

**THE JOURNAL
OF
STRESS MANAGEMENT**

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THE SOCIETY OF STRESS MANAGERS

The Association for Professional Stress Managers & Hypnotherapists
Company Registration 3707691- Incorporated in England & Wales

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STRESS: The reaction people have to an imbalance between the demands they perceive to be placed upon them and the resources they have to cope.

The Society of Stress Managers was incorporated as a professional body on 1st February 1999. The Society is a Registered Company Limited by Guarantee and has a Council of Management with a provision for nine Directors and the Company Secretary. The Objects of The Society are:

to establish and promote a professional association for those persons qualified to nationally accredited standards in the skills of stress management and hypnotherapy;

to promote the training and continuing professional development of those persons;

to do all such things as are incidental or conducive to the attainment of these objects.

To meet these Objects The Society has adopted a 'Code of Conduct, Ethics and Practice', which sets out the principles that members of a professional association should follow at all times, both with their clients and their fellow Stress Managers. These principles include the ethical values of honesty, integrity and probity.

All members and potential members are invited to contact the Secretary of The Society of Stress Managers, Peter Matthews, for further information (see details below).

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All contributions to The Journal should be sent by email attachment to Mike Dillon at the email address above. Last acceptance date for inclusion of contributions in the next Journal is 1st February 2008.

CHAIRMAN'S MESSAGE

Dear Society Members

Welcome to volume one, the first edition ever, of the Journal of The Society of Stress Managers.

This event marks another step in the evolution of our Society. The Journal gives members the opportunity to contribute articles, recommend books, publications, courses, and new techniques they have learned.

Members can also let off steam and offer constructive criticism about The Society itself and generally put forward ideas that they consider will be helpful to Society Members.

It's an open forum for members to discuss anything associated with Stress Management/Hypnotherapy. This will add a national dimension to the discussions, which already take place on a regional basis.

Although we are a small organisation (I wouldn't like us to get too big), the Society members represent a wealth of many years experience between them.

In our particular field, most members have undergone training in stress management and hypnotherapy validated within the framework of national occupational standards and national vocational qualifications.

The Society is organised on a national and regional basis. This offers effective support to trainee members at an early stage in their training.

This Journal is yours, the members, so contributions will always be needed. Get those creative juices flowing, now please!

The driving force behind The Journal is Mike Dillon. So congratulations to him it has now come to fruition, but please remember, its continuing success will be down to all of us and not just Mike's hard work.

Laurence Nicholas (Chairman)

EDITORIAL

Having taken on the daunting task as Editor of The Society's first Journal, after great deliberation and careful thought, I am now looking forward to enthusiastic interest and support from members. Most members know me or know of me. If not, I have taken the liberty of being the first member featured under "Membership Who's Who" in this Journal.

Sorry that, to commence with, this is a Mike Dillon Journal.

However, members have been asked at least twice to send contributions; regrettably so far only two have been received.

I hope that once members see The Journal is a reality, they will regularly contribute under the sections, general articles, client cases, letters to the Editor and any other sections in The Journal. I am also looking forward to receiving your opinions about The Journal.

Don't forget the review section, books, CDs and other products you have found particularly useful in your work as a therapist.

I also look forward to receiving your ideas about any new headings that can be included in future Journals.

If the Journal is to be accepted as a publication of merit, the Editor will need some good quality articles written by high profile professionals, who can contribute articles and reviews of an appropriate nature. I would ask members to note any articles they have read/do read that they feel are appropriate and let me know the source, writer and publication in which the article appeared. The Editor will need authority to print sources of this kind. Even better, if anyone is able to write his/her own academic or scientific article, please send it in, or, if you know any appropriate person, not necessarily a member of The Society of Stress Managers, who would be willing to write an original article for the Journal, please urge them to do so.

Well, that's a lot you may think. However if I, at the age of 68, can compile the contents of a whole Journal in 14 days I am sure you all can provide individual articles and other items for future Journals. Please

don't wait until the last minute. Send me your contributions as soon as possible.

I admit after originally floating the idea of a Society Journal, I then had a number of doubts as to whether I should proceed with the project. This is why it has been relatively slow in getting to the first Journal stage. However it is a big project to take on so I make no excuses for the delay.

What finally persuaded me to go ahead was nothing rational at all. I had a dream that contained significant metaphoric meaning for me, which gave me a strong personal message about The Journal. But that's often how I arrive at decisions, both in my work as a therapist and in my life in general. Maybe I will include the dream content in a future Journal, but not now.

So I hope you enjoy the **First Society Journal** and that soon after you have read it you will be busily scribbling your own contributions and what you will really love about this is how much fun you can have doing it.

STRESS – ARE YOU VICTOR OR VICTIM?

Mike Dillon

While it is true a certain level of stress is important to keep us healthy and motivated, as too little can lead people into becoming bored or lacklustre about life, too much stress can cause high states of anxiety or depression. One would have thought that as stress has received so much attention for many years, society would have found ways of banishing its effects and most people would know how to manage their lives and emotions to cope with stress.

This is blatantly not the case. Research has indicated that three quarters of all complaints people go to GPs for are stress related. In addition to the obvious effects of stress, which can have serious consequences over the short and long term, more subtle causes and stress related problems can ruin the quality of our lives and of course the lives of those around us. This can frequently make the simplest of daily routines difficult and sometimes intolerable. Such effects can go unnoticed, for a while, but then our quality of life begins to suffer, until

we arrive at a situation and wonder what on earth happened and ask, "Where have the good times gone?"

