

# 25 Steps To Perfecting The Fast Phobia Cure & Helping Subjects Dissociate From Troublesome Trauma

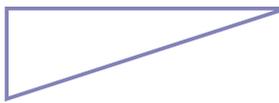
Want to learn how to cure phobias effectively... and fast?

In this article, we're going to explain an NLP technique that will give you the tools to do both.

Enter the **Fast Phobia Cure** technique.

The rather aptly named technique is incredibly effective at treating phobias because of how it **helps subjects dissociate from the event that caused the phobia.**

(Just to recap: in a hypnosis/NLP context, dissociation is a way to separate one's emotions from a memory or event.)



The Fast Phobia Cure was originally created by Richard Bandler while he was experimenting with different ways to find a powerful and fast approach to curing phobias.

But back in the day, it was originally known as the **Visual Kinesthetic Dissociation technique**, or **VK Dissociation** (and some schools still use this term).

For now, just know that both techniques mean the same thing.

Before we breakdown the 25 steps of this technique (don't worry, it's really not as daunting as it sounds), let's quickly look at two case studies to see the Fast Phobia Cure in action:

There was a man experiencing recurring nightmares due to a traumatic event that occurred almost 20 years ago, leading to a phobia.

Despite the significant amount of time that had passed since the event, the trauma still plagued him in several areas of his life.

Finally, he decided to take action... he asked a hypnotist for help.

It took him about 15 minutes to share his story with the hypnotist, and to recall how the trauma had occurred. And then it took the hypnotist all of 15 minutes using the Fast Phobia Cure to resolve his trauma.

This man felt the effects almost immediately. This was evident because when he tried to recollect the trauma, he found himself recalling a complete blur. And not only that, he felt so much calmer than before.

The other case study involves a lady who was terrified of pigeons.

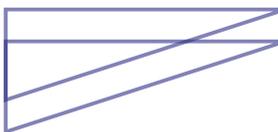
It all started when she was about 8 years old, when her friend would regularly scare pigeons so they'd fly in her direction. This always caused her to become very afraid... which her "friend" got a kick out of. But despite being long ago, this fear continued to haunt her whenever she saw a pigeon.

Using the Fast Phobia Cure, the hypnotist was able to dissociate the traumatic event, and within minutes, the fear was gone and she can now walk (heck, even dance) among flying pigeons without any fear.

To show you how to replicate what the hypnotists did, below is a step-by-step breakdown of this technique.

Once you get the hang of this technique, you'll be able to move through these steps very quickly and develop a method that works best for you. These steps should be used as a guide – you may want to elaborate or condense some of them depending on the subject and phobia you're trying to resolve.

So let's jump on in.



## Perfecting The Fast Phobia Cure: The 25 Step Breakdown

**1.** Ask your subject to explain the phobia briefly. Then get them to rate their fear on a scale of 1-10. With 10 being completely overwhelmed and controlled by their fear, and 1 being no fear at all. This process is known as **calibration** and it will be used for testing later on.

**2.** Begin your induction and ask your subject to close their eyes. When they're in trance, ask them to recall the event that started it all (if they can). You want them to feel the emotions associated with the event in their body. If they don't recall the initial event, ask them to imagine a situation where the phobia is active. Anyone with a severe phobia only has to think of the situation for them to be in contact with their emotions about it.

**3.** Ask your subject to share some information about the situation that causes the phobia to become activated, but only for a bit. Getting a small amount of detail will usually be enough to indicate that their neurology is lit up. You don't want to re-traumatize them by staying in the scene too long.

**4.** Now, have your subject step out of the memory or situation, and ask them to imagine that they're sitting in a cinema in the first row watching themselves on the screen. The movie is of them and their phobia. However, they're just watching themselves having the reaction as the scene plays through.

For example, the subject is watching a movie of themselves getting "attacked" by flying pigeons. This dissociates the subject from the initial fear.

**5.** Have them nod their head when they see themselves on the screen, and make sure the memory of the incident stays on the screen throughout this process. This is so they focus and work through this one incident. Some subjects might jump to another incident, in which case, you need to bring them back.

**6.** Next, you need to create a sanctuary of safety in the cinema for your subject. You could do this by getting them to imagine a loved one is sitting next to them.

Or that they have their favorite drink and food with them. Do whatever you can to help them feel safe and comfortable within this environment. In this step, you are teaching them what dissociation is.

**7.** As you continue to do this, watch their body language and facial expressions as they relax even more. If they are not relaxing, continue Step 6 with anchors and symbols of being safe.

**8.** Suggest that the movie is just playing on the screen, and that your subject is not really paying attention to it. It's in the background. It's not them. They are sitting safely in the first row of the cinema and attentively listening to your voice.

**9.** Now have your subject float out of their body and take a seat 6 rows back in the cinema. They can still see themselves in the front row sitting within the sanctuary you created in Step 6, and the movie of the trauma playing in the background. (This creates a double dissociation.)

**10.** Next, say something like, *"As you listen to my voice, you're now sitting 6 rows back from the front row of the cinema. You can clearly see yourself in the front row and yourself on the screen."* Repeat this language pattern 5 or 6 times so they learn to take that position.

**11.** While you're repeating this, look out for trance signals from your subjects. Such as: changes in their breathing rate, deeper relaxation, facial expression change.

