

# Introduction to Transpersonal Hypnotherapy

By Jevon Dangeli, MSc Transpersonal Psychology

*Your vision will become clear only when you look into your heart.  
Who looks outside, dreams. Who looks inside, awakens.  
– Carl Jung*

## What is transpersonal hypnotherapy?

Transpersonal hypnotherapy supports one in resolving limiting beliefs, unwanted habits, negative reactions and destructive behaviours. This holistic and integrative form of hypnotherapy can be beneficial for personal development and healing, as well as for performance enhancement in any context, including resolving relationship issues too.

Transpersonal hypnotherapy includes the methods and objectives of traditional and Ericksonian hypnotherapy, but it takes a more holistic and integrative approach to nurturing client growth and transformation. This is achieved through individually tailored processes that help clients to identify what provides them with a sense of meaning and purpose, while supporting them to find ways of expressing this in their work, their personal life and within relationships.

Transpersonal hypnotherapy draws on the transcendent quality of consciousness in a pragmatic way that empowers people in the contexts of their everyday lives. This can be considered as a *bio-psycho-socio-spiritual* approach to hypnotherapy that helps clients resolve issues concerning the body, mind, relationships and spirituality.

A unique aspect of the transpersonal hypnotherapy approach is that it enables practitioners to identify and leverage the non-ordinary states of consciousness and transpersonal phenomena which readily occur in therapy, but are often undetected or misunderstood if the practitioner has not learned about the transpersonal approach.

## **Scholarly support for a transpersonal approach in therapy**

Based on his work with thousands of individuals over five decades, the psychiatrist Dr Stanislav Grof (2003) suggests that stressful and traumatic events during life are not the causes of emotional and psychosomatic disorders, they are merely the triggers that cause the emergence of psychological material from deeper levels of the unconscious. According to Grof (2000, p. 75) psychological problems develop as a result of the reinforcing influence of traumatic events in our postnatal history, which in turn have causal links to perinatal, prenatal and transpersonal origins. Grof (2000) argues that a newborn's birth experience (the perinatal phase) profoundly influences that individual's emotional and social development, and therefore this has important implications for the future of our society. Grof points out that the amount of emotional and physical stress involved in childbirth clearly surpasses that of any trauma later in life and is an event of immense psychospiritual importance (2000 p. 31). Grof's studies have revealed that the memory of birth is recorded in detail down to cellular level and it therefore profoundly affects psychological development (Grof 2000 p. 31). For this reason Grof sees value in regressing to the perinatal stage for the purpose of healing and personal development. Transpersonal hypnotherapy can involve regression to early life memories, the perinatal, the prenatal, conception, and even earlier (transpersonal) phases of life, if appropriate for the client, in order to address the root cause of issues in present time.

An example given by Grof (1995) is that the cause of claustrophobia could be tracked back to an incident in childhood, but if explored further it will most likely have deeper roots that may stem from factors relating to birth or pre-birth, and looking further still one may discover that the potential for claustrophobia to manifest may even come from a particular experience in a past life. Full healing will therefore involve interventions that address all the causal domains and triggers that influence the existence of the condition. Further examples given by Grof (1995) indicate that traumas associated with prenatal and perinatal related experiences are of significant influence on the physio/psycho/spiritual development of each individual.

Grof realised that the Newtonian/Cartesian dualism that dominates the West has no place for spirituality. He refers to the anthropologist Michael Harner, pointing out that we have adopted an ethnocentric view of mental health, by seeing our culture as superior to any others. He says in his 1995 lecture:

*We have pathologised all non-ordinary states with the exception of dreams. When they are not repetitive and associated with anxiety you are allowed to dream and be considered normal. And with this kind of attitude, we have really, if you think about it, pathologised the entire spiritual history of humanity.*

Lukoff (2007) suggests that the worldview of contemporary society is bound to be challenged as an increasing amount of people report visionary spiritual experiences through engaging in spiritual practices. "Spiritual emergence" is the phrase that Grof uses to describe a natural process of growth and unfolding, while "spiritual emergency" he describes as an overwhelming, often unwelcome or frightening onslaught of contents from the unconscious mind which produces a disruption of normal functioning. "Spiritual emergency" is often misunderstood and seen as a form of psychosis (Grof & Grof, 1997).

