

SEQUENT REPATTERNING

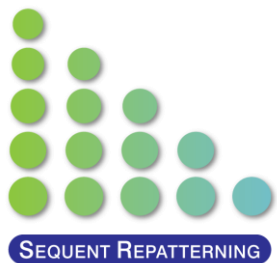
A New Hypnotherapy for Misophonia

Christopher Pearson, HPD

Presented at the 3rd Misophonia Association Conference, Chicago, IL, October 2015

Chris Pearson | **HYPNOTHERAPY**
www.chrispearson.co.uk

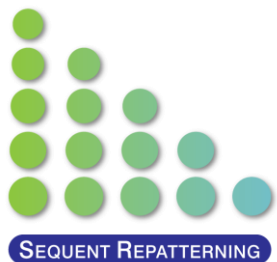
SLIDE 1



CHRIS PEARSON



Chris Pearson
HYPNOTHERAPY

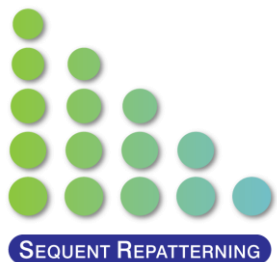


CHRIS PEARSON

- Working as a hypnotherapist in general practice



Chris Pearson
HYPNOTHERAPY



CHRIS PEARSON

- Working as a hypnotherapist in general practice
 - Based in Yorkshire, UK



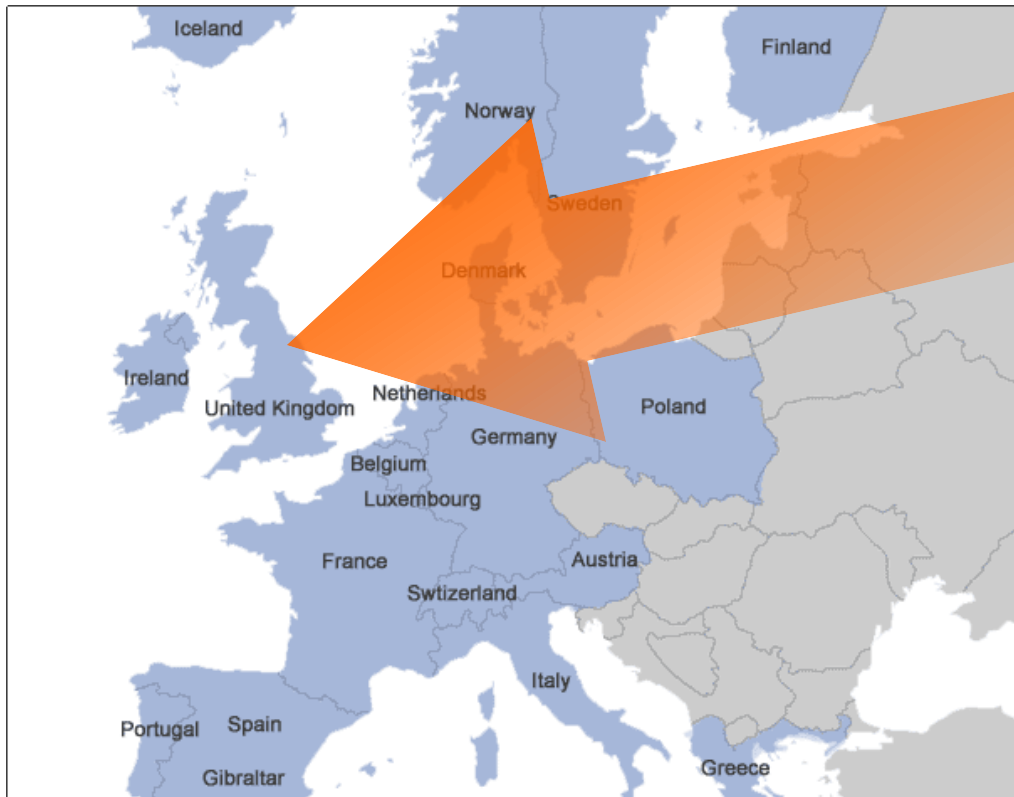
Chris Pearson
HYPNOTHERAPY



SEQUENT REPATTERNING

CHRIS PEARSON

- Working as a hypnotherapist in general practice
 - Based in Yorkshire, UK



Chris Pearson
HYPNOTHERAPY



SEQUENT REPATTERNING

CHRIS PEARSON



- Working as a hypnotherapist in general practice
 - Based in Yorkshire, UK



Chris Pearson
HYPNOTHERAPY

AnxietyUK
Approved Therapist

Chris Pearson | HYPNOTHERAPY
www.chrispearson.co.uk



SEQUENT REPATTERNING

CHRIS PEARSON



- Working as a hypnotherapist in general practice
 - Based in Yorkshire, UK



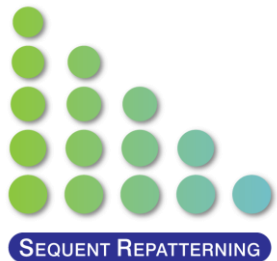
Chris Pearson
HYPNOTHERAPY

CHRISTOPHER PEARSON
ACCREDITED
MNCH (Acc)
VERIFIED
27-Sep-15

AnxietyUK
Approved Therapist

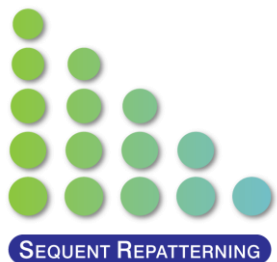
Chris Pearson | HYPNOTHERAPY
www.chrispearson.co.uk

SLIDE 7



CHRIS PEARSON

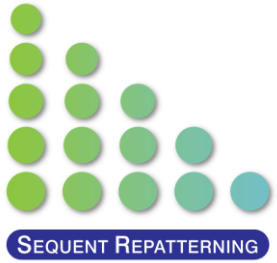
- First encountered misophonia in 2010



CHRIS PEARSON

- First encountered misophonia in 2010
 - Began a targeted therapy development in 2012
 - Started repatterning work in 2013
 - Began using neuropsychotherapeutic repatterning
 - Sometimes called reconsolidation
 - Met Tom Dozier in 2014



