



# Hypnotherapy with Experiential Memory Reconsolidation



# Hypnotherapy with Experiential Memory Reconsolidation

Christopher Pearson



# Hypnotherapy with Experiential Memory Reconsolidation

## Workshop Plan

What is memory reconsolidation (MR)?

A brief history of therapeutic reconsolidation process (TRP)

Achieving MR in hypnotherapy

Brief review of the condition misophonia

An introduction to Rob

Therapy with Rob

Outcomes, conclusions and discussion



# Memory reconsolidation

# Memory reconsolidation



Joseph LeDoux

Image from [google.com](https://www.google.com)

# Memory reconsolidation

## Laboratory research



Joseph LeDoux

Image from [google.com](https://www.google.com)

# Memory reconsolidation



**Bruce  
Ecker**



**Laurel  
Hulley**



**Robin  
Ticic**

## Clinical application

Images from [www.coherencetherapy.org](http://www.coherencetherapy.org)

# Memory reconsolidation



**Bruce  
Ecker**



**Laurel  
Hulley**



**Robin  
Ticic**

- ## Clinical application
- DOBT
  - Coherence Therapy
  - TRP

Images from [www.coherencetherapy.org](http://www.coherencetherapy.org)

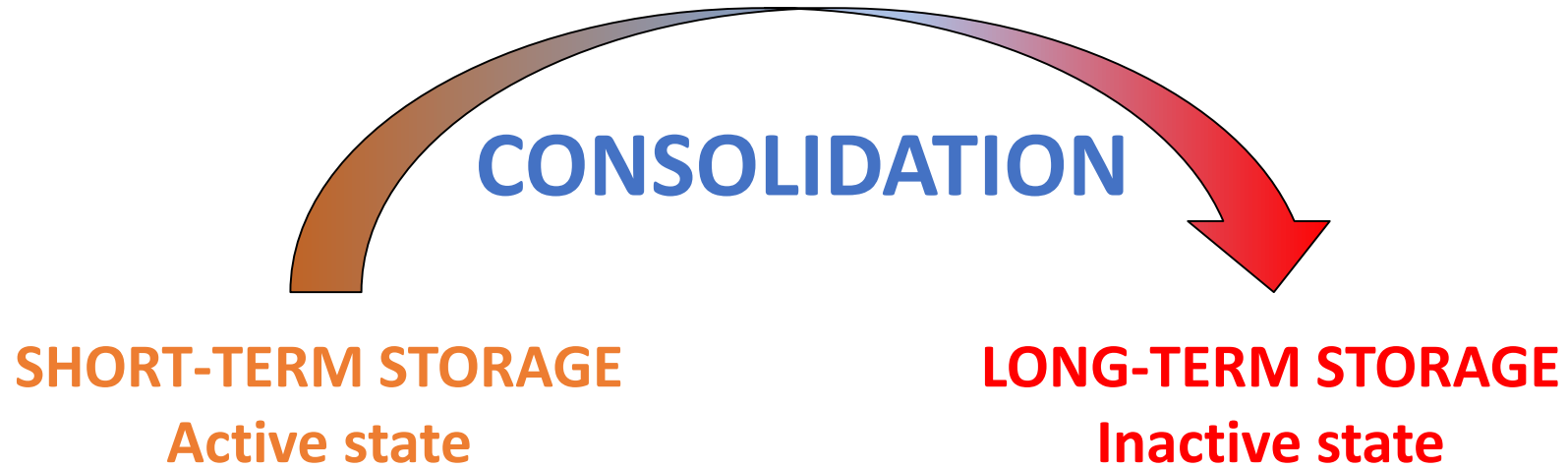




# Memory consolidation

The process of  
establishing a long-term, enduring memory

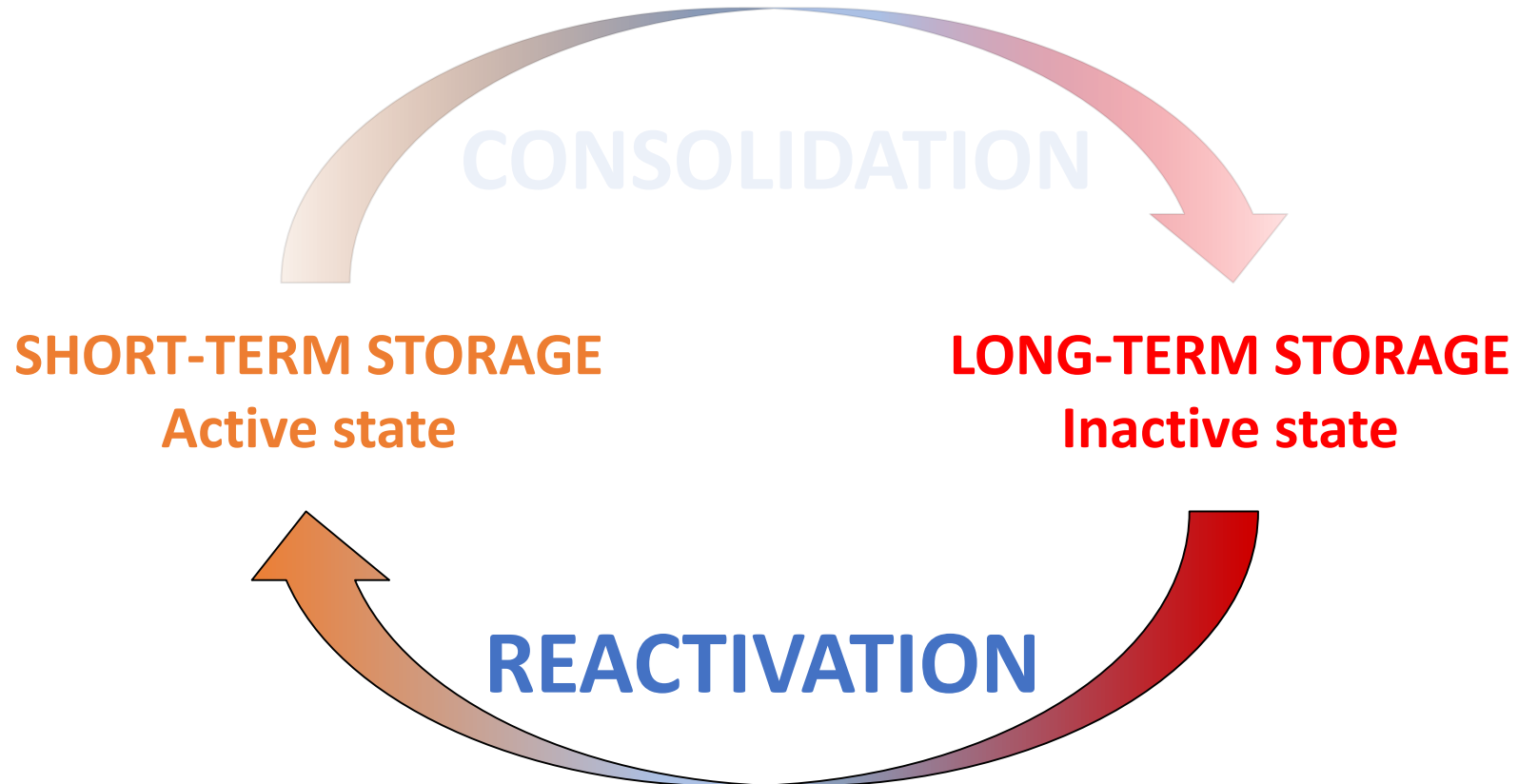
# Memory consolidation



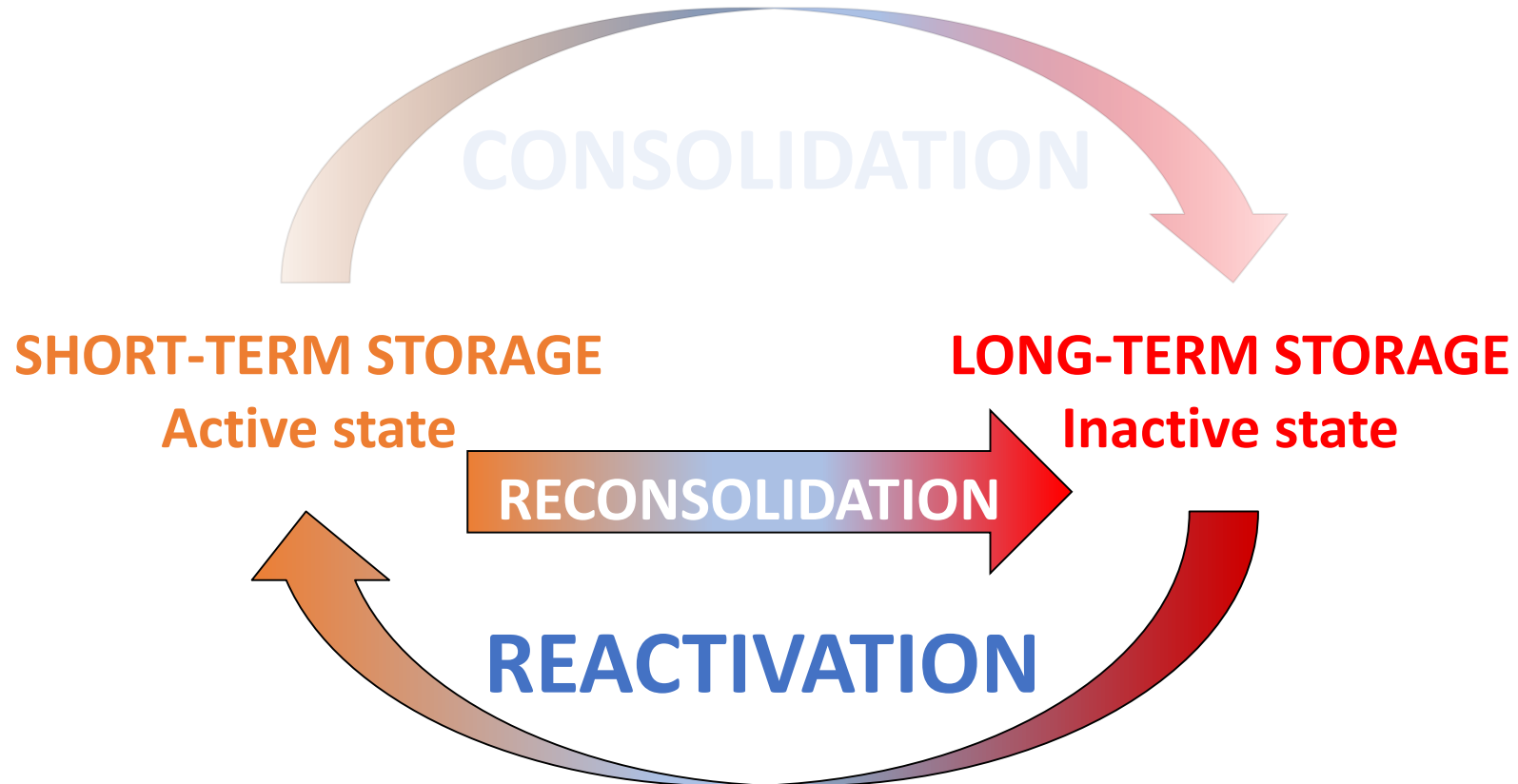
# Memory reconsolidation

Reconsolidation is  
the process of previously consolidated memories  
being recalled and actively consolidated