Stress, if it is severe, can cause a variety of physical symptoms that are obvious, so awareness is easier. However other stress related problems can be more subversive, and therefore more dangerous, such as high blood pressure, ulcers, stomach disorders, back pain and a host of other symptoms. These can become serious conditions, without a person realising it, until the condition is well advanced.

People want to do more than simply try to cope with increased stress, which can often be like walking on quicksand. They want to change more profoundly, that means finding ways to handle stress at deeper levels of consciousness.

Hypnotherapy has been the subject of clinical trials and is now widely accepted as a very effective way of teaching the mind to cope with stress

and deal with the many dangerous effects that can be caused by too much stress. Members of The Society of Stress Managers have been trained in hypnosis and the many ways it can be used to help people suffering from severe stress and the many psychological and physical symptoms stress can cause.

Smokers, heavy drinkers and people with eating disorders often claim their habit or habits, some people indulge in all three, help to calm them down and reduce stress in their lives; in fact the opposite is true, as all can act as depressants. After the 'high', the mind and body experience goes and the mind and body find it harder and harder to cope with stressful conditions. Together with the considerable health risks these habits can cause, which threaten good health and even our lives, these habits can be, and often are, lethal. That is why effective and successful hypnotherapists are always in demand to help people with these stress related problems.

LAUGH OR CRY?

Gill Hines

I have been in practice as a Stress Manager since 1995 and over the years there have been many client stories, which have remained in my memory. Some have been quite amusing. Some have been sad. Here are just a few of them:

There was a client who kept phoning me from a public call box to arrange for an appointment. He told me that he had blown his mind with drugs from an early age, but he was now clean and wanted to change his life, hopefully with my help. I had kept putting him off, as I was a little nervous about his coming to my house. He sounded very odd on the phone. After several calls I agreed to see him. He arrived on his bicycle, having ridden six miles for the appointment. When I shook hands

with him at the door, he held on and it was difficult to get my hand back! Once in my consulting room, he sat down on the edge of the chair, leaned forward and told me: - 'I am looking for a woman to have children with'. It was a bit disconcerting, to say the least, and at my age, even then, it would have been something of a miracle!! I tried to keep the situation light and ignored his remark, handing him the initial Assessment Form to complete. The 'fun', if you can call it that, started again, when he ticked everything on the form! I knew by this stage that I was definitely not going to treat him, but out of courtesy talked to him about some problem areas he ticked. When we came to 'Woman/Girlfriend', I again asked him what the problem was and we went backwards and forwards for a

minute or two asking what **was** the problem: the problem with 'Woman/Girlfriend' was that he did not have one!! There was no happy ending. He agreed that I could call his doctor, whom he had not seen for some time, and see whether there could be more help available for him from that direction. He would phone me in two or three days to get my update. I never heard from him again.

There have been, of course, those clients who have no idea what hypnosis is and have come to me to try and lose weight. A number of them, genuinely, thought that with hypnosis, the weight fell off them into a little pool on the floor! I wish!!!

Continued on page 14

THE MAGIC OF METAPHORS

Mike Dillon

Since earliest history, people have been able to imagine innovative solutions for their problems and have been enthralled listeners to stories spoken to the third ear of the subconscious, in the language of dream and metaphor. Stories were one of the important ways our distant ancestors had of explaining the unexplainable, of giving form to the formless and dealing with stress in their lives, different from modern day stress but stress nevertheless. The spoken story thus became a bridge in making that which was difficult to understand, understandable. From this developed our heritage of fairy tales, parables, anecdotes and metaphors. The intention with this special way of telling a story is a communication between story teller and listener, at all levels of consciousness, with the message most effectively absorbed by the listener's subconscious mind. If the storyteller has empathy for the listener, fear of rejection or losing the plot can be overcome. A magic is created by which the teller and listener allow themselves to be emotionally honest and fully present. There is an exchanged energy that reading something alone can never create. In the stillness, a shared experience begins to grow in which the speaking and the listening are different activities of a single awareness. In that shared consciousness, a profound understanding and therefore healing can occur, in which the exchange of energy can be just as important as the metaphor content.

People have long been aware of the healing power of metaphors. By drawing us away from the every day jumble of stress and the mad confusion of conscious mind thinking, metaphors enable contact with a deeper part of ourselves, that unique being that is us, which is with us when we are concerned and stressed, trying to protect us as best it can. That intuitive part of human consciousness can supersede all the imperfections of

conscious judgement and logicity. These hidden depths contain infinite resources and are the keys to individual happiness. This realm of consciousness is the only place true lasting happiness can be found. The metaphor is able to tap into hidden wisdom and share its gifts in story form. A well-constructed metaphor can place both storyteller and listener in the presence of an intelligence far greater than any conscious thought, into the subconscious mind of a mighty and irresistible force of creativity.

Arguably the most accomplished hypnotherapist of the 20th century, Milton Erickson, used, very effectively, anecdotes as metaphors, to achieve what often seemed like magical cures. Such metaphorical tales evoke, but do not literally reproduce, the circumstances of the client's life. However, during an altered state of consciousness, clients frequently seem to accept what these stories imply about their stress problems. They can then consider new solutions within the framework of their own lives and one of the remarkable things about this is that clients frequently do not know how they solved their problem, they just know they have.

