

AN ENHANCED EBOOK

Clinical applications of Ericksonian hypnosis #2

after a flying phobia

by Rob McNeilly



dedication

*This book is offered as a humble gesture of appreciation of the continuation of
Milton Erickson's heritage into the future.*

RM



after a flying phobia

This woman came with “A deep fear of flying”, and spoke about a previous car accident as a possible cause.

She wanted to feel safe, to feel OK.

She had previously enjoyed running. Her running experience provided a richly textured opportunity for her to reconnect with the missing experience of feeling safe.

In hypnosis, she readily connected with this, and early learning stories, client stories, and life stories were offered, using her language and experiences, and were easily accepted since they were hers.

Years later, she was still enjoying flying and routinely went to sleep as soon as she was on the plane.

You are invited to view this session, with or without the transcript, and explore your experience.

There may be some aspects that appeal and that you can readily include in your own work.

There may be others that don't appeal that can clarify what different approach you may prefer.

The session is offered as an experience, not in any way as a claim for how a session should be.

after a flying phobia - a session



To watch this demonstration

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Transcript:

Rob: So thanks for being willing to be part of this and, for the record, is it okay if we make a video of this for teaching purposes?

Client: Yes.

Rob: Appreciate that, Jenny, thank you. And Gabrielle hasn't told me much about what's going on here so maybe can we start -- could you just tell us a little bit about you, like what sorts of things you like to do, what sorts of things are comfortable and where you feel good and safe and secure?

Client: It's probably a bit hard at the moment for me to say the good things that I like to do because the last seven years, or a bit longer, I've been suffering from posttraumatic stress.

Rob: Oh, yeah.

Client: Therapy the whole time and with a legal case with it, so and [we just], William and Jack, the two little boys. My...

Rob: So that hasn't been fun?

Client: No, no.

Rob: Not like light entertainment?

Client: No, no, I...

Rob: Before that, what sorts of things did you like to do before then, that were...?

Client: Oh, gee.

Rob: Can you remember back that far?

Client: Yes. I was about 35 kilos less.

Rob: Okay.

Client: Mm.

Rob: Want a tissue?

Client: Eh? Yeah, I better.

Rob: Okay. So you were 35 kilos less.

Client: Thanks.

Rob: What sort of things were you up to then, and what...

Client: No, I used to be a long-distance runner.

Rob: Oh, really?

Client: Yes.

Rob: What's, what's long distance? What's long?

Client: I could run anything up -- I mean, I don't know what it's like to anyone else, but I could run anything up to 15 kilometres at a time, which mentally was good for me. But I always loved my running.

Rob: Okay. What is it about that?

Client: Ask anybody that can run, it's a -- you get the breathing.

Rob: Oh, yeah.

Client: You get your, you get your breathing, your steps and with your mind, everything, it comes into and it's incredible, the -- yes, so I -- it was wonderful for me. I mean this -- I'm in my second marriage so that actually helped me come out of my first marriage. But I'm saying that it was in -- it was -- yes, it's fantastic therapy.

Rob: Could you -- have you seen Forest Gump, the movie?

Client: Yes, yes.

Rob: Where he goes running and he says, you know, my mom says, you got to deal with your past and put it behind you.

Client: Yes, yes. Like I...

Rob: I can't remember the exact words, but, yeah.

Client: Yes, but now I can relate to anybody if they're running and you see people and they think, how can you keep running so long. I can see how you can. I know because it's just -- it just becomes a part of you and your breathing. It's just, you can run, just keep running.

Rob: Yeah, people talk about getting into, like into a zone or into something like that. You kind of get into the rhythm of it.

Client: I'll have to run about 100 metres and I -- from my home, a 100 metres and I'd be buggered, absolutely buggered. Believe it or not. I'd stop. I'd sort of sit for, stand for about three minutes or four minutes and then I would jog my 15 kilometres and I would not stop. No, that's true. It's true. I could never get past -- I was about 100, you know, that sort of get whatever it is you [inaudible 03:40].

Rob: Like some sort of barrier that you had to get through.

Client: It's something that always happened. I was buggered. I would come out the door, I would do these warm-ups and whatever, just a couple of stretches and I just get up so far. I'd even try and go a little bit further.

Rob: Yeah.

Client: And I would always start off good from the home. I always had a big hill, but I'd only get up to so far and I was absolutely buggered, but then I just, just never stopped. It was not buggered after that. It was incredible.

