

Parts Therapy of Charles Tebbetts

Hypnotic Inner Conflict Resolution

Presented by C. Roy Hunter, MS, CH

Parts therapy, which goes by different names (ego state therapy, subpersonalities, and voice dialogue), is gaining in popularity because of its high success rate. Parts hypnotists can go where no other hypnotists have gone before, bringing resolution to problems that have haunted some clients for years.

Do you sometimes have a client who backslides even after you've exhausted your available techniques? Learn how to help clients get through personal barriers and inner conflicts even after they have failed to respond to other proven hypnotism techniques!

The late Charles Tebbetts was perhaps the best 20th Century pioneer of parts therapy, perhaps the most effective technique currently known to help people resolve inner conflicts after other techniques have failed. While profoundly beneficial when competently used, there are hidden pitfalls for those who venture into the realm of parts therapy without effectively using all the important steps.

Roy Hunter, personally chosen by Charles Tebbetts to carry on his work, teaches important updates to his mentor's techniques, in order to take parts therapy into the 21st Century and beyond. Learn from someone who studied personally under one of the grandmaster teachers of hypnotism so that you may help some people get through barriers that may be unreachable with any other technique.

Do You Know . . .

how to effectively help clients resolve inner conflicts without leaving them with a sense of guilt?

Effective parts therapy is like mediation, except the participants are personality parts in conflict rather than separate people in conflict.

What If . . .

Your new client spent six sessions with another competent hypnotist, but was unable to resolve some inner conflicts ... what do you do?

This Seminar Will Show You How . . .

- ▲ To resolve inner conflicts.
- ▲ To increase your success rate.
- ▲ Help clients who might otherwise waste their time and money.
- ▲ Increase your competence as a hypnotist.
- ▲ Become more effective if you already facilitate variations of parts therapy.
- ▲ You will learn the best ways to reduce the risk of failure.
- ▲ Valuable printed information will be made available to you.

You will learn:

- ▲ What parts therapy is.
- ▲ When to use parts therapy.
- ▲ Why parts therapy is best for some clients.
- ▲ How to use parts therapy. (complete step-by-step process).
- ▲ What variations are employed with other names.
- ▲ Why parts therapy can be so effective when needed.
- ▲ How to explain parts therapy to your clients, and why such explanation is needed.
- ▲ Why it is so important to be an objective mediator.
- ▲ What to do when parts fail to agree.
- ▲ The important DO's and DON'T's of parts therapy.
- ▲ How to avoid inappropriate leading, and potential consequences of not doing so.
- ▲ Why Roy Hunter added an important update on the Tebbetts Methods.

▲ How to avoid common pitfalls that could put clients farther away from success.

- ▲ What makes client centered parts therapy different.
- ▲ Why an advance explanation to clients is necessary.
- ▲ How to properly prepare a client for parts therapy.
- ▲ The 11-step process to resolving inner conflicts.
- ▲ Which common detours we may encounter.
- ▲ How to get past common detours.
- ▲ How to use role play exercises to facilitate learning.
- ▲ Break-away practice sessions.

Who Should Attend?

Experienced practitioners of the art of hypnosis will find this worthwhile, as well as professionals who have learned about one of the variations of parts therapy, and hypnosis students at either the intermediate or advanced levels. Any professional who helps clients overcome undesired habits can increase the long term success rate by employing client-centered parts therapy.

Take-Home Materials

You will receive reference handouts, summarizing the important points covered in the course. Included is a reference handout with each important parts therapy step. An autographed copy of Hunter's book, HYPNOSIS FOR INNER CONFLICT RESOLUTION: INTRODUCING PARTS THERAPY (Crown House Publishing, 2005). Attendees who already have this text will have the option of either a 2nd book to give away, or a free parts therapy DVD.

