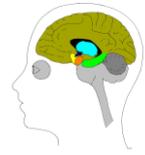




## 10. Additional Techniques



"the Skilful Use of Science"

### 10. Additional Techniques

#### a. The NLP Swish Pattern

##### (1) Overview

Bandler (1985) designed this procedure for the purpose of working on specific behaviour that a person does not want anymore. The pattern can work quite powerfully, especially with subconscious responses. It is a simple and effective way to create immediate results in specifically troublesome situations. It can be used to change minor habits. We can think of the Swish pattern at its best for producing the positive successful self image the person has decided to have. In our terms Bandler's method enables us to change the 'Matrix of the Mind' with a different pattern outcome. NLPers might see it as a stunning confirmation of the pre-supposition that "people already have all the resources they need."

##### (2) Technique

"I am now going to teach you how you can help yourself to prepare the right attitudes to situations that may, in the past, have caused anxiety. It is called the 'Swish' technique and comes from Neuro-Linguistic Programming and is used by therapists throughout the world, successfully. You can do this at any time when you feel relaxed, first thing in the morning, before getting out of bed is a good time, and it will take just five minutes. You don't have to use hypnosis, being relaxed is enough.

First, I want you to think of a situation that is going to happen in about a week or ten days time, about which you feel a little nervous. As soon as you have one in mind, just say the word 'ready' ...

Good, now I want you to create two pictures in your mind, so that they are like full colour, brilliantly lit, colour transparencies, filling the whole of your mind's eye.

The first picture is called 'The Moment of Anxiety', and is of the scene as you go into the situation, and when you would expect, to feel anxious. Make that picture as detailed as you can, the room, the people, and furnishings and so on. Like a photograph taken through your eyes, full colour and brilliantly lit. When you have done that just say the word 'ready'....

Good, now put that picture to one side for a moment, we shall be coming back to it in a minute. Next, I want you to form another picture; this one is called 'The Moment of Achievement'. This is a picture of you, a picture of you, leaving the situation and looking really good. Make this picture as detailed as you can, people, background and so on but most important of all, you, and the look on your face, it has gone well, you have enjoyed it, done your best, and feel really good, and there it is written all over your face. When you have done that just say that word 'ready' ...

Excellent. Now I want you to have both of those pictures in your mind, in the following way. The first picture, 'The Moment of Anxiety', in full colour and brilliantly lit filling the whole of your mind's eye except for one corner, where, tucked in, like a snapshot tucked into the frame of a larger picture is a small, dull black and white picture, picture number two 'The Moment of Achievement' Just arranging those pictures in that way. When you are ready just tell me. Excellent. Now, in a moment I shall snap my fingers, and when I do, I want you to Swish those pictures over. The small becoming large, the large becoming small, the small becoming full colour, the large becoming black and white, the small becoming brilliantly lit, the large becoming small, dull and black and white. When I snap my fingers just Swish them over, and allow yourself to enjoy the feelings that are then displayed on your face in the large picture for a couple of moments.

(SNAP YOUR FINGERS) (pause).

Again bring those pictures to mind. The first picture, 'The Moment of Anxiety', in full colour and brilliantly lit filling the whole of your mind's eye except for one corner, where, tucked in, like a snapshot tucked into the frame of a larger picture is a small, dull black and white picture, picture number two 'The Moment of Achievement'. Just arranging those pictures in that way again. When you are ready just tell me. *Repeat the process 4-6 times more times*

*Ask the client to repeat it 6 more times to themselves.*

## 10. Additional Techniques

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### (3) A nice alternative for emergencies – One handed Swish

1. Have the unwanted scene on the back of your hand. Describe to yourself what you are seeing.
2. Turn the hand over and have the wanted scene on the inside of your hand (palm). Adjust the scene to intensify it.
3. Start with the hand palm facing away from your face, about six inches away. Very slowly move the hand as far as your arm will extend.
4. As slowly as possible, rotate the hand as if picking up the wanted scene.
5. As slowly as possible, turn your hand so that the palm side is facing your face, keeping your arm extended.
6. Bring your palm up to your face.
7. Repeat this procedure five times.

### b. Rewind

#### (1) Overview

The Rewind technique (fast cure for phobia and trauma) evolved as the brainchild of Richard Bandler, although the inspiration came from Erickson's research. Bandler called it the VK dissociation technique (V for Visual, K for Kinaesthetic). In essence what the method achieves is the taking of a traumatic memory and turning it into an ordinary memory. This is done by bringing the patients' 'observing self' into play while keeping arousal levels under control. The technique works by allowing the traumatised individual (with a phobic response or a post traumatic stress disorder) to process the memory template causing the problem. All initial sensations associated with threatening experiences are passed to the amygdala and formed into a sensory memory. In the normal course of events it is then passed to the hippocampus and from there to the neocortex where it is translated into narrative memory and stored. When an event appears life threatening and has sufficient emotional overload, the sensory memories remain trapped in the limbic system. It will then be re-experienced in some sensory form such as panic attacks or flashbacks when the template is matched.