Rob: So, you did the 100 metres, you were buggered, you had to stop and...

Client: Just stop for -- and I'd just stand there and I'd just sort of like do deep breathing and so...

Rob: How long did that take to get past?

Client: Always, every day, every time.

Rob: But how long did it take, you know, like when you -- how long did you have to stand there and breathe? Was it like a...?

Client: Oh, probably about three, four minutes, that's all.

Rob: Oh, really?

Client: It was no more. It was just a matter of -- I think it was in the, in my mind, you know, and I was deep breathing. It was just, I don't know. I didn't have any therapy for it.

Rob: No, no.

Client: And I was just...

Rob: You didn't need any therapy.

Client: I think it was maybe because I knew I was going quite a fair way.

Rob: Oh, yeah.

Client: It's not that I had to; I knew I was doing out.

Rob: Okay.

Client: I don't know. I don't know, but it was -- I could never get over that. I could never get past it.

Rob: That's extraordinary isn't it?

Client: Yeah, I tried, but I couldn't.

Rob: You couldn't run 110 yards, but you could run 15k.

Client: Not straight out. I had to...

Rob: Yeah, yeah.

Client: Stopped.

Rob: Yeah.

Client: Just for that.

Rob: Yeah, but once you got past that, you kind of...

Client: It never stopped.

Rob: But once you took off, you were already to...

Client: Yeah, used to it. You know, if I had to stop for a car that was like, oh bugger it, you know, because it was like I sort of had myself going at a breathing [inaudible 05:18].

Rob: And I'm feeling buggered just listening to the thought of having to run 15 kilometres.

Client: No, I was never buttered. It was just -- oh, yes, yes when you got home and because I wasn't eating. I didn't realise I wasn't eating enough food to cover my running so, so, well, I mean, I didn't sort of realise, but then [inaudible 05:41] and everything and the doctor and I used to go on to Sustagen, is it?

Rob: Oh, yeah.

Client: And I actually ended up enjoying it. If my 15ks was coming up, I'd think, I can go home and have a healthy milkshake. And I was, yeah.

Rob: Like you earned it.

Client: I wish I could still remember shaking because -- all the, just the -- because I'd stopped, you know, and then in the time to do this milkshake, I was looking forward to it. And then you go and have a shower and then I was off for the day.

Rob: You, what, you didn't have to rest or something? That kind of got you going after that [inaudible 06:15]?

Client: No, I'd still have had the shake and then I'd, sort of, go and have my shower and then...

Rob: Have the shakes, then you'd have the shake, then you'd go...

Client: Well, I was, you know, you would, anyway because it's coming back from that. It's sort of, you don't realise and then your body just sort of, you know, you're meant to [eat] the whole time. It's a lot of strength, but in the mental mind. But it's good because I said anyone that can do it, oh, it would be fantastic.

I've had three children and I know. I need to get the weight off, but also I need to go and have an operation well, like, you know, the old body won't let me run at the moment. I'll sort of have to kick you out of the toilet.

Rob: Okay.

Client: But, yeah, it would be nice to, if I was doing that again. It would be great right now, but, but still this is good. This is good. I've been doing with Gabrielle, it's...

Rob: What have you been doing with her that's been helpful?

Client: It's basically, as far as it's the same scene, but it's, it's, well, what I was taking in and putting it that way.

Rob: Oh, yeah.

Client: Or giving it to Gabrielle straight out, sort of quite not the -- well not -- yeah, well I suppose, physically it -- you're just coming out. She actually gets, gets a lot out of me, actually. I confuse her a lot because I'm flipping from one thing to another with everything. Yeah, so I suppose it's the same thing, except...

Rob: And that's helping?

Client: Oh, yes. But then I walk away and I think, Gabrielle, you know, how the hell did she work it out, everything that I was saying, you know, here and, you know, sort of this was happening and then I was feeling that this and then this, but sort of talking about the running just then, it's incredible. It is because when I was running with different things, I was digesting, so...

Rob: And they can't -- they're not necessarily, I mean, you run more or less in a straight line, I guess, but the thoughts are all

over the place, but they somehow get -- find a [inaudible 08:23].

Client: And probably that's why it was 15 kilometres. I was just...

Rob: It took that long.

Client: It took that long and I was...

Rob: [Inaudible 08:28] lot of stuff to...

Client: Because at the end of the 15 kilometres, I was right.