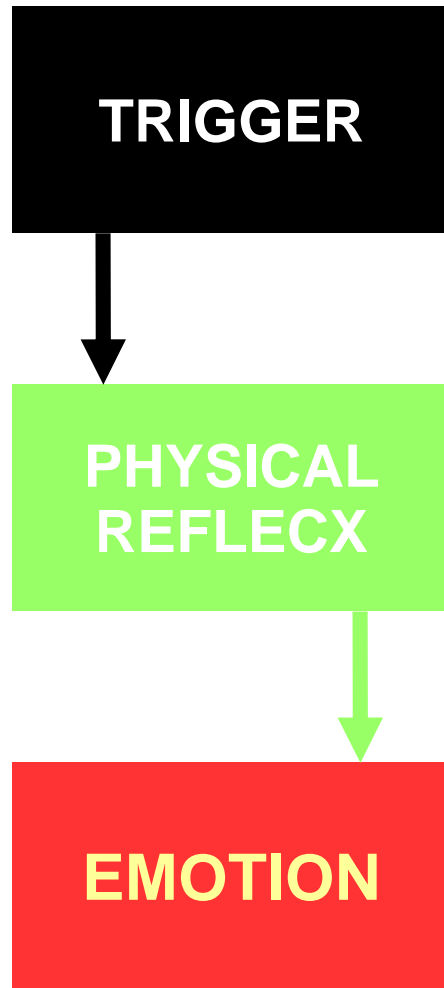


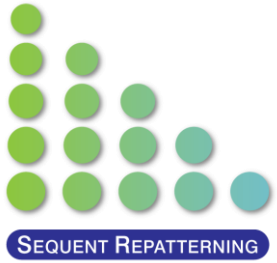
Misophonia



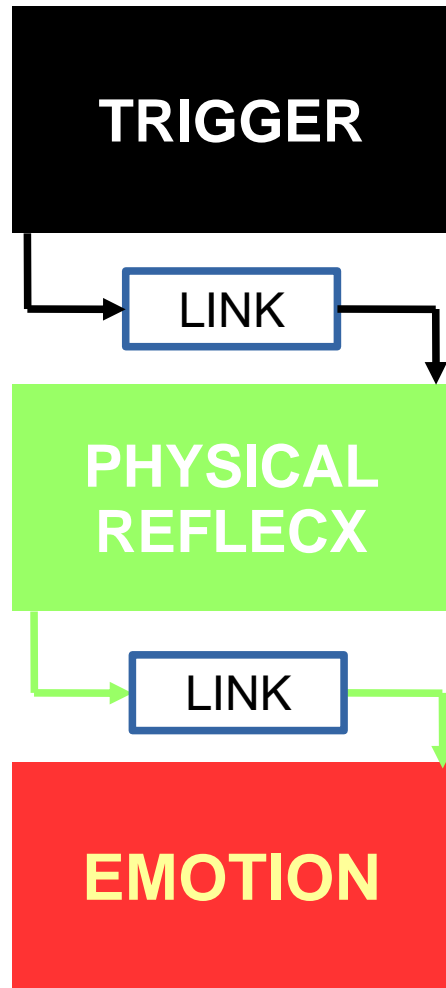


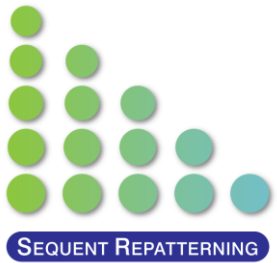
Misophonia





Misophonia

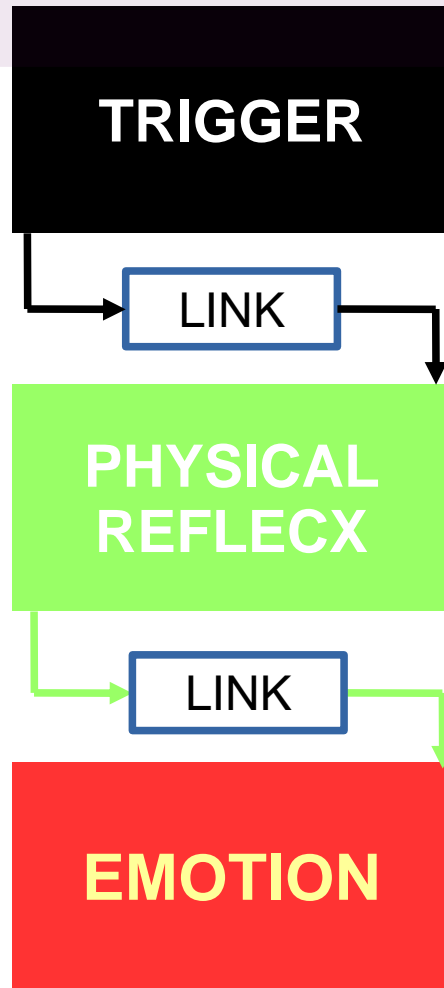




