**Deep Impact Hypnosis**

**The Rewind Technique**

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**Rewind Introduction part 1**

1. **Create Positive Expectations**
2. In a moment we are going to do something – which we call the rewind technique.
3. The Rewind Technique has been used with many people suffering from Phobias ---and is designed to address:
4. The various unwanted thoughts, feelings, fears and memories of situations that are connected to your phobia or the trauma you have experienced.
5. **Detachment Training**
6. OK - Some of the things I am going to do may seem a little odd,---so let’s pretend that I am introducing you to a new game.--- As with all new games you need to understand the rules and setting before you play.
7. So- before you start, let’s learn the rules with me. ***(please close your eyes for a moment)***
8. First , ---learn how to float out of yourself. Another way of saying this is: ---I need you to be able to watch yourself from outside yourself. For example--Have you ever been on a boat or in a car journey—or in any other situation-- where you felt terribly sick and nauseous?--- Or, have you ever been on a roller coaster ride and felt frightened?
9. Stop and think about this for a moment and remember – what it feels like **(wait until memory sets in)** --Have you remembered what it felt like? You probably didn’t really enjoy that memory-- did you?
10. Well—this is probably because you didn’t detach yourself*.*
11. Now-- let’s do it differently - take a moment and try looking at the same event in a detached way. In other words--Float out of the car – the boat or (or roller coaster --or the situation you felt uncomfortable in) --- leaving your body behind,---so – in the case of the boat – the car or the rollercoaster -- float perhaps --over to the shore -- the ground—or up into the air ) --- and just imagine how you watch yourself from outside yourself. *WAIT ---(Let me know when you can see yourself from there)*
12. OK- great –now –seeing yourself like that– ask yourself - Do you feel as bad as you did before? Probably not --Well- This is because you are watching yourself and not reliving the event in your mind as it happened back then.
13. Perhaps even a better way of thinking about it--- is by imagining that you have been recorded on a camcorder at the time you were in that particular situation - and now you are watching the video of the event in your living room or somewhere comfortable –seeing yourself being in that situation ---And now you are watching it all happening on a screen, --without having any of the feelings that were going on back then – just you watching yourself being in the video doing all the things you were doing back then. How does that work for you? Can you feel yourself being somewhat removed from what is happening? (**ensure the answer is Yes)** Good. Now – this is what it means to detach yourself.
14. **Forward Film Introduction**
15. Later on --- (***hypnotic option:*** *when you are in a relaxed trance*) --- you will be asked to detach yourself –and imagine to watch 2 different versions of the same movie or film in a cinema. Now - the film will be about yourself—and I will basically ask you to imagine that you have a completely empty cinema hired just for you. I will then ask you to imagine that you are sitting in the centre of that cinema - with the big screen in front of you and the projection room behind you. I will then ask you to float out of your body –in other words – detach yourself - and float up to the projection room behind you – so that you can watch *yourself* from there ---watching the film that is all about the experience of the event that disturbs you the most--.
16. So---in other words- once you’ve detached yourself –and floated out of your body- to the projection room -- you will be able to see the whole cinema,-- with the empty chairs and you will see yourself –from the back ---with just your head and perhaps shoulders sticking out ---sitting there in the centre seat, --with the screen in front of you. So—in a way– you will see yourself from behind—how you watch the screen in front of you –being a somewhat removed observer of what is going on **(as in figure 1 do not proceed until you can clearly see yourself in the projection room watching yourself watching the film - Does that make sense?)**
17. Now – the other thing is –that in the projection room you will find a switchboard with 2 buttons – just like on a remote control- one of these buttons says **Forward** - and the other one says **Rewind**. With those buttons you can control the film on the screen – in other words--you can forward the film- and you can also rewind the film- from where you are there in the projection room --you are in control--
18. Good - Now, let’s consider the 2 different versions of the film—that I would like you to imagine – sometime later---. The first version is called the **forward film** --- for obvious reasons – yes – you probably guessed right - because it is played forward ---so the forward film --- is a replay of the irrational phobic situation or the traumatic event -- as you have experienced it --or as you remember it—or as you imagine it in your mind – whatever is the most applicable option to you.
19. **General Examples**
20. For instance, if you have a phobia of spiders, you may imagine a spider running across the carpet towards you.
21. If you have a phobia of flying, you may imagine yourself being on a plane as it falls out of the sky.
22. If you have a phobia of social settings, you may imagine how you are at a dinner party, sitting at the table where you have to have a conversation with people you don’t know.
23. If you have been traumatized in a car accident – see the image that disturbed you

