**ANGER MANAGEMENT**

**Hypnotherapy procedures by Dr Keith Hearne European College of Hypnotherapy**

**FIRSTLY, get a clear understanding of how anger manifests in your client, and the background circumstances. Discuss the matter thoroughly, before hypnosis, using the following questions:**

Give me some examples of when you have experienced anger.

What level of anger do you usually experience: mild, moderate, extreme.

Does your degree of anger frighten you?

How often do you get really angry?

How young were you when the anger first showed?

Have you physically attacked anyone when you were angry? If so, what degree of harm did you cause? What resulted for you? (eg police warning, arrest, prosecution, jail)

Did you witness anger in childhood?

Do you have brothers or sisters who are also angry people?

Do you get angry more often with members of the opposite sex?

Was anger used against you ever?

Is there a neurological cause (eg frontal lobe damage)?

Do you see a pattern in your anger?

Do you completely ‘lose it’ when angry and ‘just see red’?

Is it linked to anything else? (alcohol consumption, drugs, medication, stress, frustration, boredom, other)

Is your anger expressed more in caustic comments to others?

Are you mainly angry with those in authority?

Do you get angry with other drivers on the road?

Do you bully people?

Do you like to watch films in which anger and violence is shown?

(NB Suppressed, frozen anger can transform into depression. Discuss that possibility with your client).

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**SECONDLY, induce hypnosis and use the IMR technique to find causative factors. Explain again to the client, in the trance this time, the IMR procedure. Test the IMRs.**

1. **Sub-personalities** - ‘you the unconscious mind of this person, let us go back in time, year by year, starting at 20 years of age. You the unconscious mind gather every piece of information that you have from each year. If anything happened at a particular age I mention, that was significant in the causation of your anger, signal by moving a finger’. Note down any age at which a signal was given. Count back slowly to ‘at birth’. Process each signalled age (starting at the youngest), by getting the client to recall the event (Was it at home, school, other place? Etc. Can you recall the precise event? Who was involved? Who was on the receiving end of the anger? What was your reaction? Etc. etc.) Re-integrate the sub-personality using our usual technique, then proceed to the next signalled age. On reaching 20, seek any causative ages forwardly (in decade blocks ie 20 -30 years of age, etc) narrow the age down, and process any sub-personalities in those ages. Describe to the client how the sub-personality has been ‘stuck in time’ since the trauma, and has controlled the client as if they were a ‘puppet on string’.
2. **‘Past-life’** scenarios – use our ‘corridor’ technique to go to such apparent causes, and ‘de-cord’ the past life character from the client.
3. **‘Spirit attachment’ scenarios** – use our procedure for spirit releasing.

‘Is there anyone else with this person?’

**THIRDLY, Forgiveness.** If the client was on the receiving end of anger from someone else in any of the areas you have investigated, it is important for your client to forgive that person (or those persons).

**FOURTHLY, dealing with the habit of anger.** Use our technique of ‘from now on as soon as you are in a situation where you would have got angry previously, instead, you the unconscious of this person will immediately enable them to feel relaxed, and will switch his/her thoughts to positive things about the future’. Repeat these suggestions many times so they are ‘stamped in’.

(In the case of **ROAD-RAGE**, utilise the specific script for that topic).

**FIFTHLY, teach the client SELF-HYPNOSIS**, and provide suitable self-suggestions for being calm and relaxed in previously anger-provoking situations.

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Have your client return after a week or two, for feedback and fine-tuning of the hypnotherapy. Test for, say, dysfunctional attitudes.

It may help the client to have a full personality assessment. Dr Hearne will conduct this, for an arranged fee, if required. Ring him on 01784 479930.

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