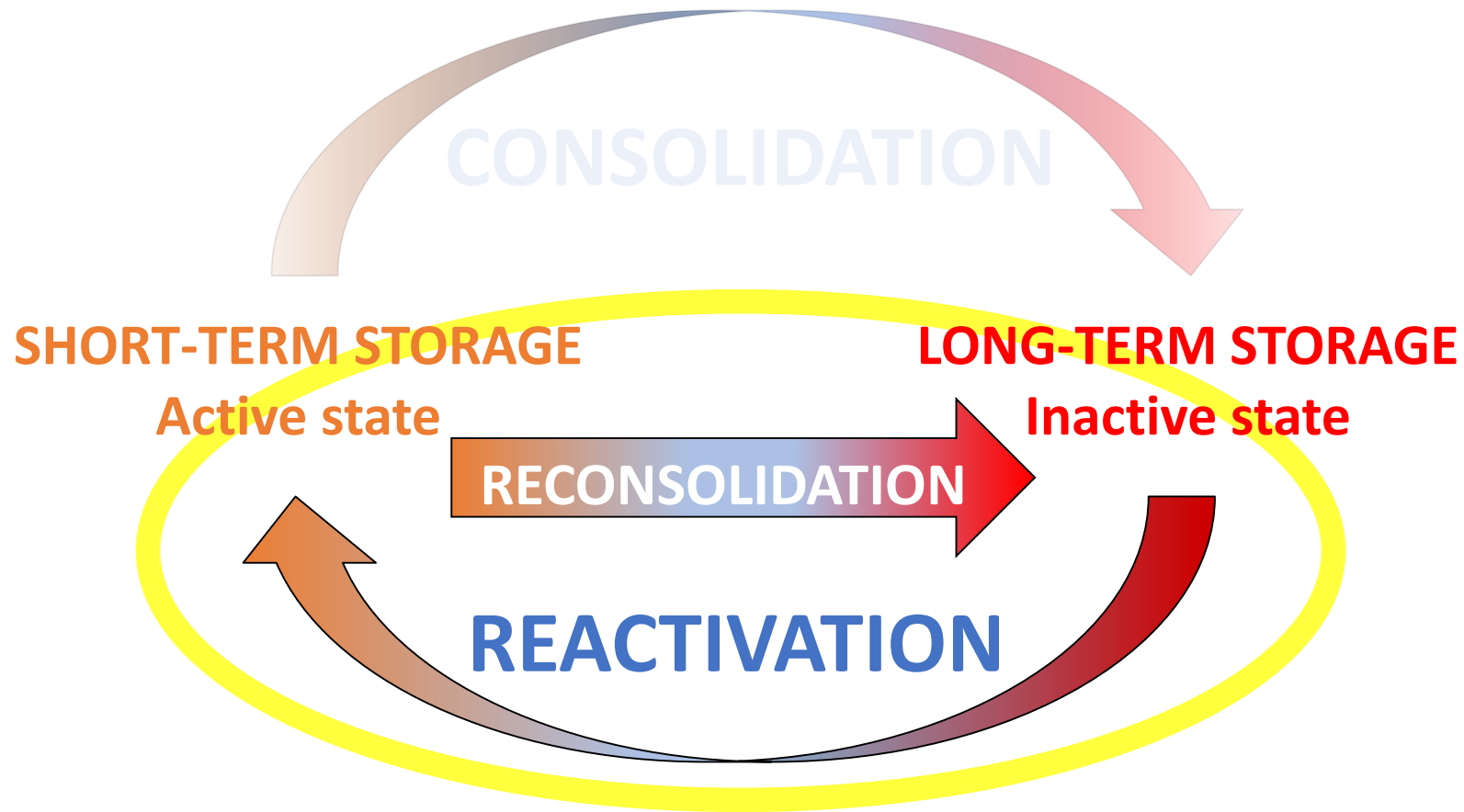
# Memory reconsolidation



# Memory reconsolidation



# Therapeutic memory reconsolidation



# Therapeutic memory reconsolidation

## The process

- Discovery
- Symptom activation
- Symptom deprivation
- Rewire
- Integrate



# Hypnotic memory reconsolidation





# Hypnotic memory reconsolidation

The part is there to make me confident with others (when I am bullied) although the way it does it means I need to run away and hide

If I don't assert myself then I will not be worthwhile  
so I become aggressive to have control and power  
even though being aggressive takes control of me and robs me of power

My father doesn't even notice me unless there's something wrong  
so I have to respond by letting him know I'm distressed  
even though he'll have nothing to do with me when I do



# Hypnotic memory reconsolidation

## The process



# Hypnotic memory reconsolidation

## The process

- Safe environment
- Therapeutic alliance
- Experiential trancework
- Juxtaposition
- Integration



# Hypnotic memory reconsolidation

The process

Sequent Repatterning

# Hypnotic memory reconsolidation

## The process: sequent repatterning

PRE-THERAPY PHASE

FOUNDATION PHASE

ACTIVE THERAPY PHASE

# Hypnotic memory reconsolidation

## The process: sequent repatterning

### PRE-THERAPY PHASE

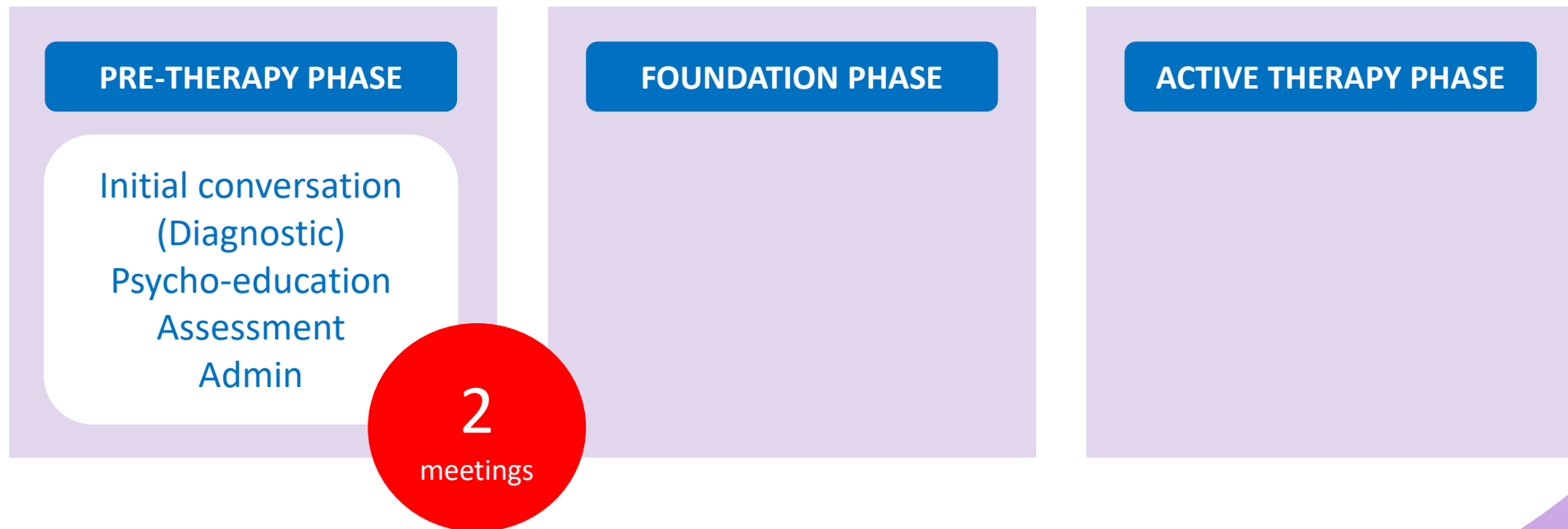
Initial conversation  
(Diagnostic)  
Psycho-education  
Assessment  
Admin

