



Hypnotherapy with Experiential Memory Reconsolidation



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Session Plan

What is misophonia?
Sequent repatterning
Outcomes and statistics
Conclusions and discussion



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Misophonia is a conditioned aversive reflex disorder



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Misophonia is a conditioned aversive reflex disorder: an individual reacts in an inappropriate emotional manner following exposure to an otherwise innocuous sensory stimulus

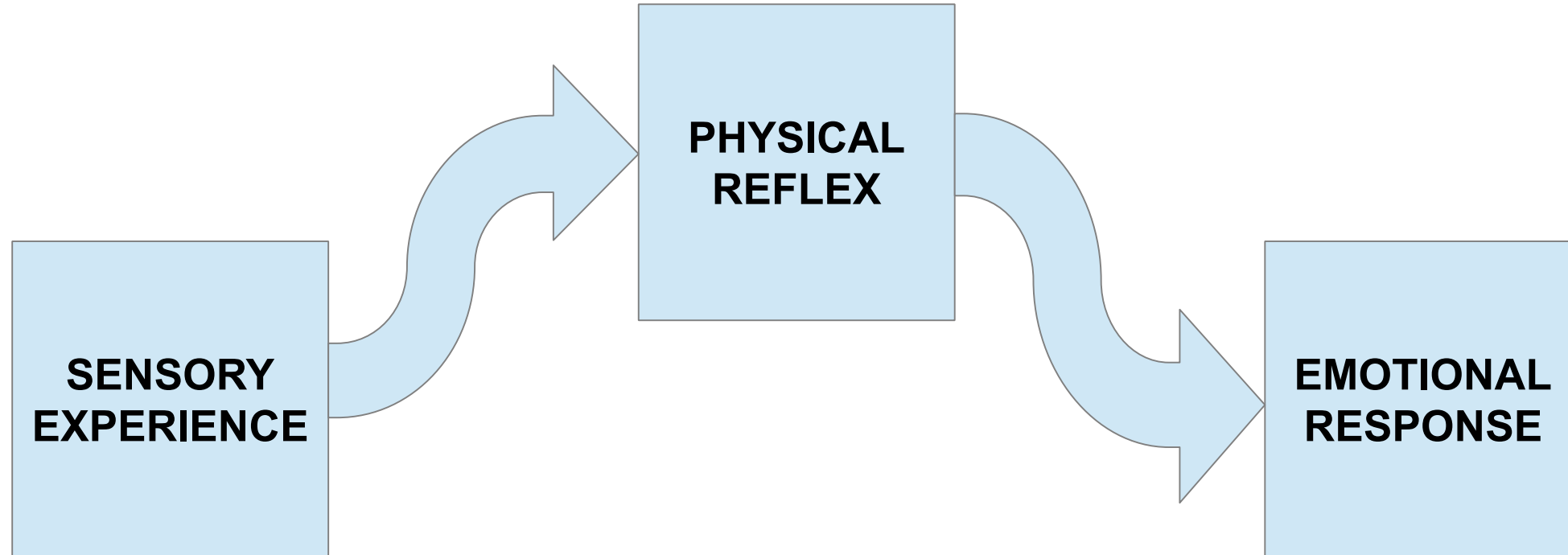


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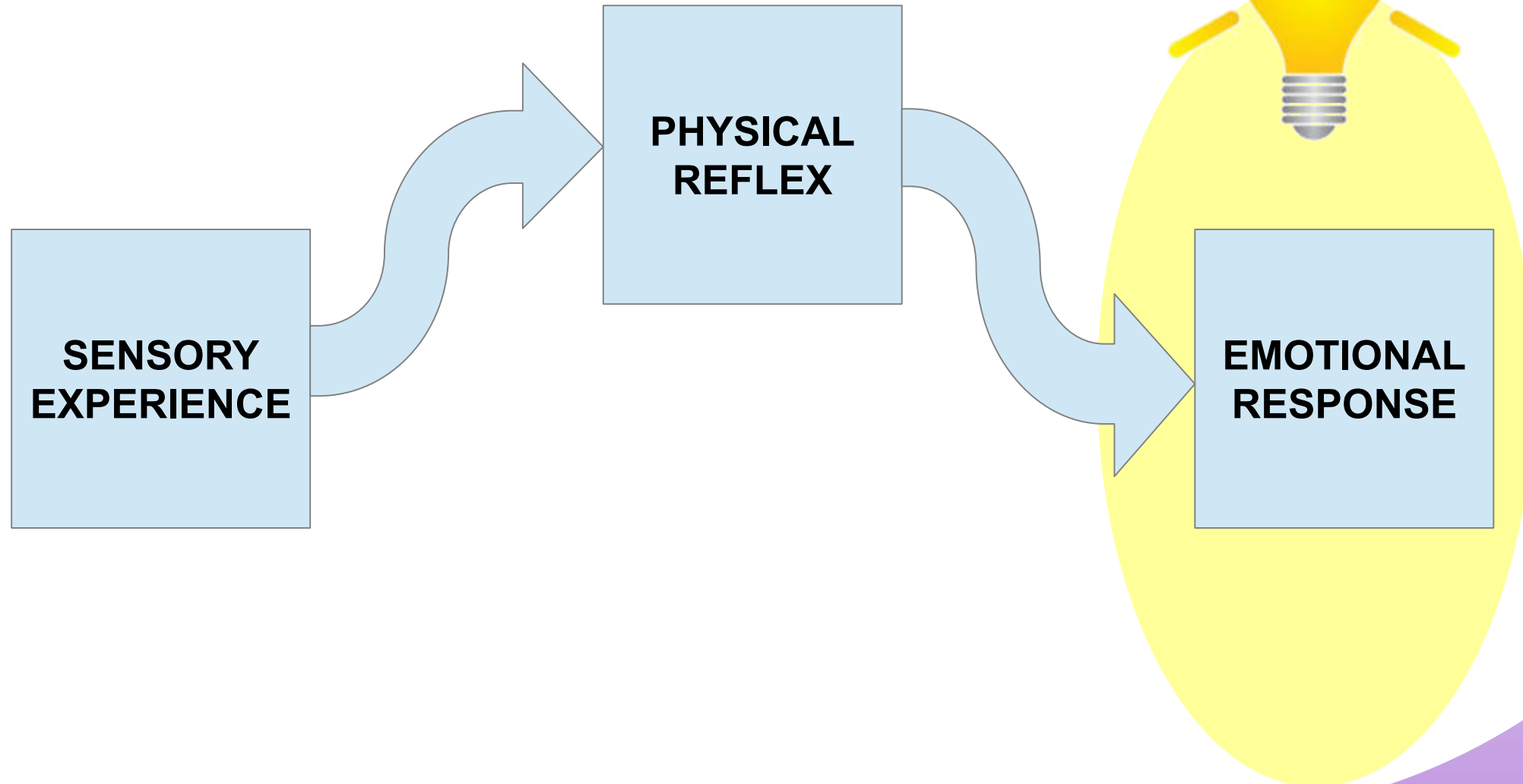
Misophonia is a conditioned aversive reflex disorder: an individual reacts in an inappropriate emotional manner following exposure to an otherwise innocuous sensory stimulus.

It was widely held to be a condition existing in the auditory domain but is now clearly recognised as a disorder activated by any of the physical senses

