



VALIDATED TRAINING
General Hypnotherapy Standards Council

SURRENDER TO FLOW: RELATIONAL, EMBODIED TRANCEWORK

Relational Trancework with Asaf Rolef Ben-Shahar

For therapists wishing to work relationally, hypnosis may not seem like a relevant therapeutic methodology. However, the very core of relational practice, including intersubjective dynamics and transference dynamics, could be supported, deepened and explored through naturalistic trancework.

Relational trancework allows us to *feel into* the intersubjective field, offering a genuine opportunity for creating newness and facilitating therapeutic growth and change. This programme aims to equip you with theoretical grounding and exciting clinical tools for recognizing trance, incorporating these therapeutically and harnessing trance for the therapeutic relationship. It is an exciting journey of touching old disciplines (shamanic practices, Eastern philosophies) with current thinking both in analytical milieus (Mitchell, Aron, Benjamin, Tronick, Trevarthen) and in the fields of hypnosis (Gilligan, Nash, Baker, Diamond) and bodywork (Boadella, Ziehl, Reich, Lowen).

Introducing the *Practitioner of Relational Trancework* programme

This exciting modular training course is a validated training with the [General Hypnotherapy standard Council](#) (GHsC), allowing graduates to register as full practitioners with the [General Hypnotherapy Register](#) (GHR).

The programme aims at training students who are already practitioners of psychological and coaching therapies to practice naturalistic and relational trancework within psychotherapeutic setting. While history of traditional hypnosis, induction and suggestion techniques would be touched upon, the main purpose of the training is to support students in identifying naturally occurring trances, to further their work with transference dynamics and work with relational trances. This work integrates Ericksonian work, post-Ericksonian hypnosis (Gilligan, Rossi) with relational psychoanalytic thinking and practice.

To certify as a practitioner of Relational Trancework, students are required to complete a minimum of 125 class hours tuition comprising of the following units:

- **Foundation level course** – either *Relational Embodied Trancework* (GHsC validated), other GHsC validated course or a course parallel in length and depth (minimum 200 hours, out of which minimum 50 class hours). Students who have completed an external training would be considered on an individual basis.
- **Surrender to Flow: Hypnotic work in relational psychotherapy.** 35 class hours.
 - Presenting the flow-theory of trance
 - Examining theories of trance in psychoanalytic, Ericksonian and post-Ericksonian work.
 - How to recognise naturally occurring trances, open to them and invite the other inside.
 - Working with interpersonal trances and ‘wider mind’.
 - Relationality and hypnosis.
 - Incorporating body in trance.
 - Intersubjectivity and trance: working with the analytic third.
- **Certification stage** (as detailed below)

And a further combination of themed IMT workshop comprising at least further 40 class hours. These include:

- **Tranceference:** Trance and Transference Dynamics – 26 contact hours
- **Therapeutic Intimacy:** 13 contact hours
- **Resonance:** 13 contact hours
- **Sexual dynamics in psychotherapy:** 35 contact hours
- **IMT Intensive:** 20 contact hours

Other IMT workshops will be considered on an individual basis.

Students who have completed **Basic Skills certificate in Integrative-Mindbody-Therapy** will only be required to attend the *Surrender to Flow* course and complete the certification stage.

These students have already attended over 130 contact hours, have substantially read, practiced under supervision, have written extensively on their training and completed a project, as indicated in the IMT website ([click here for information](#))

In addition to the class tuition, students will complete the following tasks:

- A. Compulsory reading list :

Students will be asked to keep a reading log and write a brief review of each paper.

