COGNITIVE HYPNOTIC PSYCHOTHERAPY

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Abstract - Cognitive Hypnotic Psychotherapy is a unifying approach to psychotherapy that uses hypnosis (hyper-suggestibility) as a base to seamlessly integrate all major approaches to psychotherapy i.e. Cognitive, Behavioural, Humanistic and Psychodynamics with techniques from Metaphors, Mindfulness, Guided meditations and NLP.
The approach is based on the understanding that problems are multi-layered. One needs to work with a combination of these layers to be able to create lasting change. These layers include

1. Clearly defining the problem
2. Understanding and exploring the desired outcomes
3. Dysfunctional behaviours
4. Unhelpful thoughts, physical feelings and emotions
5. Limiting beliefs, conflicting values
6. Secondary gains or positive intention
7. Suppressed emotions, traumas, repressed memories

Since different approaches to psychotherapy work with different layers in different ways, integrating them into one holistic process provides us with the opportunity to comprehensively work with an issue quickly and effectively. More details about the approach along with case studies detailing the application of this approach can be found here.

Keywords - Hypnotherapy, Cognitive Hypnotic Psychotherapy, NLP, CBT.