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An interdisciplinary
journal dedicated to
advancing the art,
science and practice
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Australian Society of Clinical
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Dr Tracie O'Keefe

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Intergenerational Connections:
Using Temperament Theory and Psychological
Type to Address the Specific Needs of Clients

Mary McGuinness

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Editorial

In this issue of the journal we have three highly placed practitioners who have committed to their respective therapeutic niches with purpose and passion—Dr Tracie O’Keefe who specialises in Drug and Alcohol Addiction, Mary Sutton who specialises in Trauma, and Mary McGuinness who specialises in Temperament Theory and Psychological Type. The pay-off for clients who seek their help is accelerated healing with positive long-term results or enhanced communication skills. The benefit to pupils who chooses to study with experts of this calibre is in the gaining of profound insights into the subtleties and dynamics of particular conditions, learning how to implement effective treatment plans, and helping steer clients to become fully functioning in line with therapeutic goals.

Tracie O’Keefe has constructed a Stop Drugs and Alcohol 6 Step Program. Her article introduces readers to its operational principles that help usher committed clients to success, which in her and their frame of reference is complete withdrawal from substance abuse and stepping into a clean and sober life. In so doing, her program inadvertently challenges the prevailing conventional conscious mind approaches that in many cases perpetuate the addict’s long-term internal stress and struggle and also have high recidivism rates. More importantly, Tracie’s pioneering program equips like-minded practitioners with the skills and techniques they need to yield profound positive long-term effects with their clients, and in the process, offers hope to people who have been written off as being beyond help and beyond redemption.

Mary Sutton revisits and revives a topic that was discussed in therapeutic circles in the 80s and 90s and then unceremoniously abandoned in some circles—the impact of birth trauma on individuals. Like Mary, I read Thomas R Verny’s *The Secret Life of the Unborn Child* when I was studying clinical hypnotherapy many years ago and it made a huge impact on me. I still consider it essential reading for any therapist helping clients locate the original feeling causes, triggers or catalysts of their present-day presenting problems, conditions or disorders when

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other conventional therapeutic approaches have been exhausted. The powerful case studies presented in the article go towards validating the theory about the profound impact of birth trauma.

Finally, Mary McGuinness discusses how understanding Temperament Theory and Psychological Type can facilitate communication in a therapeutic setting. Her article provides hypnotherapists with insights on not only a generational context but also an individual one. Assessing clients upfront to determine what their personality type is and what generation they hail from invariably helps build rapport and also strengthens communication between therapist and client. Indeed, there is something to be said about Myers-Briggs testing being made available on a broader scale not only in therapy and the workforce but also in schools, as well as pre- and post-marriage counselling and family counselling to help people begin to better understand each other in all their complexities and communication styles.

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EDITOR'S NOTE: The terms "subconscious", "unconscious" and "unconscious processes" are interchangeable, and will vary from article to article. Individual authors will determine what terminology they prefer to use, as this is predicated on the models of psychology, hypnotherapy, psychotherapy and other modalities in which they trained. Similarly, usage of the words "client" and "patient" will also vary from author to author, depending on their background and qualifications.

Recovering From The Lost Years: Four Cases of Instant Cessation of Drug Addiction Utilising the Clinical Hypnotherapy Stop Drugs and Alcohol 6 Step Program

Dr Tracie O'Keefe, DCH, BHSc, ND
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Abstract

One of the major social and health problems across the world is drug and alcohol abuse. It is endemic to many societies. This has been the case for thousands of years with the use of cocaine in ancient Egypt, alcohol in ancient Rome, opium in China in the 19th century, and a new plague of cheap recreational street drugs now flooding the modern world.

Hypnosis in its different forms has also been used for many millennia in healing the body and mind, as well as changing behaviours and human experience. Historically, the use of hypnotic techniques has been prevalent in ancient Egyptian healing temples, Greek Asclepeion temples, the salons of Mesmer in Paris, American Pentecostal churches, and in the modern-day practice of clinical hypnotherapy and medical hypnosis. Today, hypnotherapy is utilised as a potent treatment modality for many presenting problems and in particular has helped tens of thousands of patients in the field of substance abuse cessation.

This paper examines four case studies of long-term drug abuse where all patients ceased their addiction after one two-hour session of the Clinical Hypnotherapy Stop Drugs and Alcohol 6 Step Program (6 Step Program) created by the author, with the patients transitioning from drug and alcohol dependency to becoming clean and sober. The first case was a long-term methamphetamine user. The second case is a daily cannabis (also known as and referred to in this paper as 'marijuana') user who imbibed through a pipe for 36 years. The third and fourth cases are two brothers who used marijuana three or four times a day for five years and enabled each other in their co-joint addiction. In all four cases, the clients attended one initial session, as well as follow-up sessions.

Keywords: Dependency Syndrome, Substance Use Disorder, Substance Abuse Disorder, chemical dependency, drug addiction, alcoholism, addiction recovery, medical hypnosis, clinical hypnotherapy.