

CSCH-OD ERICKSONIAN LANGUAGE PATTERNS



Why Are These Patterns Important?

- Milton Erickson started out in hypnosis using a directive technique
- He quickly became aware that while this form of hypnosis worked for some clients, it often set up resistance in other clients
- Being a keen observer of human nature, he started to notice that people would naturally go in and out of trance about every 90 minutes
- He also noticed that certain phrases, intonations, delivery methods and gestures facilitated trance

Why Continued

- In our practices we may have clients that are resistant, circumstances that preclude regular hypnosis or a need to allow a client a lot of space to create their own trance experience. Ericksonian patterns are very helpful for doing this.
- I have also used these patterns “on the fly” in “regular” therapeutic discussion to produce positive changes for people
- You will become very aware of how advertisers/politicians and influence peddlars are using these patterns to influence people

What Are the Common Ingredients of Most Patterns

- They sound conversational
- They often rely on shifting auditory tone
- They are precisely vague
- They are often truisms or double binds
- They often create a feed-forward mechanism

When Can You Use Them?

- These patterns are versatile enough to be used in multiple situations
- Conversationally they help a person turn their attention inwards
- With resistant clients they can act as subtle trance inductions as their permissiveness give people the space to create their own experience.
- While in trance, they can act as powerful suggestions

On To The Patterns!

- I've picked these patterns for their ease of use and efficacy.
- As you learn them, pick one a day and practice it 5-10 times and you'll be amazed at how fast they integrate.
- Copy the handouts and cut the squares out to use as cue cards...
- Use them in a combo, like a dance step or Aikido master.

The Fact that ___ means ___

- People are always building complex equivalences – this means that
- This pattern makes use of this tendency
- It can be used as a REFRAME or more powerfully as a PREFRAME
- The fact that you're here means that there's a part of you that's hoping to feel better
- The fact that you learned to write means that you are capable of mastering a complex skill

Your Conscious Mind ___ but your unconscious mind ___

- This can be great at the start of a conversation/intake/induction as it starts a dissociation between the conscious and unconscious
- If I am being conversational I may use “a deeper part of yourself” or “a profoundly wise part of yourself” instead
- This pattern helps a person open up to the possibility that there is a deeper part of themselves that has the resources and answers

Continued

- “Your conscious mind may not know the answers right now, for if it did, you likely wouldn't be here right now, but what I do know is that there is a deeper, profoundly wise part of yourself, what we may call your unconscious mind, that has many answers”
- I will often use spatial anchoring with hand movements as I talk about the conscious and unconscious mind

My Friend Joe

- This is a great pattern to use if you are saying something that might elicit resistance and you don't want the client getting upset with you.
- You are putting it on a third party – a friend, a mentor, an author. My favorite is mentor/coach as it helps the client see that you have had teachers as well.
- A mentor of mine once said "Peter, sometimes you just need to realize the past is just the past, it's not who you are and it's not what you deserve, it's just the past and it's the meaning that you make of it that makes the difference."

I don't know whether... yet

- This is a very subtle way of drawing attention to something. It is also a very subtle presupposition that almost always slips under people's awareness.
- "I don't know whether you've *become aware of the shift in your breathing*, yet or whether you'll become aware of it over the next little while as we talk"
- This pattern utilizes an embedded command as well by shifting voice tone.

The more, the more

- This is a feed-forward pattern which creates an accelerating reaction within the individual
- This works well for planting a seed and then letting it grow on its own. One of my mentors referred to it as a "mindbomb"
- "The more you really think about creating changes in your life, the more excited you can get about the possibilities and the more those fears can seem like a thing of the distant hazy past"

There is no need for you, [name] to ____

- This is great for the resistant client as it matches their resistance. Erickson always believed in utilizing the resistance of the client.
- This makes use of an embedded command so tonality shifting will be helpful.
- "There's no need for you, John, to *pay attention to your deepening breathing*"
- "There's no need for you Alexa to *pay attention to the subtle changes within your body* as we have this conversation because while your conscious mind is paying attention to our conversation, there is a deeper part of yourself, able to attend to those details..."

Eventually ___

- This is a truism that is hard to argue with because eventually pretty much anything can happen.
- Many people in crisis have a distorted timeline that has become shortened to the point of immediate panic. This serves to draw out their timeline.
- "Eventually, things change and shift, often in ways that we could not have anticipated at the time. There have likely been times in your life where the biggest challenges have turned out to be the greatest lessons and victories so what I'm really curious about is..."

Don't ___ too quickly

- This is a presupposition pattern. It presupposes that the result is going to happen, it's just a matter of when and, well, why rush it!
- It also utilizes an embedded command
- A resistant client will often rush forward in order to be "troublesome"
- "Don't go *into trance* too quickly"
- "Don't *make the positive changes in your life* too quickly, do them at the rate that is just right for you"

When you *really* think about it

- This is an elegantly simple pattern that has the presupposition that up until now the person has thought about something on a superficial level and this is an invitation to go deeper in.
- I use this to reframe or preframe ideas and as a way of inducing a transderivational search.
- “Many of us think that we only have one mind per se but when you really think about it, there’s a part of our mind that we’re aware of and then there’s a deeper more profound part of ourselves that’s paying attention, all the time, NOW, with me...”

I could say ___ but ___

- This is another great way to introduce an idea in a non-threatening way. You make your statement and then consciously discount it to remove resistance at the conscious level.
- “I could say you’ll be amazed at how quickly you can make positive changes but what’s most important is that you might start to consider what those changes might be...”

I don’t know if you’ve already begun to notice...

- A wonderful combination of presupposition and transderivational searching
- The presupposition is that something is already happening, it’s just whether the person has noticed it or not.
- The TDS happens when the person goes deeper to figure out whether they have noticed things
- “I don’t know if you’ve already begun to notice your breathing changing as you start to relax”

You might become aware of ___ when you ___

- This is a great one for being permissive and examining possibilities - you might be, and then again you might not be but you'll have to try it on for size to find out.
- It's also creating a causal chain. Make the second thing easy to achieve and the first more difficult.
- You might become aware of the surprising number of options available to you when you *take the time to slow down and go inside*

Using the Patterns

- Have some fun! It's amazing what you can say with a smile on your face.
- Start them off one at a time and then start combining them like steps in a dance. Their true power comes when used in a flow.
- Write them out, record yourself, make cue cards and use them in conversation
- Look for the cues of trance and ratify them when you see them - "That's right..."

Example

- A mentor of mine once said to me that the more you are able to quiet your mind, the more you'll be aware of the fact that there are 2 parts of your mind; the surface and superficial/conscious mind which thinks that it's in control and the deeper, wiser, subconscious mind that holds a tremendous set of answers that you might become more aware of when you slow down and... pause... for a moment, now, with me, I don't know if you've already begun to notice that your breathing can deepen when it feels right but you wouldn't want to go into trance too quickly because that's really a decision that a deeper part of you needs to make in its own time

- I could say "breath deeply and let your shoulders relax as you slip into a relaxed state of mind" but that's not my decision to make, it's yours and I'm rather curious about when you might decide to do just that because the fact that you're here means that there's a part of you, likely a deeper, wiser part of you, that wants to make some positive changes in your life, now, with me, I often come to the realization that eventually, things work out in the end and that your role is to really pay close attention to our inner wisdom to help that eventually happen sooner than later...

THANKS!

- AND NOW A BIT OF INFO ABOUT EGO STATE THERAPY
