

# **How hypnosis might enhance a CBT-based approach**

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# Agenda

- How I came to be a CBT therapist
- CBT Model
- Imagery in CBT
- Trauma
- Panic
- Phobias
- EMDR
- Needle phobia

# Development as a CBT Therapist

## Scientific career

Pharma (clinical and non-clinical research)  
NHS (clinical research)

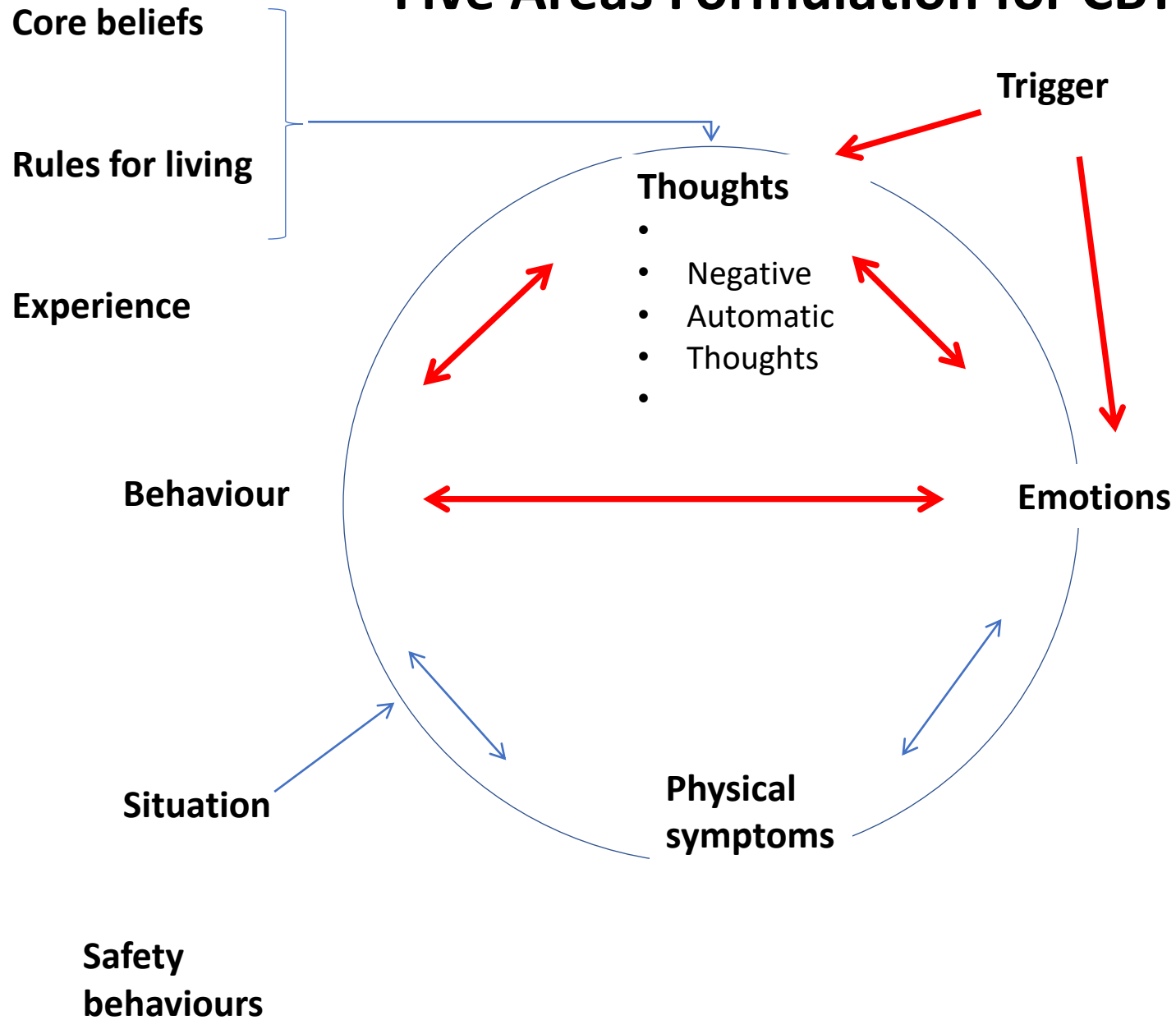
## Counselling training

Humanistic  
Rogerian

## CBT training

Acceptance & Commitment Therapy  
Compassion Focussed Therapy  
Mindfulness (MBSR, MBCT)  
Schema Therapy  
Solution-Focussed Brief Therapy  
Group CBT  
EMDR  
Hypnosis