The Rewind technique allows the sensory memory to be converted into narrative and put into proper perspective. It is an artificial way of doing what should come naturally to us. It provides practitioners with a tool that is invariably effective and pragmatic. Phobias are extremely common. Apparently at least 12% of the adult population suffer from a phobic response at some point in their life. We have explained that people can develop a phobic response to any situation in which they have previously experienced acute anxiety. We know too that in some cases children simply learn phobias from their parents. Until recently methods of attempting to deal with phobic or traumatic responses generally involved the counselling processes of debriefing or regression. Often these methods were not only less than effective but counterproductive. One of the enormous advantages of the Rewind technique is that it is non-voyeuristic. Joe Griffin gives a good illustration of these points in 'The Shackled Brain' Griffin/Tyrrell 2001.

"A young girl in her middle teens was brought to see JG suffering from acute anxiety due to her having been sexually abused over a number of years by a paedophile lodging in the family home. When she grew older the perpetrator moved on into another family home in search of younger prey. Only then did the girl tell her mother what had been going on. The mother told the police and the police arrested the paedophile. They then sent her daughter for 'conventional' counselling where she was encouraged to recall, in great detail, all the episodes of abuse to "get her anger out". Whilst she was in counselling her parents noticed that the young girl was becoming more and more neurotic. So they arranged for her to change to another counsellor. The next counsellor's approach was much the same as the first and. Over the next six months, the girl became progressively more neurotic and dysfunctional. At this point she was brought to JG.

JG explained to this young woman that, for his treatment for trauma, she did not have to give him *any* details whatsoever about the abuse. (As mentioned above, the fast phobia technique is a non-voyeuristic process.) She smiled at once, highly relieved, and visibly relaxed. All she was asked was to give different code words for her worst memories of the abuse."

# 10. Additional Techniques

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This young lady was helped immediately by detraumatizing the key memories. It should be noted though that in this case the trauma was specific and self contained – a fear of being alone at night in the rooms where she had been abused. In all other respects the young lady was essentially emotionally healthy and developing normally. She had a good relationship with the family and friends, doing well at school etc. etc. This is not always the case. Sometimes the trauma or phobia can be life altering and effect the person's development and cause quite general anxiety. In these cases it can take some time, either before or after dissociation to normalise reaction patterns. To help the person deal with anxiety, have normal relationships, find a meaningful job and so on.

The Fast Phobia cure can be used for all forms of trauma, or any event where people have been overwhelmed by fear and have not recovered from it. It can also be used with OCD patients particularly when the fear is of not performing the obsessive behaviour. When necessary it can also be used to deal with fear related addictions and more often than not the client will feel exhilarated after the detraumatization process. Even before the reframe they will often visit the cinema, go in lifts, book a holiday etc. However, not only are they freed from the inconvenience of the immediate symptoms but, because their brain is not using valuable energy sustaining the fear response, they will have less anxiety generally.

## (2) The Steps - Pre-Trance, On the Couch, Post Trance

### *Pre-Trance*

#### 1. Choose Memories

Perhaps earliest and/or most significant

#### 2. Be aware of whether template switched on

If not, switch on once they are more relaxed on the couch ('if we showed this to the world it would show the world how horrible this was'). Just watching it would switch it on. We don't need to 'feel' it.

#### 3. Explain Process

Rewinding memories on a screen till they get nicely bored

They can use their imagination to fill in the details

It is the template that is important - so a representation is OK

#### 4. Explain Ideomotor signalling

Hand, Head, Finger, or Verbal OK

### *On the Couch*

#### 5. Relaxation

Progressive / Breathing / Imagery - Special Place:

Simple and straightforward - not too in-depth

#### 6. Imagine Screen

Small, portable TV set or large cinema screen - up to them

Also have a video recorder and a remote control

Initially watching the blank screen

#### 7. Prepare them for movie/video

Will play movie from still picture at beginning to still picture at end

When you see that first, still picture of the movie just nod your head (raise a hand/finger)

#### 8. Play the movie

Play movie through in detail and nod head (raise a hand/finger) when reached safe place at end.

#### 9. Rewind

Now rewind back to beginning at normal speed and nod head (raise a hand/finger)

#### 10. Fast Forward

Fast forward all the way to the end now and then pause for a moment and rewind all the way back to the beginning and nod your head (raise a hand/finger)

## 10. Additional Techniques

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### 11. Once More

Fast forward and rewind at double speed and nod your head (raise a hand/finger)

### 12. 15 Times

Do the same 15 times now. Going to need to concentrate

Reinforcement - I can see you're doing well

And perhaps your getting nicely bored with it now

### 13. And Relax

Well Done. And you can feel really good about the work you've done here today

And whilst we have this screen up you can see yourself on the beach etc.