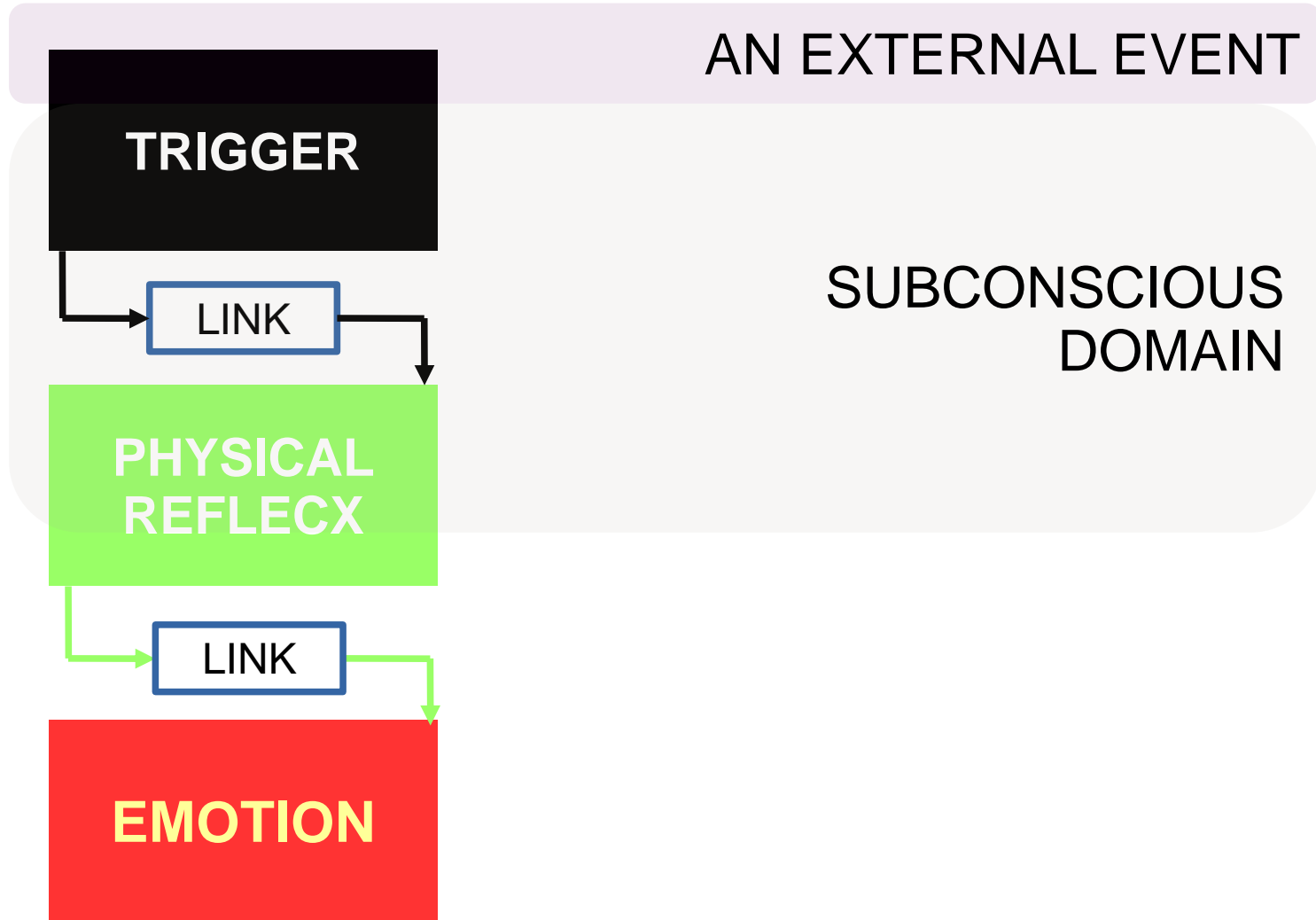
Sequent Repatterning

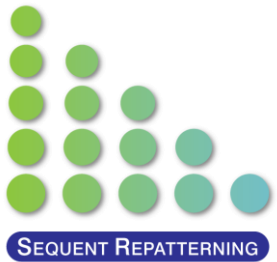


AN EXTERNAL EVENT

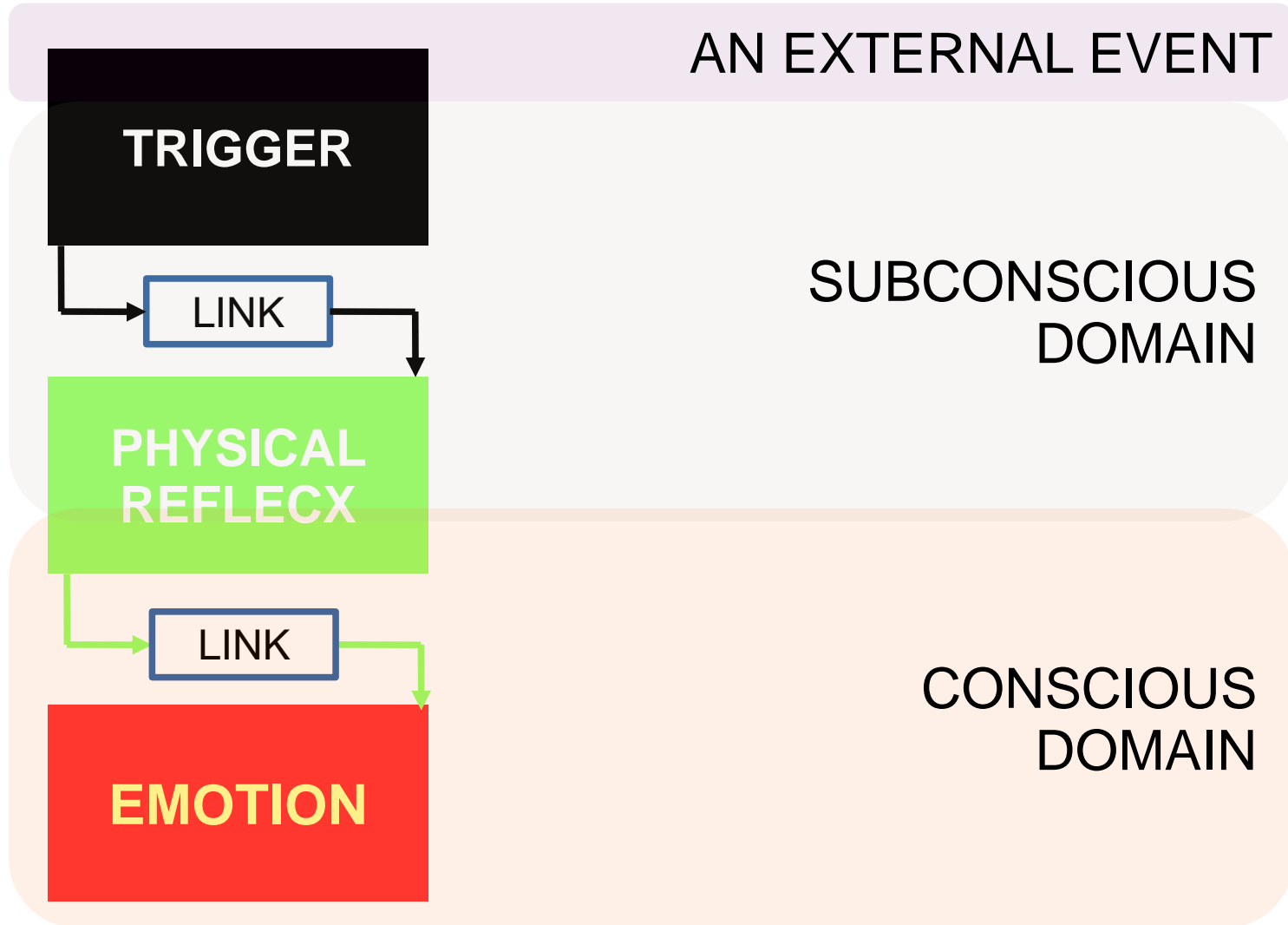


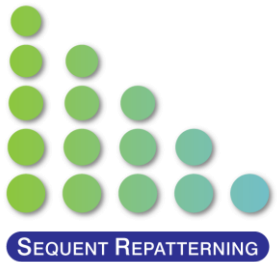
Sequent Repatterning



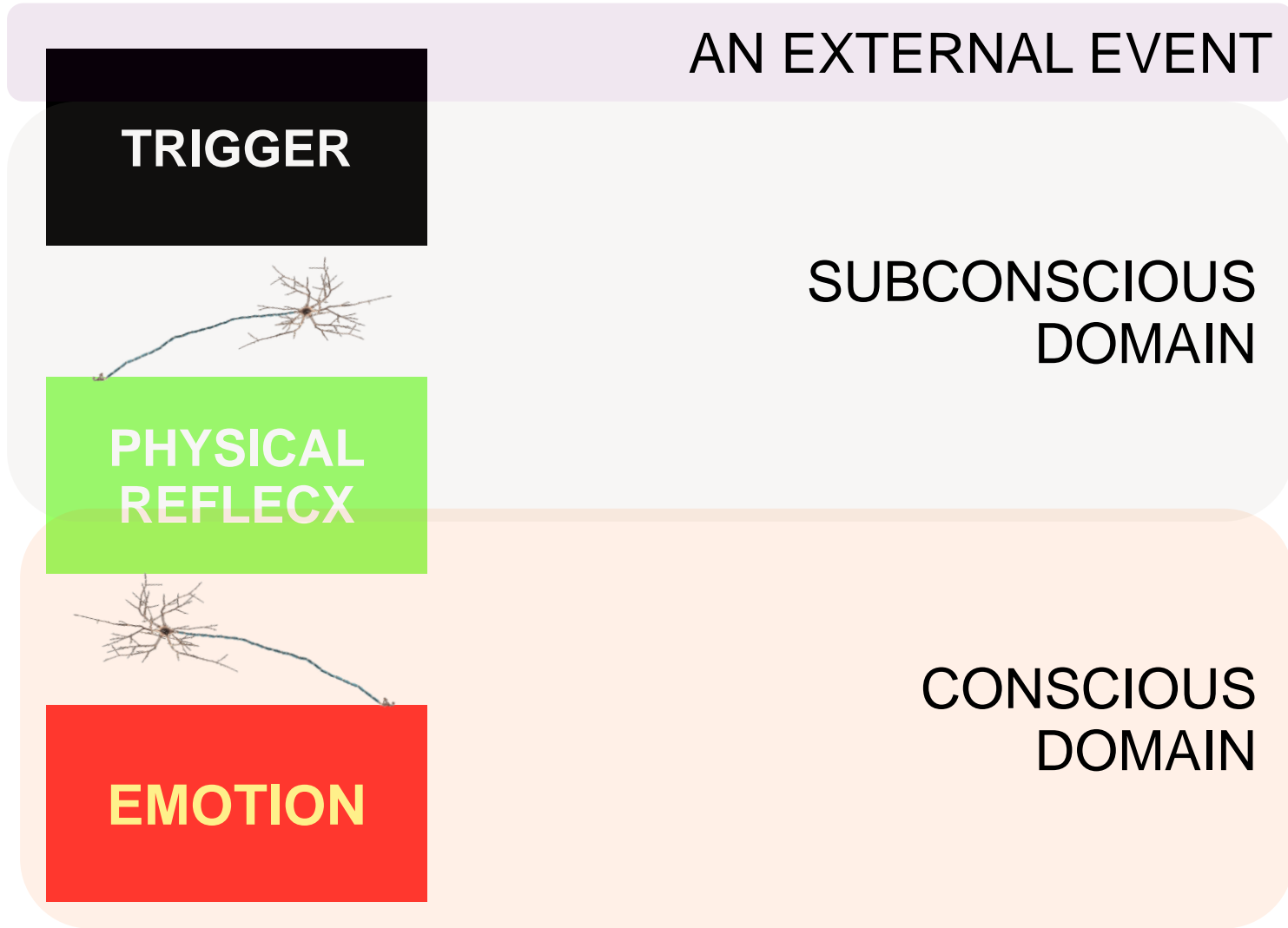