**12.** Then add the suggestion, *"Notice how different this feels. Your brain is already changing now."* So what's happening here is that the subject has gone from traumatic event to a dissociated state and once more to the double dissociation state. So this suggestion is rewiring the brain from associative to double dissociative. You can repeat this suggestion a couple of times before moving on to Step 13.

**13.** Next, ask them to float back to the first row and into their body, having them nod their head when they're there. If the person shows signs of stress when you ask them to move closer, just have them do the next steps from the sixth row.

**14.** Tell your subject to now see the end of the movie, where they survived (and are feeling safe) and ask them to take a picture, or a mental snapshot, of it. In the case study of the lady scared of pigeons, she saw herself as being perfectly fine after the pigeons flew away. So this is what you're trying to achieve here.

**15.** Next, have your subject nod their head when they've got a snapshot and then ask them to think about an uplifting song. Maybe even sing it out loud with them, or better yet (especially if you're musically challenged!), play a song that you selected in advance.

**16.** Have them hear the music louder and louder. If it is in their imagination, ask them to turn up the volume in their head. If you prepared a song, turn the song up instead. This overrides anything their mind was busy with.

**17.** Now have your subject step into the picture on screen as if they are stepping into a new them, the picture where they survived. The music is playing while they are stepping into it.

**18.** Then suggest everything goes white, like they have been looking into the sun and everywhere you look is white and faded out. Make a swoosh sound after the suggestion. This swoosh sound and the image where everything goes white is a double suggestion that the significance of the traumatic event is wiped clean from the memory.

**19.** Now tell them to return to the cinema at the first row and watch the movie being played backwards at twice the speed with the music still there. You can also make a sound like rewinding. The rewinding sound is optional although it helps in the suggestion.

**20.** Have your subject go from the chair in the first row, see the snapshot, hear the music, step into the picture on screen, everything goes white and the picture moves backward at twice the speed. Basically, Steps 17 to 19. This suggestion implies that something is being undone. Repeat this suggestion 5 to 7 times and make sure you see trance signals before you stop. Some trance signals to note are a slight smile, being completely relaxed, all tension is gone. These signals imply the subject is feeling safe and good.

**Note:** You can also make the movie black and white to help further disassociate their relationship with the event.

**21.** Then finally, bring them out of trance and have your subject open their eyes. You might say, *“Now I’m going to count from 1 to 5, at the count of 5 you’ll come back into the room feeling comfortable, refreshed, absolutely wonderful.”* Then count them up and when their eyes are open, say something like: *“Well, that was a little fun to do wasn’t it?”* And smile at them and be playful.

**22.** Ask how the experience was for them and listen to their response. Have a chat and even do a mini Hypnotic Blitz based on how they felt and suggest how they have overcome the phobia already.

**23.** Ask them to think about the event and calibrate again on a scale of 1 to 10 where they are now. If their number has dropped, celebrate with them. And when we celebrate, we mean to go as far as laughing with them until tears flow!

**24.** If they are not yet at zero, or a very low number, you need to keep working with them and do another round of the Fast Phobia Cure until you’ve resolved the problem.

**25.** If there are other issues attached to the phobia, just pick another traumatic memory related to it and do the Fast Phobia Cure again.

And there you have it – the Fast Phobia Cure technique in 25 easy steps!

But before you go out and practice it, here are some additional tips that will ensure a successful hypnotherapy session:

## 1. Have a pre-talk

- Explain the process of hypnosis, the difference of the conscious and unconscious mind and how common it is to go into trance. This is especially useful for new subjects.
- Elicit positive resources from your subject before beginning the Fast Phobia Cure so you can use them during your closing Hypnotic Blitz.

## 2. Go through Boiler Plate 1

- Boiler Plate 1 is basically to ensure the subject is safe and that they follow you into trance:

*i.* My voice will follow you wherever you go

*ii.* You are safe and comfortable in the chair

*iii.* Any noise around you will bring you deeper into hypnosis

## 3. Handling an Abreaction

In very, very rare cases, a subject may have an emotional abreaction. In the unlikely event that this does happen, below are some instructions to help you safely manage the situation.

- Boiler Plate 1 – this helps to ensure a smooth recovery from an abreaction
- Stay calm
- Don't touch the subject
  
- Ask the subject to let the scene fade (repeat this and the next step until the person is back to normal)
- And feel the chair and know you are safe

## **4. After the technique is over, do a Hypnotic Blitz**

- Talk a bit about the resources your subject wants, which you elicited at the start of your session. For example, confidence, relaxation, courage
- Then do a Hypnotic Blitz around the positive resources

## **5. Test!**

- If the fear is in a common situation, for example a fear of cats in an area full of cats, ask your subject to think about a similar situation in the future and rate on a scale of 1-10 how good they feel.
  
- You will want to test that your session has been successful and that they truly have overcome the phobia by taking concrete action to move forward with their plans.

For example, if someone came to you with a fear of cats and you already did the Fast Phobia Cure successfully, your subject might say their plan is to visit their friend who has 3 cats and interact with the cats.

All in all, these tips can enhance the hypnotherapy session and once you've got the flow of the Fast Phobia Cure, you'll find yourself being able to do it naturally.

Alright, so now go and resolve some phobias.

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