Rob: Yeah, yeah.

Client: And it was like, I had nothing left in my mind. I was tired in my mind. I couldn't think any more. And when I leave here with Gabrielle, I'm relaxed in my mind and I've got a lot out.

Rob: And that's the thing that makes a difference to you. When you, when you, when you've got your mind right, then everything else is [inaudible 08:52].

Client: Yes, it's, yes it's, yeah.

Rob: And even getting that 100 metres to start, even that was part of getting your mind right so that you could then go and do...

Client: Yeah, that was, that was strange, yes, but yes. Yeah.

Rob: Now if we could do something here that would be useful, what would that -- what would you like to leave here with?

Client: I have to fly.

Rob: Oh, yeah.

Client: And I have a very big fear of flying, which...

Rob: You're going on a plane or flapping your arms or...?

Client: A plane.

Rob: Plane, oh, okay. So you don't actually have to fly the thing.

Client: No, I wouldn't do that anyway.

Rob: I mean, it's no -- it's really no use to say it, but I'll say it anyhow. You know, to fly these days, you'd need to be able to walk and sit, you know. That's all you need to do. But that doesn't help to say that. But, so what is it about...

Client: No because you're up, you're up.

Rob: Yeah, yeah, that's true.

Client: Yes. No, my, my fear has come from where I had my car accident and I was -- a lady ran me off the road at Woodbridge Hill and I rolled about five or six times and like that nobody could find me.

Rob: Oh, my goodness.

Client: But it was being -- and I was waiting for the car to blow up.

Rob: Oh.

Client: And I couldn't get out so I have found out that I -- that basically I think that that's where it's come from, the times from being stuck in the car, that waiting to do with the flying being confined because...

Rob: Yes, yes, yes, waiting.

Client: Because the word...

Rob: To be let out.

Client: Yeah, when the word confined was said to me, for the first time here, I don't know whether it was actually in here or if it was with somebody, I was straight away, I was going to be sick. I've never, you know, it was just incredible, the reaction, so...

Rob: And have you been working on that? [Inaudible 10:50] some things that you've been, I don't know, I haven't spoken to Gabrielle about it.

Client: Oh, the...

Rob: Has there been something happening...

Client: Oh, I think that's just, that's just bit of mix up with everything.

Rob: Oh, okay.

Client: I mean, Gabrielle, as I said...

Rob: It's just been part of it.

Client: Gabrielle's had a lot of everything with me.

Rob: So there's something about being in a plane where you feel that you kind of, you have to wait for someone else to let you out that you think may be a memory of the, of the -- somehow [inaudible 11:19] to the car accident, I suppose.

Client: Well, I don't, I don't know that it was that because I mean, I might be wrong here, but because Pete, my husband, was in the police force so we're only dealing -- and I was [inaudible 11:37] station so you didn't really have that level dealing with the public.

Rob: Oh, yeah.

Client: It was always -- and I was very much on my own and Peter would always say, you're a policeman's wife, you know. And I used to feel so what, you know, but because I was very much my own person. But I had -- and I think that when, well, when the car rolled and I was waiting at the bottom and I rang, got Peter on the mobile, all I can remember is, I didn't know that nobody knew where I was.

I didn't really know where I was. All I knew I could see water and I was -- Woodbridge, the bottom -- down Woodbridge Bank and I could see water, but I remember, so I re-

member I could see cars going and I didn't -- and I just was absolutely beside myself. I did not want anybody from the public to stop. It had to be a police car, it had to be a police officer. I don't know why or whether it was that level, I don't know, so it's not like I had to have just anybody come in. It was just, it's incredible the difference. I think because of that life that I was -- I don't know why.

Rob: No.

Client: But I just, but...

Rob: You just know.

Client: I was -- it was, it was, oh, it was like, yeah, it was...

Rob: And a policeman did come?

Client: Yeah, there were about six there in the end, they all -- by the time they all found me. But -- and yet it didn't worry -- I didn't care. Not that I, I remember, Alan I think his name was, but so I can remember him sort of getting the back door out -- open to get me out. But I can all of a sudden, I can remember all the cars, sort of pulling up and then Peter, sort of coming down through the paddock down.

But actually seeing the police officers or talking, I didn't talk to any of them. I just sort of stood back and was just looking at the car and I could see if William was sitting there, he would have died. Jack would've been safe, but William definitely would've died. He wouldn't have made it. If he'd been

on the driver's front seat, I don't know whether I would have made it.