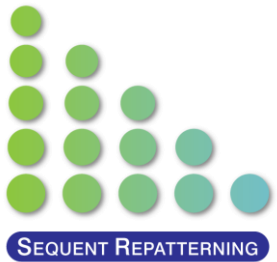
Sequent Repatterning



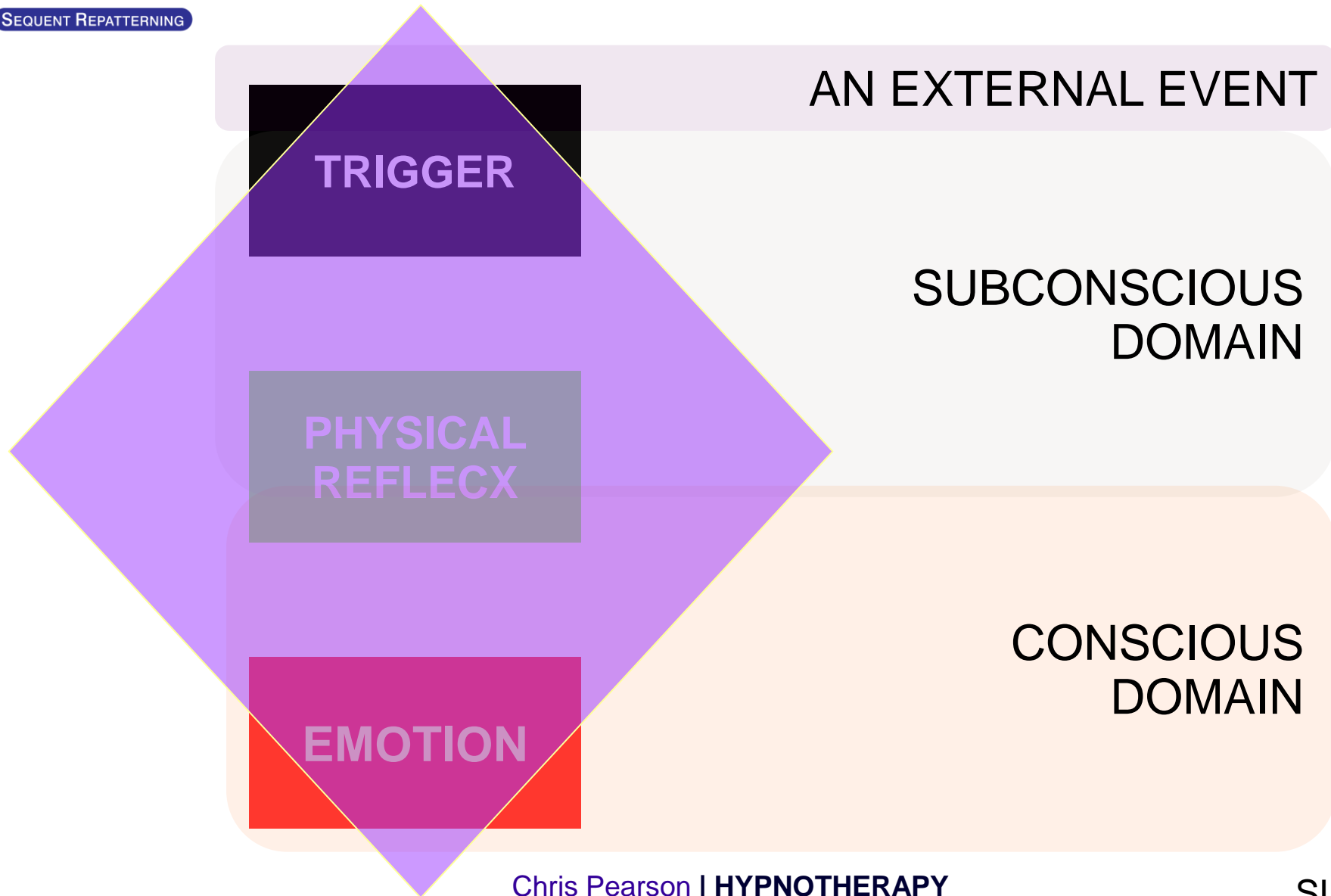


Sequent Repatterning





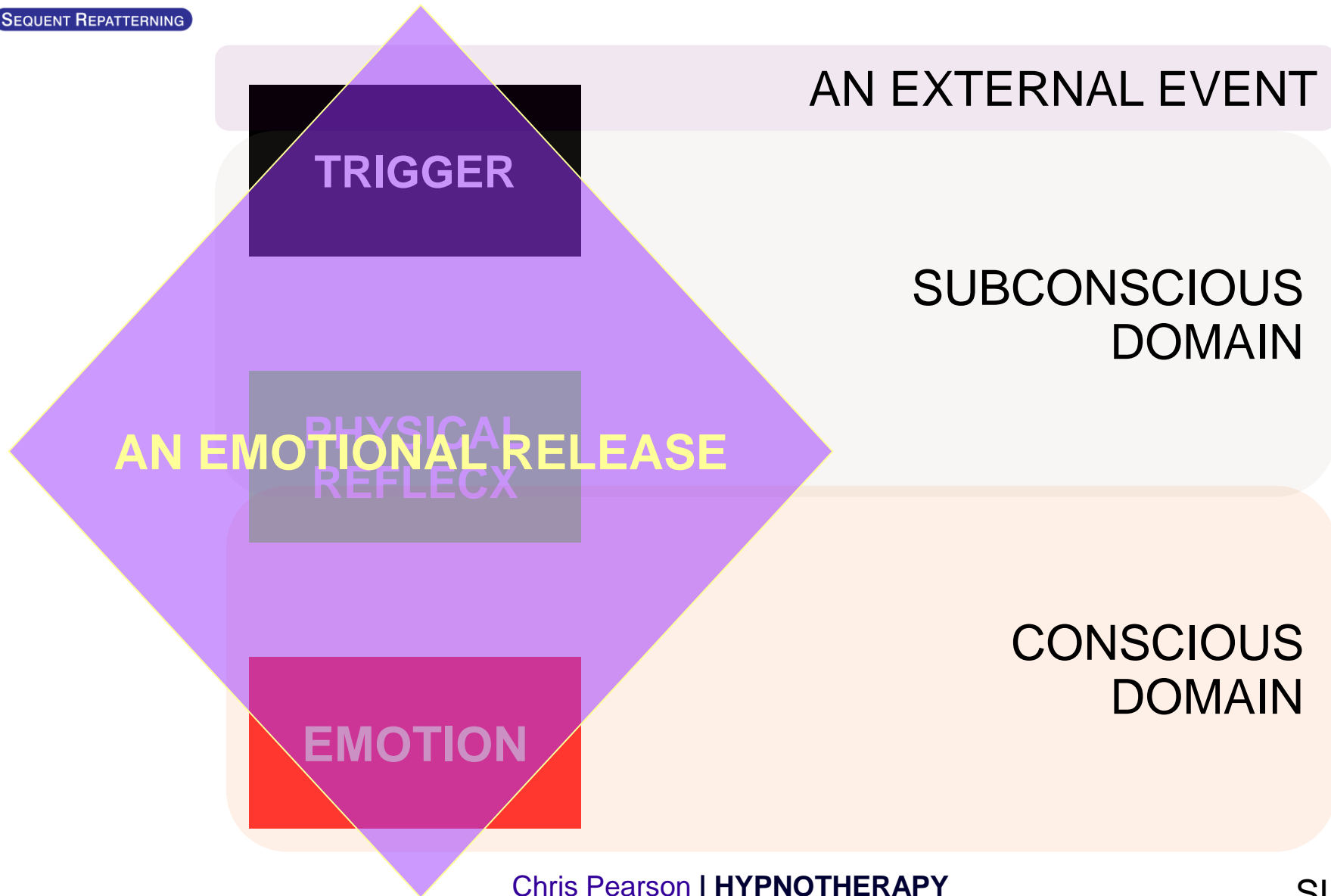
Sequent Repatterning





SEQUENT REPATTERNING

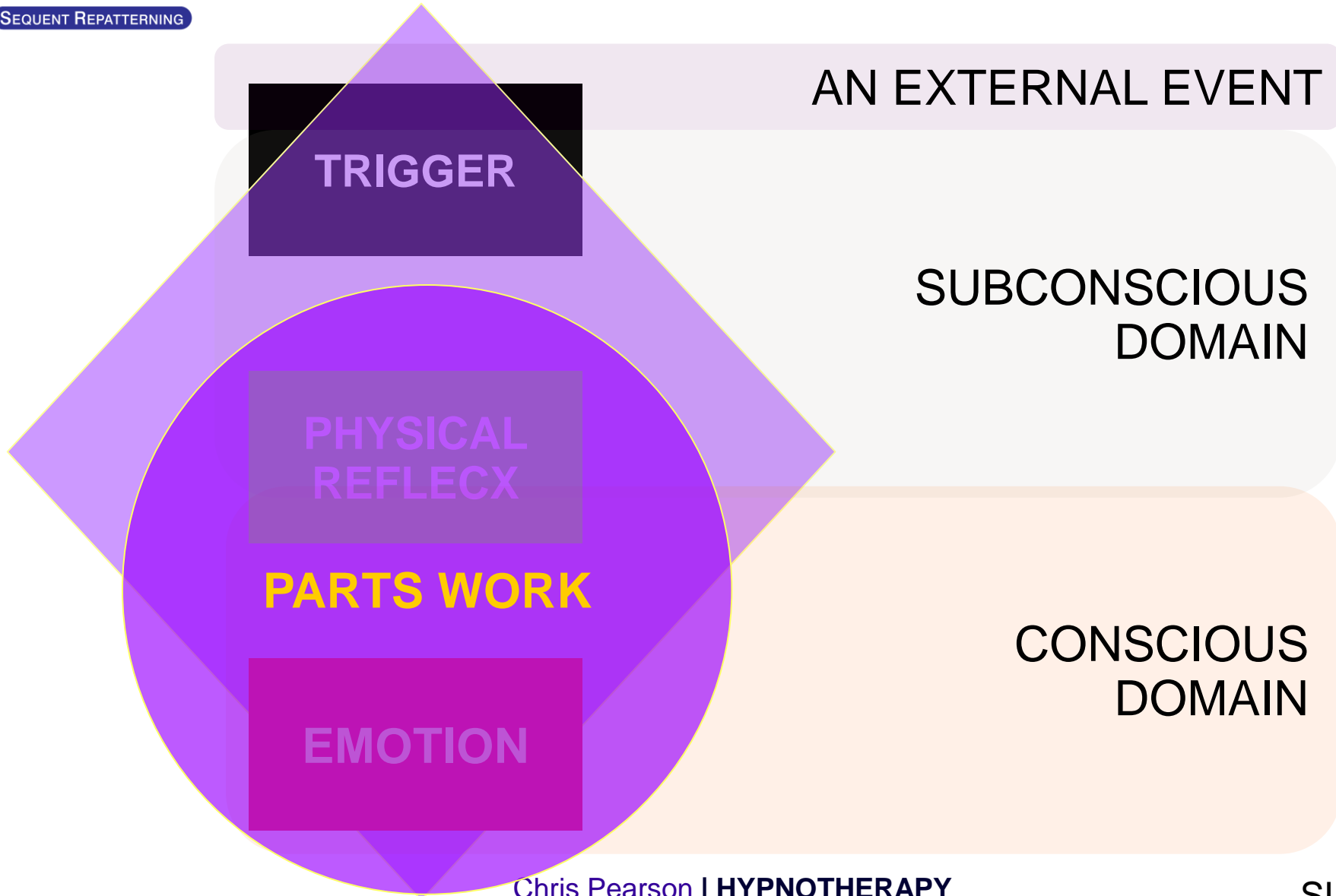
Sequent Repatterning