Whatever your phobia – or trauma- whatever it is that frightens you,--- you will need --- to become aware of your internal representations of that fear– the things that go on when you are in a situation that triggers your unwanted response–

so-----when I ask you to—--later on -- try to imagine --as best as you can – the scene – the image of the situation that causes your greatest anguish --–— what does it actually look like – what is the environment like- are there colours – people, things or objects that you can see as part of the scene--what does it feel like to you--and where in your body do you feel it? –

And if you are the very imaginative type – you may even be able to hear the sounds—perhaps you can even get the smells or tastes associated with the situation-- The more detail you can add to the scene, --the better. –

On the other hand -- if you can initially only recall the most basic things – like many people-- that’s OK too... as later on you will find that your imagination becomes more vivid during this exercise and you will get better at it.

So...as mentioned—later on -- when I ask you to—--I’d like you to Just take some time to really think about the things or items – or scene that your are afraid of – and when you have done so -then I would like you to imagine – how you make a movie or film out of that memory or that image that you are holding there in your mind – a film with a clear beginning –--a starting point so to speak – just like a freeze frame– as well as a middle point – which is the most disturbing scene or image that comes to mind -- and also an end point – which would be the point where the film finishes –also like in a freeze frame ––and which needs to be a scene-- where you know or knew --that all is OK – or where you know or knew --you would survive.

1. **Examples starting point- midpoint- endpoint**

Now --using some of the examples mentioned earlier-- this could look like in the following scenarios:

1. For instance, if you have a phobia of spiders, you may imagine first of all a scene where everything is OK – as a starting point – and then you see a spider running across the carpet towards you- until it takes over the whole screen- which would be the most disturbing image—and therefore the midpoint--and then the spider makes his way into the background and disappears into the distance – until the moment –where you know that there is no more danger--- and that is the moment– which would represent the end point ---
2. Or --If you have been in a traumatic car accident and are haunted by the images that came with it,-- see yourself driving the car just before the impact – when all was still OK- which would be your starting point – then - as a midpoint-- the impact and the worst part of what was going on during that moment –– and then -- as an endpoint—the memory of the situation that would make you realise that you were going to be OK ---or where you knew you were going to survive –.
3. **Forward Summery**
4. So again --the forward film will be starting somewhere when all is fine – then --– the thing you are most frightened about will appear slowly on the screen – slowly getting bigger and bigger--taking over the whole screen – or to the point where your anxiety is greatest - and then it sort of fades away –into the background - —
5. Now- the other thing I need to mention is that – it is very helpful if you can imagine the forward film in **black and white**— so that you can better discover what the very first image, the midpoint --and the very last image in the sequence is –

**THE REWIND INTRODUCTION**

1. Now- as for the second version of the film– called the **rewind**—– it is simply the act of rewinding the film you have created – But with some very big differences-- –because you do not exactly watch the **rewind** the way you watch the forward film– that’s right – in fact - you are not watching the rewind at all – instead - I’d like you to imagine that You are actually able to jump into the movie, --—-jump right into the film or movie- and be in the scene – like an actor-- but instead of in black and white as in the forward film– the rewind will be in color ---seeing everything vividly --as if it were happening to you right now,-- allowing yourself to experience the sounds, the smells, the feels, the taste, and touch sensations that are connected to your anxieties as much as possible–
2. The other big difference between the forward film and the rewind is –as the name suggests ---that you need to experience everything happening backwards – backwards --like in big scramble – really-really quickly-- but as I mentioned - this time very vivid and in color.
3. So – using the example of the spider phobia – you would see yourself going backwards from the endpoint – when the spider disappeared somewhere- running backwards towards you – then backwards – past the most frightening part of the scene—in reverse –back to the situation before you felt frightened – where you are feeling perfectly fine- all the way really-really quickly – back to the starting point.

Don’t worry - You may find this difficult at first. But that’s OK – that happens all the time –but after doing this a few times – you will find you get better-- and better at it as we keep running through the process – over and over

**Rewind Summery**

1. So - remember, in the **rewind** you are actually in the film,--so you are jumping into the screen--- re-experiencing the event-,-- but, all is happening in reverse –very-very rapidly- like in a slap stick comedy- . - you will get better-- and better at doing this as we keep running through the process -

Once you’ve eventually got it right, I want you to **rewind** as fast as possible-- **back** to the **starting point** where you feel perfectly fine – happy and contented.