Rob: Yeah.

Client: So it was just, yeah, it was very strange, but didn't talk to any of them. And then I just went and just went and sat in our, well I say ours, the police car that Peter had. And when I, I just wanted to go home, sit on the couch. I wanted to be there for my two boys when they come home from school. I didn't care if I had a broken arm or broken leg. I didn't even know.

Rob: Just wanted to be there for them.

Client: I didn't even know what I had so, yeah.

Rob: And you didn't care.

Client: So that was it, yeah. So I don't understand any of that.

Rob: No.

Client: But that's what happened.

Rob: Okay. Now in relation to your flying, is there a flight coming up? Are you...?

Client: Is there a flight?

Rob: Yeah, are you [inaudible 14:34].

Client: Yes, yeah. We've actually got two.

Rob: Oh, yeah.

Client: Well, one, with quite a few, on the 21st of April.

Rob: Oh, yeah.

Client: And that's up to Darwin.

Rob: Okay, just a little short flight, yeah.

Client: Didn't [inaudible 14:50] want to travel, travel, travel up [inaudible 14:55], she said, oh, that's like going overseas. Well then that's all I needed to hear was that one. Yeah, so...

Rob: Okay.

Client: I thought alright.

Rob: Thank you for that one.

Client: Yeah.

Rob: So that's one, going to Darwin.

Client: Yes.

Rob: And what's the other?

Client: The second one is the 27th of August, we're heading up -- my niece is getting married on the Whitsundays. And I don't want to miss -- I've missed out on a lot with my niece with everything over the years and I definitely don't want to miss seeing her get married so I'm going and there's like nothing is going to stand in my way of that.

Rob: Okay. Alright.

Client: So, yeah, but I've got to...

Rob: And with -- if something happened here that was useful and you, you know, you went on those flights and you came back and it was all okay and I said to you what was different, what sort of, what sort of thing do you think you would be saying that you got out of this that would be helpful.

Client: Thank you.

Rob: Yeah, but what, for what, thank you for what? Not thank you for saying it was for overseas, that's not a thank you. If you got what you wanted, what would it be?

Client: No, I wasn't very thankful about hearing it.

Rob: But what would you, if you did say thank you and it was genuine, what would that be?

Client: Probably to feel inside that it was safe, that I was okay.

Rob: Okay.

Client: Yes, it's sort of, I have flown once since the accident. And I had Jack. He was only 10 or nine, no nine or eight. And I actually used him because he started to cry when we were going up to Queensland and I actually said to him, oh, there's nothing to be worried about, Jack. Everything's fine. And here I am, crapping on. I was beside myself.

So, I sat him in the middle of the seat and I said -- because I sat -- I had the -- I always sit on the isle. And, and I was going through it with him. I said, now look, when we take off, this is going to happen and this is going to happen. And I was thinking, oh shit. But he was fine. He went flying colours.

He got all the way up there and then at one stage, while we were heading up, we may have gone into Melbourne, I don't know, and taking off was something and I just froze and he's like, what's the matter, what's the matter. Then he said -- he looked at me and laughed, he said nothing. I could have killed him. I could have killed him. He didn't know what I...

Rob: How dare he feel so comfy.

Client: He didn't know what I was going through. He was fine, so yes.

Rob: So, you've done some hypnotic work with Gabrielle? You've been -- just a bit.

Client: We've done quite a bit, yes, which is great.

Rob: Oh, yeah. How do you like to go into hypnosis? What's the...

Client: How do I like to? I just...

Rob: What's the easiest way for you to...?

Client: I just -- I sit here.

Rob: Huh?

Client: I just sit here.

Rob: Okay. And so would it be okay if you were to just allow that to happen now? Do you know what it's like? You know that I'm not Gabrielle. And you know that you're sitting in a different chair and different circumstances.

Client: Yes.

Rob: But even though in your body, the experience of going into hypnosis in the same that you know in yourself the experience of going running. And it may be that, as you start to go into hypnosis here this time, that there may be that, like the 100 metres start, you know, there might be a kind of something to get through, something to get past. And I don't need that to be there, but if there is some kind of something to do, would that be okay?

Client: Mm. It makes sense.

