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The technique of covert anchoring in combination with hypnosis in the treatment of addiction

The covert-anchoring technique constitutes an expansion of, or a complement to, the hypnotherapeutic treatment plan. Covert anchoring as an application of hypnosis, NLP and aversion therapy has demonstrated its efficiency in treating certain addictions such as smoking and overconsumption of alcohol. This technique can also be used effectively to treat poor eating habits such as consuming too many sweets as well as intractable habits like fingernail biting. The technique combines the NLP concept of anchoring with elements of hypnotherapy and aversion therapy. Meticulous preparation is required before implementing this technique along with the observation of indications and contra-indications. The therapist is obliged to explain the treatment to the client or patient, both in a personal consultation as well as in writing. The practical use of the technique requires solid knowledge of hypnotherapeutic procedures. In the workshop, participants learn how elements of aversion therapy are used, and how the concept of anchoring is widened to encompass the definition of the term covert. The technique is broken down into six steps: Establish an anchor; create a hypnotic phrase; develop a neutral narrative and interweave it with the hypnotic phrase; present the neutral narrative to the client; fire the anchor and; future-pacing or post-hypnotic suggestion. For illustration, a case vignette is presented alongside a number of examples. A case vignette depicts the treatment of excessive alcohol consumption by means of the covert-anchoring technique.

Biography

Christoph Sollmann completed his Doctor in Philosophy and Diploma in Psychology. He works as a Clinical Psychologist. He is a Coach and Trainer in Leadership & Management Skills. He is an Author of different books and articles (Management and Hypnosis). He completed his education in Hypnotherapy at Milton-Erickson-Foundation in Phoenix, Arizona.

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