SEQUENT REPATTERNING

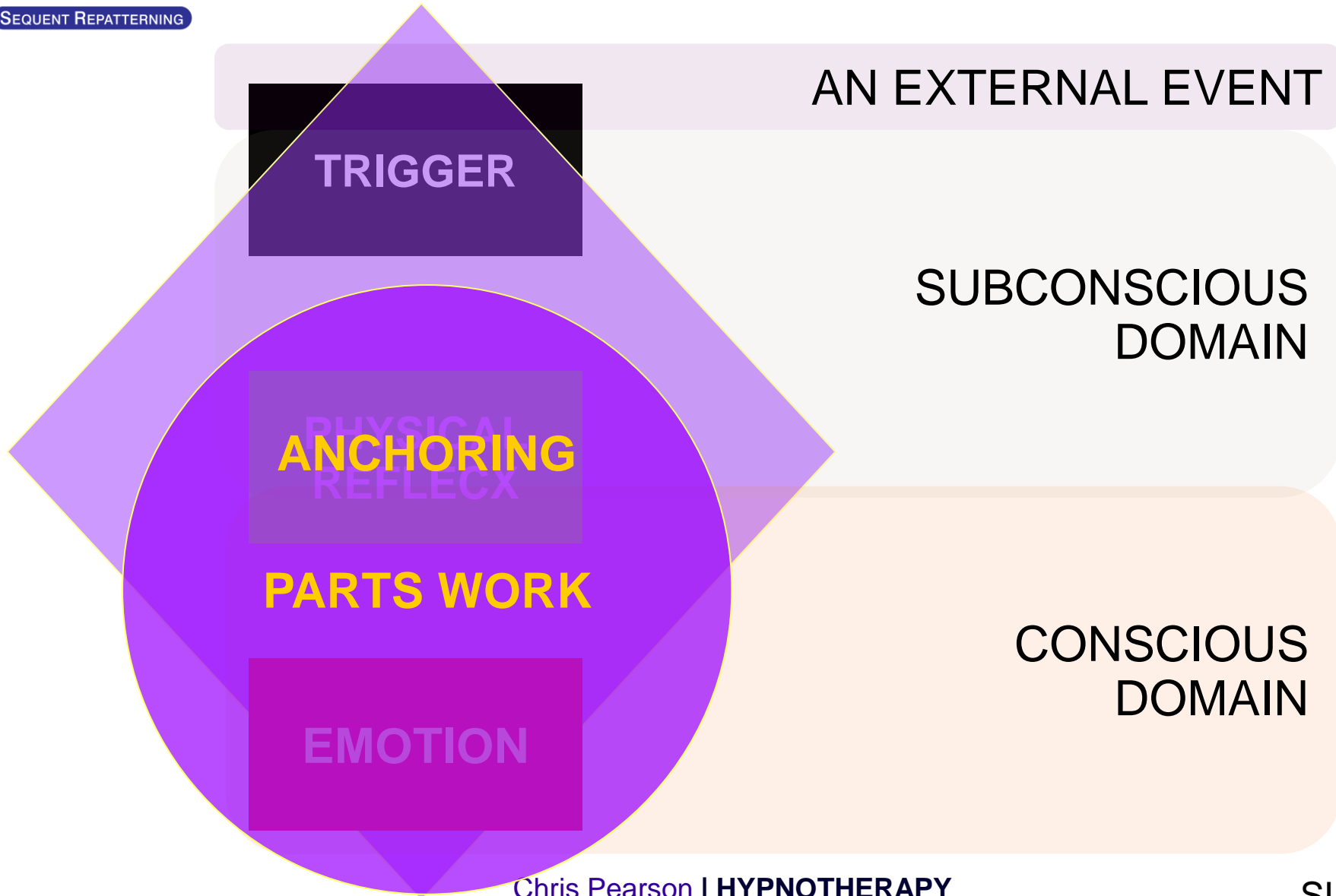
Sequent Repatterning





SEQUENT REPATTERNING

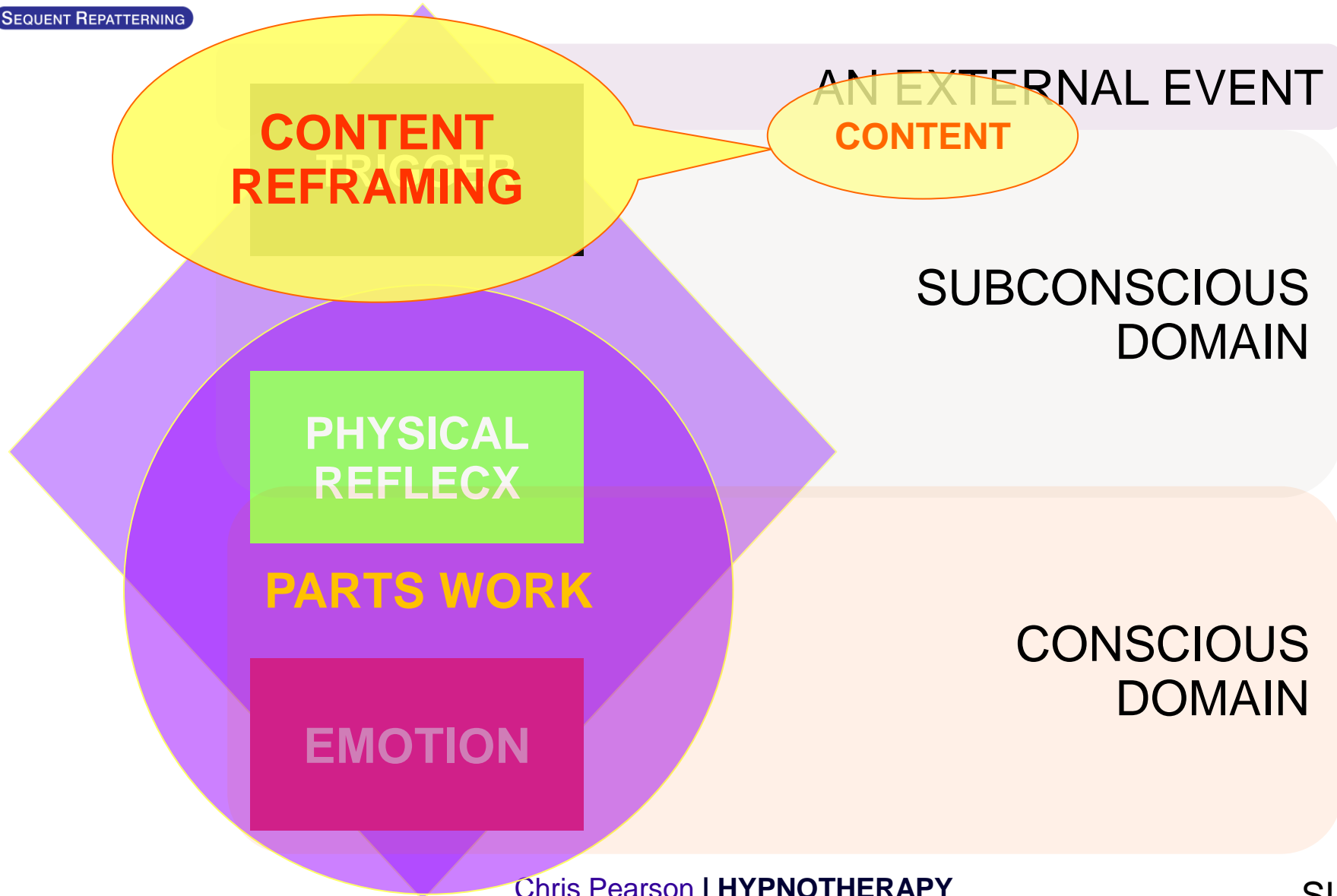
Sequent Repatterning





SEQUENT REPATTERNING

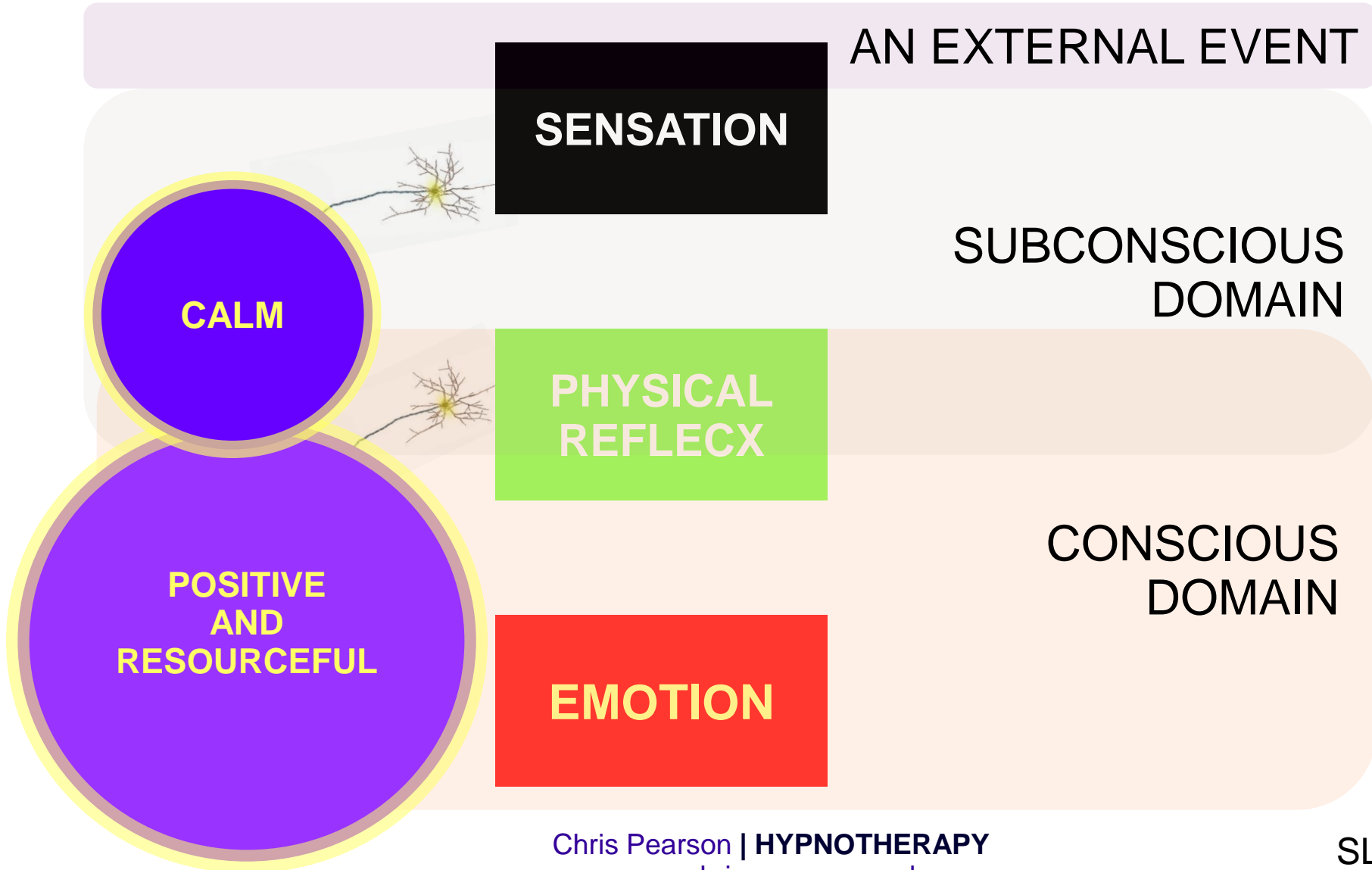
Sequent Repatterning