As interpreters of Erickson have pointed out, and as Erickson himself stated, the central elements in his therapy were - "First you model the client's world: then you role model the client's world". Both the modelling and the role modelling can be done unobtrusively in the form of stories. The first part of the story analogues the client's symptoms, problems or life situation, thereby modelling the client's world, or part of it. The second part of the story analogues or role models solutions or optional ways of looking at, or dealing with, the client's situation. That is, it gives the client alternative choices that often the conscious mind will not understand or accept. What a conundrum that became for the exponents of traditional talking therapies, many of

whom believed there could be no client gain without pain, as many still do.

Milton Erickson defined hypnotherapy as "The evocation and utilisation of subconscious learning". He said, "We are in closest touch with our own inner knowledge and in best rapport with our clients when we are both in a shared trance". He believed that we are most open to learning in the trance state. I myself have produced many metaphor stories for my clients, 'on the hoof', as it were, without any notion of what the metaphor would be, or that I would even create one before the session started.

Simply entering into a trance state seems to enable creative therapists to tap into poetic elements of their own psyche and it may be that this poetic element is directly connected with the emergence of subconscious mentation, hopefully of a wise nature. Of course, it is not implied that the mere telling of a tale will necessarily cure anyone.

One cannot help but be impressed by the power of a teaching tale, when it is utilised appropriately and at the right time in any therapeutic process. There are many instances in which a client's behaviour has changed positively after a teaching tale has been utilised, either one that was borrowed from Erickson, from the bible, from folk tales, or best of all a unique one created by the therapist.

Metaphor tales need not be in the form of fairy stories, but how often the subconscious mind reacts willingly when a metaphor starts with "once upon a time". I have used this opening line very successfully with children and adults who will go back to the child self. These tales can just as easily evolve from science fiction, poetry, or other literary forms. They might involve the use of music or movement metaphors, as expressed in dance. Therapists who explore these

approaches will be moving towards the discovery of more effective methods of helping their clients to 'learn to think' and to develop their emotional intelligence in amazing ways.

*Nietzsche, in 'Beyond Good and Evil' used the phrase "the third ear", meaning that it is with the 'third ear' we hear the metaphorical language of our intuition. We dream in metaphor, and through metaphor we can achieve fundamental understanding"

*Nietzsche Friedrich 'Beyond Good and Evil'. Chapter V111, section 246.pp.180-1 New York Carlton House.

Milton Erickson's innovative use of story telling opened up limitless possibilities for effective therapy. The language of the metaphor and anecdote can be quite childlike, which is often an important component of the therapeutic effectiveness of these particular stories, exemplified by the aforementioned 'once upon a time' opening phrase. It is a fact that, with metaphoric stories, if you want the subconscious to hear, then speak as if you are conversing with an eight year old child, because in many cases, in respect of so many emotional problems, that is exactly what you are doing. However, make sure you use this child language to the subconscious mind, otherwise the conscious mind of most adults may reject it or find it condescending.

Erickson structured his anecdotes so that they were analogous to the life situations of his clients. His metaphors included familiar details supplied by the client's frame of reference. For example, * in the well - known case of Joe, a person intensely interested in plants, who was suffering great pain from terminal cancer, Erickson talked about the cycle of the tomato plant. Naturally this subject engaged Joe's interest without arousing resistance. Another famous Erickson story was the 'African Violet Lady, from Milwaukee,' a client Erickson helped to come out of a deep depression, by first

observing her only slight interest in life seemed to be growing African violets and then encouraging her progressively to grow hundreds of African violets and give them as presents to needy people in her local community, starting with patients in her local hospital. He then made up a metaphor from this experience to help numerous other clients to lift depression and anxiety from their lives.

It is exactly in this way that metaphors, anecdotes and healing stories work with clients. They bring the story into the framework of their own experience. They try to make sense of the story, as it would apply to them. The content of the story is a metaphor, that evokes, but does not literally reproduce, the actual circumstances of clients' lives. They can accept what the story seems to imply about their problems and consider new solutions within the framework of their own lives.

The subconscious is essentially protective. Before we can let go of our stress and dysfunctional behaviour, the subconscious needs to be persuaded that we can safely choose other options that will work better for us and be more gratifying to us. Establishing rapport and lowering a client's resistance can open the door for the subconscious to translate the metaphor of a story and incorporate new possibilities.

Stories as metaphors can not only give the client a way of understanding reality, they can also help determine what a client is likely to perceive, or be blind to, and to recognise something is real in the confused world around them.

* Erickson M.H. 'The collected papers of Milton H. Erickson. Volume 1V. Innovative therapy'. 'Ernst Rossi (Ed). New York: Irvington. 1980.pp 266-275.

The metaphor can give a client the power of imagination to link the past and the present to the future and can give the possibility not only to know things but also to create whole new realities. Metaphors, much better than

reason, can play a vital part in engaging the client wholly, including the full range of their emotions. They can teach clients, if they know something emotionally, they know it completely, with an effective wholeness that abstract reasoning is rarely able to convey. Clients can experience the metaphor and then shape the experience in ways that abstraction cannot. Healing stories can be powerful and practical because they appeal to all of what a person is as a human being, not just part of them. No matter how much our heads know, if our hearts are not persuaded, we are never truly convinced. The metaphor can often provide the missing link in the therapeutic process that truly convinces the client.