Seminar Agenda

Day One

1. Overview

- What Is Parts Therapy?
- When Is Parts Therapy Appropriate?
- Who Will Most Likely Respond?
- Why Is Client-Centered Parts Therapy Effective?
- Variations

2. Charles Tebbetts: Parts Therapy Pioneer

- Who Was Charles Tebbetts?
- Article written by Charles Tebbetts; Important Updates

3. Important Background Information

- The 4 Primary Hypnotherapy Objectives
- Which Hypnotism Objectives Can Parts Therapy Fulfill?
- Why Training in Regression Therapy is a Prerequisite
- Psychodynamics & Ideomotor Responding

4. Proper Preparation

- Explain Parts Therapy to the Client
- Deepen Appropriately
- Establish a Safe Place
- Establish (or Confirm) Finger Responses
- Verify Hypnotic Depth

5. Parts Therapy: the First Four Steps

- Step 1: Identify the Part
- Step 2: Gain Rapport
- Step 3: Call Out the Part
- Step 4: Thank it for Emerging
- Review Steps 1-4 with Role Play exercises
- Possible Detours

6. The Important Fifth Step: Discover Its Purpose

- Why Should a Part Choose a Name?
- Ask the "W" Questions
- Avoid Inappropriate Leading
- Role Play exercises
- Possible Detours

7. Let the Mediation Begin

- Step 6: Call Out Other Parts as Appropriate
- Step 7: Mediate and Negotiate
- Possible Detours

8. Terms of Agreement

- Step 8: Ask Parts to Come to Terms of Agreement;
- Step 9: Confirm and Summarize Terms of Agreement
- Role Play exercises
- Possible detours

9. The Final Steps

- Step 10: Give Direct Suggestion as Appropriate
- Step 11: INTEGRATE the Parts

10 Concluding the Session

- Give Additional Suggestions and/or Guided Imagery
- Awakening
- Concluding the Session

11. Demonstrations as time permits

DAY TWO

12. Potential Pitfalls and Other Concerns

- Advance Explanation Not Given
- Assuming Command and Giving Orders
- Calling Out Too Many Parts
- Creating New Parts
- Criticizing a Part
- Freezing or Immobilizing a Part
- Getting Sidetracked
- Multiple Personality Disorder
- Real or Imagined Entities
- Skipping Steps
- Taking Sides with the Dominant Part
- Other Concerns

13. Break-away practicum

14. Review of practicum with Q/A

15. New Frontiers

- Unresolved Past Grief
- Exploring Spiritual Potential and More...

16. Additional Demonstrations as time permits

Testimonials

I've twice been involved in organizing Parts Therapy workshops in the UK for Roy and each time has been a wonderful display of professionalism and consummate skill. I'd have absolutely no hesitation in recommending anybody to attend this workshop; they will learn how to work ultra-effectively at the root of fundamental issues from a Master of the Art.

— Terence Watts, Chairman, APHP

This was very in-depth training. I have stronger confidence in my abilities to help others where in the past I was stuck at times. He is an excellent practical trainer with excellent training skills! I thoroughly enjoyed this!

— K. Hermann

Roy explained everything very well and made sure everyone understood before moving on. It really will be an asset to my practice!

— D. L.

Very applicable. I will use parts therapy in my practice regularly.

— D. Caron-Smith

I was waiting for this tool to become available. It will help greatly. This is a tool needed by all hypnotherapists.

— L. Channell

This two-day course is designed to teach you a profoundly effective hypnotism technique that will benefit your clients for years to come!

Monday, August 16th &

Tuesday, August 17th

\$325

Sessions Begins at 9AM



C. Roy Hunter, MS, CH, was certified by the late Charles Tebbetts in 1983, and started teaching professional hypnosis in 1987. He is a presenter who has taught professionals on both coasts as well as abroad, and is a regular contributor to the *Journal Of Hypnotism*®. Roy is a Fellow of the Association of Professional Hypnosis and Psychotherapy, a member of the NGH, and founding president of the Pacific Northwest chapter of NGH, and a charter member of OPEIU Local #104. His current experience includes working with terminal cancer patients for the Franciscan Hospice

in Tacoma, WA. Roy has written several books, including *The Art of Hypnosis*, and *The Art of Hypnotherapy*. His latest book on parts therapy, *Hypnosis for Inner Conflict Resolution* (Crown House Publishing, 2005), sold out the first printing in less than a year. Roy was inducted into the International Hypnosis Hall of Fame for his written contributions to the hypnotherapy profession, and was honored by the NGH with the Charles Tebbetts Award for spreading the light of hypnosis. In August of 2005, he was awarded the Order of Braid by the NGH in recognition of a lifetime of outstanding achievement, dedication and service.

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