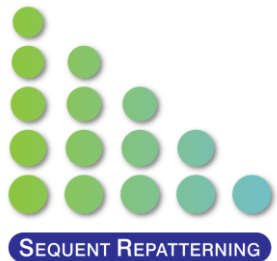




SEQUENT REPATTERNING

Sequent Repatterning





Sequent Repatterning

What's it like?

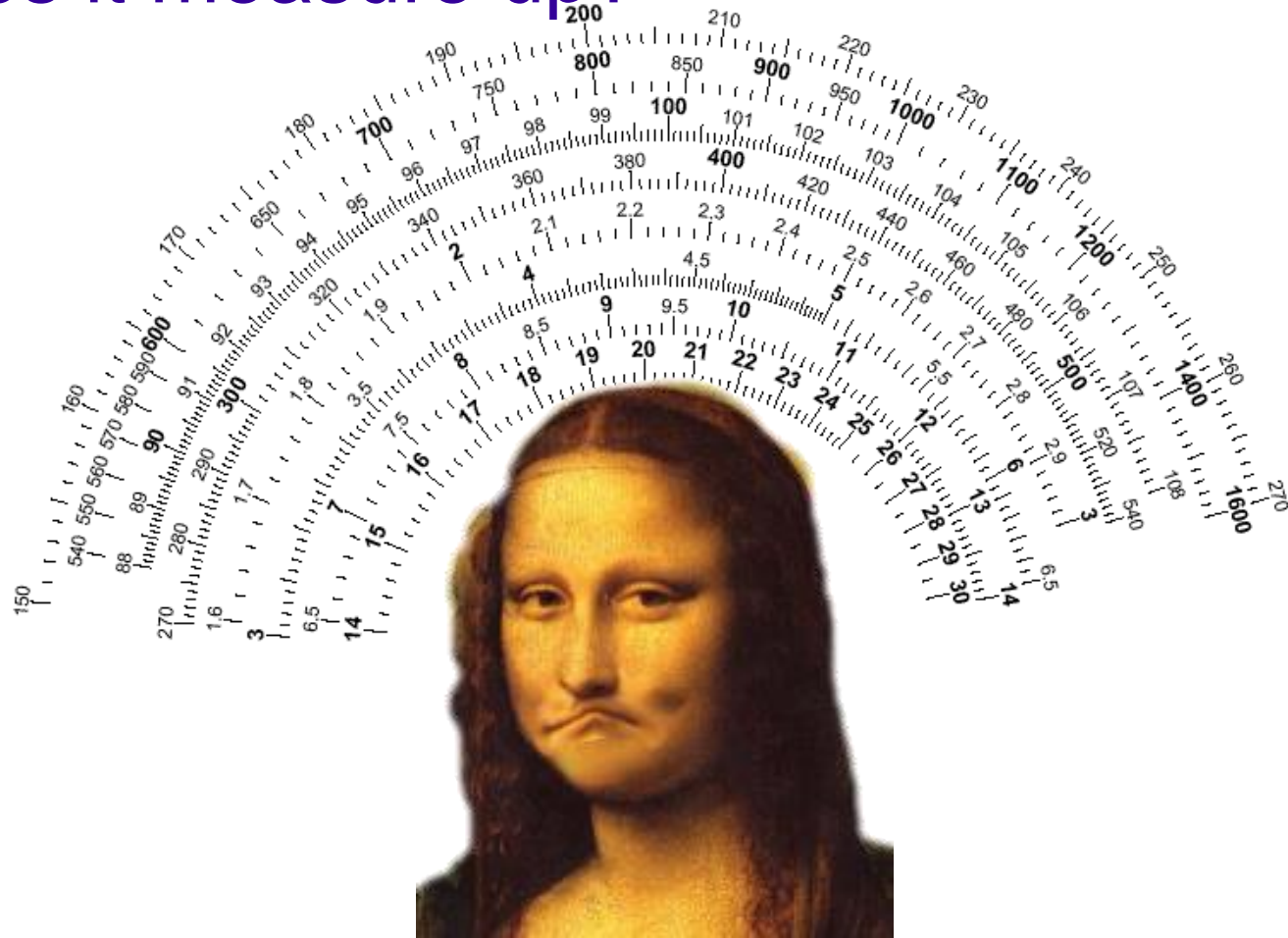
Let's ask Peter...



SEQUENT REPATTERNING

Sequent Repatterning

How does it measure up?