Metaphors, anecdotes, similes, tall tales, factual explanations and humour can introduce therapy in a way the client can easily remember. They can pressure the memory into a shape that attracts the mind, not only as a way of knowing but also as a way of remembering. A healing story is a vital technique that therapists can use, particularly when clients remain stubbornly in 'stuck states', oscillating from what they do, to what they want to do, then back again, to and fro, backwards and forwards, with nothing changing in a definitive way. 'Yo -Yo dieting' is one of the more obvious examples of this; or when they appear to be up against what they perceive as an impassable barrier. When a person is in this stressed state, conscious logic is not of much use. It just feeds the oscillating 'stuck state' trance.

One of the most powerful ways of helping a client to get beyond the stress of any perceived impassable barrier is the indirect approach of a metaphor, a healing story. It is a way of conveying an idea or suggestion that is embodied in the story's events. Events in stories linger after a client has listened to their content, entering the subconscious mind in the most unobtrusive way possible, with far less resistance than explicit suggestions. As an example of lingering in the mind, one of my clients phoned me up one

month after sessions in which he achieved considerable gains. He said, "Mike, that story you told me about the 'Forsythia Bush' just suddenly flooded into my mind, and everything else fell into place. I just had to call you and let you know". It is so true that a lot of good therapy happens outside the therapy room. Well doesn't it? Say that to your clients as they walk out the door, when they think that particular therapy session has finished and they will subliminally accept it. That's not necessarily true but why not believe it is.

Generally speaking, metaphors and stories can be a far better way to enable a client to cope with stress and get out of stress 'stuck states' than analytical or suggestive therapy. As a client loses his or her self in a story, his/her ego becomes much less active in logical discrimination or analysis. When the ego loses its grip on consciousness, the mind can then become receptive to the wisdom that is presented to it. A client must accept a therapist means what he/she says. Only then will a client change, and only if the structure the therapist uses is in a form or language that can be subconsciously assimilated, or is delivered in a way from which the client can draw his/her own conclusion, from many faceted options or choices.

Most clients change in their own unique way and one of the secrets of being an effective therapist is helping clients find their own unique way to change. I personally found this impossible to do just reading from set scripts. Most of us start like that. However, I soon passed onto the intuitive, innovative pathway as a therapist. It is not always easy for innovative therapists to explain their therapy, so I hope you understand all I am endeavouring to explain in this article.

Metaphor stories can speak of a new way, bringing profound understanding of matters that have long been lost in the maze of conscious mind thinking. The interconnections of all things can

be illustrated in a way that possesses uniqueness rarely possible by any other form of communication. They are the perfect way to illustrate the truth of what needs to be understood. They enable us to grapple with seemingly intractable difficulties and overcome what are perceived as insurmountable obstacles. We can then by comparison see how so many of our problems are down to what we perceive and not what actually happened, or was indeed intended by others, that much of the stress we suffer and feelings of isolation are simply the result of our own choices. The great value of this insight is we can make different choices in the present and future. We can change.

Metaphors speak often of patience, persistence of purpose and forgiveness for self and others. Above all is the inevitability of change, which is always possible. When there is a deep desire for change, it can always be achieved. Metaphor stories will always remain as they have throughout the ages, a contemporary therapy form, by which the storyteller can help the listener deal and cope with stress and the needs of the moment.

Perhaps the most important possibility of the metaphor is that something new will frequently surface or be revealed, some sudden thought can arise from the subconscious, some message hidden from conscious awareness can be revived. This can often only come about from the client's total involvement in the metaphor story. But because it is part of the whole, it does not cause the client traumatic feelings, because it can be seen in context with a beginning and an end. Traumas are caused by a frightening experience being trapped in the amygdala, one of the brain's most primitive regions. It means the person cannot end the event with logical reasoning; they are constantly caught in the stressed terror of the trauma. An appropriate metaphor can be a fairly painless way of getting the brain to accept the end sequence, that is survival. The trauma can then transfer to the higher cortex

the reasoning part of the brain. There are of course other ways of releasing a client's trauma but few as eloquent as the metaphor story. The metaphor is powerful because it diffuses resistance, in that a story is 'once removed,' so that the new possibilities it offers become intriguing suggestions rather than commands. Effective therapy through story telling depends on the therapist's willingness to trust his or her own creativity and intuition, a willingness to open one's own subconscious and allow it to take over. When we can trust our subconscious, then our creativity flowers and proliferates. The books about Milton Erickson's metaphors and anecdotes and the countless others that have been written should only be a metaphor for our own inventiveness. It is not enough to offer pallid imitations of others' stories. Rather, we need others to work as a springboard to catapult us into our own creativity

I know very well that most hypnotherapists are familiar with metaphors. However, I hope this article will encourage those of you who may not have yet opened up the unlimited possibilities of using metaphors, anecdotes and healing stories as therapeutic tools to the greatest advantage, to create your own metaphors spontaneously during a session and find out what a delightful experience it can be. However, studying the subject in detail is a prerequisite to the spontaneous delivery of a metaphor, as we cannot do anything to the greatest advantage, or in the most effective way, until we have studied every part of it thoroughly. Well, that's true. Well, isn't it? The greatest thrill and joy for me over my 20 years as a therapist has been the creation of a metaphor, spontaneously, during a client session and then realising that very shortly afterwards, or in the days and weeks ahead, or often immediately, my client has been able to shout out, "That's it!" or something similar, and the therapy is all but over. I can really then appreciate the notion that 'conscious knowledge is power' might apply to Marxist dialectics, but rather falls apart

when it comes up against the incontestable power of the subconscious mind.

