

PROTOCOL**ADDICTIONS & DEPENDENCES**

Objective : to free the person from addictions and dependences (tobacco, alcohol...)

1- Define the patient's objective – evaluate his motivation (from 0 to 10)

2 – Precise description of the person's addiction in detail

Example:

"How do you smoke ? How deep do you inhale (throat, upper lung...) ? At what time? etc... »

" I like that the smoke gets inside my belly, that it stays in my mouth, in my bronchi, deep into the alveoli. I like smoking in the morning after breakfast, I prefer this kind of tobacco...."

What is it that P stimulates when he smokes ? Nose (sinuses), mouth (puffing, sucking on), bronchi, alveoli, contact.

3 – Associated – P finds the first time

Example : 1st cigarette

If P can't remember, do as if, imagine the first time.

4 – Associated – Before the first time

P experiences the situation before the first time.

What is happening in P's life before the first time ?

5 – Associated – P experiences again the first time

- What's the FEELING ?
- What is the UNMET NEED that this first experience satisfies ?
- What is the internal stress that has been pacified ? It's the solution to ... ?

T pays attention to the inversion :

- " What is it that makes the negative becomes positive at this moment ?"
- "If it was impossible for you to smoke this first cigarette, what is happening inside you ? What do you feel ?" (Feeling connected to the conflict).

6 – How to satisfy the need differently

P finds a **different way to satisfy his need**.

Find :

- The Resource → color, word, music, food...
- The new behavior

T is careful to not create another dependency

7 – Give a new choice (under hypnosis)

Under hypnosis, give a new choice **BEFORE the first time**.

Make P **experience again the 1st time** with the **Resource + New Behavior**

8 – Check the initial needs and predicates

Still under hypnosis, use the initial needs and predicates :

With this new choice, P grows up and moves through his entire conscious and unconscious life.

P tests the present.

9 – Bridge to the future

Remarks :

- T pays attention to
- => Biological listening
 - => Reformulation of the initial predicates when in hypnosis
 - => The inversion (deprogramming of the 1st inversion)
 - => P's autonomy