Now--To give you an idea of the speed of the rewind--- if the forward film takes about sixty seconds--- the rewind should take no more than10 to 15 seconds at the most. Don’t forget ---the **rewind** ends at the **starting point**-- which is that good image you hold. When you have arrived at the **STARTING point** –allow yourself to relax completely (and nod your head to let me know that you are back from where we started).

**OVERALL SUMMERY**

1. OK- to sum up one final time--, with the **forward film** you are sitting in the centre of the cinema, leaving your body there and floating up in the projection room, from where you will watch yourself watching the forward film – in black and white -on the screen. -- Seeing yourself – watching yourself on the screen.-- Beginning with your **starting point** – which is that good and safe image that you hold–– you then Run that **forward film when I ask you to**  (when you hear me saying ‘forward’) past the most disturbing image of the situation you want to address - until it fades and you get to your final image.

As soon as it has faded – when you have arrived at that final image- Then --at this point –when I ask you to rewind –imagine yourself getting into the film. –all of you—so to speak-- is in the film

Then You are no longer watching the film,-- but you are experiencing the whole scene in reverse very--very rapidly.

Rewind the event very,-- very rapidly and don’t forget that it will rewind all the way from the endpoint – past the midpoint --to your **starting point** which is the good image where all is OK--. Now - we will go through this process several times – and after a while – when you are used to the process- you will find that each time that we repeat this whole procedure—your anxiety that would normally occur will reduce more and more – because you will have reorganized your thoughts and feelings to the point where you can function perfectly normal – whenever you are in a situation that would have in the past have been anxiety provoking.

**INTRODUCTION OF ASSESSMENT SCALES**

1. OK- Just before –and shortly after a number of rewinds I will ask you to tell me how strong you feel about the problem or the phobic situation you have chosen to rewind. The scale measures your feelings of anxiety from 0-10 – where 0 represents not scared at all – and 10 represents extremely scared. ***You can stop rewinding when you have the feeling that your anxiety is reduced to be below at least 2 on the scale – which would indicate that you feel reasonable OK – and not distressed - when you think about what used to be a phobia or anxiety provoking situation.***
2. **Rewind Selection**

Before continuing to the second part of this technique - --it would be best for you to be clear of what situation or event you want to rewind.

In other words – know which situation or disturbing event you wish to rewind –

Take some time now – and think about it – and when you are ready—continue on with the procedure.

**REWIND ACTION – Part 2**

**DETACH**

1. OK – -let’s begin - **-- so – allow yourself to detach now – imagine you are seated in the middle of an empty cinema and float out of your body – all the way back into the projection room – where you find the forward and rewind buttons –and from where you can see yourself –watching yourself –watching the screen --that’s right— do that for me now – (wait)**

**CREATE STARTING POINT**

1. OK - whatever the situation you wish to address today--- Now— let’s consider the starting point – as I said --it is a scene – where all is just perfectly fine --just the moment before the phobic situation or the traumatic event comes into play

Now – watch yourself --projecting onto the screen – in black and white --a clear image – or picture – of that starting point –as its most applicable – to your situation – just as it comes to your mind – remembering that the starting point being the time where all is OK - just before your phobia or traumatic experience comes into play –—– **and then watch yourself watching that image that you imagine there –on that cinema screen --**do that for me now -- while I will be quite for a little while **(Wait one minute)**

1. Good - now-- keep that image in mind –and remember –from now on --this will be the starting point for your forward film. This is where you will see yourself – watching the forward film starting from –

**CREATE MID POINT**

1. Ok – at this stage – I’d like you now- to watch yourself -- projecting onto the screen – the most frightening part of your fear or experience – the middle section – the middle point which is the most terrifying aspect of your fear – or traumatic experience --remember – you are perfectly safe – where you are there – in the projection room – as you are watching yourself – watching the screen – just take some time – creating the midpoint of that experience - **(wait).**

**CREATE END POINT**

1. Good – now do the same for the endpoint – watch yourself -- projecting onto the screen – the scene – the image where all is bearable again- sometime after the event – project onto the screen – that image when you knew that you were OK – after the situation calmed down ––when you realized you would be OK again - **(wait)**

**PROGRESS CHECKING**

1. Good – now – Once more –just to see how well you have been doing so far –you should be able to see yourself – seeing an image on the cinema screen that represents the starting point – the time just before the unwanted feelings and thoughts came into play- when all was OK –
2. You should also be able to see yourself – seeing an image on the cinema screen that represents the mid point – the situation that represents the most anxiety provoking part –of your fear-- or traumatic experience -
3. And finally --You should also be able to see yourself – seeing an image on the cinema screen that represents the end point – the time you felt OK again sometime after the event took place.

