



What is solution focused hypnotherapy?

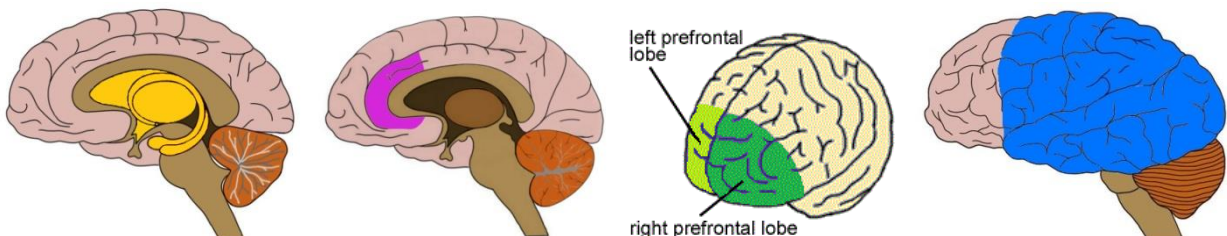
Solution focused hypnotherapy is a science-based approach to therapy that utilises the latest research in neuroscience, language and positive psychology. It works by understanding that the vast majority of our anxieties, stresses and issues come from the over-activity of our **Primitive mind** which is consisted mainly of our amygdala, hypothalamus and hippocampus. This is the part that takes over when there is a perception of threat of danger or emergency. The threat could be something happening in reality, from a memory or a negative forecast of a future event.

This would typically lead to increased heart rate and breathing, feeling hotter and agitated all of which can be a gradual process as well as immediate. The **Primitive mind** is not an intellect so it cannot come up with new ways of reacting, it can only use emotions to respond in ways that have kept it alive in the past and are most accessible. Imagine the primitive mind like a huge water tank. When it takes over it pours out all of this emotional response that flows through your body and brain following the easiest paths it can. The more it does, the stronger the link between emotion and behaviour. The behaviours are completely unique to you and could include panic, OCD tendencies, depression, anger, fear, overeating/drinking, being unfocused and sleep issues.



When we are calm and relaxed we have access to a vast store of knowledge and experience from our **Intellectual mind**. Our **Pre-frontal Cortex** can use this store to come up with solutions to problems and helps you make good decisions. However, when the **Primitive mind** takes over, it no longer functions as well. We then become vigilant to the cause of our anxiety and the **Anterior Cingulate Cortex** keeps looking for signs of it again. This leads us to find more of them and so the negative cycle begins.

Solution focused hypnotherapy changes this by reprogramming the **Anterior Cingulate Cortex** to look for positive elements and stop the triggers that allow the **Primitive mind** to take over. It also reduces the amount of stress stored in the **primitive mind** by allowing it to become resolved and moved to the **intellectual mind** where you have control over them. This allows your mind to be in a state where the **left and right Pre-frontal Cortex's** can be creative and find solutions to problems and issues; it creates the space for creativity to blossom and for a calm centeredness to grow.



Primitive Mind

Anterior Cingulate Cortex

Pre-frontal Cortex

Intellectual Mind

The benefits of using solution focused coaching and hypnotherapy are well documented and it is fast becoming the go-to method for GPs and the NHS. What's even more useful is that the skills and language associated can be taught and passed on to allow for better communication, more dynamic and creative working environments and a whole sense of well-being to permeate through everything in your life.