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CLEAR THINKING

from Uncommon Knowledge

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Hello

Whatever your political views, you can't help but be infected by the vigor and enthusiasm which has burst forth around the inauguration of the new American President, Barack Obama.

Mr Obama has made 'change' a vital plank in the vision he has put before the American people. Of course, he is a politician, and a master orator, and good politicians and orators (and therapists) know well how to make the most of nominalizations like 'change'. Every listener puts their own meanings into the word, and invests it with the power which those meanings carry for them. Then they react accordingly.

Mr Obama hopes to influence his listeners so that they

will support his programs, which he believes will benefit the nation as a whole.

The therapist hopes to influence their client so that they will engage in 'programs' (new attitudes, new behaviors) which will benefit their lives, and help them overcome the obstacles that are causing them distress.

Mr Obama has to do a lot of his persuading in the full glare of publicity, with audiences of hundreds, thousands, and (occasionally) millions. He always has to keep in mind the huge differences among his listeners, and somehow keep them all on board in spite of those differences.

You may think that the therapist's task is easy by comparison. You are dealing with only one person, and you have the time and the space to build rapport with the client that will enable them to trust you and risk making the changes that they need.

But at another level the task is just as demanding as that facing the new president. Because every client has within them their own 'cast of characters', different 'parts' which play widely differing roles, often in opposition to each other, in the client's life. Some clients know about their 'parts' - others are blissfully (or perhaps miserably) unaware. Not only that, but you, the therapist, have your OWN cast of characters all wanting to play their part.

As the therapist, you have to find a way to help your client bring all their conflicting parts on board and get them to work together. And you have to get the support of your own 'team' for what you are doing, if

you want to be effective.

Daunting...

*** Precision Hypnosis starts on 24 February ***

This advanced course for hypnotherapists and NLP practitioners will help ensure that YOU know just how to relate to and influence the inner chorus as well as the outer individual so that the best outcome is achieved.

You can find out everything you want to know about the course and sign up here:

<http://www.uncommon-knowledge.co.uk/training/online/precision-hypnosis.html>

And what if you're just a beginner?

Then you begin at the beginning, with our highly regarded foundation course in hypnotherapy - online.

*** 25% off Hypnosis Unwrapped when you book today ***

Here you will learn everything you need to know about how to use hypnosis in a therapeutic setting to help people overcome anxiety, depression, stress, phobias, relationship problems, self-esteem issues and much, much more.

All the information about this course, starting on 9th April, can be found here:

<http://www.uncommon-knowledge.co.uk/training/online/hypnosis-1.html>

Speaking of change, we ourselves are in the middle of some exciting changes. We've moved our offices to beautiful Oban in Scotland. At the same time, Uncommon

their arm become numb? This could clearly be useful, for example, if they needed to undergo an operation on the arm, or wanted to experience relief from pain. Firstly, we have to think carefully about which 'part' of the mind we need to communicate with to achieve this, and what kind of language this 'part' of the mind speaks.

To clarify, we can think of a person as having an 'emotional' mind and a 'thinking' or 'logical' mind. If a charismatic speaker wishes to whip up the audience's emotions, they need to talk in terms of feelings, and use emotive words like courage, strength, fear, right, wrong, beautiful, justice and so forth. These are emotive words and appeal to the part of the brain that deals with emotionality.

If, on the other hand, you need to appeal to someone's thinking, rational mind, you need to talk in terms of how they 'think' and of the 'logic' of the situation. If I am working with a client and see they are getting upset (emotional) in a way that isn't going to help them, I will talk directly to the part of them that processes rationality and clear thought - and it's amazing to see how quickly they calm right down. For example, I might ask "What do you think about the way he behaved?" rather than "What do you feel about the way he behaved?"

The point is that to get the desired outcome from your communication, you need to know what you are trying to achieve. Are you appealing mostly to emotion or logic?

Read the rest of this essay online at

<http://uncommon-knowledge.co.uk/articles/uncommon-hypnosis/hypnotic-phenomena.html>

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2: Article: The protective power of hope and thought

"I lay in a dwindling pool of candlelight, listening to the shouting, rowing neighbours and occasional gunshots that are all part of the noisy clamour of Gaza's poorer neighbourhoods. I felt very, very far from home, trapped, and aghast at how dire my situation was."

Last year I, and millions of others, watched the inspiring BBC Panorama documentary about journalist Alan Johnston's capture, ordeal and eventual release in Gaza.

Alan's story made compelling viewing. Awestruck by this intelligent, dignified and modest man, I saw how his story highlights how, no matter how bleak our personal circumstances, the biggest battle we face in desperate times is not the outer one, but the inner one.

A review of our basic needs reveals that a sense of inner hope, meaning and control in our lives is essential for emotional and physical wellbeing. But how can someone who has been abducted and incarcerated ever have any control?

Johnston's abduction and one hundred and fourteen days of imprisonment indeed stripped him of physical liberty; but in making certain decisions he managed to take control of some aspects of his daily life and regain some independence of mind.

Alan told us that the time in his cell passed at a

crushingly slow pace. Hour after long hour he paced the small room, and after a few days he became ill from the food and contaminated water. But he managed to persuade his captives to agree to give him chips and boiled water in the future, thus lessening the likelihood that he would be weakened by food poisoning again.

"I told myself that in my captivity there was only one thing that I might be able to control - my state of mind. But much of my mental energy went into the huge effort to confront my many anxieties, the struggle, as I saw it, to keep my mind in the right place..."

Read the rest of this article online at

http://www.uncommon-knowledge.co.uk/psychology_articles/power-of-hope.html

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3: Inspiring Quote: Resolution to succeed

"Always bear in mind that your own resolution to succeed is more important than any other thing."
Abraham Lincoln, 1809-1865

What would Abraham Lincoln have made of the so-called 'Law of Attraction', the idea that, if you just have the 'right thoughts', the universe will bring you what you want?

A mighty doer of deeds himself, Lincoln understood full well that it does indeed matter to have the right goals in mind, but that determined action is what will make the most difference in the end.