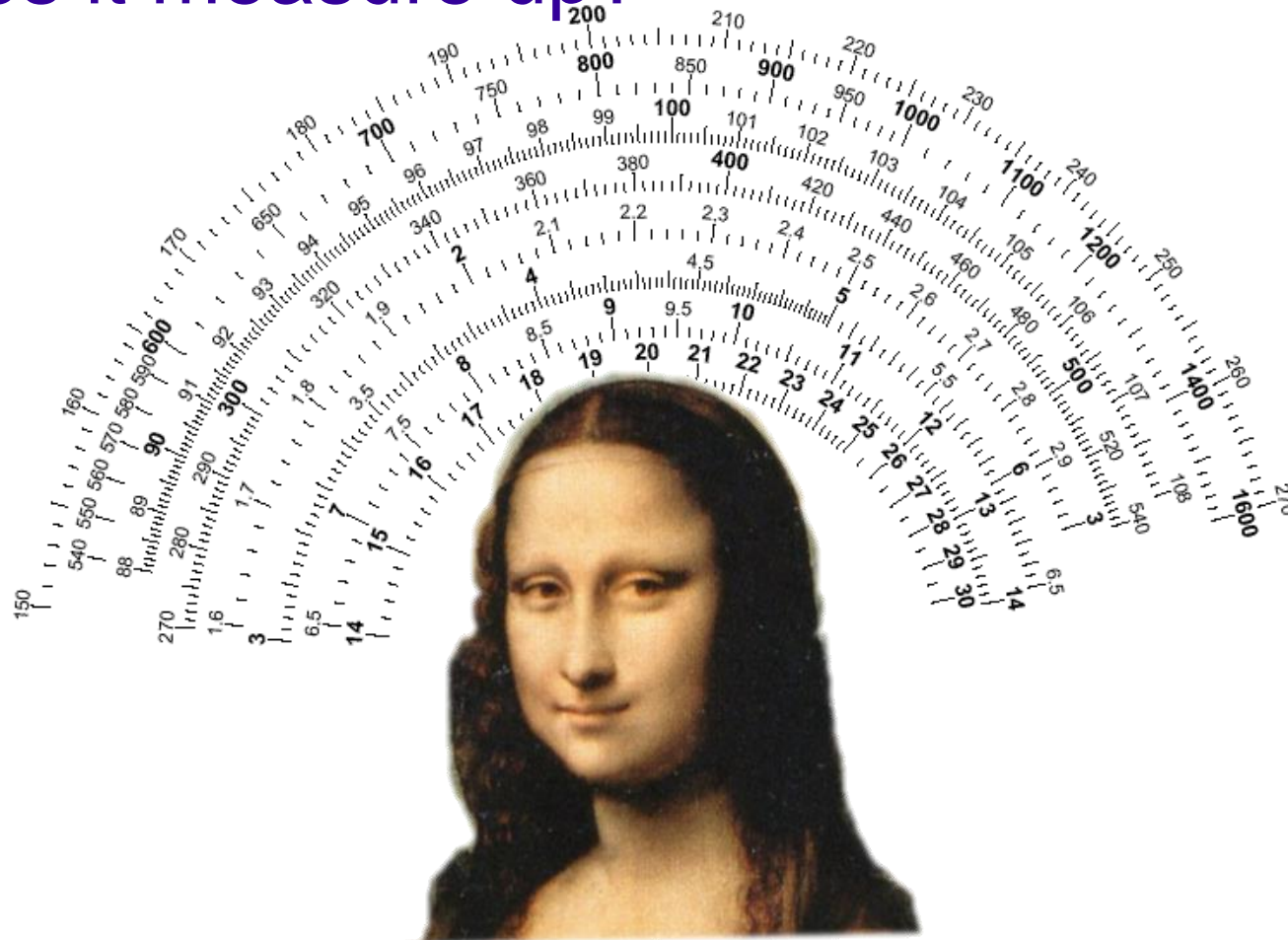


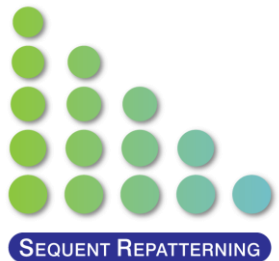


SEQUENT REPATTERNING

Sequent Repatterning

How does it measure up?





Sequent Repatterning

How does it measure up?

- It helps most people with misophonia



SEQUENT REPATTERNING

Sequent Repatterning

How does it measure up?

- It helps most people with misophonia
- At least 95% benefit



SEQUENT REPATTERNING

Sequent Repatterning

How does it measure up?

- It helps most people with misophonia
- At least 95% benefit
- It can eliminate reaction to specific sounds

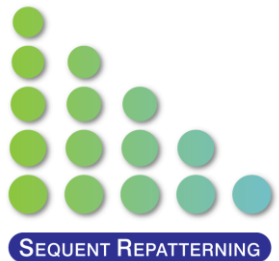


SEQUENT REPATTERNING

Sequent Repatterning

How does it measure up?

- It helps most people with misophonia
- At least 95% benefit
- It can eliminate reaction to specific sounds
- It does reduce severity



Sequent Repatterning



Measuring



Sequent Repatterning



MISOPHONIA ASSESSMENT QUESTIONNAIRE (MAQ)

If a parent or caregiver, please answer for the child as best you are able, or substitute the words, "I feel that my child's sound issues" for the words "my sound issues".

| RATING SCALE: 0 = not at all, 1 = a little of the time, 2 = a good deal of the time, 3 = almost all the time | 0 | 1 | 2 | 3 |
|---|---|---|---|---|
| 1. My sound issues currently make me unhappy | | | | |
| 2. My sound issues currently create problems for me. | | | | |
| 3. My sound issues have recently made me feel angry. | | | | |
| 4. I feel that no one understands my problems with certain sounds. | | | | |
| 5. My sound issues do not seem to have a known cause. | | | | |
| 6. My sound issues currently make me feel helpless. | | | | |
| 7. My sound issues currently interfere with my social life. | | | | |
| 8. My sound issues currently make me feel isolated. | | | | |
| 9. My sound issues have recently created problems for me in groups. | | | | |
| 10. My sound issues negatively affect my work/school life (currently or recently). | | | | |
| 11. My sound issues currently make me feel frustrated. | | | | |
| 12. My sound issues currently impact my entire life negatively. | | | | |
| 13. My sound issues have recently made me feel guilty. | | | | |
| 14. My sound issues are classified as 'crazy'. | | | | |
| 15. I feel that no one can help me with my sound issues. | | | | |
| 16. My sound issues currently make me feel hopeless. | | | | |
| 17. I feel that my sound issues will only get worse. | | | | |
| 18. My sound issues currently impact my family. | | | | |
| 19. My sound issues have recently affected other people. | | | | |
| 20. My sound issues have not been recognized. | | | | |
| 21. I am worried that my whole life will be affected. | | | | |

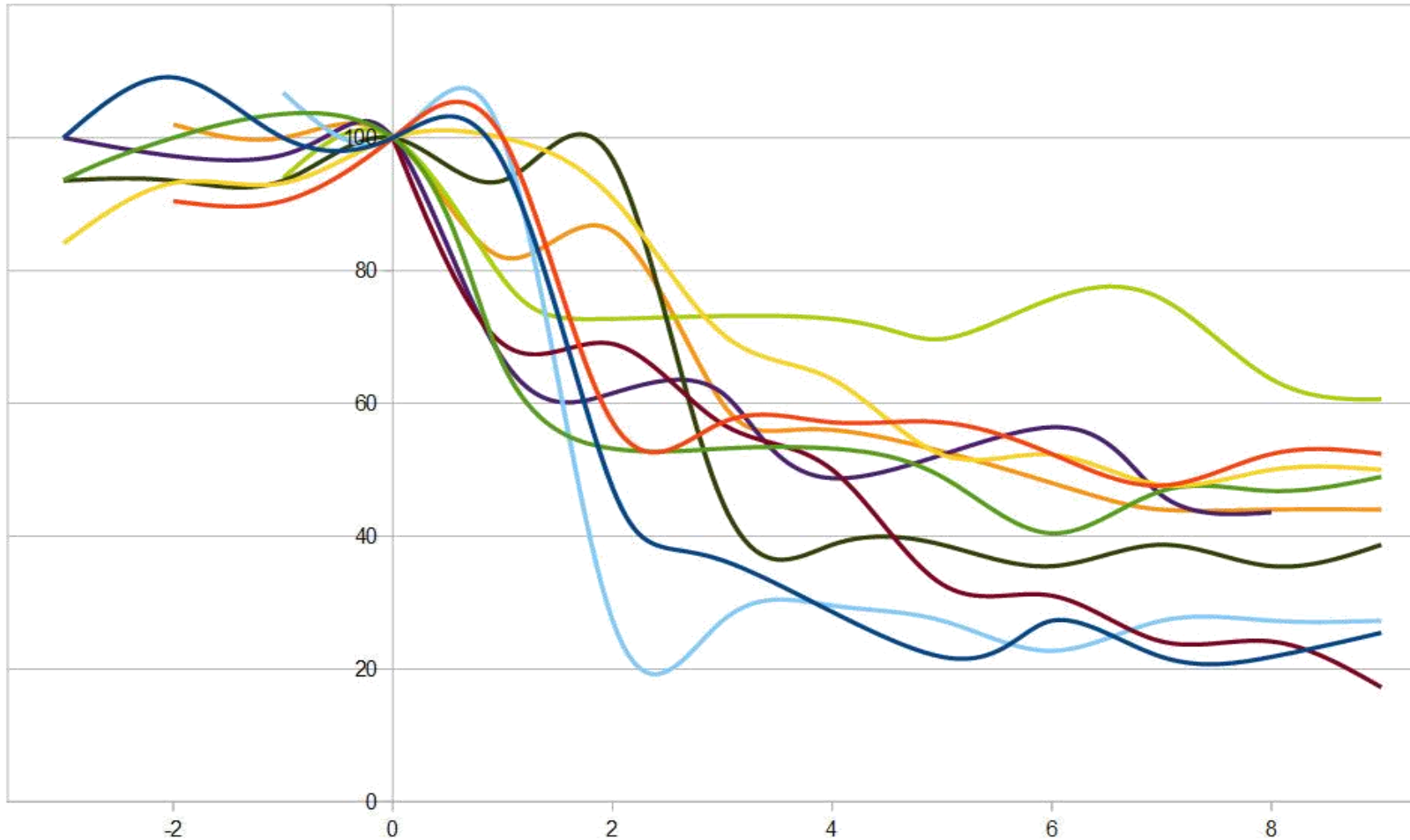
By Marsha Johnson, revised by Tom Dooler

