

Consuelo Casula

consuelocasula@gmail.com

Workshop 1h30, practice time included

Hypnotic Interventions in Grief Process

a. Objectives:

help patients to accept the reality of loss, recognize the therapeutic power of emotional intelligence, imagine and create new life projects

b. Content:

In this pandemic years, several patients have had to face different types of losses - job, relationship, project - and the deaths of loved ones, thus they come to therapy to find comfort. The workshop intends to propose different hypnotic methodologies to help patients to cope with loss of a job or a project, marriage or family, to face separations, and divorces and death of loved ones.

The workshop will present some hypnotic phenomena that emerge automatically in some subjects following a bereavement, integrated with those used in a strategic way by the therapist to develop and resolve in an evolutionary way the different types of bereavement proposed.

The workshop intends to propose different hypnotic methodologies to help patients process their losses and move toward future projects, and to start a natural grief process following different kind of death. The workshop will present different approaches when dealing with natural, physiological death or with complicated or unresolved deaths caused by violent deaths, by suicide or by Covid.

The therapeutic elaboration of grief through hypnosis mainly focuses on helping patient to accept what cannot be changed and integrate the loss into the life of those who remain, a life that goes on with the necessary evolutionary changes. The grief process also help patients in maintaining an emotional connection with the memory of the person whose body does not live anymore.

The main aim of the grief process with hypnosis is to help patients to accept the reality of the loss, to recognise the therapeutic power of their emotional intelligence, to give new meaning to their pain, to design and implement life changes, and to imagine and creating new life projects.

In particular, the workshop will present some hypnotic phenomena that emerge automatically in the subject following a bereavement, integrated with hypnotic strategies used by the therapist to develop the steps of the grief process. **In addition to the presentation of the theory, some cases are illustrated accompanied by the different hypnotic techniques used, and demonstrations as well as exercises are proposed.**

c. Keywords:

Covid, grief, different types of losses, various hypnotic methodologies

d. Author's CV:

Consuelo C. Casula is a graduate in Philosophy, specialized in Psychology and Clinical Hypnosis. She has a private practice in Milan, Italy, dealing mostly with anxiety, depression, phobia, stress, women's development, conflict management and mourning. Her involvement in hypnosis led her to serve from 2006 to 2021 the Italian Society of Hypnosis as a Board member, the International Society of Hypnosis (ISH) as Secretary/Treasurer from 2009 to 2011, and as board member since 2016, and the European Society of Hypnosis (ESH) from 2008, where she is now the immediate Past-President. She enjoys sharing her knowledge whether in conferences, trainings, writing articles and books.