

# **Tibbi Hipnoz Derneği**

**To heal with the Perfection of the Beauty:  
The Use of Hypnosis for the Perfection of the Soul  
and the Wellness of the Body**

**Duties and Virtues of the Beauty:  
Being Nice and Good.  
(Kalos Kagathos)**

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# Three Basic Needs (Rick Hanson)

Safety, security, (Brain Stem, motor and sensory systems)

Satisfaction, fulfilment (Subcortex, limbic system)

Connection, bonding and belonging (Neocortex, mammalian brain)



# Being Nice and Good: Aesthetics and Ethics

In the Greek philosophy BEAUTY was connected with GOOD, Aesthetics with Ethics.

Can we still find that connection today?

How hypnosis can help us connect the beautiful and the good that is in our patients' lives?

# Albert Schweitzer (1857-1965)

The little I can do is like a drop in the ocean,  
but it is what gives meaning to my life



# Being Nice and Good

Being Nice and Good is a response based on the intention to govern the impulses of our human nature.

**All that is human belongs to me**

Terentius (190-159 b.C)



# Self Control

How hypnosis teaches to control our impulses?

Self control helps to be aware of the difference between:

reacting and responding

# Reacting vs Responding

A **reaction** is instant, “without thinking”.

It's driven by the beliefs, biases, and prejudices of the unconscious mind.

A reaction is based in the moment and doesn't take into consideration long term effects of what you do or say.

A reaction is survival-oriented and on some level a defense mechanism

# Reacting vs Responding

**A response** it is slow.

It's based on information from both the conscious mind and unconscious mind.

A response is more “ecological”: it takes into consideration the well-being of not only you but those around you.

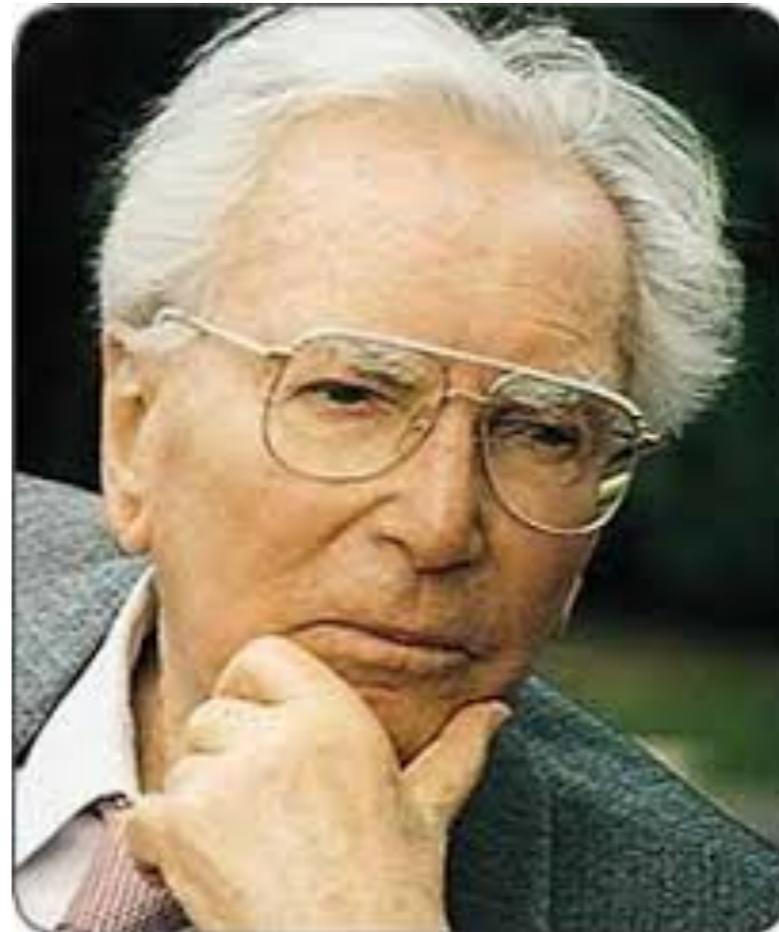
A response weighs the long term effects and stays in line with our core values.