Revised 07/20/13



SEQUENT REPATTERNING

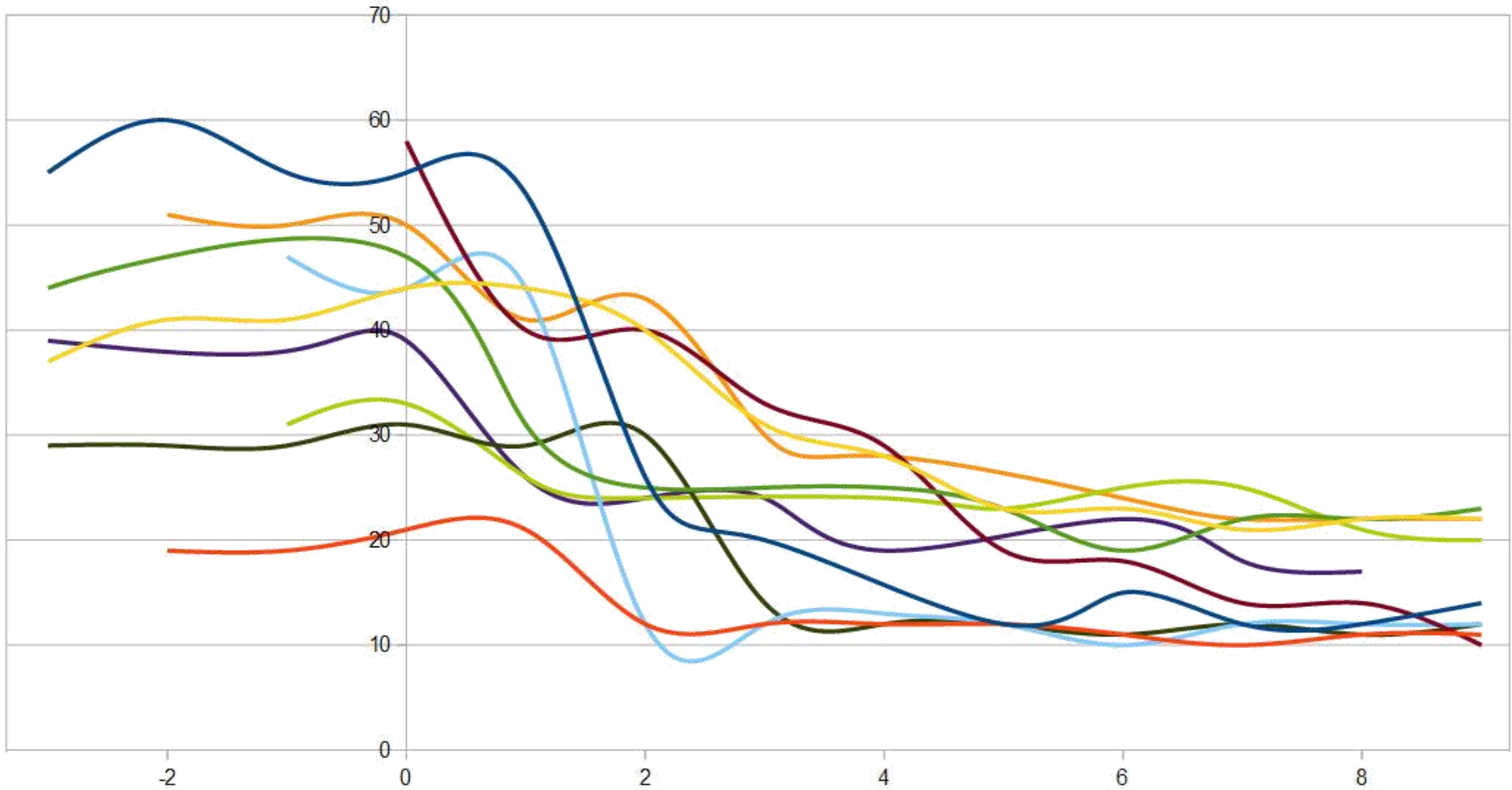
Sequent Repatterning





SEQUENT REPATTERNING

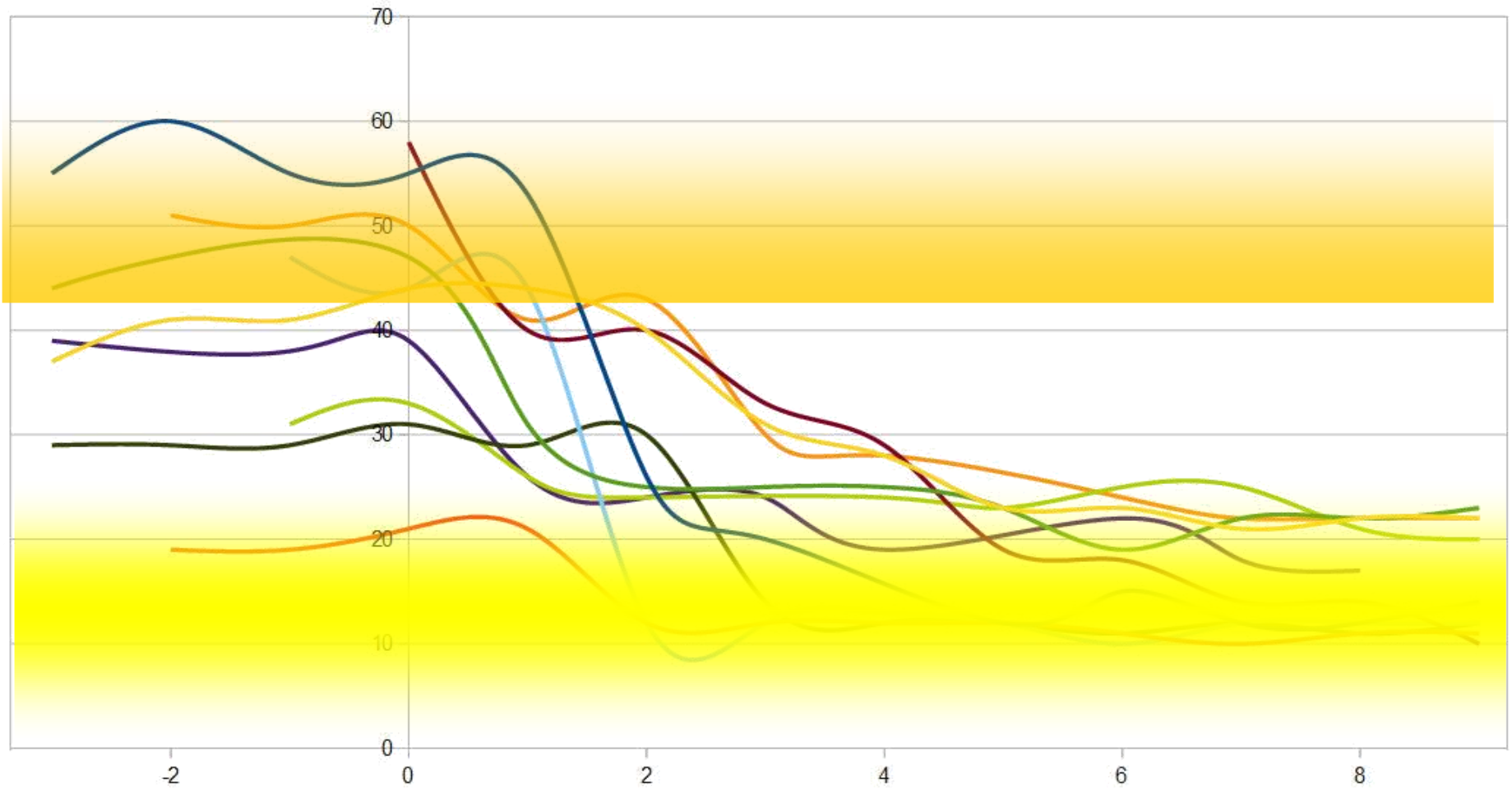
Sequent Repatterning

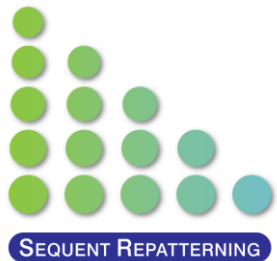




SEQUENT REPATTERNING

Sequent Repatterning





Sequent Repatterning

Questions
Comments
Suggestions



Sequent Repatterning



THANK YOU!