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SEQUENT REPATTERNING

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SEQUENT REPATTERNING

PRE-THERAPY PHASE

Initial conversation
(Diagnostic)
Psycho-education
Assessment
Admin

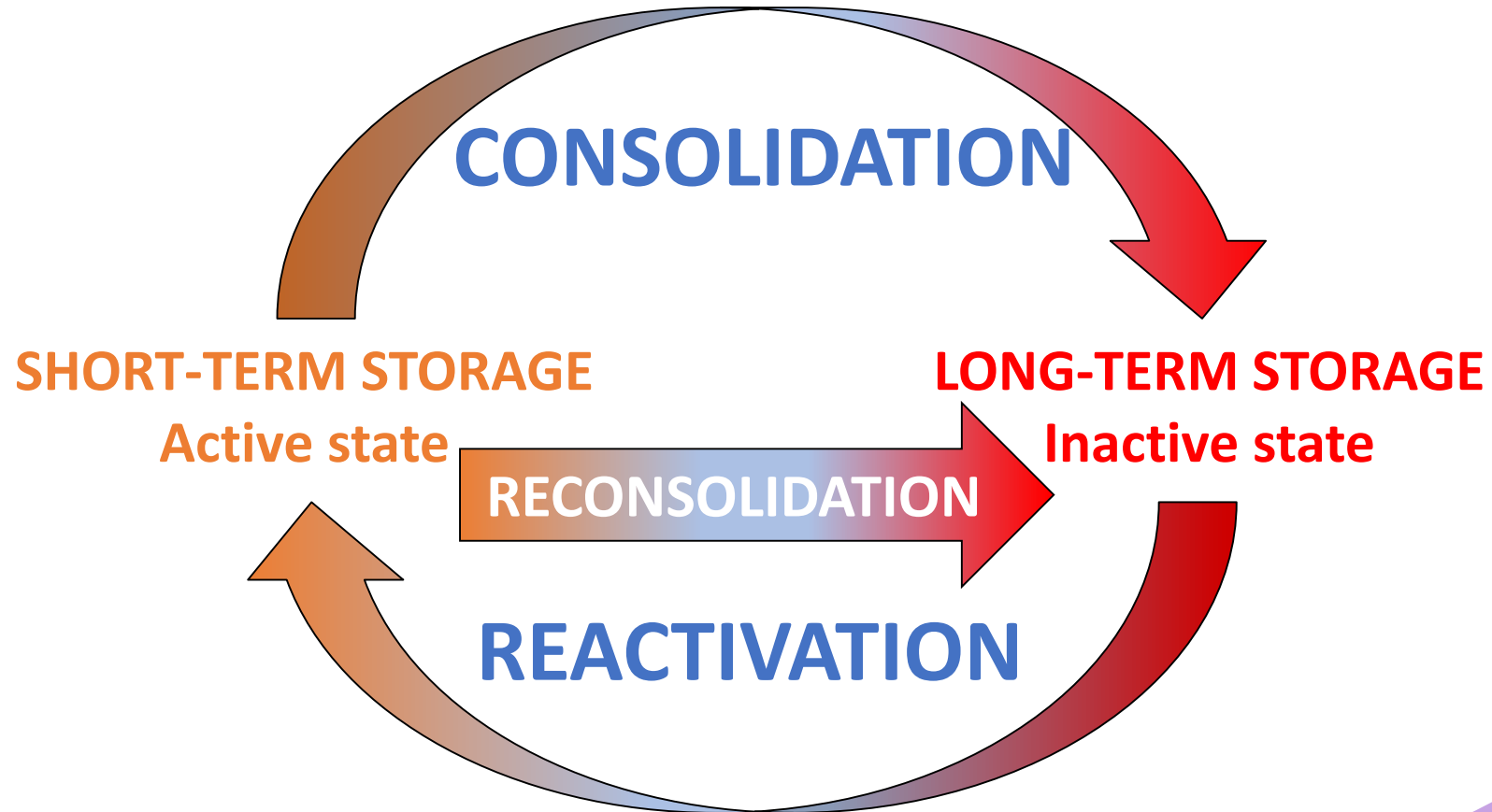
FOUNDATION PHASE

Introduce hypnosis
Establish now
Visualise future self
Commit to change

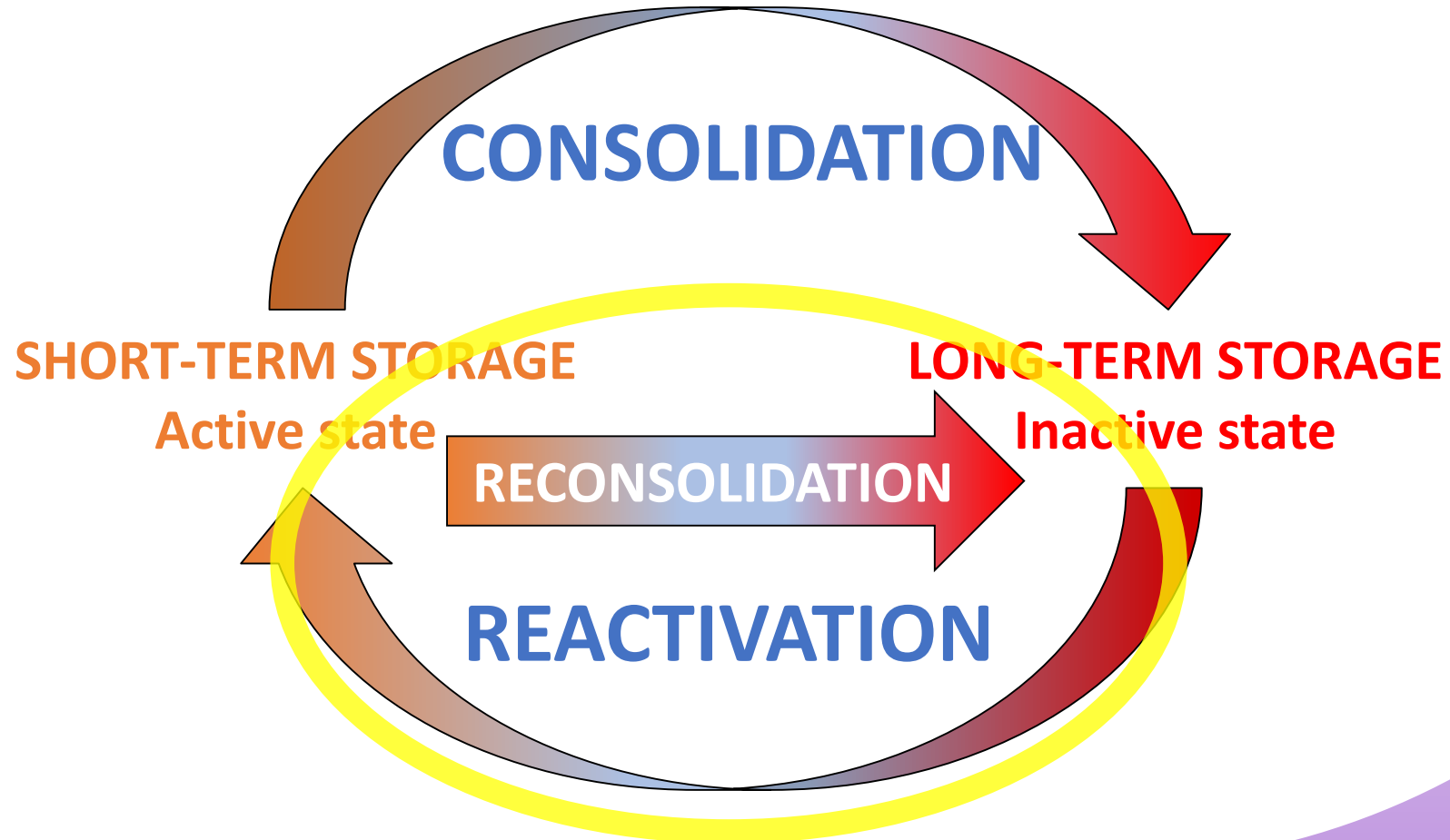
ACTIVE THERAPY PHASE

Emotional Healing
Self-guided activities