1. Baker, E. L. (2001). Not all roads lead to Rome: A response to Michel Boyer's paper entitled "Matching hypnotic interventions to pathology types". *International Journal of Clinical and Experimental Hypnosis*, 49(4), 361-363.
2. Baker, E. L., & Nash, M. R. (2008). Psychoanalytic approaches to clinical hypnosis. In M. R. Nash & A. J. Barnier (Eds.), *The Oxford Handbook of Hypnosis: Theory, Research and Practice* (pp. 439-456). Oxford: Oxford University Press.
3. Bányai, É. I. (1998). The interactive nature of hypnosis: Research evidence for a social-psychobiological model. *Contemporary Hypnosis*, 15(1), 52-63.
4. Diamond, M. J. (1984). It takes two to tango: Some thoughts on the neglected importance of the hypnotist in an interactive hypnotherapeutic relationship. *American Journal of Clinical Hypnosis*, 27(1), 3-13.
5. Diamond, M. J. (1987). The interactional basis of hypnotic experience: On the relational dimensions of hypnosis. *International Journal of Clinical and Experimental Hypnosis*, 35(2), 95 - 115.
6. Gilligan, S. G. (1996). The relational self: An expanding of love beyond desire. In S. G. Gilligan (Ed.), *The Legacy of Milton H. Erickson: Selected papers of Stephen Gilligan* (pp. 254-281). Phoenix: Zeig, Tucker & Theisen, 2002.
7. Gilligan, S. G. (1996). A river runs through it: The relational self in psychotherapy. In S. G. Gilligan (Ed.), *The Legacy of Milton H. Erickson: Selected papers of Stephen Gilligan* (pp. 237-253). Phoenix: Zeig, Tucker & Theisen, 2002.
8. Nash, M. R. (1991). Hypnosis as a special case of psychological regression. In S. J. Lynn & J. W. Rhue (Eds.), *Theories of Hypnosis: Current Models and Perspectives* (pp. 171-196). London: The Guilford Press.
9. Nash, M. R. (2008). A psychoanalytic theory of hypnosis: a clinically informed approach. In M. R. Nash & A. J. Barnier (Eds.), *The Oxford Handbook of Hypnosis: Theory, Research and Practice* (pp. 201-222). Oxford: Oxford University Press.
10. Nash, M. R., & Spinler, D. (1989). Hypnosis and transference: A measure of archaic involvement. *International Journal of Clinical and Experimental Hypnosis*, 37(2), 129-144.
11. Rolef Ben-Shahar, A. (2001). A myth of transition. *AnchorPoint*, 15(9), 3-13.
12. Rolef Ben-Shahar, A. (2007). Butchers, stage-hypnosis and the invention of sex. *Self & Society, A Journal of Humanistic Psychology in Britain*, 34(6), 39-42.
13. Rolef Ben-Shahar, A. (2008). Embodied trances, relational hypnosis. *The British Journal of Psychotherapy Integration*, 5(1), 17-29.
14. Rolef Ben-Shahar, A. (2008). Resonance: The gift of connection. *Self & Society, A Journal of Humanistic Psychology in Britain*, 36(1), 45-48.
15. Rolef Ben-Shahar, A. (2008). The Woodpecker. *Attachment: New Directions in Psychotherapy and Relational Psychoanalysis*, 2(2), 216-224.
16. Trevarthen, C. (1974). Conversations with a 2-month-old. *New Scientist*, 2, 230-235.
17. Tronick, E. Z., Bruschiweiler-Stern, N., Harrison, A. M., Lyons-Ruth, K., Morgan, A. C., Nahum, J. P., et al. (1998). Dyadically expanded states of consciousness and the process of therapeutic change. *Infant Mental Health Journal*, 19(3), 277-353.

B. Recommended reading list

Students will be asked to choose at least five of the following papers and books, depending on their interest and the relevance to their work and completion project. This would be recorded in their reading log, and supported by a short review / discussion on the reading material.

