake up. She also stated that she opened her eyes every time she heard a noise. “It is 11:30pm; how are you feeling?” She said she was experiencing nausea, tremors, sweating and difficulty breathing. When she was asked what was happening to cause her to experience these symptoms, she replied that her parents were yelling and fighting and she felt afraid. From this situation, she developed a fear of the future, which was suppressed and only activated when she saw a confrontation between two or more people. At such a time, she would freeze. Current life events, such as her children fighting or her husband raising his voice, would also perpetuate her negative responses.

We asked about her specific sensations and brought her awareness to these feelings. She was told to breathe deeply and to let the feelings know they were no longer needed. “Take a deep breath in and fill yourself with love, and as you exhale, breathe out the negativity of this situation.”

She concluded that her parents had not, in fact, harmed each other. Everything turned out well. The physical symptoms subsided and she has remained symptomless in the subsequent years. Using this approach the desired outcome was obtained. She now sleeps through the night.

Using repeated hypnotic regression and questioning, the deep-seated emotional and experiential disruptions of sleep were found. We also noted that in the past her will power alone did not alleviate her sleep disruption. Conscious efforts normally do not work for chronic insomnia when the cause of the sleep deprivation is housed in the subconscious.

The Sleep-timeline Method™ shows how fast, effective, and long-lasting techniques of hypnotic suggestion can change or eliminate intense negative feelings stored in the subconscious. These are poorly accessed or impervious to somatic or cognitive treatment. Our method consists of repeatedly going back and asking questions while in hypnosis, regressing the client, and identifying what is happening subconsciously at the time of the sleep disturbance. By resolving the issue(s), sleep returns to normal. All worries related to waking up during sleep are gone.

By helping clients resolve their sleep issues, they in turn become healthier, transform their lives, and improve their health, everyday functioning, and productivity. By helping your clients

solve one issue, they are solving many physical and emotional ones. Hypnosis works with the perceived stressful emotions that lie under the surface of awareness. It doesn't have complications nor does it disturb the sleep process. This is in contradiction to drugs and/or chemicals, which may alter brain function adversely. By accessing deep-seated emotions, limiting beliefs and negative feelings, consulting hypnotists can apply the above techniques to help clients alleviate insomnia, thus improving their success.

If we are looking for the best results to help more people and to help heal the world, it is wise to focus on accessing the root cause of the issue at the subconscious level. Hypnotherapy is a great modality to do so.

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Intervening In Unhelpful And Unhealthy Sleep: New Approaches

Monday, Aug. 12

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