Parts work
TRP
Future pacing

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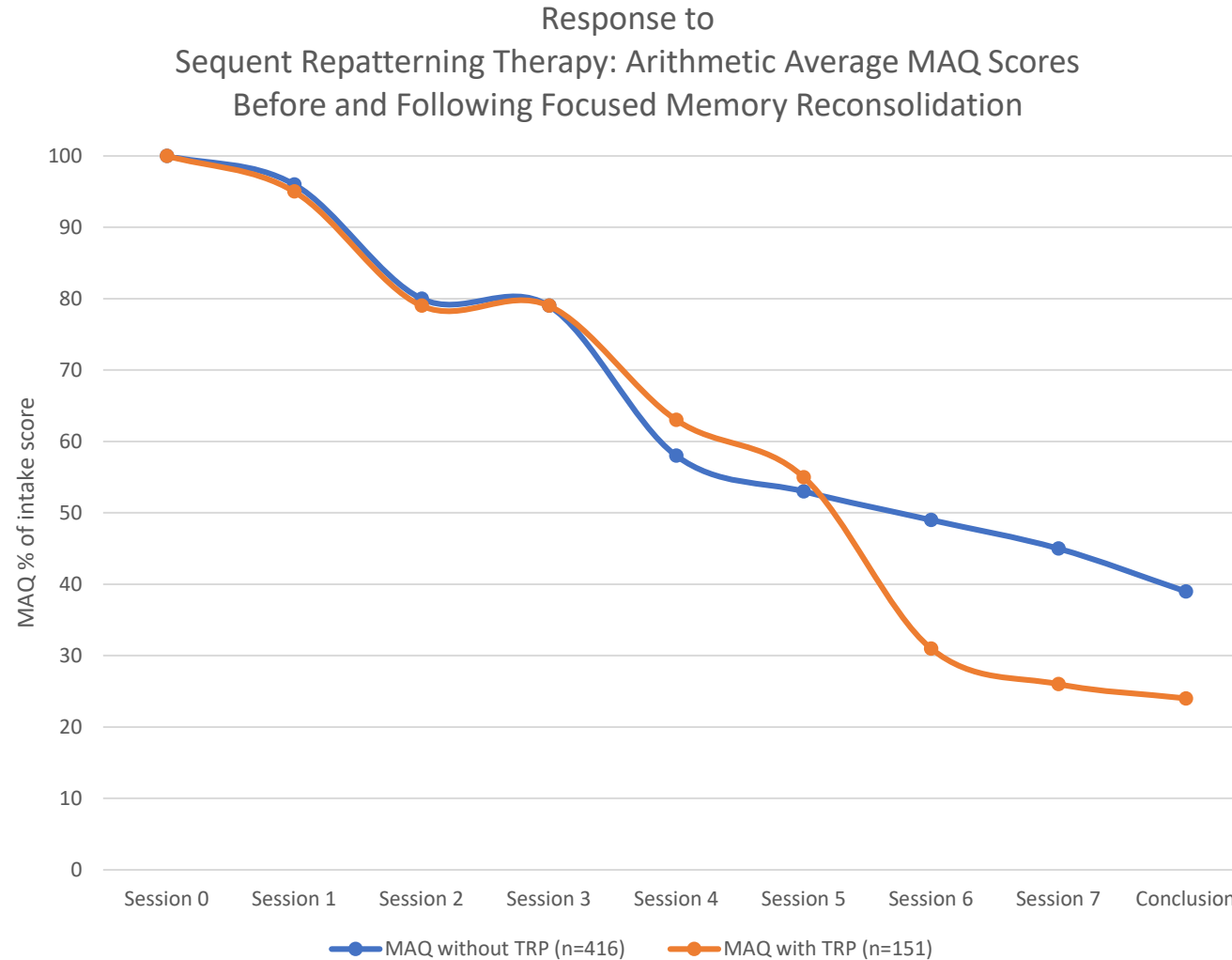




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SEQUENT REPATTERNING: CLIENT OUTCOMES