# Viktor Frankl (1905-1997)

Between stimulus and response there is a space.

In that space is our power to choose our response.

In our response lies our growth and our freedom.



# What is Freedom?

Freedom is deciding and realizing that we are deciding

Moral is the set of behaviours that we consider valid

Ethics is the reflection on why we consider our behaviours valid

Are we really free?

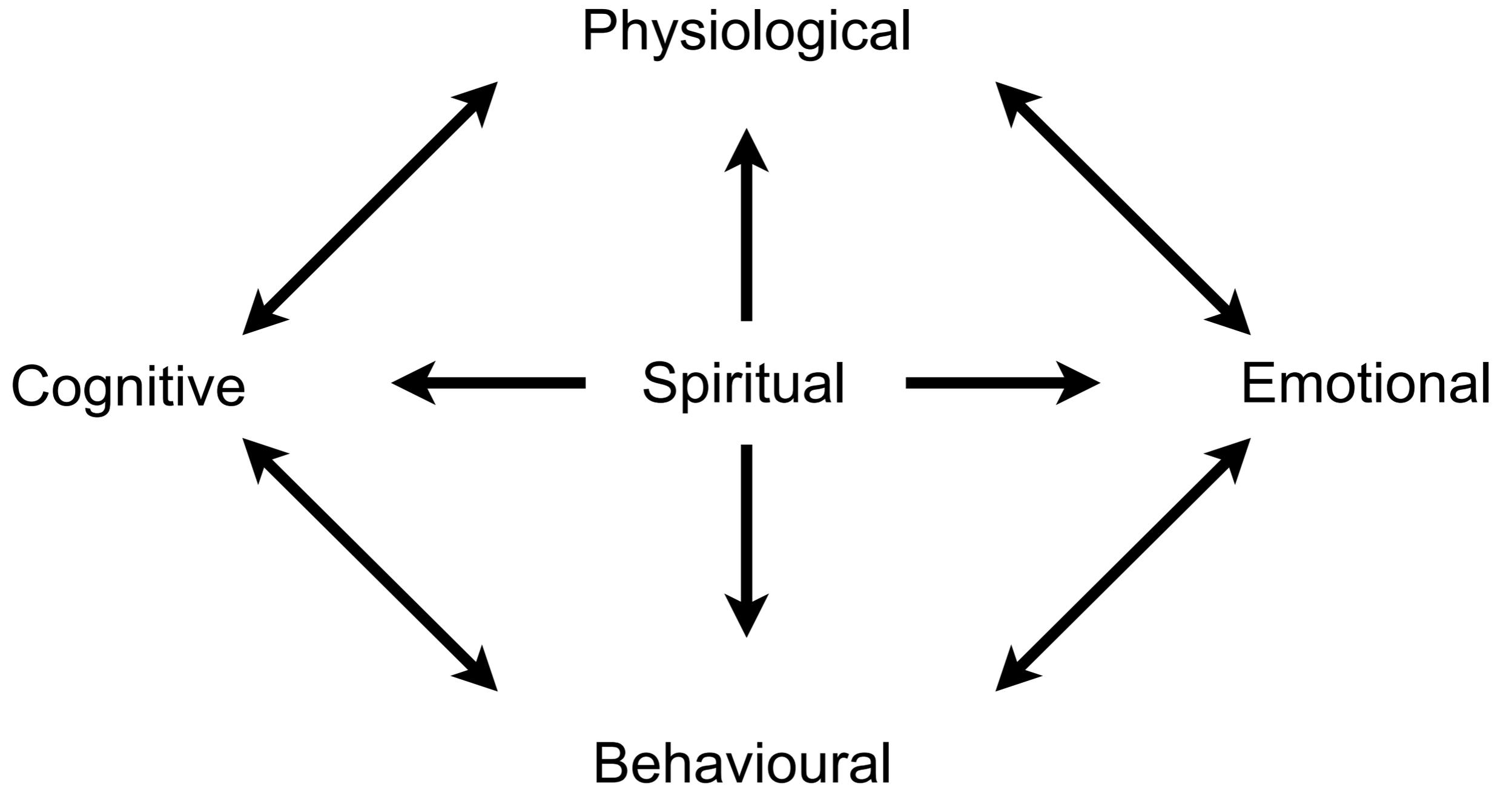
# Jean Paul Sartre (1905-1980)