### FOUNDATION PHASE

### ACTIVE THERAPY PHASE

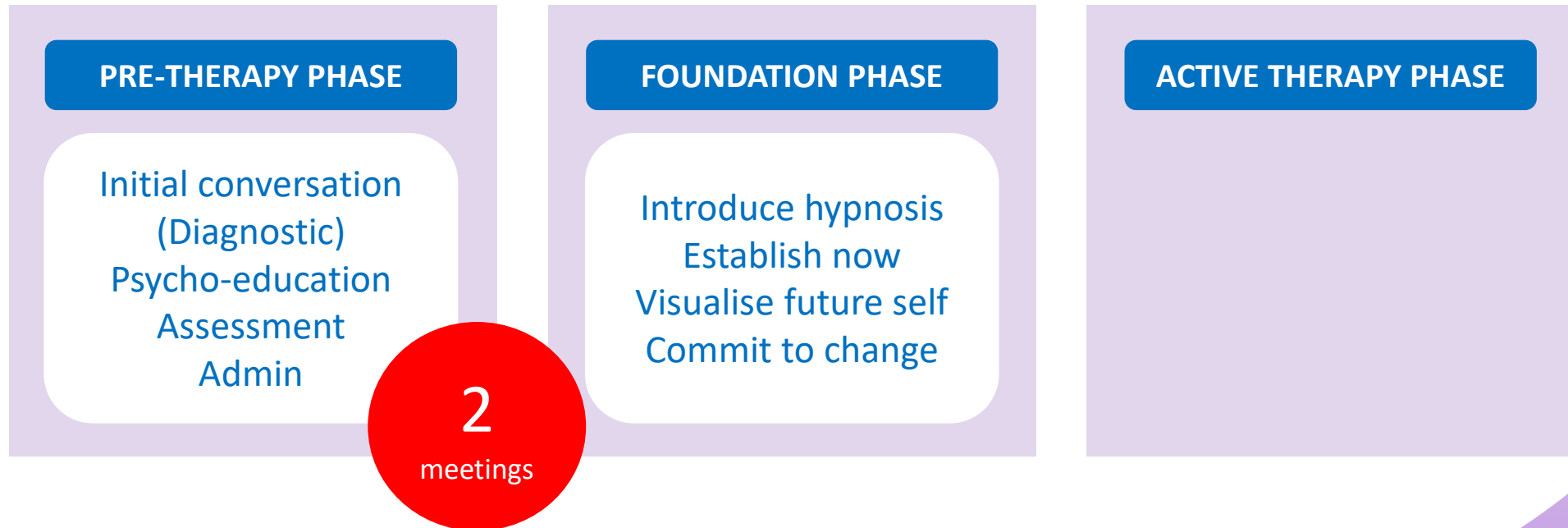
# Hypnotic memory reconsolidation

## The process: sequent repatterning



# Hypnotic memory reconsolidation

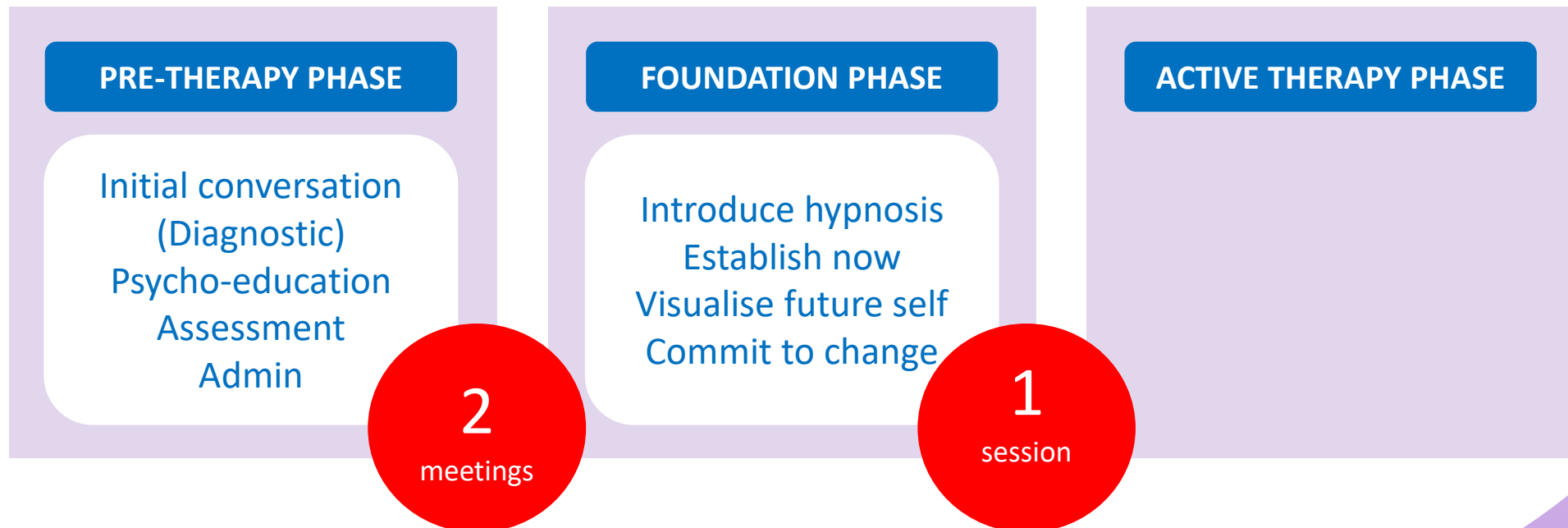
## The process: sequent repatterning





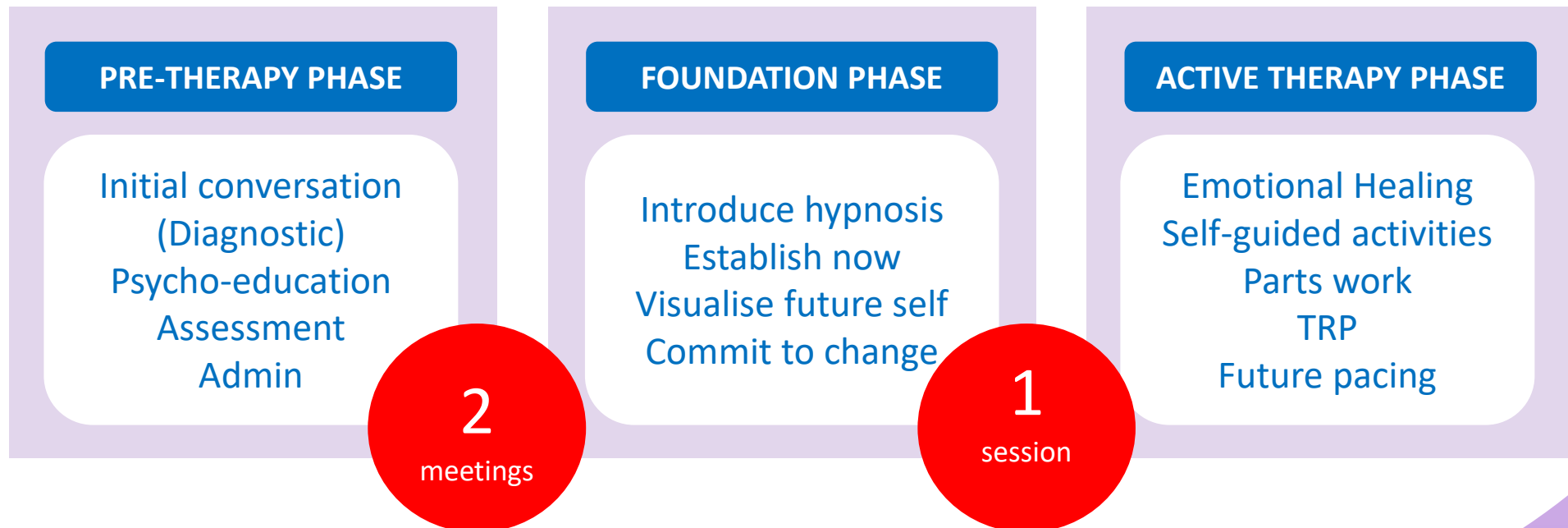
# Hypnotic memory reconsolidation

## The process: sequent repatterning



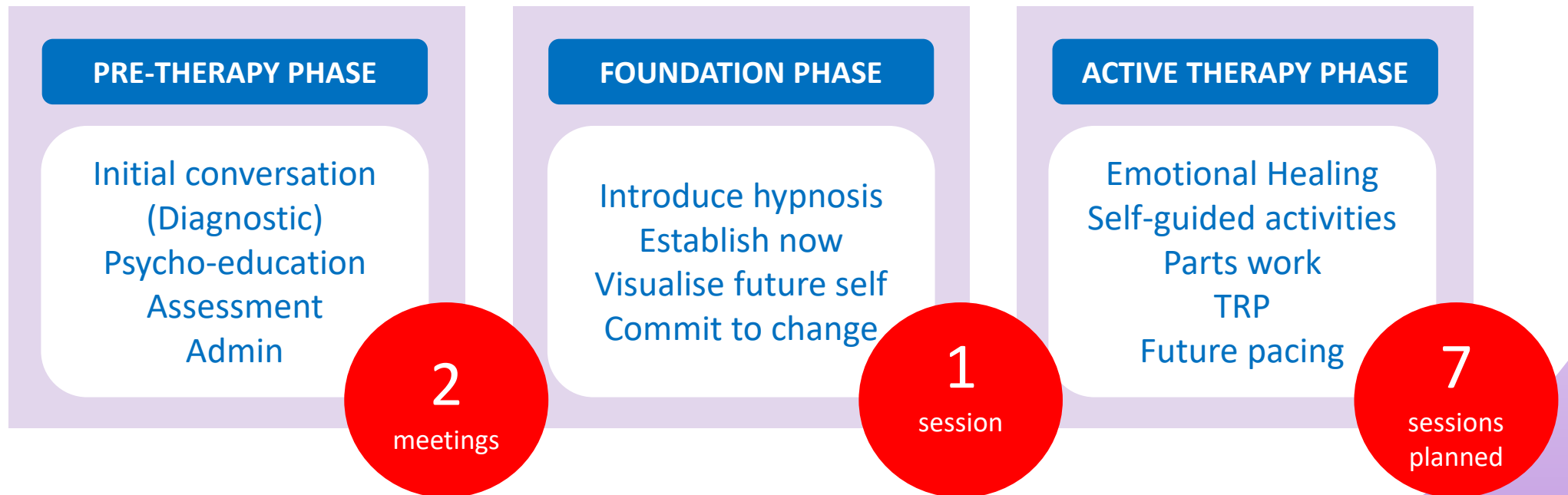
# Hypnotic memory reconsolidation

## The process: sequent repatterning



# Hypnotic memory reconsolidation

## The process: sequent repatterning





# Hypnotic memory reconsolidation

## Therapeutic Reconsolidation Process

### TRP



# Hypnotic memory reconsolidation

## Therapeutic Reconsolidation Process

TRP