Rob: Yeah. And you don't need to rush into this, but I think, if you can take that first step, which I think you're already starting to do now. And to remind you that, even though it's raining outside, it's dry in here. And even though you haven't looked at the construction of the floor, the chair you're sitting in, you can feel safe that the floor will support us, the chair is not going to and the roof, that's it.

And just taking your time, letting that feeling, that experience, that's right. And I can see already how easy it is for you

to just allow yourself to get into that. That's it. Good, that's nice. Just letting that happen. Good. And maybe starting to settle into that so that you can really begin to enjoy getting your mind in the right place, just not trying to do anything, but almost as if as this experience continues, things can happen in your thoughts, in your experience and in your memory, from here, from there, from different places. But as this experience is continuing, things can start to kind of settle into place.

You don't even need to know what it is that's settling. You don't even need to know what -- where they came from, where this, that, the other, but somehow as you get into this experience, it might be something like the experience of running, where you get into it. And the more you get into it, the more all of that seems to take on a life of its own as if you don't need to think about where to put your feet, you don't need to think about when to breathe in, when to breathe out and all of those changes happen. Everything just starts to fit together and you can feel totally safe.

You probably don't need to remember that when you were a little child, when you were learning to walk, that you had to hang on to something. Some children, even when they're learning to walk, think they have to hang onto the ground with their toes. And you see some kids screw up their toes because they want to hang on to the ground. They're scared that they'll fall off.

But something happens as the child is learning to walk where they learn to settle into that and they don't need to think about which foot or how to balance or even any need to hang onto anything and they just start to walk, not realising, not needing to know that one day they're going to be running and hopping and skipping and jumping and so on.

And Gabrielle and I both have learnt from a psychiatrist in America, Milton Erickson. And one of his sons, Alan, told me that when he was learning to walk, he felt very insecure and needed someone or something to hang onto and he used to have to hang onto someone's hand. And he said he really appreciated the way his father understood that and used to hold his hand.

And then after a while, he would give Alan a piece of string and Alan would hold on to one end and his father would hold on to the other. And as long as his father was holding one end and Alan was holding the other, he could walk just fine. But then, of course, after a while, his father could let go of the string and Alan could just hang onto it and still feel secure and safe.

Now I don't know at what point he didn't need to hang onto the string, but it was really helpful for him to have that support, to have that inaction so that he could feel safe, so that he could feel secure, so that he could have the freedom, instead of having to hang on to something, to take his own time to let go of that.

And it may be, Jenny, as this experience is continuing and I want to remind you, this is your experience. I'm talking at the moment, but my words themselves are not what's important to you. It's the way you can allow my voice to be something like the sound of the rain on the roof, just something that's there so that you can let yourself settle into this experience. That's it. And really go, letting that settle in so that, as you get into that, and I don't know whether you'll actually have the feeling as if you are running, but I know if you do that, it's not important that you think, I've run five kilometres or six and a quarter, you can just be in the running, in the experience of that.

And as this is continuing, various parts of your experience can start to somehow settle, somehow, I don't know, find a place so that you can really know what it's like, really know how it is for you to feel safe, to feel secure.

And I remember Gabrielle told me about someone, who had a problem flying and she loved horse riding. And so Gabrielle asked this woman to get into the experience of riding a horse. Now, I can't stand horses. They're terrifying to me. But this woman loved horse riding and she loved to gallop and she loved to jump and she loved to do all the things that you do on horses. And if you think you're weird, Gabrielle suggested to this woman that she could ride her horse on that plane all the way from here to Adelaide and back. And the horse did a big jump from here to Melbourne, another big jump from Melbourne to Adelaide. I don't know how she could do that, but apparently it worked really well.

Now, many years ago, a young man came to see me, wanting some help to change something in his life. And it turned out that he had been an Olympic swimmer. And he told me, as we were getting to know each other, about when he was qualifying in the Olympic trials. I don't know what distance he was swimming. I think it was a long-distance swim, but I'm not sure. But he was so busy looking and thinking about the others and how he was doing and whether he should be breathing or what, that he almost didn't qualify. But he did manage to qualify.

Now I think it will make a lot of sense to you when I say that he told me that in the finals, when he got into the water, he didn't think about anything. He said it was like getting into some kind of rhythm. He said it was like music without notes. There was a kind of rhythm of the movement of his legs, of his arms, of his breathing and he just got into that rhythm and was very surprised when he got to the end of the race and he got a gold medal.