A well documented disruption in normal functioning is that of Near Death Experiences (NDEs). NDEs include transpersonal phenomena entering someone's experience during the short time that they are dead, or on the brink of death, or in a coma. Once brought back to normal consciousness (most often through emergency medical intervention), individuals who have experienced NDEs often report being deeply affected by their experience of an 'after-life' during the time that they were considered devoid of consciousness. Having personally been on the verge of death on three separate occasions, I can most certainly confirm the life changing effect of such experiences, which amplified my perceptions about myself and everything in existence – described in the article: [What I learned while dying in an ambulance](#)

If NDEs represent non-ordinary states associated with events after this life, then events experienced before this life present another type of non-ordinary state. Grof refers to 'past life experiences' in the accounts of his clients and workshop participants which seem to be corroborated by historical details (Grof & Bennett, 1993 p. 122). One of the ways of understanding past life experiences, suggested by Grof and Laszlo (2009) is Erwin Laszlo's Akashic Field, *a sub-quantum field, in which everything that*

*has ever happened remains permanently holographically recorded.* Rupert Sheldrake's 'formative causation' hypothesis offers yet another explanation for the experience of past life phenomena, through suggesting that we resonate with that which is most like ourselves, thus we may tune in by morphic resonance to someone who lived in the past (Sheldrake, 1988). Past life experiences can be perplexing, but may be transformational and healing in the context of transpersonal hypnotherapy. Interestingly, the occurrence of past life experiences in transpersonal hypnotherapy is far less frequent than that of early life experiences. We find that working with what's given to us in this life is usually sufficient for deep and lasting healing to occur.

Tom Robbins (1990) reminded us that "it's never too late to have a happy childhood". The unwanted effects of prenatal and perinatal trauma can be healed. In order to identify if the client's current issue stems from negative programming in the womb or during birth, the transpersonal hypnotherapy practitioner uses a safe regression technique to elicit the underlying causes of the issue. If it is identified that healing in the prenatal or perinatal domain is required, then the transpersonal hypnotherapy practitioner will include appropriate means of intervention within the regression session, followed by a thorough integration process. Furthermore, the holistic nature of transpersonal hypnotherapy processes also includes identifying and, if necessary, resolving other factors that influence the client's issue, for example: physiological, psychological, interpersonal and spiritual phenomena.

### **What makes transpersonal hypnotherapy effective?**

Unconscious change always precedes conscious insight!

Some well known talk therapies typically involve a dialogue between a practitioner and a client aiming to address issues from an analytical or cognitive-behavioural perspective. This means that only issues in conscious awareness are addressed and their unconscious causes are largely left undealt with. Interestingly, neuroscience has demonstrated that our unconscious functioning precedes conscious awareness by at least 1/2 second (Libet, 1983 & 1993). This means that most if not all issues like distress, emotional problems, poor motivation, procrastination, indecision, conflicting priorities, burnout, overwhelm and performance anxiety are a result of automatic (unconscious) reactions and patterns which occur before conscious awareness. Common talk therapy methods rely heavily on conscious processing through questioning, analysis and tasking. It's like trying to steer a train by asking someone in the last carriage to change the direction of the entire train. It won't be so

effective, especially not in the long run!

Transpersonal hypnotherapy works with the unconscious processes that are at the root of most of our problems in life, yet it does so in a holistic and generative way that is naturally positive, making this approach effective with lasting results.

### **The presuppositions of transpersonal hypnotherapy**

1. Mind-Body-Spirit is one holistic system.
2. All hypnotherapy interventions should lead to integration and wholeness.
3. Self actualization is the process of unveiling who we already are on more intrinsic levels.
4. Personal problems are linked to limited self-concepts and narrowed modes of perception, thus –
5. Expanding one's self-concept and opening one's mode of perception can be generative and transformative.
6. All human beings are more than they think they are, therefore they are capable of more than they think.
7. How we perceive and relate to people, influences their perceptions and capabilities in our presence.
8. All states are constantly changing, therefore we always have the choice to change how we experience any situation.
9. Everyone and all phenomena are interconnected on some level(s), and it is possible to experience degrees of this interconnectedness to the point of unity consciousness.
10. Transformation in hypnotherapy is promoted by transcending our sense of separateness and cultivating a sense of interconnection and oneness.