Can you imagine, (if you can't, imagine you can) the magic of story telling, enthralling and enlightening your therapy, for the benefit of your client? Well can you? You are already aware, as a therapist, that language is your most powerful persuasion tool. You probably realise, too, that the ability to influence is a valuable skill. So you're going to be amazed when you discover just how quickly your skills as a therapeutic story teller can increase when you imagine the magic of spontaneous metaphor, as it enthralls and enlightens and benefits your clients in such an effective way towards achieving the changes they

desire. What an irresistible influence that could have for you and your clients.

So to conclude, you may have already thought I never would. There is always real hope that our hearts can always be opened and our mind begin to beat its wings of understanding, when we hear the magic of metaphor language in harmony with the truth that lies within our own heart.

Metaphor stories can be used to:
Get people to lower their defences and overturn objections.
Reframe and change the meaning of something.
Suggest to your client how they can think about something in a different way.

Induce trance.
Help clients to install new strategies.
Disassociate clients from hurtful feelings.
Cope with stress and change beliefs.
Grab your client's attention.
Induce age regression.
Put clients at ease, build rapport and pace their experience.
Speak to the subconscious mind.
Illustrate a point that you feel is important for your client to accept.
Generally act as illusive camouflage.
Help clients to change before they even know they have.
Help clients to recognise they have resources they did not know they had.
Rehearse success in an observing state.
Help clients to believe and activate the saying, 'Physician heal thyself'.

THE ALTERNATIVE WAY

CAPTION COMPETITION

Take a look at the picture on the right.

Do you feel like doing this to some of your clients for quick results?

Is your head more together than this one? If so, come up with a suitable caption.

Email your offering to the editor at mike@dillon231138.fsnet.co.uk, to arrive not later than November 23rd 2007. That's his birthday and he needs a good laugh after putting this Journal together.

The winner will be announced in the next issue of this Journal together with a selection of the top answers received. A mystery prize will be awarded with a value depending on how much the editor enjoyed his birthday. The editor's decision will be final.



JOURNEY OF DISCOVERY

Mike Dillon

One year after becoming a full time professional therapist, I created the Metaphor 'Journey of Discovery'. It was designed to enhance the confidence of clients in the therapy process. The section on insight into the metaphor is for therapists only. I do not usually agree to a metaphor being explained, because it is essentially a self – interpretation process. However, I thought it might be useful in the context of this Journal.

Journey of Discovery - Text.

... and just knowing... with using your mind this way you are on a voyage of discovery and realising a new journey takes longer getting there than coming back ... or making the journey again ... if you go the average way ... or even the longer way ... you still get there just the same ... what is important is you go the right way for you ... for when you reach your destination ... you have reached your goal ... and that is what matters ... and knowing if you go through the processes you arrive where you want to ... and it's the same ... whether it is the average or a somewhat slower way ... where you rest along the way ... and then go steadily step by step... we all need time for contemplation and perspective ... for being too quick can mean you reach your journey too quickly ... before all is ready ... or prepared for a successful arrival ... everything is not always as it should be ... for more haste often means less speed.

And you can always go back somewhere ... and then go forward again ... and it is always easier to go back over a journey you have already experienced once before ... in each case you are going through a process ...that brings you nearer and nearer ... to the changes about yourself you want to make ... and going back for a while ... before you go forward again ...can be part of this process ... so that progress always takes place... and the great joy of this journey is you can make mistakes ... with the full

knowledge that this or that part of the journey can be revisited to check and revise ... whenever that may be required ... so positive progress is always made ... as it occurs ... in perspective ... whether the journey is forward or backward ... or a return journey ... in accordance with your particular needs and requirements.

Even with unpleasantness, it's pleasant to learn from it. ... and the more unpleasant this or that may be experienced ... the more pleasant learning you can have ... and fully realising ... a successful conclusion .. is a successful conclusion ... no matter which way you take ... and what route you proceed along doesn't matter at all ... and you can take one or the other wrong turning ... but still feel the safety and security of knowing ... you can still arrive safely at your final destination ... as you make any necessary adjustments ... as required ... for returning is always quicker than going ... simply because you are more familiar with the territory ... so one way or the other. is the right way ... just a journey of discovery ... because you have all the resources you need ... all you need to learn is how to resource the resources ... so any necessary changes you desire are made along the route ... often imperceptibly ... with effortless intention ... for everyone has their own way ... and that is always the best way for them ... but understanding and appreciating ... that you don't really know something... and cannot take the fullest advantage of it ... until you have practised every piece of it thoroughly. – Mike Dillon - 1992

Metaphor – Journey of Discovery - Insight.

The metaphor suggests important messages for any new client. Using metaphor while your client is in trance can frequently have more effect than trying to pass information to them in straightforward prose. Hypnotherapists can use metaphors to make specific suggestions in an

allegoric way, which can bypass the conscious mind and be accepted directly by the subconscious mind.

