

5-PATH

A MODEL OF HYPNOTHERAPY

An Overview of Previous Models

Animal Magnetism:
Franz Anton Mesmer
(1734-1815)



Suggestibility:
A.A.Liebeault
(1823-1904)

Age Regression:
**Joseph Breuer (1841-
1925)**



Pastlife
Regression:
Brian Weiss

**5-PATH:
Calvin D.
Banyan**



Five Phase Abreactive Therapeutic Hypnosis

Phase-I: Successful
Hypnotic Induction

Phase-II: Age Regression

Phase-III: Forgiving others

Phase-IV: Forgiving self

Phase-V: Parts Mediation
Therapy

Applicability

- **The model can be applied to the conditions which respond to hypnotherapy. For example,**
 - 1. Generalized anxiety disorder**
 - 2. Phobia**
 - 3. Insomnia**
 - 4. Smoking**
 - 5. Weight reduction**
 - 6. Pain management**



***Dear Friends,
Yep that's me. I'm about 290 pounds there and I thought that I would eventually explode, because I just kept gaining weight. Then, I became my own experiment and applied what I had been learning from my clients (while they were in hypnosis) to myself. I used this unique understanding of food addiction and hypnosis on myself. Now, I've lost about 60 pounds to date (1/2001) and continue to become slimmer. I learned how to beat the fattening compulsion of eating out of emotions like boredom, stress, anxiety, frustration and just being tired. Now I lose weight and I never feel hungry or deprived!***

Calvin Banyan

Cheer up !!!
It was past.



*Thank
You*