

Self-efficacy: To influence self-efficacy efficiently

Hypnosis with children, adolescents and adults

Hypnotic Interventions

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Contents

- **Introduction**
- Main concepts
- Development
- Influence
- Responsibility, ways out of helplessness (victimhood)
- Goals
- Aggregation

Why is self-efficacy important?

Why?	Prevention
Life satisfaction, Well-being	depression
Take on personal responsibility	assignment of guilt, find a scapegoat, victimhood
Assume appropriate responsibility for others	violence
Handle difficult situations	passivity, victimhood, helplessness, depression
Reach goals, persevere	passivity, depression
Develop a vision, future-orientated, set goals and reach them	passivity, depression
Deal with frustration, become tough	failure to cope, being overextended constantly, feeling of being bullied all the time

Importance of self-efficacy and Content of my lecture

Why	Content
Life satisfaction, Well-being	Development, Influence
Take on personal responsibility	Influence, Responsibility, Ways out of victimhood
Assume appropriate responsibility for others	Influence, Responsibility, Ways out of victimhood
Handle difficult situations	Ways out of victimhood
Reach Goals, persevere	Goals
Develop a vision, future-orientated, set goals and reach them	Goals
Deal with frustration, become tough	

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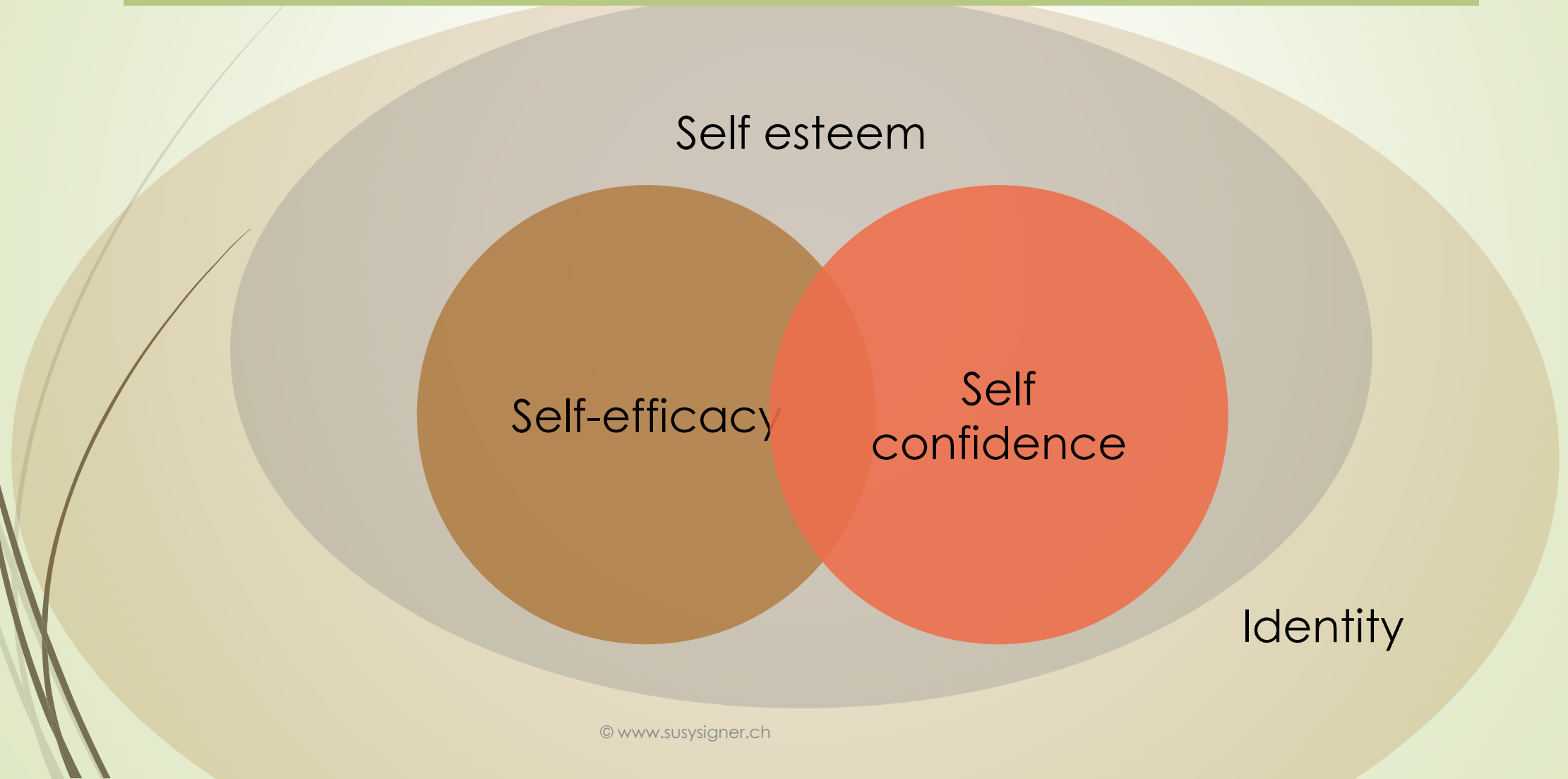
Self-efficacy