Reactivate



# Hypnotic memory reconsolidation

## Therapeutic Reconsolidation Process

TRP

Reactivate

Mismatch



# Hypnotic memory reconsolidation

## Therapeutic Reconsolidation Process

TRP

Reactivate

Mismatch

Revise through new learning



# Hypnotic memory reconsolidation

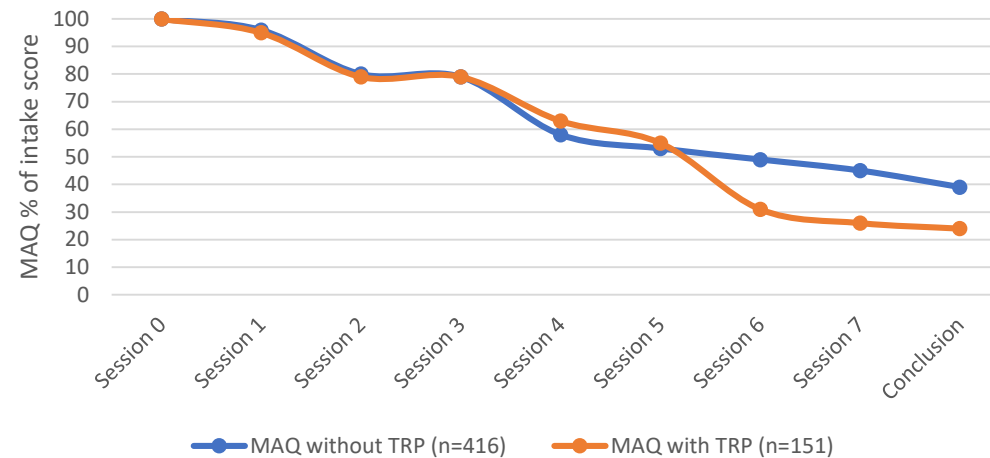
## Outcomes



# Hypnotic memory reconsolidation

## Outcomes

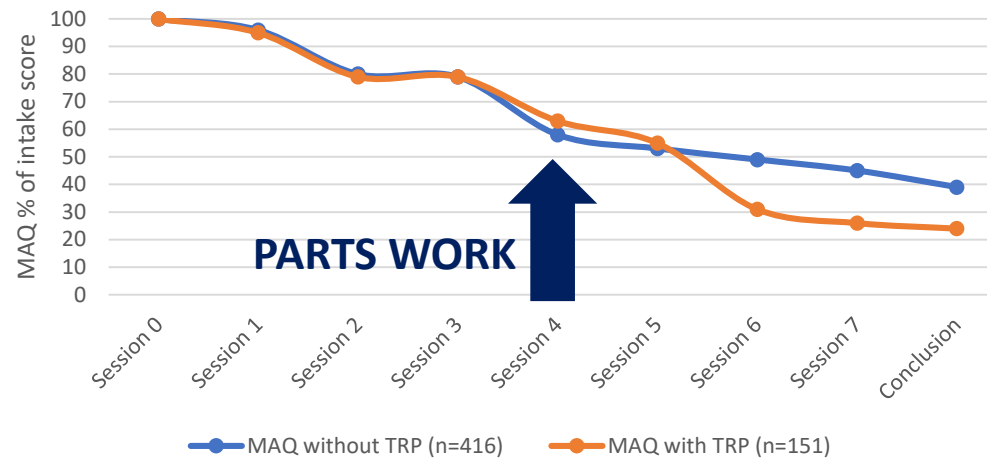
Response to  
Sequent Repatterning Therapy: Arithmetic Average  
MAQ Scores  
Before and Following Focused Memory  
Reconsolidation



