

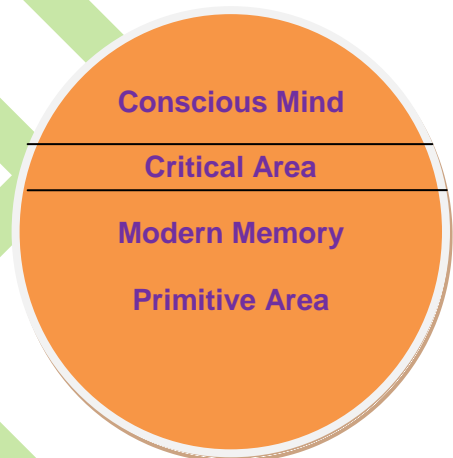


COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

111 - Theory of the Mind

The hypnotherapist must affect four areas of the mind before a person can enter a hyper-suggestible state:

1. **The Conscious Mind** - Retains and remembers the events and feelings of approximately the **past one and one-half hours only**.
2. **Critical Area of Mind** - Part is conscious, part is subconscious. It contains memories of approximately the **past twenty-four hours only**. Any time a hypnotherapist gives a suggestion to a subject that is detrimental to his well-being or in total opposition to his way of thinking, he will critically reject it by abreacting.
3. **Modern Memory Area of Mind** - Part of the subconscious mind. This holds memory from **conception to present in this life**. Everything we have ever read, heard, learned, or experienced is there in Modern Memory.
4. **Primitive Area of Mind** - Part of the subconscious mind. It includes all the primitive memory that lies dormant, including genetic heritage and evolved learning and conditioning. This area of the mind will react only when triggered, regressed, or threatened beyond the point of reason.





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Examples would be a fight or flight reaction or an impulse to kill.
Suggestions affecting this area result in rapid reaction without reason.

Do you remember the **four areas that message units** come from?

Message units come from the **environment** such as interaction with a partner, from work, TV and all of a normal day's input.

Message units come from our **conscious mind** as we try to analyze, handle details, and make sense of things.

They come from our **body** such as pain but probably the biggest source of message units come from our **subconscious mind**.

All these message units enter the conscious mind and it holds them there for about one hour and 30 minutes, and then they pass into the conscious portion of the critical area where they accumulate and held for about 24 hours.

Critical area is part conscious and part subconscious because we have been educated and conditioned to develop an analytical sense of evaluation on the conscious level.

At the same time, we have learned on a subconscious level to avoid anything that is critical or threatening to us.

The critical area will not analyze message units or release them into the modern memory as long as consciousness is present, such as in the



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waking state. In the waking state information is constantly coming into our conscious mind.

When we fall asleep the consciousness is in abeyance, as in the hypnotic state, because at that time there is no conscious critical ability to hold on to those message units. Remember your conscious mind goes to sleep but your subconscious mind never does.

When too many message units accumulate in critical area and the individual is unable to sleep, the individual begins to feel it. The body fatigues and starts preparing the person to go into a sleep state in order to vent the message units.

The brain may become disorganized, making the individual not only fatigued but also irritable and upset, perhaps spaced out, or just not with it.

The more emotional traumas any individual has, the more sleep he needs. Considerable trauma gives rise to the so-called depressive sleep.

When you go to bed at night, there should be nothing coming into the conscious mind. Once a person goes to sleep, the conscious mind is in abeyance and immediately drops the accumulated message units into the subconscious mind.

Here the subconscious mind critically analyzes them and allows some to go into the modern memory; it discards (vents) others through early morning dreams.

Some that lie in modern memory may eventually begin to filter into different areas of primitive mode.



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If the person receives an overabundance of message units when it is impossible to sleep or escape, hyper-suggestibility, or environmental hypnosis takes place and the accompanying anxiety results.

At this time, the critical area becomes less critical (because it is threatened) and because the consciousness is simulating the sleep state.

Consciousness is not asleep, it is simply simulating the sleep state in this hyper-suggestible state and critical mind starts dropping message units without evaluating them. This creates negative habits and increases hyper-suggestibility.

The average person stays awake at least sixteen hours, so the conscious mind (the conscious part of Critical mind) has roughly sixteen hours to evaluate message units before allowing them to go into the modern memory area.

The longer it takes a suggestion to reach the modern memory area, the weaker it becomes. The strength and longevity of any suggestion depends on how quickly and how often the modern memory area receives it.

The longer it stays in critical area, the more the mind distorts and weakens it. This means it takes a long time to consciously create a suggestive pattern from the day's input. In hypnosis, this whole process takes place in minutes.

From the conscious mind a suggestion moves into critical area where it is critically analyzed.



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Because there are so many unknowns going into the subject's mind, critical area usually quickly drops the suggestion into the modern memory area. In some instances, the subconscious mind may attempt to abreact a suggestion and vent it out through the body.

However, if that suggestion is repeated after the abreaction is recognized, and then there is no following abreaction, the suggestion goes into the modern memory area and is accepted.

Once the modern memory area accepts a suggestion, it returns to the critical area then to the conscious mind for final acceptance and acting upon.

When the conscious mind is unconscious as in sleep, it is not receiving anything. It is only dropping the message units into the subconscious and venting them through dreams.

In hypnosis, the conscious mind is not unconscious. Therefore, it is able to receive, as well as drop and vent message units. The release of message units into the subconscious mind takes place instantly as the consciousness goes into abeyance and then the venting process through hypnotic suggestions begins.

A suggestion given in the hypnotic state is much stronger, than one given in the conscious state, because it moves so quickly from the critical area to the modern memory that it does not have time to become diluted.



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Further, if a consistent positive reaction to a suggestion takes place, the reaction will become a permanent habit, and constant will power and motivation will not be necessary to maintain it.

The success of the suggestion is predicated on how it is understood going from the conscious mind to the critical area (where it is critically analyzed and possibly changed) to the modern memory area (where it is accepted as a symbol) to the final stage (where it is acted upon).

Success is also dependent upon how well the client was prepared prior to giving the suggestion. This is why it is so important to go over the mind model with your client and then in the light stage of hypnosis further prepare your client for the suggestions. Structuring or building a suggestion will take hold, achieving proper desensitization if a conflict (fear or negative learned habit) exists, and giving literal or inferred suggestions according to the subject's suggestibility.