- Individual conviction to be able to tackle **challenges** and problems by oneself
- Self-efficacy determines individual **motivation, emotions,** thinking patterns, and actions
- It is mostly independent of actual abilities
- Self-efficacy is sensitive to changes from within the individual as well as from their environment
- It is an important aspect of the development of self and varies from a **healthy self-efficacy to selfishness**

Self-esteem

- **Self-esteem:** general judgmental attitude towards oneself
- It influences mood as well as action
- **The opposite of a high self esteem is the feeling of inferiority**
- Self esteem and self confidence are much more general concepts than self-efficacy

Interrelations



Interrelations

Self-efficacy

opposed to

helplessness,
hopelessness,
depression,
victimhood

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Development of self-efficacy

- Infants enjoy moving a mobile by a thread tied to their feet and thus experience self-efficacy induced by the movement



Positive results from self-efficacy

- Children with high self-efficacy compared to children with low self-efficacy show:
 - More effort and perseverance
 - Ability to accomplish more difficult tasks
 - More effective time management
 - Better strategic flexibility while problem-solving
 - Better performance
 - More realistic self- judgements
 - Enhanced intrinsic motivation

Self-efficacy

Hypnosis Intervention

Here and now

- Name events which you would have liked to influence
- Choose one: Where does it begin, where does it end? Explain details

Trance

- Experience situation in imagination
- Strengthen feeling of influence in the important moment

Here and now

- How do you know how to influence something properly? Be mindful of it from now on, build up knowledge

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Influence

- Bertrand Piccard – 1999 circumnavigation of the world in a balloon
- He says:
“Like balloons, human beings have to change altitude if they wish to change direction in the winds of life”



Influence on life events: responsibility

- **To influence means to assume responsibility for...**
 - Elements which cannot be influenced: to deal with them
 - Elements which can be influenced: to exert influence on these elements of life
 - It is important to distinguish if the elements can be influenced or not

Requirements to influence something

- self-perception
- to perceive others: listen, watch
- attention
- make plans, look ahead
- decision-making
- deal with frustration
- coping
- act

Look back on a good performance: What was my contribution?

Hypnosis intervention

Here and now

- Description of a situation, where a good performance was shown.

Trance

- Relive the situation until the end.
- Looking back:
 - What were the reasons for the good performance (external influences like weather, examination questions; internal influences like concentration, training)?
 - What was my contribution? List all aspects.
 - Store the list in the brain, so it can easily be found again.

Here and now

- List again what your contribution was on being self-efficient and taking influence in this situation. So you can use these resources for the next similar situation.