We are not free not to be free

We are condemned to be free and for this condemnation  
there is no amnesty



# Stimulus/Answer



# Virtues

Virtues are a habitual and firm disposition to do the good  
Cardinal Virtues:

**Prudence:** the ability to discern

**Strength:** Hardiness, Resilience: the ability to face difficulties

**Temperance:** the ability to gain self-control, moderation

**Justice:** the ability to be fair, righteousness



# Virtues

Theological Virtues:

**Faith:** belief in God, trust on universal and natural laws

**Hope:** expectation of receiving, refraining from despair

**Charity:** compassion, generosity, mercy, loving others



# Thomas Hora (1914-1995)

All the problems are psychological,  
but all solutions are spiritual



# Seven Acts of Mercy (Caravaggio, 1607)



# Seven Acts of Mercy

Bury the dead

Visit the imprisoned

Feed the hungry

Shelter the homeless

Visit the sick

Refresh the thirsty

# Fernando Savater (1947)

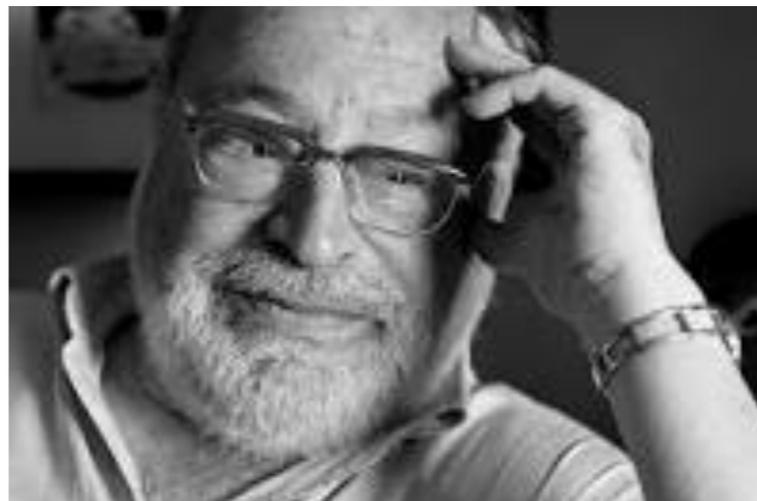
## Four Principles of Morality

**Philosophical Morality:** be good for yourself, to respect the law

**Religious Morality:** be good for the love of God

**Human Morality:** be good because it increases our happiness,  
for self-love

**Political Morality:** be good to benefit the welfare of society



# Don't Be Stupid

Stupid is the one who

- believes he does not want anything
- thinks he wants everything
- does not know what he wants and does not mind trying to understand it
- knows what he wants, he knows why he wants it, but he's without energy, he's frightening or weak
- wants fiercely, he is aggressive, does not stop at nothing but is not able to assess reality, and ends up exchanging for welfare what makes him feel bad

## Michel de Montaigne (1533-1592)

The pleasures of life must be kept with fingernails and teeth, because the years pass them off from the hands one after the other



# Joseph

Joseph has problem in controlling his rage and has remorse because he misused his freedom