1. Ainsworth, M. D. S., Blehar, M. C., Waters, E., & Wall, S. (1978). *Patterns of Attachment: A Psychological Study of the Strange Situation*. Hillsdale, NJ: Erlbaum.
2. Aron, L. (1998). The clinical body and the reflexive mind. In L. Aron & F. S. Anderson (Eds.), *Relational Perspective of the Body* (pp. 3-37). Hillsdale: Analytic Press.
3. Aron, L. (1998). Introduction - The body in drive and relational models. In L. Aron & F. S. Anderson (Eds.), *Relational Perspectives on the Body* (pp. xix-xxviii). Hillsdale, NJ: The Analytic Press.
4. Baker, E. L. (1983). The use of hypnotic dreaming in the treatment of borderline patients: Some thoughts on resistance and transitional phenomena. *International Journal of Clinical and Experimental Hypnosis*, 31, 19-27.
5. Baker, E. L. (2000). Reflections on the hypnotic relationship - Projective identification, containment, and attunement. *International Journal of Clinical and Experimental Hypnosis*, 48(1), 56-69.
6. Bandler, R., & Grinder, J. (1975). *Patterns of the Hypnotic Techniques of Milton H. Erickson, Volume I*. Cupertino: Meta Publication.
7. Bányai, É. I. (1992, July). *On the adaptive value of hypnosis: A social psychobiological model*. Paper presented at the Invited address presented at the 12th International Congress of Hypnosis, Jerusalem, Israel.
8. Bateson, G. (1974). Draft: Scattered thoughts for a conference on "broken power". *Coevolutionary Quarterly*, 4, 26-27.
9. Bateson, G. (1979). *Mind and Nature: A Necessary Unity*. Cresskill, NJ: Hampton Press, 2002.
10. Benjamin, J. (2000). Intersubjective distinctions: Subjects and persons, recognitions and breakdowns: Commentary on paper by Gerhardt, Sweetnam, and Borton. *Psychoanalytic Dialogues*, 10, 43-55.
11. Benjamin, J. (2006). Crash: What we do when we cannot touch: Commentary on paper by Meira Likierman. *Psychoanalytic Dialogues*, 16, 377 - 385.
12. Borgogno, F. (2004). On the patient's 'becoming an individual': The importance of the analyst's personal response to a deprived patient and her dreams. *Psychoanalytic Dialogues*, 14(4), 475 - 502.
13. Bowlby, J. (1965). *Child Care and the Growth of Love*. London: Penguin.
14. Bromberg, P. M. (1996). Standing in spaces: The multiplicity of self and the psychoanalytic relationship. *Contemporary Psychoanalysis*, 32, 500-535.
15. Buber, M. (1958). *I and Thou* (R. G. Smith, Trans.). New York: Scribner.
16. Castaneda, C. (1971). *A Separate Reality*. London: Arkana.
17. Castaneda, C. (1972). *Journey to Ixtlan*. London: Arkana.
18. Cicetti, R. (2004). A Journey towards Awakening: Self-Relations and Mindfulness. In S. G. Gilligan & D. Simon (Eds.), *Walking in Two Worlds* (pp. 224-231). Phoenix: Zeig, Tucker & Theisen.

19. Doron, A., & Mendlovic, S. (1999). Hypnosis and Winnicott's transitional phase. *Contemporary Hypnosis*, 16(1), 36-39.
20. Erickson, M. H. (1948). Hypnotic psychotherapy. *The Medical Clinics of North America*, May, 571-583.
21. Erickson, M. H. (1961). Symptom-based approaches in mind-body problems. In E. L. Rossi & M. O. Ryan (Eds.), *The Seminars, Workshops and Lectures of Milton H Erickson* (Vol. III - Mind-Body Communication in Hypnosis pp. 67-202). London: Free Association Books, 1992.
22. Erickson, M. H. (1962). Therapeutic uses of altered orientation in hypnosis. In E. L. Rossi, M. O. Ryan & F. A. Sharp (Eds.), *The Seminars, Workshops and Lectures of Milton H. Erickson* (Vol. I - Healing in Hypnosis, pp. 99-159). London: Free Association Books, 1992.
23. Erickson, M. H., Rossi, E. L., & Rossi, S. I. (1976). *Hypnotic Realities*. New York: Irvington Publishers.
24. Ferenczi, S. (1929). The principle of relaxation and neocatharsis. In S. Ferenczi & M. Balint (Eds.), *Final contributions to the problems and methods of psychoanalysis*. London: Maresfield Reprints, 1980.
25. Ferenczi, S. (1933). Confusion of tongues between the adult and the child. In M. Balint & J. Rickman (Eds.), *Collected Papers* (Vol. 3, pp. 156-167). New York: Basic Books, 1955.
26. Field, N. (1996). *Breakdown & Breakthrough*. Hove: Routledge.
27. Fromm, E. (1979). The nature of hypnosis and other altered states of consciousness: An ego-psychological theory. In E. Fromm & R. E. Shor (Eds.), *Hypnosis: Developments in research and new perspectives* (2nd ed., pp. 81-103). New York: Aldine.
28. Fromm, E. (1984). Hypnoanalysis: With particular emphasis on the borderline patient. *Psychoanalytic Psychology*, 1, 61-76.
29. Gilligan, S. G. (1987). *Therapeutic Trances*. Philadelphia: Brunner/Mazel.
30. Gilligan, S. G. (1988). Symptom phenomena as trance phenomena. In S. G. Gilligan (Ed.), *The Legacy of Milton H. Erickson: Selected papers of Stephen Gilligan* (pp. 18-42). Phoenix: Zeig, Tucker & Theisen, 2002.
31. Gilligan, S. G. (1997). *The Courage to Love: Practice and Principles of Self-Relations Psychotherapy*. New York: Norton.
32. Gomez, L. (1997). *An Introduction to Object Relations*. London: Free Association Books.
33. Keeney, B. (1983). *Aesthetics of Change*. New York: The Guilford Press.
34. Keeney, B. (1994). *Shaking out the Spirits*. New York: Station-Hill Press.
35. Keeney, B. (2007). *Shaking Medicine: The Healing Power of Ecstatic Movement*. Vermont: Destiny Books.
36. Kline, M. V. (1955). Freud and hypnosis: II. Further observations on resistance and acceptance. *International Journal of Clinical and Experimental Hypnosis*, 3(2), 124-129.
37. Kline, M. V. (1972). Freud and hypnosis: A reevaluation. *International Journal of Clinical and Experimental Hypnosis*, 20(4), 252-263.
38. Loewald, H. W. (1977). Primary process, secondary process and language. In *Papers on Psychoanalysis* (pp. 178-206). New Haven, CT: Yale University Press, 1980.
39. Loewald, H. W. (1980). Hypnoid state, repression, abreaction, and recollection. In *Papers on Psychoanalysis* (pp. 33-42). New Haven, CT: Yale University Press, 1980.