# Hypnotic memory reconsolidation

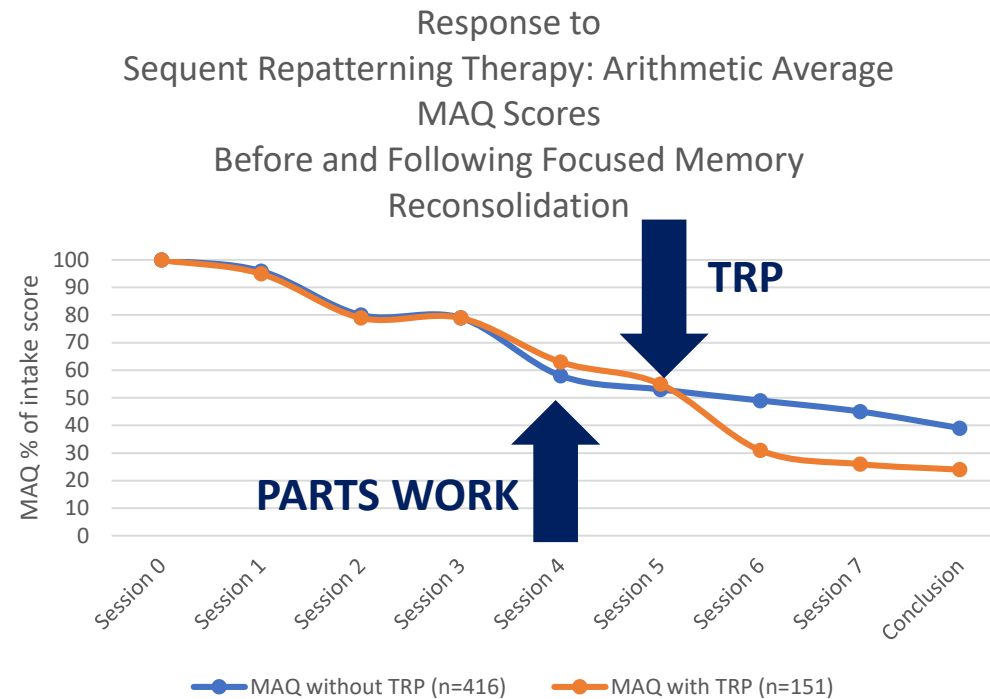
## Outcomes

Response to  
Sequent Repatterning Therapy: Arithmetic Average  
MAQ Scores  
Before and Following Focused Memory  
Reconsolidation



# Hypnotic memory reconsolidation

## Outcomes





# Misophonia

## What is it?



## Misophonia

**An error of neuroception**



# Misophonia

**neuroception**

noun

The unconscious detection of threat or safety

# Misophonia

## neuroception

noun

The unconscious detection of threat or safety

How human neural circuits distinguish whether situations are

- safe
- dangerous
- life-threatening



# Misophonia

# neuroception

A condition of five components



# Misophonia

## neuroception

A condition of five components

Sensory  
event

Emotion

# Misophonia

## neuroception

A condition of five components

Sensory  
event

Physical  
reflex

Emotion

# Misophonia

## neuroception

A condition of five components

Sensory  
event

Neural  
propagation

Physical  
reflex

Neural  
propagation

Emotion



# Treating Misophonia: Case Study



# Treating Misophonia: Case Study

## The case

# Treating Misophonia: Case Study

## The case

- Client Rob



# Treating Misophonia: Case Study

## The case

- Client Rob
- Age



# Treating Misophonia: Case Study

## The case

- Client Rob
- Age
- History





# Treating Misophonia: Case Study

## The case

- Client Rob
- Age
- History
- Process



# Treating Misophonia: Case Study

## The case

- Client Rob
- Age
- History
- Process
- Outcome





# Treating Misophonia: Case Study

## The case



# Treating Misophonia: Case Study

Process

Pre-therapy



# Treating Misophonia: Case Study

Process

Foundation

video 001



# Treating Misophonia: Case Study

Process

Active therapy phase



# Treating Misophonia: Case Study

## Process

- Active therapy phase
- Emotional healing
- Parts work video 002
- Reconsolidation process



# Treating Misophonia: Case Study

## Process

- Active therapy phase
  - Emotional healing
  - Parts work
  - Reconsolidation process video 003





# Treating Misophonia: Case Study

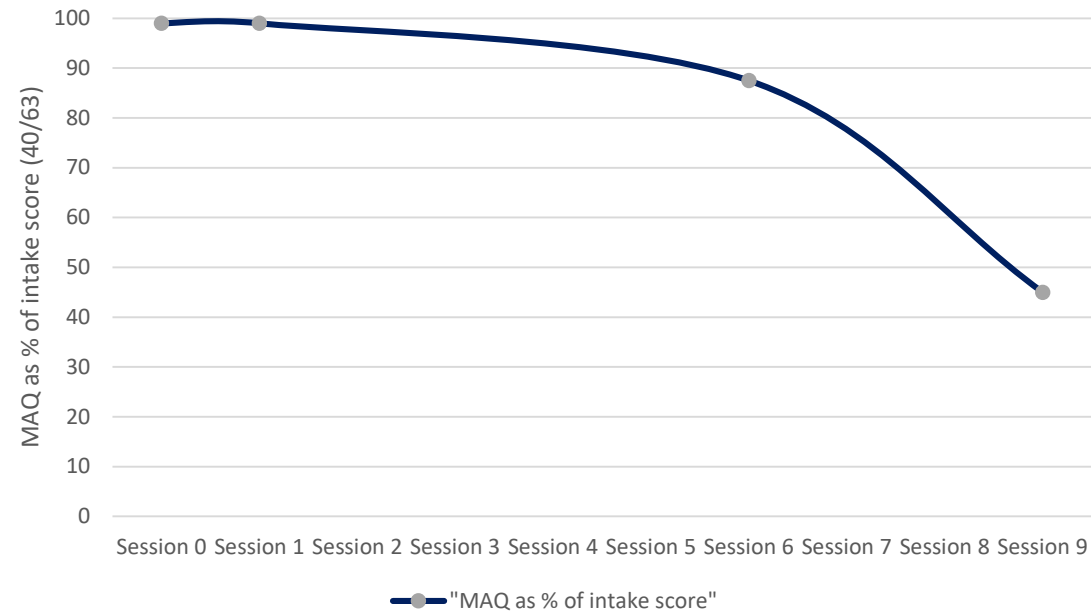
## Process

- Active therapy phase
- Emotional healing
- Parts work
- Reconsolidation process video 004

