

What Makes Somatic Hypnotherapy Unique

Somatic Hypnotherapy stands apart from conventional, Ericksonian, script-based, or cognitive-behavioural hypnotherapy approaches. Here is a straightforward list of what makes it genuinely different, drawn directly from the website content and clinical practice.

1. Ablative (Subtractive) Logic

It works subtractively rather than additively. Instead of layering new positive feelings or coping strategies on top of existing distress (the usual 'add water to the poison' approach), it identifies and releases the unwanted somatic component at its root — 'emptying the glass.' This is de-programming, not re-programming. The goal is to dissolve the original disturbance so there is nothing left to manage.

2. Primacy of Emotional Feelings & the Reversed Paradigm

Feelings (as raw [interoceptive](#) bodily sensations) are treated as primary and causally upstream. The approach rests on the reversed paradigm: "feeling differently leads to thinking and reacting differently." It works directly with the bodily substrate from which emotions are constructed, rather than starting with thoughts or cognitive reframing. This is the opposite of most cognitive-centred models.

It explicitly draws on [Barrett's Theory of Constructed Emotion](#) and [Damasio's Somatic Marker Hypothesis](#) as clinical pillars, along with the idea of [emotional coherence](#) (somatic, physiological, and cognitive components working together).

3. The Specific "Somatic Hypnosis" State of Access

Hypnosis here is not mainly about suggestion or relaxation. It creates a precise state of deep bodily relaxation combined with focused attention that gives direct access to [interoceptive signals](#) and somatic emotional imprints ("energy clusters"). This bypasses normal cognitive overlays and resistance.

[fMRI research \(Stanford, Spiegel et al.\)](#) shows this state has a measurable neurological signature: the dorsal anterior cingulate cortex (dACC) quiets down, connectivity between the dorsolateral prefrontal cortex and insula strengthens, and the default mode network decouples. The result is enhanced access to the body's internal signals rather than heightened suggestibility.

4. Direct Work on Somatic Markers & Implicit Body Memory

It targets the somatic component of emotions — the raw bodily sensations, autonomic patterns, and visceral imprints stored in [implicit memory](#). It often works without needing a detailed story or conscious understanding of the root cause. You do not have to know exactly how the "bone was broken" for it to heal properly.

5. Memory Reconsolidation Through Somatic Release

The process separates factual memory from its emotional and somatic charge. After the work, clients can revisit the same memories with significantly reduced or absent emotional distress while keeping full cognitive recall. The factual memory stays intact; the heavy or painful charge does not. This is grounded in the neuroscience of [memory reconsolidation](#).

6. Active Client Participation & On-the-Spot Verifiable Results

The client stays fully aware, in control, and actively engaged throughout the session (often talking as much as the practitioner). Results are checked immediately by having the client revisit the same material and notice the change in somatic response. This is not passive hypnosis.

Meaningful improvement is usually clear by the end of the first session. Complete work on even long-standing issues rarely takes more than three sessions.

7. Holistic Reorganisation from a Common Root

It addresses the common underlying somatic and emotional substrate rather than treating symptoms one by one. Because it works at this root level, improvements often show up across multiple areas at once — emotional, behavioural, and physical (sleep, digestion, energy, posture, etc.).

8. Clear Distinction Between Fear, Stress, and Anxiety

Fear is recognised as a healthy, present-moment, energy-boosting response to real threat. Stress and anxiety are understood as time-shifted (past-triggered or future-projected), energy-draining states rooted in unresolved issues. Unresolved negative feelings act as energy drainers at the cellular level, while positive feelings support mitochondrial energy production.

9. Integration of Ancestral Ritual Healing with Modern Neuroscience

It blends Eastern European ancestral heart-centred and ritual healing traditions (bajalica, whispered prayer ceremonies, etc.) with contemporary science — interoception research, somatic marker hypothesis, emotional coherence, and memory reconsolidation. It also draws on Ritual Healing Theory and a Transpersonal Psychology framework. The science explains and validates what the ancestral practices already knew how to do effectively.

10. Brief, Personalised, Non-Scripted, and Highly Interactive Process

Sessions are highly individualised using real-time neuro-linguistic modulation rather than pre-written scripts. The first appointment (usually 2.5–3 hours) includes both assessment and treatment. The client gives only brief descriptions of current manifestations — no long history-taking or analysis is required.

11. Strong Emphasis on Integrity, Client Agency, and the Practitioner's Role

"No Results – No Pay" is a structural guarantee, not a marketing claim. It aligns the practitioner's interests completely with verifiable client outcomes. The client is never passive, never asked to surrender control, and never required to give detailed personal narratives.

The practitioner acts as a skilled guide and facilitator, not the healer. The client's own subconscious does the work. Besides technical skills, talent and genuine passion make a real difference between endless therapy and brief, consistently good results.

12. Alex Priala's Background and Living Lineage

The approach grew out of personal transformative experience with ancestral healing methods after conventional approaches failed, followed by decades of clinical integration. It has been practised in its archaic forms since the early 1990s — before contemporary neuroscience had named the mechanisms involved.

The theoretical framework was developed to describe what clinical practice had already shown to be effective. This is the reverse of most modern therapeutic approaches, which are usually developed theoretically first and then tested clinically.

Together, these features create an approach that is results-oriented, rapid, embodied, client-active, root-focused, and integrative in ways most contemporary approaches are not.

It positions itself as a distinctive, last-resort pathway for persistent issues where other methods have fallen short, while remaining fully compatible with ongoing medical or psychological care.

© Alex V. Priala · Somatic Hypnotherapy · Beaconsfield, Montreal, QC,
Canada · new-hypnotherapy.com