Now I don't know, does that make some sense to you when I say that, that feeling of getting into that rhythm? Do you know what that feeling is like? Is that a bit like that when you run? Just a bit like that? Can you say?

Client: Mm.

Rob: Mm. And also I'm remembering another woman that came to see me. She'd been riding to work one day, driving in her car. And it had been some years previously and she came around a corner and the road was slippery or something, I

don't know. Anyhow, the car spun or rolled or something, I don't know how many times and she actually got out and was unhurt. But she couldn't drive. She couldn't get to work and she couldn't go down that road because every time she started to think about it, she'd get into a, that kind of panic feeling.

And what was helpful for her and this might make some sense to you. You might be able to translate this in some way for you. What was helpful for her was, if one had to imagine, just imagine that she was standing beside the road, on the side of the road, near that bend and she could watch herself in the car in slow motion.

And she was able to watch herself slowly coming towards that bend and then slowly losing control and slowly watching that car turn over and over until she could see that it stopped. She could see that she was able to get out and then, for the first time, she was able to see and feel and know, I survived.

She was able to take that feeling, I survived, and really take that, really have that, really experience that, really get into that. And once she did that, it was such a relief for her because previously, she kept thinking, what if I hadn't? What if someone had been there, what if this, what if that. And she didn't really let herself experience she survived.

And somehow, when she heard, you survived, no-one was killed, no-one was hurt, no-one was damaged, you survived, there was a kind of relief that she felt that was not just a thought, it was not just an idea, it was a change in her thinking, in her mind, where it really, for the first time since that ac-

cident, she really felt okay. And it was that feeling in her mind that she felt, you survived, that allowed the feelings, her emotions, her body, her whole experience.

Now, I can say these things and I can say them with the best intentions and the best wishes and the best hopes that I'm saying something useful to you, but I really know so little about you. But I do know that you know a lot more about you than you even realise. So you can take my words, my ideas, what I'm saying and you can translate them. You can do what you need so that they -- you get your experience so that you can make use of them.

Now, just as when you were running, it wasn't that you just suddenly were able to launch into running 15k, just like it wasn't -- you could just take off and fly around that 15k. There was that initial feeling, that initial experience to get through. And I don't know when you're going to do your 100 metres so that you can fly to Darwin and fly back. I don't know when you're going to do your 100 metres so you can do the 15k that will take you to the Whitsundays. And I don't even know whether it's helpful or whether you'd say thank you if I were to say that flying to Darwin is like running 15ks.

It's such a funny memory for me, my first time a came to Hobart, I was seeing a man in Melbourne who came to see me with a problem driving. He couldn't drive outside of the suburb that he lived in. It was very restricting for him because he was a real estate agent. When we started to do some hypnotic work and he started to drive all around Melbourne and after a

little while he said to me, I've been looking at aeroplanes. I haven't been in a plane - I've forgotten what he said now - 18 years or something. Do you think I could fly?

And I said to him, well, the fact that you're starting to see that and look at that as a possibility, lets me know that you're already moving towards that. He had already started his 100 metres, I would say. So we did some more work about that and he started to think, I think I can do this, but he said, I want to pay for you to fly to Hobart with me as insurance. And I said, Les, you're wasting your money. He said, well, I'll run the risk.

Anyhow, got in this plane, took off from Melbourne and I said, you know the flight to Hobart is only an hour. I said, if you don't start panicking soon, the plane will have landed and you'll have missed your opportunity. We had a really nice flight, talking about this, talking about that, talking about I don't know what.

And the plane landed and there was not any hint of a problem. Now how could that happen? How could that happen that he hadn't been able to fly for all that time and he got in that plane and it was just like nothing. And I don't know how many other people that I've seen over the years have discovered how easy it is, how comfortable it is, how safe they can feel in a plane, in this, in that, other situation.

But I think it might be interesting for you to wonder, maybe this is a good time to do your 100 metres. Maybe when you get into the plane going to Darwin that you can go sit in

the airport lounge and do your 100 metres or maybe when you first get into the plane. I think it would be nice if you could get that over and done with early because, once that 100 metres has happened then the 15k, you could just keep going. And Darwin is just 15k, it's nothing.

And of course, when you land there, you can feel a bit shaky. You might want something to drink or something to eat. You might even want some Sustagen or you want something for your mind, I don't know what, something for your thinking. But you can look forward to that and you can know that when you land there, it will be like finishing the 15k. You're ready for the day. You're ready for whatever.