The recognised father of modern Hypnotherapy, the famous American Milton Erickson, was a master at this and all forms of Hypnotic language and suggestion. I highly recommend you study his work in detail.

Messages Embedded in the Journey of Discovery Metaphor.

What the client is doing is new and different

It doesn't have to be done in any precise way. (Opposite to conscious mind thinking).

It doesn't matter how clients do it, they can do it their way.

Clients can achieve their goals. It is not a matter of if, only when.

It doesn't matter how long it takes.

Clients can go at their own pace.

Clients can make mistakes and then correct them

Clients can keep going over the process, time and time again (listening to the recording of the session).

Clients can stop and think about what they are doing.

Clients do not have to be perfect.

Clients can succeed but need to be persistent.

It's personal to the client.

Positive progress is always made.

There is no magic spell, no easy quick solution. (There can be, but this is rare. It is never advisable to suggest this could be so)

It is often necessary to deal with the past.

Clients do what they feel is right for them.

As therapy continues, it becomes easier and easier.

Clients cannot interpret it incorrectly, as they can only do it their way, which is right for them.

You could find other messages. This is the great joy of metaphors; people will gain from them, as they perceive them.

LIFE OUTSIDE THERAPY

Mike Dillon

We all have a life outside our work as therapists. One of my hobbies, that has supported me therapeutically during my years in the commercial world and as a therapist, has been gardening. I have been a keen gardener through the whole 44 years of my married life.



It so happens that on 1st August I was awarded first place in 'The District Council Gardens For Pleasure Award Competition for 2007.' It is awarded to the front garden in the council district, that in the view of the judges, gave most pleasure to passers-by viewing the garden.

On 10th September I will attend an award ceremony chaired by the mayor of Gravesham to receive a silver Bowl Trophy, a framed certificate and garden gift tokens.

Most people who are keen gardeners do it for love but we are all human and are of course proud and pleased if we receive recognition of our work.

My other hobbies include walking and reading. I enjoy spending time with my family, taking special delight to be with my four grandchildren, with whom I have a very special relationship.

My wife Peggy and I also enjoy holidays with our many friends in Germany and France. Peggy also has relatives in New Zealand and of course we enjoy holidays on our own.

When you take into account I am one of eight children, all of us still alive (just!), immediate family gatherings can be up to 40 or more. So social life can be a bit hectic as well!



AN UNUSUAL CASE

Mike Dillon

Flexibility as a therapist is so important in helping clients progress towards what they want to achieve, looking at all possibilities. Because the subconscious mind connects so easily to imagery, it is very useful to use this imagery concept in as many varied ways as possible. The following is an experience I had with a client in which both our internal imagery resources were used in a quite spooky way.

During therapy I am always looking out to help my clients by using every conceivable angle to approach their challenges and encouraging them to do the same. By the way, I always encourage my clients to refer and think about the changes they want to make as 'challenges' not 'problems'. The word 'problem' has all kinds of negative connotations, whereas the word 'challenge' will normally evoke a much more positive mind set.

The sketch shown at the end of this article represents a copy of a doodle I jotted down during the clients I/A. It was in the centre of my notepad, with written observations as to how the client wanted to change. To me this is the most important aspect. Not letting the client drone on about how they don't want to be, but how they want to be in the future.

The doodle is the right way up as I drew it, with some of the bullet points that I made immediately surrounding it. There were, of course, more comments made that are not included in this doodle picture. We all generally make written observations during an I/A, it just so happens mine on this occasion appeared mainly in doodle form. That is how I work, go with the flow, which I encourage my clients to do also.

When I first looked at the doodle, it didn't appear to make any sense, but eventually, I turned the sheet upside down. I don't know why I did this, trying all possibilities, I suppose. To

my surprise the doodle revealed two figures standing side by side. The right hand side showed a figure with something striking into the heart, becoming more pointed the closer to the centre it reached. The left hand figure showed a body with just fuzzy lines down the right side with nothing attacking the body.

At the next session, after an appropriate induction (That's interesting, what is an appropriate induction?), I asked my client whether she had any feelings about the self and how she wanted to change. To no little surprise on my part the client explained she could feel something from outside striking deep inside her in a very powerful and painful way and what she wanted to do was protect herself from this constant attack.

I then carried out some emotional healing imagery therapy with the client, using her own intuitive feelings, with the words subliminally embedded in the hypnotic dialogue. 'What is left is often the right thing to clear.' Also I included some stress control processes and coping strategies to help the client to deal with current challenges.

At the next session, I asked the client what she had experienced since the last time we were together. "Well, you may consider this very bizarre," was her reply. (I did not because I am a very bizarre person myself). "I kept trying to pluck this powerful thing from the centre of my being, but it kept coming back. Finally I decided I wanted to stop the perpetual criticising of myself and putting myself down and feeling guilty, incidentally, about my mother, haven't I mentioned this before? When I leave my mother I always have a fuzzy feeling, a confused feeling; that can't be right can it?" (Mother had been a negative DP throughout the client's life!).