## How do transpersonal hypnotherapy sessions work?

Transpersonal hypnotherapy practitioners work from the understanding that you are capable of more than you think, because you are more than you think you are. This idea is based on the knowledge that your current perceptions are limited to how your neurology filters information. It's your internal representations and states that determine your behaviour much more than the world outside you. Beyond your limited perceptions is your Authentic Self and immense potential.

Transpersonal hypnotherapy sessions are client centred and typically incorporate [Authentic Self Empowerment](#) methods and applied [Open Awareness](#), along with other hypnotherapy skills. Sessions involve eliciting the client's presenting issue and their desired outcome at the outset of each session. This information is used to determine how best to support the client in bringing about their desired outcome in both the short and long term. The primary means of intervention on the part of the transpersonal hypnotherapy practitioner involves holding a *liminal* space (open, receptive and emergent), walking the client through a transformative passage, while helping the client to reintegrate new, widened and resourceful perspectives into their lives.

When it comes to working with trauma, the transpersonal hypnotherapy approach can include the facilitation of processes that enable clients to transcend their subjective experience of space and time, thereby assisting clients to identify and address traumatic memories constructively. Through this process, clients may become consciously aware of the original causes of their present issue in order to learn from those past or symbolic experiences, as well as reframe the meaning of those experiences in order to no longer be negatively affected by them. Another step in the process is to discharge the energy of the trauma so that it no longer has any hindering effect in the client's present life experience. To achieve this, the client and the hypnotherapy practitioner agree on an appropriate action for the client to take.

Finally, measures to integrate and embody the client's change/healing are discussed, and the hypnotherapy practitioner typically assists the client to remain committed to fulfilling their desired outcome through the use of visualization techniques and post-hypnotic suggestion, as well as follow-up support.

Transpersonal hypnotherapy promotes deep healing, supports transformation and cultivates more of one's potential to flourish in all areas of life.

## Transpersonal Hypnotherapy Practitioner Training

### References:

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## About the trainer

Jevon Dangeli, MSc Transpersonal Psychology, Certified Transpersonal Coach & Hypnotherapy Practitioner, Certified NLP Trainer, developer of [Authentic Self Empowerment \(ASE\)](#).



In addition to the Transpersonal Coaching Handbook, Jevon has written eight other training manuals, recorded over 30 audio-programmes and a comprehensive video series where he teaches the [Authentic Self Empowerment \(ASE\)](#) approaches for personal, transpersonal and professional development. He has provided training in coaching, hypnotherapy and ASE since 2004.

At the heart of ASE is the skill of [Open Awareness \(OA\)](#), which he has presented at the International Transpersonal Conference and at the Transpersonal Research Colloquium in Prague 2017, ASE and OA are fundamental aspects of his live (in-person) transpersonal coaching courses, as well as the online MSc Transpersonal Psychology programme and the Postgraduate Certificate course in transpersonal coaching psychology through Alef Trust and Middlesex University in London.

His desire to help people lead a purposeful life was catapulted when he survived an armed robbery at age 25. The perpetrator deliberately shot at him from close range and the bullet brushed past his ear. This near-death experience became a defining moment for him. He felt spared for a reason and after intense soul searching the reason became clear: *cherish each experience of your life, not because you never know when it may be over, but because each experience is valuable!*

Jevon is accredited as a trainer of NLP, HNLP, hypnotherapy and coaching by the International Institute of Humanistic Neuro-Linguistic Psychology & Hypnosis (INHNL), the International Association of Coaches, Therapists & Mentors (IACTM) and the International Hypnosis Society (IHS).

He lives in the alpine region of northern Italy with his wife and their 2 children.