

Creative writing

Creative writing taps into the 'child' part of the brain that can bring up unresolved feelings and emotional impulses. Therapists can support their clients in interpreting what's been written and where the gaps are.



You can decide what will be helpful to you, or your therapist might give you a task. This might include writing exercises like:

Writing a letter to your past, or future self;

Writing to a person who is no longer in their life,

Writing to or about someone that they have strong feelings about

Writing a short story or script about an incident that was important to you

Writing a poem, or a song

This exercise can produce a lot of emotion, and that's fine. Your therapist will be there to guide you through it.

Dream interpretation

Make sure that you're keeping your dream diaries during your stay at New Beginnings!

The best way to keep a dream diary is to write down your dream as soon as you wake up. Some clients even find it helpful to set alarms so that they wake up in the middle of their REM sleep cycle.



Your therapist will support you in finding your own meanings in your dreams. Identifying universal meanings is a rather discredited method.

The modern theory is that dreams provide a symbol library that the dreamer can use, when conscious, to find potential meaning in relation to their questions - rather than the dreams having any actual intrinsic meaning of their own.

Finding your own meanings will give you a greater understanding of your own thought patterns and help you on your journey to health!

Free association

Free association is an insight into the subconscious mind, which may suit you if you have a tendency to over-analyse.

Some therapists prefer this technique for its direct access to the subconscious mind.

You will talk without filter or analysis, relating the thoughts that pass through your mind.



If this sounds overwhelming, or you would like assistance, then some therapists prefer to use words as

prompts:

“Say the first thing that comes into your head, right away, in response to each of my words.

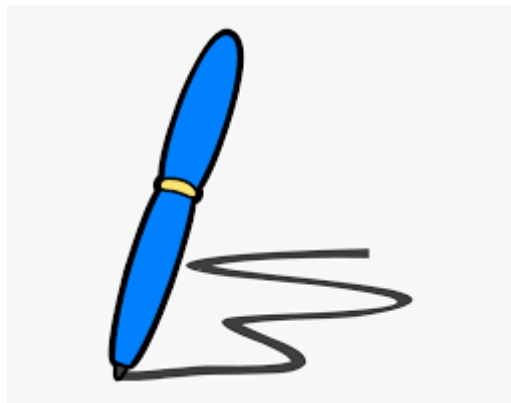
First word: ‘Mother’.”

Automatic writing / drawing

Automatic writing or drawing is the method of reaching the subconscious by creating pictures or writing that directly access your mind, without analysis or defence mechanisms.

This can provide a valuable insight into the subconscious, and bring important issues to the surface that you aren't aware of, but that are guiding your behaviour and emotions.

The therapist can put you in a light trance and encourage you to let go of conscious analysis.



You will be given a piece of paper and pen and should let your hand move freely. Spilling out a stream of words, or pictures, onto a blank piece of paper, without conscious thought, can be a great way of generating insights and ideas that can be used as jumping-off points for further questioning.

If you're concerned about the quality of the drawing that you might produce, then using your non-dominant hand will help.

Rorschach blots

Some of our therapists enjoy working with this traditional method.

The therapist will show you a succession of abstract inkblots, and ask what images they suggest.

The responses can then lead into a series of questions which may produce surprisingly revealing answers.

Some therapists prefer to use things like Tarot cards, or other abstract imagery, for a similar effect.





Hypnotherapy

This is a great tool for therapists and clients to break down barriers and take a step in healing together.

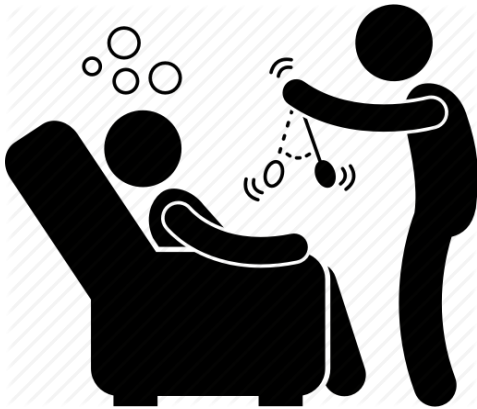
After putting you into a hypnotic trance, some of your defences and protections - your evasions and denials - can be stripped away.

You may give more honest, or deeper, answers to questions than you would in a fully conscious state which can then be explored by the therapist.

The therapist may also use the hypnotic state to regress you to an earlier point in their life, to 'relive' an experience - and perhaps to notice something about it which is different from your usual memory of the event.

This all only works if you are willing to enter the trance - and sometimes not even then, if you have a subconscious defence mechanism that prevents it. *[please turn over...]*

Hypnotherapy (continued)



Your therapist can induce the trance by the traditional method of inviting you to follow a swinging pendulum with their eyes; or more common these days is to narrate a relaxation of the body and the mind.

The therapist can also implant a post-hypnotic suggestion, if you're receptive to that. This might be an emotional or physical reaction to a possible trigger situation, for example. Don't worry - this will always be implanted for your own good.

If your therapist suggests hypnosis, then trust that it's part of the process. Maybe even suggest hypnotherapy to your therapist, if you think it may be for you.

All our therapists are trained in practising this technique to guide your healing.

Hypnotherapy can sound scary, but it's an important tool in your healing!