

EMDR / NLP and hypnotherapy to help you combat your fears and overcome your phobias

You have the power - now you have the tools (PC only - not suitable for Macs)...

You have now chosen to overcome your fears. Well done – you are already half way there!

Having downloaded and installed all of your software / audio commit to spending a few minutes each day to your desensitisation programme.

You may wish to write down how you are feeling as you go through the process. With each day you may notice subtle changes in your ways of reacting to previously feared objects or more positive ways of thinking.

Please do take your time – desensitisation works best when the level of change is gradual.

Enjoy the process!

Bill Frost – on behalf of Neuro Innovations

(0) Hypnotherapy MP3 to encourage relaxation

This hypnotherapy session combines hypnotherapy with low frequency audio to generate relaxation.

Instructions:

Use on a daily basis at least before sleeping throughout the period of time that you devote to the desensitisation process

- Lie down at a time when you will not be interrupted
- Begin breathing in through your nose and out through your mouth NB slowly
- Play the audio file

Also use just before and just after your self-desensitisation sessions.

(1) EMDR Lite (7 Mb instant instant download) AND

EMDR Lite is simple software utility that guides the user through the EMDR treatment process.

- fixed background sounds / images / movement
- woosh beep
- classical music background
- auditory movement only {tracking at the center of screen}
- yellow ball with blue background {both fixed}
- with or without positive semi subliminal messages



Includes Bilat bilateral EMDR audio generator (free trail for 30 days)

Instructions:

- Remember the first time or most disturbing time you encountered the feared thing
- Breath in through your nose and out through your mouth slowly
- Track the object on the screen
- Notice how your thinking changes
- Continue until the level of disturbance is low then move onto a possible future encounter and rehearse that situation in a positive way – see yourself dealing with that previously feared thing calmly and confidently

You can try and use the Bilat bilateral audio generator to play your hypnotherapy audio in the background.

(2) Map Across phobias software AND

Map Across phobias software contains images to desensitise to:

- Rodents (rats) AND
- Spiders AND
- Hypodermic needles



Instructions:

- Focus on the previously feared image
- Let the feelings reduce as the image gets smaller and less distinct
 - Relax your shoulders as you do so and think “Calm”
- Focus on the positive image and allow yourself to experience positive, strong, confident, calm feelings
 - Sit confidently and smile
 - Remember how you felt on the best day of your life
- Continue until you can look at the first image and feel calm

(3) NLP Swish AND

The NLP Swish pattern is used to change from one state of mind into another - quickly and easily.

You simply select two images - a positive powerful image and an image of the thing that you have been avoiding. Let the software do the rest. If you wish you can choose to stay with the default images - the choice is yours.



Instructions:

- Focus on the previously feared image
- Let the feelings reduce as the image gets smaller and less distinct as it zooms into the horizon
 - Relax your shoulders as you do so and think “Calm / confident”
- Focus on the positive image and allow yourself to experience positive, strong, confident, calm feelings
 - Sit confidently and smile
 - Remember how you felt on the best day of your life
- Continue until you can look at the first image and feel calm

(3) Vivo gradual image presenter

Instructions:

Vivo enables systemic desensitisation which involves the gradual presentation of a previously feared image. Never overdo it.

- Familiarise yourself with the controls (ie the slider at the left hand side – up is smaller, down is bigger)
- Select a suitable image – something reasonably “tame” initially
- Make the image as small as possible
- Play the hypnotherapy relaxation audio in the background
- Gradually make the image larger
- Stop whenever you wish to – never overdo it or push your-self too far too fast

You can try and use the Bilat bilateral audio generator to play your hypnotherapy audio in the background.

(4) CBT desensitisation audio AND

Deal with sub-phobias after dealing with your main phobia.

Audio desensitisation files are also provided to help with:

- Flying phobia AND
- Thunder Phobia

Instructions:

- Lie down at a time when you will not be interrupted
- Begin breathing in through your nose and out through your mouth NB slowly
- Play the audio file
- Say to yourself “Calm mind, relaxed body, I can deal with this” and allow yourself to remain relaxed