40. Mitchell, S. A. (1988). *Relational Concepts in Psychoanalysis*. Harvard: Harvard University Press.
41. Mitchell, S. A. (1993). *Hope and Dread in Psychoanalysis*. New York: Basic Books.
42. Mitchell, S. A. (2000). *Relationality: From Attachment to Intersubjectivity*. Hillsdale: The Analytic Press.
43. Mitchell, S. A. (2005). *Influence and Autonomy in Psychoanalysis*. Hillsdale, NJ: The Analytic Press.
44. Mitchell, S. A., & Aron, L. (Eds.). (1999). *Relational Psychoanalysis: The Emergence of a Tradition*. New York: The Analytic Press.
45. Ogden, T. H. (1991). Analysing the matrix of transference. *International Journal of Psychoanalysis*, 72, 593-605.
46. Ogden, T. H. (1992). The dialectically constituted/decentred subject of psychoanalysis. I. The Freudian subject. *International Journal of Psychoanalysis*, 73, 517-526.
47. Ogden, T. H. (1992). The dialectically constituted/decentred subject of psychoanalysis. II. The contributions of Klein and Winnicott. *International Journal of Psychoanalysis*, 73, 613-626.
48. Ogden, T. H. (1994). The analytic third—working with intersubjective clinical facts. *International Journal of Psychoanalysis*, 75, 3-20.
49. Ogden, T. H. (1994). Projective identification and the subjugating third. In *Subjects of Analysis* (pp. 97-106). Northvale: Jason Aronson.
50. Ogden, T. H. (1995). Analysing forms of aliveness and deadness of the transference-countertransference. *International Journal of Psychoanalysis*, 76, 695-710.
51. Ramberg, L. (2006). In dialogue with Daniel Stern: A review and discussion of *The Present Moment in Psychotherapy and Everyday Life*. *International Forum of Psychoanalysis*, 15(1), 19 - 33.
52. Ringstrom, P. A. (2007). Scenes That Write Themselves: Improvisational Moments in Relational Psychoanalysis. *Psychoanalytic Dialogues*, 17(1), 69 - 99.
53. Rossi, E. L. (1973). Psychological shocks and creative moments in psychotherapy. In E. L. Rossi (Ed.), *The Collected Papers of Milton H. Erickson on Hypnosis* (Vol. IV - Innovative Hypnotherapy, pp. 447-464). New York: Irvington. 1989.
54. Rossi, E. L. (1986). Altered states of consciousness in everyday life: The ultradian rhythms. In B. Wolman (Ed.), *Handbook of States of Consciousness* (pp. 97-132). New York: Van Nostrand.
55. Rossi, E. L. (1986). Hypnosis and ultradian rhythms. In B. Zilbergeld, M. G. Edelstein & D. L. Araoz (Eds.), *Hypnosis Questions and Answers*. New York: Norton.
56. Rossi, E. L. (2002). *The Psychobiology of Gene Expression*. New York: Norton.
57. Searle, J. R. (2003). *Rationality in Action*. Cambridge, MA: MIT Press.
58. Searles, H. F. (1979). *Countertransference and Related Subjects*. New York: International Universities Press.
59. Sedikides, C., & Brewer, M. B. (2001). Individual self, relational self, and collective self: Partners, opponents, or strangers. In C. Sedikides & M. B. Brewer (Eds.), *Individual Self, Relational Self, And Collective Self* (pp. 1-4). Philadelphia: Psychology Press.