His anger is a form of compensation for the abuses suffered in the past

# Remorse

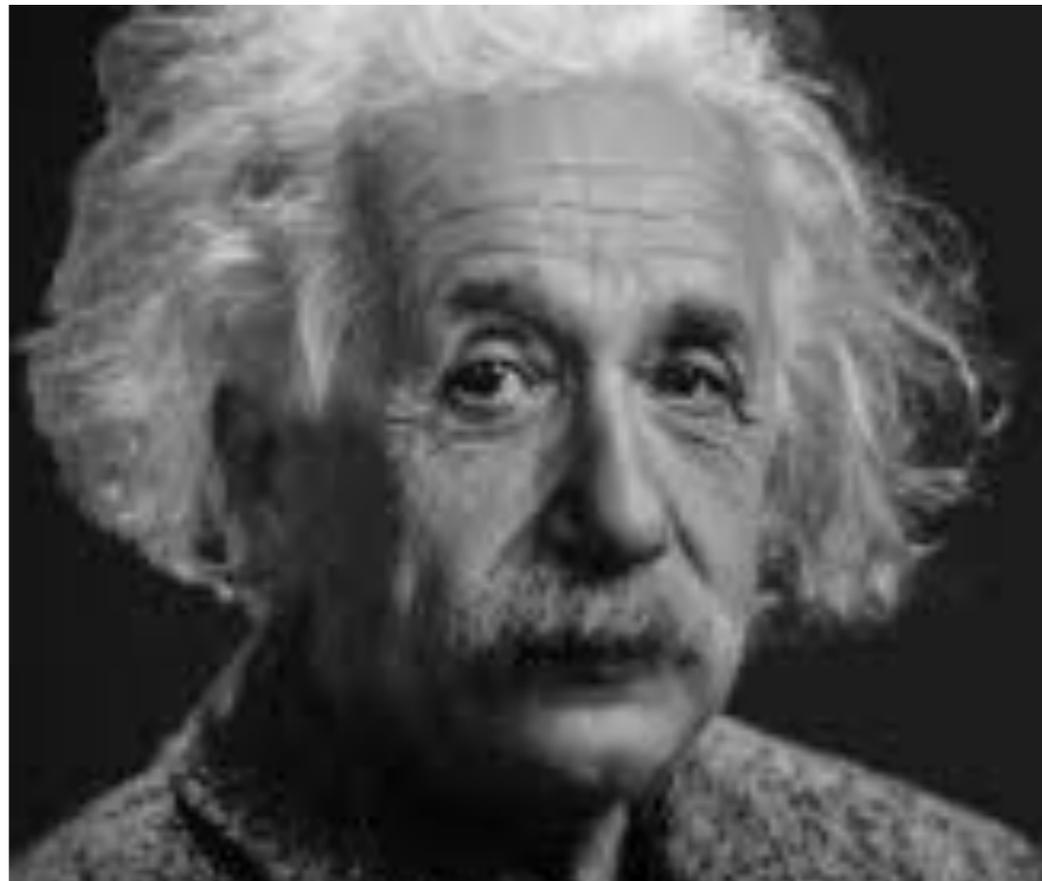
There is no worse punishment than to realize that one is hindering with his acts what he really would like to be

Who is responsible is aware of the real content of his freedom and is able to stop himself

# Albert Einstein (1879-1955)

I think the most important question facing humanity is:

Is the universe a friendly place?



# Joseph

Joseph wants to learn how to control his rage  
**but**

Joseph beliefs he has the right to defend himself, he is free to defend himself, no matter the consequences

## **Reaction and Remorse**

I helped Joseph to put past wounds in the past and to concentrate on his resources of the present:

work, girlfriend, dogs, boxing  
Safety, Satisfaction, Connection

# STOP

**S**ilence, simplicity, slowness

**T**ake your time

**O**bserve yourself with a

**P**ositive attitude

# Joseph

Where the attention goes, the energy flows

I helped him to recognize the first symptoms of anger (and fear),

and to make a PAUSE

breathing in and out three times

# PAUSE

**P**repare yourself to be present in the present moment,  
explore your

**A**ffects regarding what you are feeling in the here and now

**U**nderstanding the

**S**ense, the meaning of what you are feeling and thinking in  
the here and now and

**E**licit the resources you have to respond to the stimulus in an  
appropriate and efficient way

# Joseph

I helped Joseph to remember when he was able to control himself and to recognise the resources he utilised in that circumstances

*When the driver was an old person he remembered his old father and felt compassion*