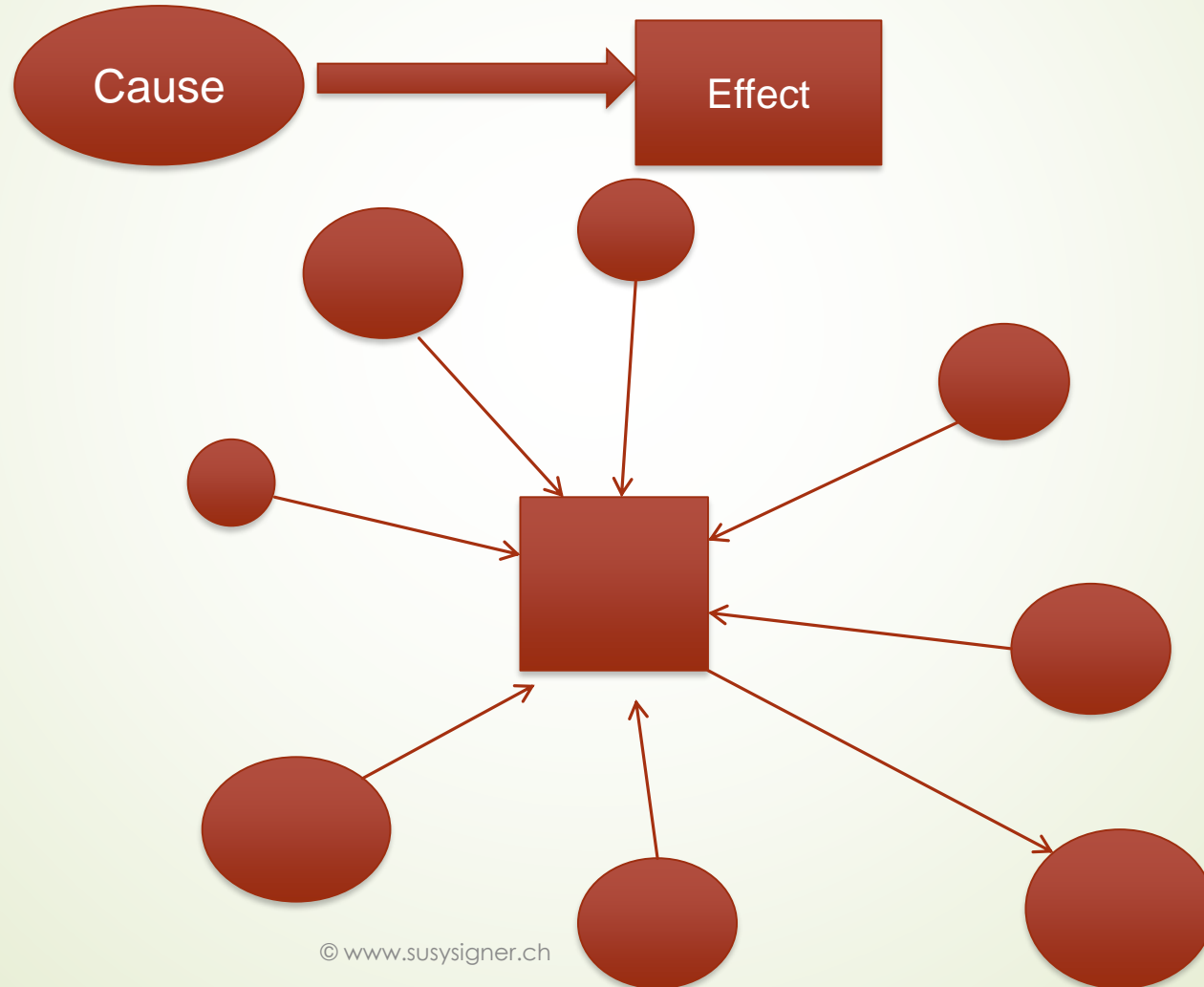
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How to get out of victimhood