# Treating Misophonia: Case Study

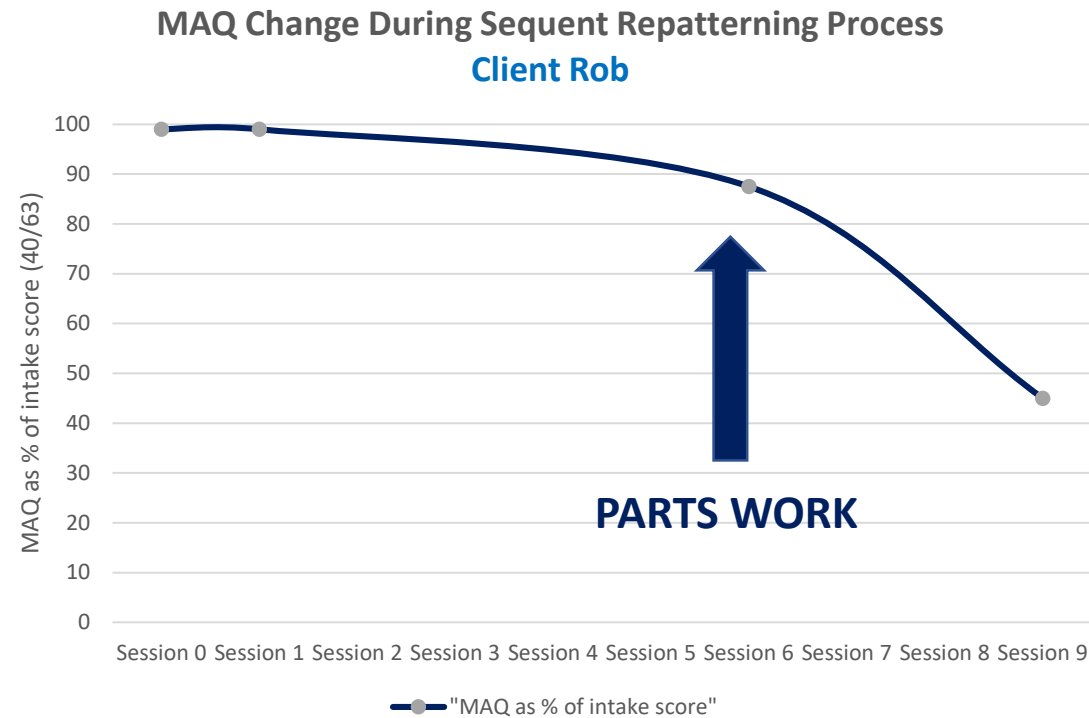
## Outcome

MAQ Change During Sequent Repatterning Process  
Client Rob



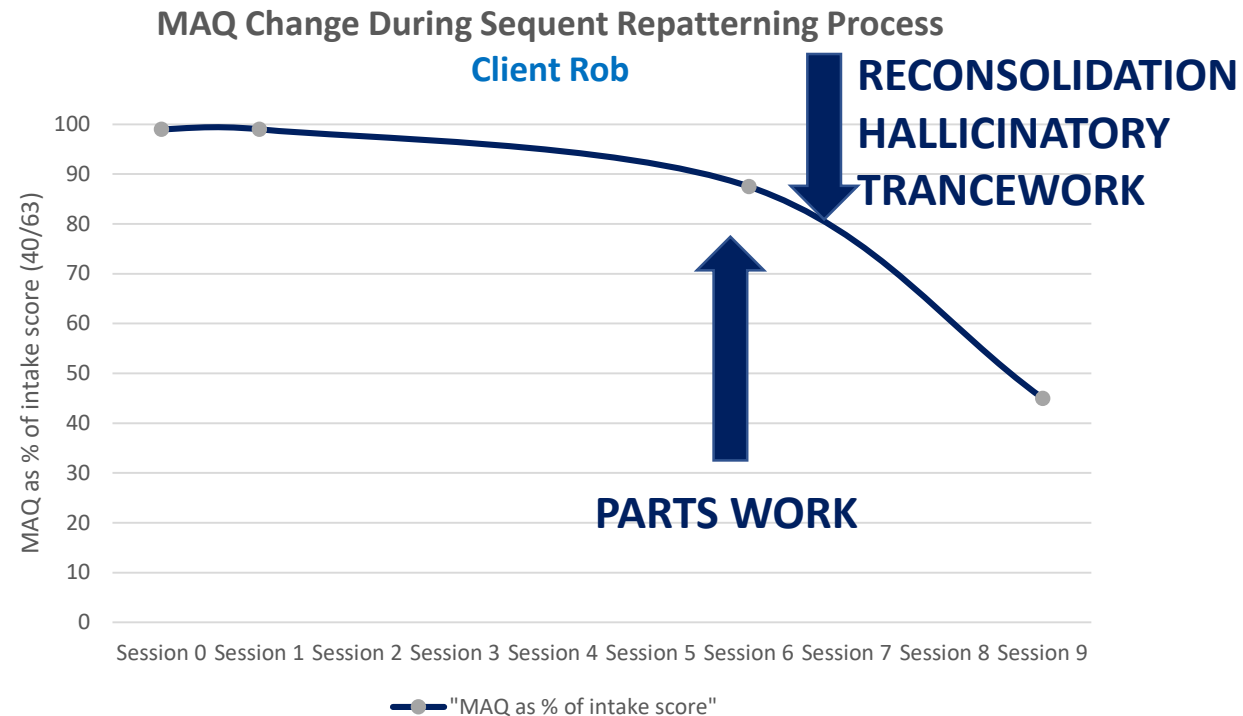
# Treating Misophonia: Case Study

## Outcome



# Treating Misophonia: Case Study

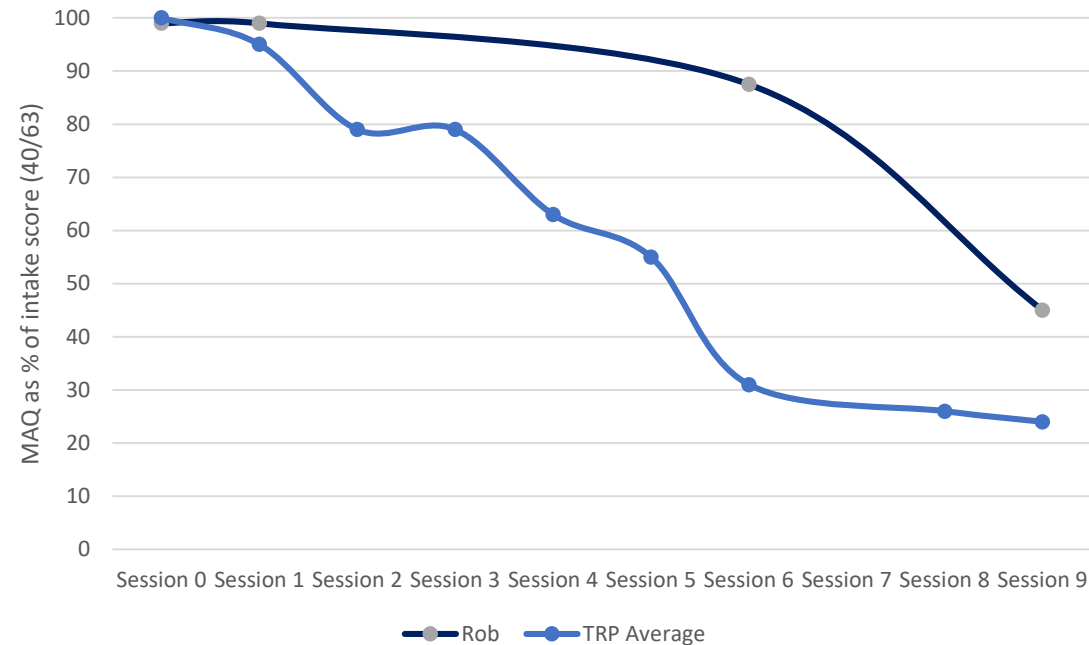
