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De-hypnosis and inner-team-focusing®-an integrative path in therapy and coaching

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Awareness based DeHypnosis and inner-team-focusing® (ITF) has been developed by Jörg Fuhrmann as a holistic approach that is based on contemplative mindfulness and selectively incorporates the wisdom of the body with the inner trance work. Certainly, the ITF is based on the idea to be more than just a method or a methods Fusion. Because, as we all know the experience of genuine contacts in the here and now and the conscious recognition of oneself has the greatest healing potential. Therefore, the ITF considers itself more as a Process-oriented awareness-philosophy with a goal of De-hypnosis - if it even has one. One of the basic ideas is based on what in Transpersonal Psychology has called a consensus trance: Throughout society we are all continually arrested in trances without a glimpse of awareness about this fact - for us modern unconscious "Caveman" these collective trances are rated as normal Consciousness. They were once induced by parents, family, friends, educators, pedagogues, teachers, pastors, and of course, through media. The only problem with this is that our modern cultures provide no periods of conscious Recovery and collective DeHypnosis - like the Greeks still had. These continual focalizations and dissociations - both are essential for a successful hypnosis - are the true Creators of our different internal parts of the personality (ego states). So in the ITF we deal with unconscious induced trances, suppressed personality facets, repressed shadow parts - in the sense of CG Jung and with unhealthy ego fixations which have emerged often from a believed, or as real experienced deficit. This work opens up a whole new framework and space, which gives Hypnosis or cognitive Psychotherapy for example back the Body and the deeper inner Awareness. Complicated double bind-situations and ambiguous orders often get solved in a very elegant and gentle manner.

Biography

Jörg Fuhrmann is actually progressing in a PhD-research in transpersonal psychology (on crisis and peak-states) and in the Board of Directors of the European Transpersonal Association (EUROTAS) and in the Swiss Spiritual-Emergence-Network (SEN) as a Therapist. He studies Social-Science, Psychology, Design and Drama-Theatre in Germany, is the Founder of Freiraum-Institute and works since 2005 as a Freelancing Transpersonal Therapist and Supervisor. He was trained as: Gestalt therapist (ECP/ WCP), cert. Instructor for hypnotherapy/hypnotherapist (ci, ngh™), NLP-Master (dvnlp/ in), psychodynamic-imaginative traumatherapy® (Prof. Luise Reddemann), trauma release exercises (TRE™), systemic family-constellations (IADR), contemplation and mysticism (scholar of Zen-Master Father Willigis Jäger, OSB), Holotropic Breathwork™ (Prof. Stanislav Grof), seekers after truth® 1-4 (Dr. Claudio Naranjo), shamanic healing plus trance (Nepal/ Ecuador), Hypnosis-Lecturer at Psychology-University Constance, Speaker and Trainer on international conferences, online-supervision and VIP-trainings in Switzerland in transpersonal psychology, hypnotherapy, awareness based DeHypnosis and Inner-Team-Focusing®.

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