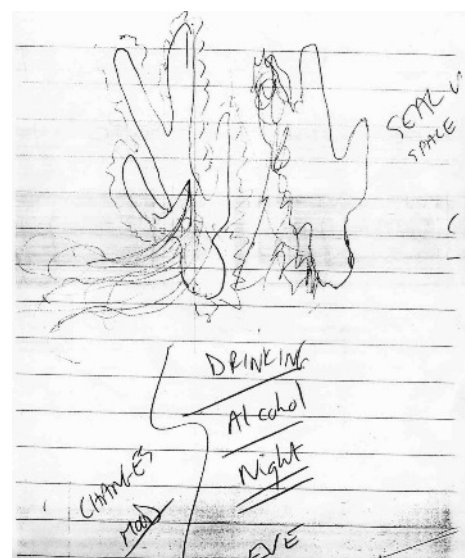
I then showed the client the doodle and suggested she just contemplate

on this. Then I suggested I would see her in two weeks. She agreed. Why two weeks? As she agreed, it was obviously the right timing for us both.

When the client came back for her next session, her face was brighter, her whole personality more buoyant and she was altogether much better in every way. I said to her, "Isn't it remarkable what you can do when you turn things upside down and take on a whole new perception of what's going on?" "That's very much what I did," she confirmed.

So, as therapists, wouldn't you agree that it is very advantageous for us to encourage ourselves and our clients, to turn things upside down or from side to side or maybe even spin things around, when it is appropriate to do so, and see what it looks like from a different perspective? Well we can all do that, can't we?

So you may ask what was that all about? You have every right to do so. Maybe you agree that flexibility is the key to effective therapy, or you may not, but as long as you found at least some of it interesting as a Journal article, it has served its purpose well!



MEMBERSHIP WHO'S WHO

Mike Dillon

For over 30 years Mike worked in the commercial world in shipping and freight forwarding, and subsequently in international trade fairs and exhibitions. His commercial professional qualifications include: Fellow of the Institute of Freight Forwarders, Member of the Institute of Chartered Shipbrokers and Member of the British Institute of Management.

As the UK representative of The Leipzig International Trade Fair, at the time arguably the largest trade fair in the world, in the 1980s Mike organised, through the patronage of Lord Ted Willis, a reception for The Leipzig Fair in The House of Lords. This is the only occasion, to Mike's knowledge, that a trade fair has ever held a reception in this illustrious and historic setting.

For most of his commercial career Mike travelled overseas on business a great deal in Europe, Scandinavia and the Mediterranean countries. This varied environment enabled him to gain a vast experience of life and the stress involved in it.

Having studied techniques of stress control and self-development psychology for his own benefit, he became increasingly motivated to pass on to other people what he had learned, and started doing this in his work environment through his company's human resources department, but subsequently decided to practise on his own as a stress manager.

After professional training Mike started up his practice as a stress manager. In January 1994 he was invited by the seven resident GPs at the Gun Lane Medical Centre in Strood, Rochester, to become their Medical Practice Stress Manager. He has worked weekly at the Medical Centre ever since.

Mike's work as a Stress Manager consists of 3 years as a part time stress manager, working in the evenings and

at weekends, and 17 years as a full time professional stress manager.

He has also delivered health education programmes to groups, including talks on stress for Gravesham Council Education Unit and to numerous local companies and organisations, clubs, associations and other such bodies on stress management and hypnotherapy and has carried out a stress audit programme for Darenth Valley NHS Trust Hospital staff.

Mike is also the listed contact Stress Consultant for Kent in the official British Medical Association & GMSC General Practitioners Advisory Handbook. All health care practitioners who appear in the Handbook have been vetted and approved. The handbook is distributed to 12,000 General Practitioners, Health Authorities, and NHS Trust Hospitals in the UK.

In his work Mike uses various therapies he has trained in, including stress management, hypnotherapy, NLP, cognitive behavioural therapy and Human Givens therapy.

In September 2002 he started working at the Integrated Care Centre in Longfield, Kent. This is an exciting project that involves medically trained health care workers within the NHS working together with complementary therapists at a single health care centre. He was a member of the steering committee that developed this 'flagship' Centre into the successful enterprise it now is.

In the 1990s, Mike, together with a long-term cancer patient Robert Mayes, started 'The Medway Centre for Cancer Support and Care'. A number of complementary therapists were involved in this project.

In December 2003 Mike was appointed a member of the Public and Patient Involvement Forum working in

partnership with The Medway National Health Trust. The functions of PPIFs have been laid down in law. This means they have real power to make a difference; they are not just 'talking shops'.

Mike will be 69 years old in November 2007 and is still running a busy and successful practice from his home in Higham and at The G.P. Medical centre in Strood.

Therapy Qualifications.

Diploma of Hypnosis: D.Hyp.
Fellow & founder member of the Society of Stress Managers: FSSM.
Member of the National Council of Hypnotherapy: MNCH.
Fellow & founder member of the Hypnotherapy Research Society: FHRS.
Member of the Hypnotherapy Association: MHA.
Fellow Member of the Hypnotherapy Society: FHS.
Member of The National Smoking Cessation Institute: MNSCI.

Positions Held Past & Present.

Member of the Ethics & Discipline Committee of the Society of Stress Managers.
Member of the Joint Training Committee of the Society of Stress Managers and WellMind Training Ltd.
Southeast England Regional Co-ordinator for the Society of Stress Managers.
WellMind's representative in UKCHO - the UK Federation of Hypnotherapy Organisations.
Member of the Patient & Public Involvement Forum for Medway Maritime Hospital.