## Outcome



# Treating Misophonia: Case Study

## Outcome

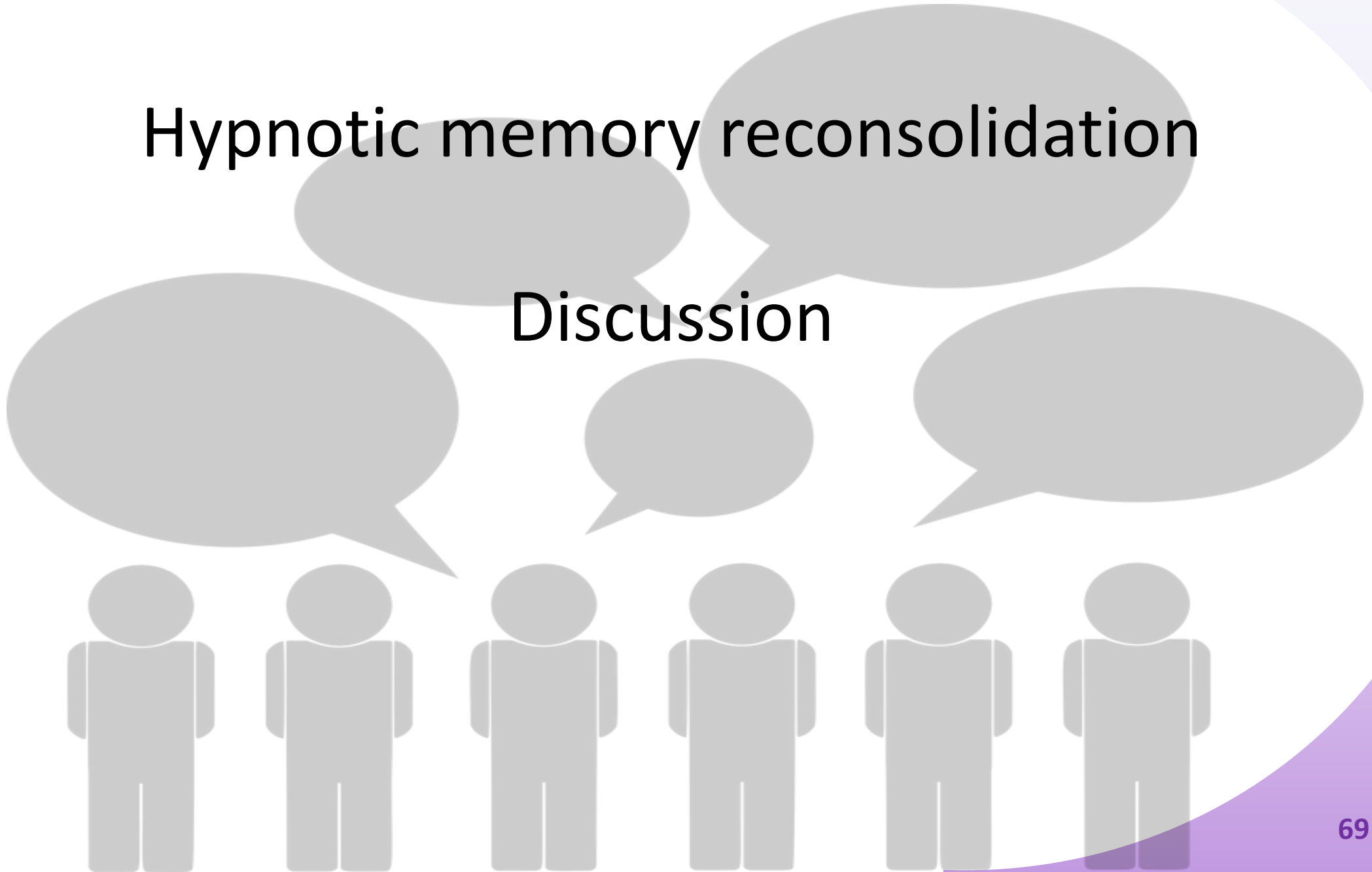
MAQ Change During Sequent Repatterning Process  
Client Rob and TRP Average





# Hypnotic memory reconsolidation

Discussion





# Hypnotic memory reconsolidation

Thank you

[www.chrispearson.co.uk](http://www.chrispearson.co.uk)  
[chris@chrispearson.co.uk](mailto:chris@chrispearson.co.uk)