# Five Areas Formulation for CBT



Emotion regulation

## **Behavioural Therapy**

Based on Kolb Learning Theory

Change behaviour, reflect on the experience, learn from the experience

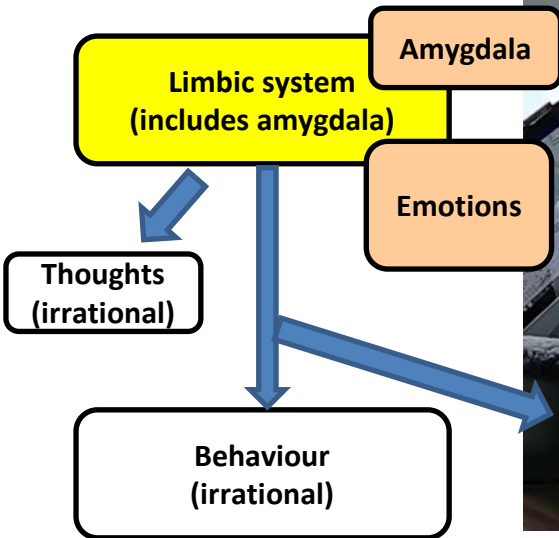
## **Cognitive Therapy**

Recognise the link between thoughts and emotions

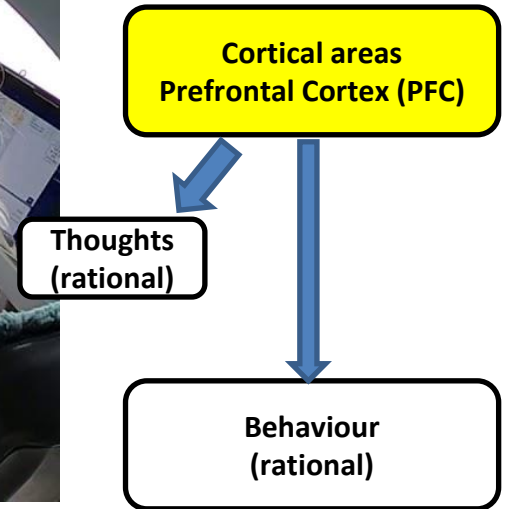
Look for evidence that your thoughts are correct

Modify thoughts (or rules, assumptions and/or beliefs)

# Emotional and Cognitive Processing



Reacting to how we feel



Reacting to how we think rationally

# CBT Process (collaborative)

- Assessment including risk
- Problems and goals
- Motivation and strengths
- Formulation
- Diagnosis – no
- Treatment options might include or use
  - Relaxation
  - Imagery
  - Desensitisation: systematic desensitisation
  - Behaviour rehearsal
  - Exposure to imagined events

# Imagery in CBT

Imagery in Psychotherapy (2006) Singer JL, APA, Washington

Oxford Guide to Imagery in Cognitive Therapy (2011) Hackman, A. et al., OUP



# Relaxation within CBT practice

- Progressive Muscle Relaxation
- Breathing control <https://www.grc.com/breathe.htm>
- Meditation (Mindfulness)
- Safe Place
- Butterfly Hug [Butterfly Hug to help with ongoing traumatic stress – Traumatic Stress Relief \(TSR\) \(1stcontact.net\)](#)

# CBT facilitated by hypnosis

- Hypnosis induced with relaxation and safe place exercise
- Progressive Muscle Relaxation may facilitate induction
- Possible deepening of trance state
- Examples of application:
  - Imagery replacement
  - Cognitive rehearsal (e.g., new skill, assertiveness)
  - Desensitisation (through exposure)
  - Coping
  - Flooding
  - Desensitisation for Cognitive Avoidance

## CBT facilitated by hypnosis (cont.)

Imagery elicits essentially the same physiological responses evoked during actual experience

Must be useful even if the patient is not in a trance state (Note requirement for evidence based treatments for NHS services required by IAPT and by NICE)

Chapman, RA (2014) *Integrating Clinical Hypnosis and CBT*, Springer, NY

# Trauma

- A common feature of treatments for post-traumatic distress is exposure, desensitisation and reprocessing
- Symptoms may include distressing flashbacks, avoidance, negative thoughts/feelings and arousal
- CBT, EMDR, Narrative Exposure Therapy, Cinema Technique
- Progress to *in vivo* exposure
- *Example: patient in ED experiencing pulmonary embolism but told it was just COVID-19*

# Panic

- Misfiring of the fear circuit
- Interoceptive exposure (to symptoms) replaced by imagery of threatening situation (progressively increasing exposure)
- Progress to *in vivo* exposure
- *Example: woman driving over bridge  
woman unable to use a lift*

# Phobia and other fears

- Hypnosis can offer exposure to phobias and other fears where *in vivo* exposure would not be tolerated.
- Example approach to treatment:
  - Relaxation training
  - Practice pleasant imagery, a 'happy recording'.
  - Teach self-hypnosis
  - Incremental exposure to feared situation
  - Develop coping skills
  - Progress to *in vivo* exposure

*Example: woman with dog phobia*

# EMDR, Eye Movement Desensitisation and Reprocessing

- Past, present and future
- “Future templates are developed and encoded in memory to meet life demands in the future”

*Example: woman experiencing avoidance after near-death motor accident*

# Systematic desensitisation for needle phobia

Task	Distress (0-100)
Look at a cartoon drawing of a needle	30
Look at a still photo of a needle	40
Watch a video of a needle being held/ moved around	45
Look at a real needle	55
Look at a photo of needle going into skin	60
Holding a real needle with cap on	65
Use a needle to inject an orange	70
Watch a video of someone having blood taken	75
Watch someone else get an injection	80
Getting blood taken, with numbing cream	85
Getting blood taken, without numbing cream	95
Getting an immunisation needle	100

[Overcoming Needle Phobia \(health.wa.gov.au\)](http://health.wa.gov.au)

(Google CCI Needle Phobia)





# Compassion-Focused Therapy