NVQ Qualifications.

TLB - Units C21 & D32
D33 - Qualified Assessor
D34 - Qualified Internal Verifier.

REVIEWS

Mike Dillon

To start the book and CD course review section I am going right back to my roots to a CD course and a book that to me are both classics and timeless in the benefit they can present to a student of any of the psychotherapy disciplines, including hypnotherapy of course.

**'The Psychology of Achievement'-
CDs and CD-ROM workbook.
By Brian Tracy.**

I purchased this course at the age of 40; it was cassette tapes then. At a time when self-development products of this kind were in their infancy in the UK, it made a great impression on me and was the direct first link in my becoming a professional therapist. It covers a few scientific principles that when applied will virtually guarantee success in any area of life. It did with me. I was at a stage of my life when I didn't have a clue how the mind worked. So to me when I listened to this course it was like being in a darkened room, then flicking on the light switch. All of a sudden I could see clearly. My world was illuminated. That is what 'The Psychology of Achievement' did for me those many years ago. I have listened to it many times since then, and many of the basic therapy principles I work with came from the knowledge I gained from this course.

The above can be obtained from Nightingale Conant in Devon.
Telephone number: 01803 666 100.
Email: mail@ncgroup.co.uk.

**'Tracework' Book. Published 1990.
By Michael. D. Yapko PH.D.
ISBN 0-87630 -568-0**

I have had this book in my collection for 17 years. It is an excellent exposition of the teachings on Ericksonian therapy. It provides the building blocks necessary to learn the vocabulary and grammar of hypnotherapy and effective forms of influence. The book is not just an

exposition of Ericksonian methods or of strategic therapy, it is more Yapko's ability to capture the essence of the approach to this therapy and the fact he has been able to make it available in a practical way, which makes it an excellent book in every respect.

And finally coming right up to date: -

**The Spontaneous Healing of Belief
CDs and CD-ROM workbook.
By Gregg Brandon.**

If you are interested in the unlimited

possibilities of the human brain this CD course and workbook is fascinating and absorbing. It gives a view on the latest scientific discoveries in 'Quantum Physics' much of which has led to the 'latest kid on the block' Quantum Psychology. This will probably, in time, change all talking therapy disciplines in a very significant way, shattering the paradigm of false limits.

This can also be purchased from Nightingale Conant details already given.

QUOTE CORNER

Most people spend more time playing with a computer than they do learning how to use their brains. (Mike Dillon)

The pathways of mind - body communication, not the therapists' suggestions, are the essence of healing. (Ernst L Rossi)

We need to address therapy in a simple way and look at what works and what does not. (Mark Pendergrast)

All words have an emotional content, the implications of which go far beyond the dictionary. (Barry Winbolt)

Continued from page 5, column 3 - Laugh or Cry?

Finally, for now, there is the story of a lovely young woman who had been to see me before, but came back a year later with a different problem. I learnt during the first session, that it was not a 'new' problem at all, as it had always been there, but she had not thought it relevant to tell me previously. She was apparently frigid and her fiancé wanted her to get some help with this. We worked for some weeks on the problem and fantasy imagery played a part in it. One day, near the end of her course with me, she came in to see

me with a wide grin all over her face. She said she and her fiancé had been out for a drive in the country and 'had done it' over the bonnet of their car! She said that she had enjoyed it very much! The funniest part of this, according to her, was at the end of the 'deed', when her fiancé turned to her and said, 'I suppose you are going to tell Gill all about this!'

We Stress Managers do get involved in the most intimate and unlikely situations!

THE FUTURE

So you have read the Mike Dillon version. It is now your opportunity to contribute to **your** Society's Journal in the future.

I decided to go ahead with the Society Journal on 2nd August 2007. By the 16th, just 14 days later, I produced 20 A4 pages of written content ready for deciding on the Journal format, layout and publishing style, with which Alex Evison kindly helped me. The Journal was then produced in electronic format for distribution to members

Once I decided to do the work, I did it very willingly and I did it for **you**, my fellow members of The Society, which most of us formed together those many years ago.

The Society Journal will only be a success if members take an active interest in it and contribute regularly.

The majority of members, I understand, wants the Journal to be distributed outside The Society. This could be an excellent way to enhance The Society's image.

A Mike Dillon dominated version of The Journal will not achieve this. For the goal of wider circulation outside Society membership to be achieved, we need to upgrade the standard and for each future edition of The Journal we need a variety of contributors before even considering the wider distribution possibility.

It's your turn now. If the goal of members is to have a Journal of quality, suitable for both 'in house' and wider distribution, then as the Journal Editor, it is my goal also.

**BUT I NEED YOUR HELP TO ACHIEVE
THIS. DON'T LET ME DOWN.**

AGGM

The Society of Stress Managers' AGM will be held at 2.00pm on Saturday 27th October in the Midland Hotel, Derby.

Refreshments will be available from 1.00pm.

The AGM will feature a presentation by
Ann McCracken entitled -

“A New Model of Stress - the Stress Gremlins”

The Society Directors are looking forward to welcoming members attending the AGM. This provides the opportunity for you to give your views about the work of the Society and in particular your views of the Society's new Journal together with constructive ideas for the Journal's future.