And I don't know if somehow letting those bits and pieces of your thinking, of your mind, settle into place about the car accident, will allow you to fly safely and comfortably or whether somehow, when you get off that plane in Darwin and you feel so like, that was a good 15k, whether that will allow the car situation to settle into place. Or it may even be that you can enjoy the flying or feel the safety or the pleasure or the relaxation or the satisfaction in a way that has nothing to do with the running, nothing to do with the car accident, nothing to do with me, nothing to do with Gabrielle, nothing to do with anything. It might just happen in a way that you really can't explain, but you can enjoy and have that as a learning for you.

Now, I've been talking a lot and you've been sitting there very patiently, allowing me to talk about this and that and all

over the place, from here and there. And I don't know how you can make sense of that, but I'm just wondering, as you are in this experience and it's very apparent to me when I first met you here today, what an excellent hypnotic subject you are. It was very apparent to me how easily you can get into the experience of running, just talking about it. And even before you closed your eyes talking about the running, your eyelids were flickering, again letting me know how responsive you are to learning in this way. So that let me know already how easy it's going to be for you.

But that aside, I'm wondering as this experience is the way it is, Jenny, right now, I wonder if you could just let us know what you're aware of at the moment. Now I don't know whether you can do that with your eyes closed or whether you need to come out of hypnosis to speak or whether you can find that you can talk and allow whatever's happening to continue. What's, what's happening for you at the moment? There's a smile starting there. What's, what is that? What are you feeling? What are you noticing?

Client: That was sudden.

Rob: Huh?

Client: That was sudden.

Rob: Sudden? Oh, yeah. Oh, well, sometimes a solution appears suddenly. Can you roll with that? The suddenness, is that okay?

Client: Yeah, I just -- I think when you said laugh or something, it just happened.

Rob: Yeah, yeah. And I'd like you to feel free to just sit there for the moment as long as you need to know that you don't need to move, you don't need to say anything. Of course, you could. You could get up out of the chair and jump and dance or whatever and run 15k, but for the moment, you don't need to do anything. Is that okay?

Client: Mm.

Rob: Can you give yourself permission to feel free, to just sit there in the safety of this and memorise that. And get into the 15k of that safety feeling and really be in it and let your mind soak it up.

Client: Mm.

Rob: I don't know whether it'll be like soaking up the 15k or soaking up the Sustigen or just what it will be like, I don't know and can't know. What do you notice is different? How could this possibly be of any use to you? Can you explain that?

Client: It just feels good.

Rob: It feels good?

Client: Mm.

Rob: Oh, well. What does that indicate to you?

Client: Nobody could hurt me.

Rob: Huh?

Client: That nobody can hurt me.

Rob: Yeah. Now it's good to feel safe, isn't it, and be in that, in that zone, in that 15k, in that safety?

Client: Mm.

Rob: And you know you can take that with you. It's portable. It belongs to you. It's a part of you.

Client: Mm.

Rob: And what's happening now?

Client: I don't want to come out of it?

Rob: I don't know.

Client: No, I don't want to come out of it.

Rob: You don't?

Client: No.

Rob: Okay.

Client: It feels good.

Rob: Oh, well. I think you're going to be one of those people at the Darwin airport where they say, how do we get this woman off this plane? And you'll be saying, can't we go a bit

further? That bloke that I mentioned, who flew me to Hobart, when they went back to Melbourne, his wife said to me, he's got -- Les has got this terrible problem of flying still. And I said, what? She said, I can't keep him off aeroplanes.

I got postcards from that man from the West Coast of the US, from London, from China. He had a son, who was a field officer in New Guinea and he showed me some photographs that he'd taken where they're on these little planes going around the, through the valleys with the -- she couldn't keep him off planes. He was just -- and a beautiful thing I've noticed is that, whenever someone has the kind of problem that you had, it's as if that problem hypnotised you into a problem. And the way that you got into that, lets me know that this is a perfect way for you to get out of that and into something that you want to get into.

Client: Mm. That's good.

Rob: I'm really pleased to have had a chance to work with you with this.

Client: Yeah, that was good.

Rob: And would it be okay if that's all that you needed to do?

Client: Yeah. No.

Rob: Would that be a shock too?

Client: Yeah.

Rob: Yeah?

Client: Yeah, oh, well it's just most incredible I've forgotten about it.