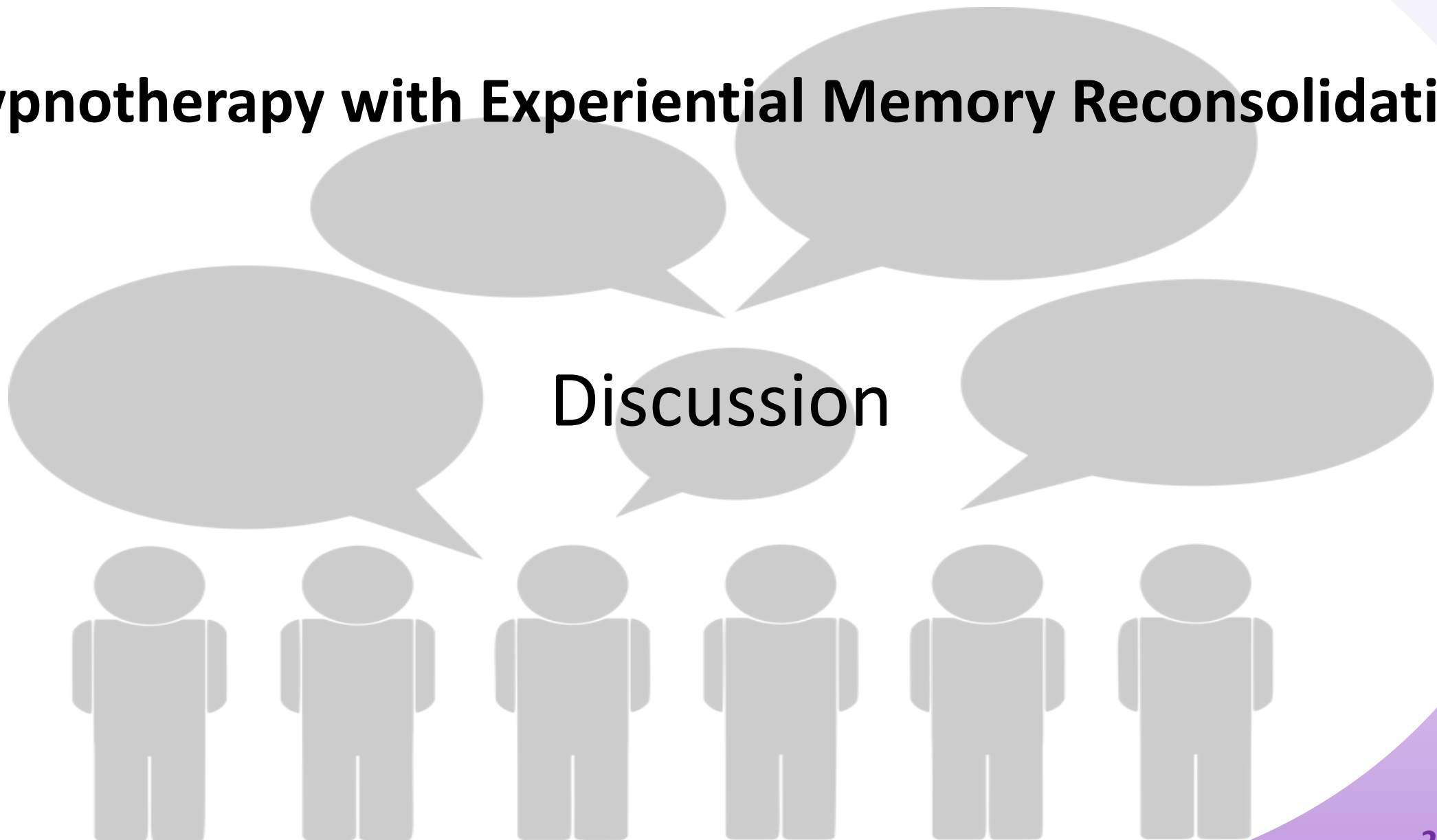
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Thank you

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