

From Regression to Progression

Dealing with the roots instead of just cutting back the weeds.

A new and exciting approach to Hypnoanalysis.

Professor Jure Biechonski MSc

Founder and Creator of Transpersonal Hypnoanalysis

There is no regression without progression

Carl Jung said that human behaviour is conditioned not only by what happened in the past but by what people envision will happen in the future - by their aims and aspirations.

Transpersonal hypnoanalysis is part of transpersonal psychology and uses the different parts of the self to be able to access and integrate the aware ego.

When you are born you are, in essence, vulnerable. You are completely dependent on your parents or caregivers for your survival; you cannot do anything for yourself. You could describe yourself at this point as a vulnerable child.

Using Transpersonal hypnoanalysis will allow you to explore the parts in you that are the vulnerable child and are still alive in your adult shell today. From there we will move on to creating a dialogue with our sub personality that is our future self, who will help us to become the inner therapist of our present self.

By using visualisation or hypnosis you will learn how to access the different parts that you have developed as defence mechanisms in order to survive within your present adult world. Those parts are our rule makers, our decision makers, and the drivers of our psychological cars.

By increasing awareness of those parts we can on one hand 'nurture' the parts that have been suppressed and on the other hand 'put on a diet' the parts that have been inflated, in order to achieve a proper ego integration.

The various selves you will learn to access will affect the very nature of your relationships, your ability to express yourself and your spiritual experiences.

By doing that the aware ego becomes the executive of the personality, allowing us to use freely our different parts including our vulnerable part.

THA is not about finding what is wrong and try 'to cure' it, but rather to find what is right and teaching you how to use it to its maximum effectiveness.

Techniques will include art therapy, psychodrama, hypnodrama, guided imagery, movement and music.