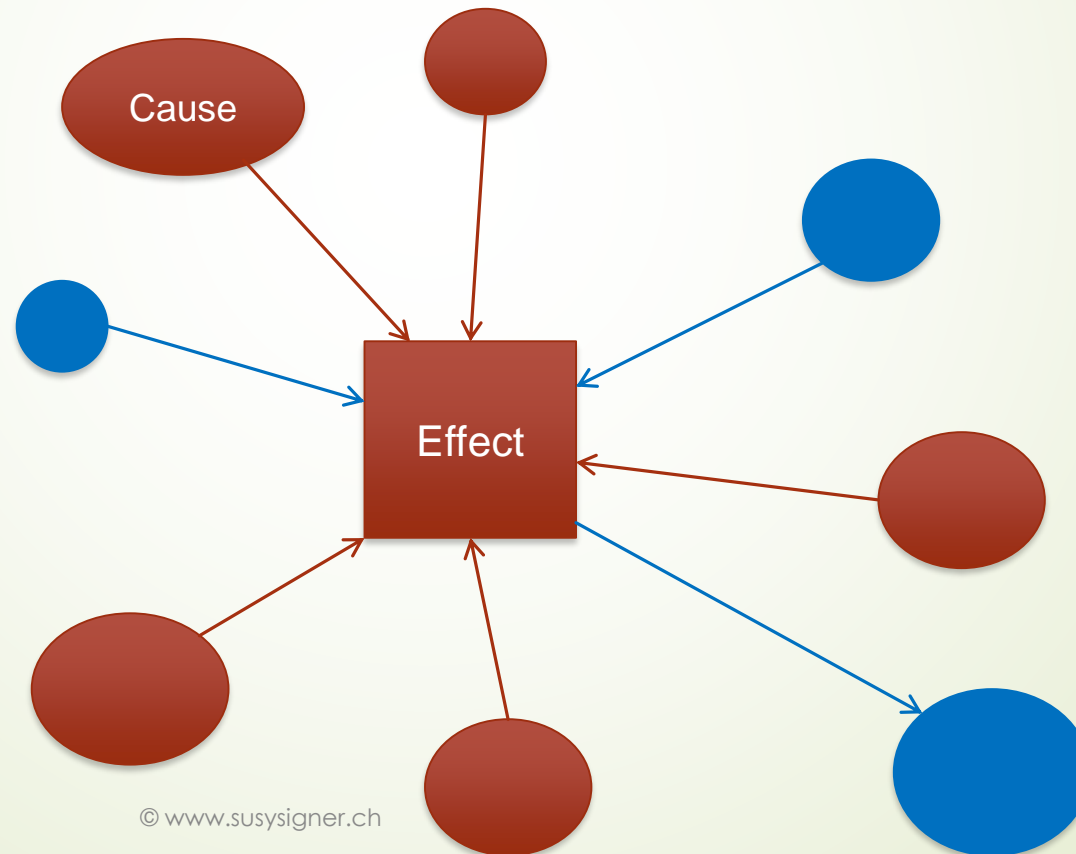
- Behind the victimhood is often **causal thinking**
- **Thinking in chains:** When – then – thinking: an effect has one cause
→ so you have to find the cause → so you have to correct the cause
 - if possible → problem solved
 - if not possible → helplessness (scapegoat)
- **Thinking in nets:** effect has multiple causes
Net-thinking: to find different possible causes → analyze which causes can be influenced → influence these causes
- **Scapegoat-thinking:** to blame a person, a situation, a circumstance for the actual situation → this factor cannot be influenced → helplessness, victim

From causal to net-thinking



Which factors can be influenced?

- Factors which cannot be influenced (e.g. personality of the teacher)
- Factors which can be influenced → influence (blue)



Personal responsibility – self-efficacy

- To be more self-efficient, one has to take on the responsibility for his own life

Responsibility - Guilt

- What can I influence?
→ What is my responsibility?
- Where does my responsibility end?
→ set boundaries
- Who is guilty?
→ A poor balance of responsibility
- Victim → helplessness
- To get out of helplessness → Use opportunities for influence

Self-responsibility-related topics

- ▶ Related topics:
 - ▶ Influence, control, self-efficacy
 - ▶ Motivation, will
 - ▶ Take decisions and deal with their consequences
 - ▶ Identity
 - ▶ Scapegoat
 - ▶ Guilt, blame
 - ▶ Victim, offender
 - ▶ Meaning of the „symptom“ of carrying too much responsibility
 - ▶ fears

Experience a happy day in the future

Hypnosis Intervention

Trance

- Go to a happy day in the future
- Go to the beginning of the day. At which moment does the day start?
- Experience the whole day

Here and now

- What makes the day happy?
- Find out which factors can be influenced by oneself

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Self-efficacy – goal – effort