I helped Joseph to HEAL past wounds asking him to enter in the compassion state

# HEAL

**H**ave a connection with a positive state, with your compassion

**E**nrich your compassion with several examples

**A**bsorb compassion into yourself

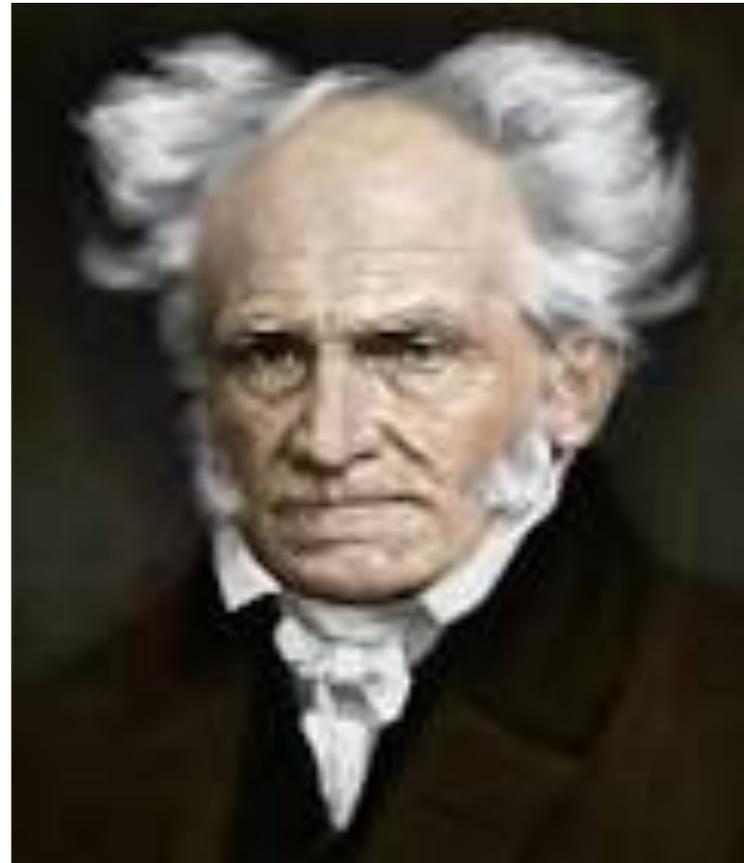
**L**ink compassion with being calm and in control



Rick Hanson, *Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness*, Harmony Book, 2018

# Arthur Schopenhauer (1788-1860)

Our freedom to act begins when we become aware of  
the limitation of this freedom



# Statue of Liberty



# Statue of Responsibility



# Eleonora

Eleonora comes to therapy for anxiety problems.

She doesn't like herself because she is too strict with her 8 year old son

Eleonora fears that something bad may happen to her son

We worked with RAIN

# RAIN

**Recognise** what you feel and think

**Allow** it, accept it

**Investigate** the meaning of it

**Nurture** it



Tara Brach, *Radical Acceptance: Embracing your Life with the Heart of a Buddha*, Bantam Books, 2003

# Eleonora

Her father shot himself when Eleonora was 9 years old.

Her son has 8 years old

# Eleonora

We worked on the death of the father:  
accident or intentional suicide?.

We worked on the repercussions in her life:  
Depression of the mother, change home and neighborhood, her  
wanting to be a good girl, her scholastic commitment:  
always be the best.

# Eleonora

Afterwards we worked on her early relationship with her son

She gave birth with a caesarean section

She had a postpartum depression

Lack of oxytocin, lack of bonding

# Eleonora

With a guided fantasy I invited her to imagine giving birth in a natural way and immediately embracing her son, skin to skin contact.

I invited Eleonora to see him, caress him, feel his heartbeat, its smell, listen to his voice

Elicit oxytocin

I see you, I love you ...she repeats to her son

# Eleonora

Eleonora realises she **reacts** as if she were afraid.

Explore fear with RAIN

Fear of what?

# Eleonora

I invited Eleonora to exercise her emotional flexibility

The stimulus is the same and she is able to **respond** in different ways

# Eleonora

When she realised that the fear was not necessary anymore, Eleonora was ready to **respond** with other emotions such as

curiosity

surprise

trust

boredom

what else?

indifference

# Let's Make a Pause

20 seconds of SILENCE



# **15<sup>th</sup> ESH Congress of Clinical Hypnosis and Research**

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