Rob: Well, some things are not worth remembering.

Client: And yet it just is.

Rob: Yeah.

Client: I wouldn't have even thought through [inaudible 43:03].

Rob: Yeah.

Client: But they say that's your light.

Rob: Yeah. And, you know, if someone said, what happened to help you get over your flying problem and you said, I went to see this fellow and he said that flying to Darwin is like running 15k. He'd say, oh, right.

Client: Yeah, I know.

Rob: Try and explain that.

Client: They don't know unless they do it.

Rob: You can't explain it, but you can experience it.

Client: I know, yeah.

Rob: Yeah. That's the main thing as well.

Client: You've got to do it every day.

Rob: Yeah. Good. Yeah, but don't fly to Darwin every day.

Client: Oh, god, no. No, no, that I'm just saying to experience that.

Rob: Yeah, exactly

Client: Yeah. That's good.

Rob: So how are you doing with this safe feeling now? You don't want to come out of it. Do you notice if you've still got it?

Client: I think I will come out of it now.

Rob: You're coming out of something, but do you notice that you're bringing the safe feeling with you?

Client: Oh, yeah, no I feel quite, yeah.

Rob: Yeah, you don't need to put it into words, but you know the feeling.

Client: Yeah, yes, yeah.

Rob: And as you're sitting in that feeling, really knowing it.

Client: It's alright. I can go back out at any minute now. I can feel it.

Rob: Yeah and you can do that here, you can do that at home, you can do that on the plane, you can do that in the car, you

can do that anywhere, but it's something you can do. You can breathe here. You can do that anywhere, something that you do.

When a child's first learning to walk, they can walk in this room, but don't ask them to walk in that room, they can't do it. Or they can walk in this house, but if a stranger comes in, they plop down. They can't -- but after a while, you realise, oh, I'm walking -- it's me. It's not the room, it's not the house. And they can walk. That way the learning becomes portable.

And I think it's so nice for you to take your time coming out of this so that, knowing that you can go back into it so easily because it's easy for you. And I want to emphasize the importance of you allowing yourself to be hypnotised by the right experience.

Client: Mm.

Rob: Does that make sense?

Client: Yeah.

Rob: Good.

Client: That wouldn't be hard.

Rob: And the problem that you had is simply an expression of the way that you can really get into something, but you didn't realise you were getting into something that was unhelpful and you can use that same ability to get, really get into something that is helpful and you can feel safe with that.

Client: Mm.

Rob: Does that make sense?

Client: Mm.

Rob: I'm not asking you to explain it because I couldn't either, but it makes sense to you?

Client: Mm.

Rob: Yeah, good. Well, if we were to leave it at that, is that a place that you could be satisfied with at the moment?

Client: Yes, no that's, yeah, no, that's, that's good, very good, thank you.

Rob: But there's one more thing that I want to say that, and that is that if you get a problem that Les had, that they can't keep you off aeroplanes, like you're always saying, come, come here, you know, come for -- just come back and we'll see if we can, you know, give you a bit of a problem back, if it gets...

Client: I'll have to come and see you say, are you going to pay. It's all about affordable.

Rob: Okay.

Client: Then I'm sure you'll fix me.

Rob: So is that a place we might leave it? Stop there?

Client: Yes, no, that's great. Thank you.

Rob: Thanks for letting me be a part of your cure.

Client: No, that's good.

Rob: Thank you.

Client: That's really good.

Rob: Okay.

thanks

I'm grateful to the people who have generously permitted us to share their hypnotic experience, so we can learn to be more effective in our work.

Resources

Websites www.cet.net.au

<http://robmcneilly.com>

Email rob@cet.net.au

Other enhanced ebooks by Robert McNeilly [available on Amazon Kindle]

Utilisation in hypnosis - building on an Ericksonian approach

Utilising hypnosis with children - a girl returns from a dog phobia

Hypnosis in psychosomatics - utilisation after Erickson

Listening for Solutions in Hypnosis - utilisation after Erickson

The Poetry of Therapy - Creating effectiveness after Erickson

Coaching for Solutions

Connecting Hypnosis 1 After Erickson the Fundamentals

Connecting Hypnosis 2 After Erickson Demonstrations of the Fundamentals

Connecting Hypnosis 3 After Erickson Demonstrations of Experience of Hypnosis

Connecting Hypnosis 4 After Erickson Demonstrations of Clinical Applications of Hypnosis