To take action you need
a goal

To reach a goal you need
effort

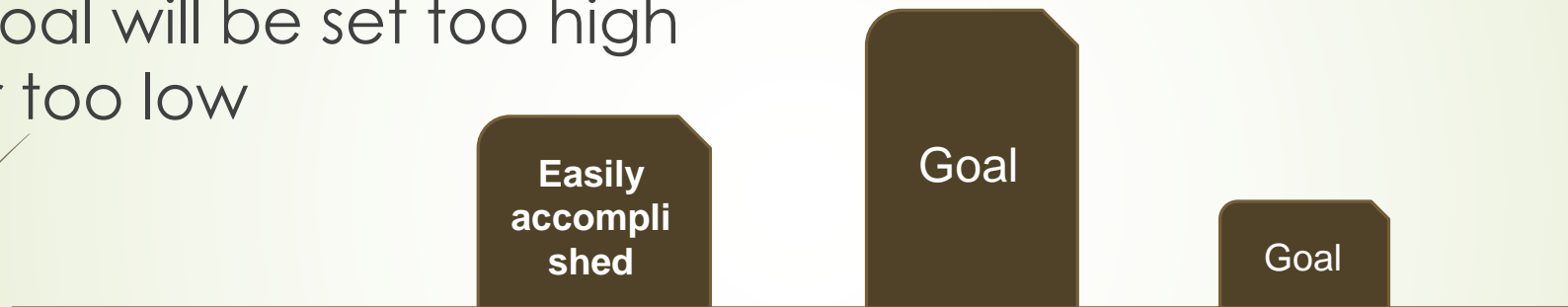
Comparison between people with high and low self-esteem

Topic	High self-esteem	Low self-esteem
Setting goals	<p>Slightly higher than achievable with normal effort; content with their achievement even when high goals are missed.</p> <p>Realistic; content with achievement.</p>	<p>Lower than achievable with normal effort; discontent with low achievement.</p> <p>Too high to reach goal, therefore discontent with their achievement.</p>

To set goals: slightly higher than what can be easily accomplished

Low self-esteem

→ Goal will be set too high or too low



Normal self-esteem



According to Flammer (1990)

Conditions for reaching a goal

1. To know the goal.
2. To accept the goal as one's own actual goal.
3. To know the way to reach the goal.
4. To be able to go this way and to be conscious of this ability.
5. To actually go this way.

Reaching a goal

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Hypnosis Intervention

Here and Now

1. Set yourself a goal which you want to reach.
2. Evaluate if this is really your goal.
3. Evaluate if this goal is appropriate (Not too low, not too high).
4. If it is too high, fix a possible step for yourself.
5. Ways to measure if you have reached your goal?
6. What else do you need for reaching your goal? (e.g. Capacity, training, equipment)
7. Fix your steps and your planning interval, your time horizon.

Trance

1. Go the whole way
2. Till you reach the goal

To perceive and feel a reached goal

Hypnosis Intervention

Here and Now

- Set a goal: describe it properly: What is it? How do I recognize if I reached it? How can I measure it (e.g. run a certain distance in a certain time; Not to make more than five mistakes in a dictation of 30 lines, ...)

Trance

- Go forward in time, until goal is reached. Where are you now?
- Where in your body do you feel mainly that you reached the goal? How does it feel?
- Make the feeling stronger, clearer.
- Store it in your mind.

Here and Now

- Come back. Is there anything to share?

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Aggregation

➤ To sum up...

- Self-efficacy is important during the whole lifespan
- It is measured by and means to take adequate influence
- There are factors which can be influenced and it is good to take influence
- We have to find a way to deal with factors that cannot be influenced
- If a person falls into victimhood or searches scapegoats it is important to find a way out and develop more self-efficacy
- To set appropriate goals and to take adequate responsibility are parts of self-efficacy

➤ Hypnosis and hypnotic methods are very helpful in this process, as there are

- effective
- quick
- support self-efficacy
- and often make fun

I hope we will see you in Basel 2020
Mer hoffed Sie z Basel 2020 z traffe!



Thank you very much for your attention!

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Der kleine Lederbeutel mit allem drin