60. Sedikides, C., & Gaertner, L. (2001). A homecoming to the individual self: emotional and motivational primacy. In C. Sedikides & M. B. Brewer (Eds.), (pp. 7-23). Philadelphia: Psychology Press.
61. Shor, R. E. (1962). Three dimensions of hypnotic depth. *International Journal of Clinical and Experimental Hypnosis*, 10, 23-28.
62. Spiegel, D. (2003). Hypnosis and traumatic dissociation: Therapeutic opportunities. *Journal of Trauma & Dissociation*, 4(3), 73-90.
63. Stern, D. B. (1983). Unformulated experience: from familiar chaos to creative disorder. In S. A. Mitchell & L. Aron (Eds.), *Relational Psychoanalysis: The Emergence of a Tradition* (pp. 77-107). New York: The Analytic Press. 1999.
64. Stern, D. N. (1985). *The Interpersonal World of the Infant*. New York: Basic Books.
65. Stern, D. N. (2004). *The Present Moment in Psychotherapy and Everyday Life*. New York: Norton.
66. Trevarthen, C. (1993). The self born in intersubjectivity: The psychology of an infant communicating. In U. Neisser (Ed.), *The Perceived Self: Ecological and Interpersonal Sources of Self-Knowledge*. New York: Cambridge University Press.
67. Trevarthen, C. (2004). Intimate contact from birth. In K. White (Ed.), *Touch: Attachment and the Body* (pp. 1-15). London: Karnac.
68. Trevarthen, C., & Aitken, K. J. (2001). Infant intersubjectivity: research, theory, and clinical applications. *Journal of Child Psychology and Psychiatry*, 42(1), 3-48.
69. Tronick, E. Z. (2004). Why is connection with other so critical? The formation of dyadic states of consciousness and the expansion of individual's states of consciousness: Coherence governed selection and the co-creation of meaning out of messy meaning making. In J. Nadel & D. Muir (Eds.), *Emotional Development - Recent Research Advances* (pp. 293-316). Oxford: Oxford University Press.
70. Winnicott, D. W. (1951). Transitional objects and transitional phenomena. In *Through Paediatrics to Psychoanalysis* (pp. 229-241). London: Hogarth Press. 1975.
71. Winnicott, D. W. (1954). Mind and Its Relation to the Psyche-Soma. *British Journal of Medical Psychology*, XXVII, 201-209.
72. Winnicott, D. W. (1971). *Playing and Reality*. London: Routledge.
73. Withers, R. (2008). Descartes' dreams. *Journal of Analytical Psychology*, 53, 691-709.

C. Peer-practice. (minimum 24 hours)

Students will practice the taught material in pairs – at least 6 sessions of two-hours between the courses and would be asked to reflect on this practice in writing.

D. Case studies (minimum 20 hours)

Before certification, students will be asked to demonstrate their integration of the taught material by presenting two case studies of at least 10 sessions with clients, illustrating their assimilation of the material. These sessions should be supervised by an appropriate supervisor.

E. Completion project (minimum 100 hours)

Each student will be given a completion project which will include research, clinical and written work to best suit their strengths and weaknesses and support them in integrating relational trancework within the project.

About Dr Asaf Rolef Ben-Shahar, PhD

I am a relational psychotherapist, writer and trainer. My work integrates three disciplines of practice – relational psychotherapy (drawing from psychoanalytic thinking), body-psychotherapy and trancework. I practice in Israel and teach in Israel and Europe. My PhD dissertation, *Surrender to Flow*, introduced a unifying theory of trance, embodiment and relationality and is the basis for this training programme.