**FILM CREATION**

1. OK- now – the next step will be for you to see yourself – projecting onto the cinema screen - creating your own black and white movie or film of the whole situation – from start to finish – using the images of starting point--, midpoint and endpoint – filling in all the gaps in between until you have one complete movie or film of the situation you wish to address.– feeling perfectly detached from the situation -

Don’t forget - that any time later – as you are getting more confident- if you want to add more images and scenes to the middle part of your movie - you can do so– as we go along

- I will be silent for a little while now– so you can see yourself – watching yourself on the screen – as you are running through the sequence of the film from beginning to end **(silence for 2 minutes)**  ----

Good – I am sure you are doing very well –

Later on –each time I will ask you to run through the **forward film** that you have just created– I’d like you to let it run at its normal pace –in the same speed as you normally imagine it-- or remember it – from starting point – all the way past midpoint until end point.

So,--once more for the forward film: First -remember where you are sitting and where you are watching the film from.

Then – when I ask you to – run the **forward** movie – from the projection room –and see yourself-- watching yourself on the screen-- as the anxiety provoking event is running forwards from the ‘**starting point’** --all the way –in its normal speed – past the midpoint --forwards in black and white –right to the endpoint where it stops

1. **(Option 1. -and when you have done so — I’d like you to give me a finger signal after which I will ask you to jump into the film and rewind as quickly as possible in colour back to the starting point)**
2. (Option 2. And as soon as you get there – imagine yourself jumping into the film and rewinding it as fast as possible, in color-- all the way backwards to the starting point).

**REWIND EFFECTIVENESS INDICATOR**

On a scale of 0-10 where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine, how disturbing does the incident feel to you now?

|  |
| --- |
| 0 1 2 3 4 5 6 7 8 9 10  Initial: |

**PROCESSING**

1. OK – ready now – you are in the projection room – seeing yourself watching the screen – push the forward button now – and move all the way from starting point – in black and white- to end point --and when you have arrived at the end – I’d like you to give me a finger signal!

**WAIT**

Good now—jump into the film –and REWIND in color! And when you are back at the starting point – I’d like you to give me a finger signal.

**WAIT** - Good

1. **AND AGAIN**

Push the forward button now and watch yourself watching the film – in black and white - running all the way from starting point – to end point and when you have arrived – I’d like you to give me a finger signal.

**WAIT**

Good now—jump into the film—and REWIND – everything in color ! ---And when you are back at the starting point – I’d like you to give me a finger signal.

**WAIT** - Good

1. **AND AGAIN**

Push the forward button now and watch yourself watching the film running all the way from starting point – in black and white- to end point-- and when you have arrived – I’d like you to give me a finger signal.

**WAIT**

Good now- jump into the film- REWIND in color - this time faster ! And when you are back at the starting point – I’d like you to give me a finger signal.

**WAIT** - Good

1. **AND AGAIN**

Push the forward button now and watch yourself watching the film running all the way from starting point – to end point --and when you have arrived – I’d like you to give me a finger signal.

**WAIT**

Good now REWIND this time even faster than before! And when you are back at the starting point – I’d like you to give me a finger signal.

**WAIT** - Good

1. **AND AGAIN**

Push the forward button now --and when you have arrived – I’d like you to give me a finger signal.

**WAIT**

Good now REWIND this time as fast as you can! And when you are back at the starting point – I’d like you to give me a finger signal.

**WAIT** - Good

1. **AND AGAIN**

Forward – and when you have arrived – a finger signal

**WAIT**

And rewind back to starting point!

**WAIT** - Good

**REWIND EFFECTIVENESS INDICATOR**

On a scale of 0-10 where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine, how disturbing does the incident feel to you now?

|  |
| --- |
| 0 1 2 3 4 5 6 7 8 9 10 |

**Start again at No.3 -6 Processing then ask again**

On a scale of 0-10 where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine, how disturbing does the incident feel to you now?

|  |
| --- |
| 0 1 2 3 4 5 6 7 8 9 10 |

**Start again at No.3 -6 Processing then ask again**

On a scale of 0-10 where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine, how disturbing does the incident feel to you now?

|  |
| --- |
| 0 1 2 3 4 5 6 7 8 9 10 |

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|  |
| --- |
| 0 1 2 3 4 5 6 7 8 9 10 |

**Session finish**