### 14. Re-orient

Re-orient them to the present - feeling pleased about what they have done

### Post-Trance

### 15. Prepare for Next Session

Indicate that next week they will be using their imagination to create a new template based on how they would like to experience the situation

## c. Reframing

### (1) Overview

Reframing in this context is about creating or recreating a more valid response to a situation that had caused anxiety and discomfort in the past. More often than not the reframing exercise follows the dissociation technique. A reframing should be as realistic, creative, and as atmospheric as is possible. The practitioner will rely on the client and ascertain the information about the 'forthcoming event'. This could be actual or a product of the imagination. If it is a specific event, e.g. a flight to wherever, the detail is needed. If it is imagination, e.g. a presentation sometimes in the future, it has to be the typical occurrence. Although templates are necessarily broad sometimes it is wise to reframe several scenarios. The principle is always the same. The mind cannot differentiate fully the difference between imagination and actuality. In the REM state a template can be created on the couch and this is the template the mind will pattern match to on future occasions. Occasionally at first the client does not know for sure whether or not the phobic response has gone. They might have a degree of 'intellectual' anxiety. It is therefore advantageous to test the new template sooner rather than later. We can remind them too that "the morning of the flight I was anxious but once on the plane I was really calm." As a general rule the reframe should start well before the event and finish well after. A presenter, for example, would see themselves, amongst other things, rehearsing well before the talk and receiving congratulations afterwards.

### (2) The technique, an example of the detail

#### Aerophobia

You have just received the brochures. You're looking forward to showing them to the children. You are feeling good.

Thomas and Harriet are really enthralled, especially Harriet. The hotel looks right out to sea. It all looks so beautiful. John walks in. He has been to Lanzarote years ago before you met. He is talking about the palm trees. The camels?

The children have broken up. You are packing. They are excited. You are getting the house nicely organised. Stanley is excited too. He is going to your mother-in-law for the two weeks. He enjoys his holiday.

You are driving to John's parent's house with Stanley and the children. You feel calm and relaxed. You are looking forward to it. Stanley does not seem a bit put out when you leave.

It's Friday night. It has been a busy day one way or another. Everything has gone well. You feel calm and relaxed. The children are in bed and, surprisingly, asleep.

Not too late, it is an early start in the morning. Even as you drift off you have that lovely picture in your mind of blue skies, blue sea.....

## 10. Additional Techniques

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You're up at the crack of dawn. The children excited but doing as they are told. Breakfast. John packing the car. Not much traffic. A fine bright day. You feel calm and relaxed. John has dropped you and the children off while he parks the motor car.

You are lining up with Thomas and Harriet at the check in. Bristol Airport is very busy even though it is still early. You tell the children not to wander. You wonder where John is and then he appears. He had to park a long way away.

The children are intrigued with the security machine. You are in the departure lounge. John is doing a little shopping. You are looking after the baggage and watching for your flight to be called. It is on time. You feel calm and relaxed.

Your flight is being called. You pass through the gates and onto the bus. You feel calm and relaxed. You are holding on to Harriet and you climb the steps to the aeroplane. You are saying hello to the cabin crew. John is stowing the hand baggage. You have an aisle seat. You are calm and relaxed. You watch the cabin crew going through their safety routine. You feel calm and relaxed. The captain is talking explaining that you will be taking off in about six or seven minutes. Doors are closing and even as he is talking the plane begins to move. You feel calm and relaxed.

The plane begins to move. You imagine it is lining up on the main runway and without a pause it begins to accelerate faster and faster but smoothly. John smiles at you and asks if you are OK You say "fine". You feel calm and relaxed. The plane lifts off the runway, tilts and begins climbing to its cruising height. You feel calm and relaxed. You are telling the children they must sit still until the seat belt sign goes off. You point it out and then the plane flattens out. It has reaches its cruising height and even as it does you can hear the sound of trolleys. Breakfast. There is lots of it and you are pleased because it was only a light breakfast at home. The coffee is good. There is plenty of chatter about. Breakfast is cleared away. Harriet is looking sleepy. John is nodding off. It was an early start and it has been a hard week for him. You get your book out .....

The Captain saying we will be landing in thirty minutes .....

The holiday .....

The journey home .....

You are on the telephone to your Mother you are talking about the holiday. How everyone enjoyed it. She is asking about the flight. It was fine. We were a bit delayed on the way back but it was no problem.

John is talking about a skiing holiday for early next year.