

CLIENT-CENTERED HYPNOTHERAPY

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Individuals become clients when they choose to enter a hypnotherapist's office. They come with a problem, and issue that they want to address. They have done us the honor of choosing to work in hypnosis, and specifically choosing us.

We offer these individuals the benefit of the enormous number of trainings we have attended and techniques we have learned. We have information to share about the subconscious, dreams, angels and a wide variety of beliefs and theories we have studied. We have experience of other individuals with similar issues or behaviors to theirs. We have seen amazing healings take place within others. We are eager to share and help so that this person can have the same result.

However, we need to pay attention to the individual who is sitting in our office at this moment. Who is that person? What is their belief system? What is their understanding and experience of their issue?

We need to respect their process and where they are in the process. We can talk about our beliefs and experience but with an eye on their reactions. Our beliefs and our process are not the important thing in their therapy. We are there to meet their needs, not the other way around. That's why they are paying us, not the other way around.

It is sometimes difficult for a committed therapist who has certain beliefs to understand that these may not be shared by all individuals who are coming for therapy. After all, we are the experts, right? We might be highly skilled but we are not the expert when it comes to the individual. They are the expert in terms of their own life and story. We didn't write the story, they did. The best thing we can do is listen to the story and work within its framework.

One good way to understand this is to reverse the situation in our minds. If our therapist did not respect the understanding we had of our problem and all the work we had done on it, how would we react? From practicing this in our minds on a regular basis, we can begin to develop a sensitivity to the issue and a method of addressing it.

If you feel you must work in a certain way, you must inform prospective clients. You can do this in a number of ways. You can include a phrase in your advertising which describes your method or beliefs. You can talk to people when they call you. You can affiliate yourself in an obvious way with an organization

that is similar to you. You can do any or all of these things or something else entirely, but you are obligated to prepare individuals so that they may choose whether they wish to be your client.