

issues

The Matrix model is what we use in cognitive hypnotherapy to help people change any deep emotional reasons for holding on to weight. I'm going to briefly break down the model so you can understand what happens when you feel out of control of food.

This model was created by Trevor Silvester, the voice you hear on your Slimpod. It shows you how complex some deep-rooted issues are so you can see why therapy is often THE only way that effective change can happen.

■ Stimulus or trigger

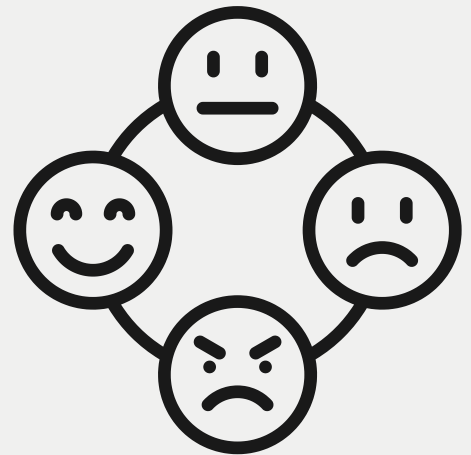
The stimulus is at the start of the matrix model. This is where most clients try to control the problem - by avoiding the stimulus. Most avoidance will be done unconsciously but there is conscious awareness providing rationalisation for the action. For example "I'm just not ready to start losing weight again". What they may actually be doing is avoiding losing weight because of the fear of failure.

Matrix

Then there is a whole memory cluster which is the area that holds the “meaning” for the person. This is the core and the root cause of many people’s problems. This is where change takes place if you were to have therapy for the problem.

Emotion

The next part of the model is emotion and that is obviously the feeling and the behaviour it generates. This is when many people get the feeling that triggers them to R E S O U R C E eat and that is when they turn to food for comfort and to feel better.



Response

Then there is response and this is where the attention is focused if you go for cognitive behavioural therapy, because the response is the behaviour generated by the emotion.

■ Termination

The next stage is termination. This is an important point to identify in anyone's behaviour because we ask what enabled the person to stop "doing" the problem. What changed?

■ Evaluation

Getting the client to re-evaluate their behaviour and create new options can over time re-educate the unconscious and change the matrix. The difficulty is it's hard work for the client and can take a while.

