

Elegantly Confront Clients with Their Lies

All clients lie. That doesn't make them bad people. They are not aware of it. At base, the client lies as a Self-protection strategy because, as Jack Nicholson put it so elegantly in *A Few Good Men* "YOU CAN'T HANDLE THE TRUTH!!" By confronting a client with her lies, she gains new insights into how she might resolve problems in her life caused by those lies.

You cannot dis-own what you do not own. Put another way, the client must accept responsibility before she can change.

The hypnotherapist guides the client to *Construct for herself* that she lies to herself.

Lies take many forms: Blame, Excuses, Alibis, Justification, Explanations, Stonewalling, Obfuscation; in general, shifting responsibility to other people or to circumstances.

As the client accepts and states "I am a Liar" she can begin to Reframe circumstances in the direction of accepting responsibility for the issues that afflict her.

It takes Persistence and Repetition by the hypnotherapist to effect lasting change.

Guided Discovery uses examples and strategic questions to help the client construct her insights and new knowledge, and to pull resolutions from her subconscious.

Authority, Assertiveness, Confrontiveness. Effective hypnotherapy balances compassion with the need to push the client thru resistance and periods of cognitive dissonance.

Lies are a Habit of Mind. Habits change not via logic, but thru emotion.

Fear is the common denominator of all lies.

Make a list of Strike-words to reduce the reinforcing impact of negative language choices. Words and phrases like: I don't know, Probably, Maybe, I guess, I'm sorry. [All lies]

Never ask Why [It merely reinforces an orientation in the Past] Rather, ask What do you want? [Re-orienting to a Future focus]

Perseveration [Repeating speaking or thinking about an issue after the original stimulus is gone] reinforces negative self-image, and is therefore a lie. Use Pattern interruptions to derail negativity and re-focus on positive energies.

Expect Cognitive dissonance as you confront a client with her lies. There will be periods of confusion as she mitigates what she has taken to be true [accepted, though not in her best interest] against insights you have guided her to [in her best interest, but novel].

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