

## **Unhooking from People Who Push Your Buttons!**

### ***Awaken Your Other Mind's Eye with Hemispheric Integration™***

Do your clients have anyone in their life that can “get them,” so that they feel like running away or punching the person out? What if you had the hemispheric integration tool that can change their initial response to that person or even to a situation? When clients remain centered, they will influence and set boundaries that will actually change the dynamics of the relationship. When your client is different the interactions have to evolve.

We all have those people or even situations that somehow trigger us into an “unresourceful” state of being. If we could just delete having to be involved, that would be great. However, often we have no choice – it might be a boss, co-worker, neighbor, family member, etc. “The Unhooking from People Who Push Your Buttons process” is designed to give a person choice about their initial response to an external stimulus. There are two distinct cognitive perceptions in each hemisphere of the brain. In most cases when there is a knee-jerk reaction, only one image is being accessed. Hemispheric Integration™ now presents the structure of how to discover what information about the experience is being held in the other mind's eye. The Unhooking Process shows us how to elicit the information from both hemispheres and then to hold this information co-consciously, giving a more complete understanding, and allowing a person to breathe into a more a resourceful state of being.

In this workshop, participants will learn how to access the information being held in each hemisphere of the brain about a particular event, person or situation. Once this is accomplished the individual is free to make ultimately better choices in the real world.

When we ‘think’ of events, experiences or have imprints from past traumas, there are two distinct perceptions being processed in each amygdala (one located in each hemisphere of the brain). The left hemisphere is responsible for logical, linear thinking, and the right hemisphere is more concerned with spatial relationships, the essence of self and personal safety.

If we consistently respond to perceptions from only one side of the brain, our choices are limited and personal conflicts remain unresolved. The resulting inner conflicts oftentimes manifest in phobias, PTSD, addictions, compulsions, and other anxiety-producing phenomena.

You've heard the phrases, “I see it in my mind's eye...” or, “I have half a mind to...”, which possibly may be true! If this is descriptive of what is actually happening in our thinking process, we may literally be using only half of our potential. Hemispheric Integration opens many new possibilities by teaching you how to access your “other mind's eye”.

What is missing is integrating the whole person. Truly, we may “lead” with one cognitive style, that is, left-brain or right-brain, and there is a reason we have two sides of our brain!

Rudyard Kipling expressed the importance of both brain filters this way:

“Something I owe to the soil that grew  
More to the life that fed  
But most to Allah, who gave me two  
Separate sides of my head  
I would go without shirts or shoes,  
Friends, tobacco, or bread  
Sooner than for an instant lose  
Either side of my head.”

From the poem *Kim*.

Milton Erickson observed that we all have an ultradian rhythm where we switch from one hemisphere to the other about every ninety minutes.

What if we could control which side of the brain we are using more at a specific instance for a specific purpose through changing our cognitive style? We could then expand our awareness of our past, experience the present, and influence our future through knowing and understanding our intellectual and emotional quotients at the environmental, behavioral, skills and capability, beliefs and values, identity, and mission and spirit levels?

What if we could recognize in others which side of their brain they may be more dominantly using at a specific time? We could then communicate more precisely in a style others could more readily receive and respond.

Al Sargent has discovered how to awaken our “Other Mind’s Eye” using Hemispheric Integration for the purpose of aligning both cognitive styles or filters. Sargent calls this congruence a Cognitive-emotional Realignment™

## **DEVELOPMENT OF HEMISPHERIC INTEGRATION**

Hemispheric Integration has been termed the “fourth generation” Neuro-Linguistic Programming (NLP). The structural templates of Hemispheric Integration are inclusive of all three generations of NLP, plus adding a scientific understanding of the natural processing of information in the brain. Robert Dilts postulates first generation NLP as a cognitive mind, second generation as a somatic mind, and third generation NLP as a field mind (energetic or relational). (1)

Hemispheric Integration goes beyond NLP as a structural model for brief therapy. Having a model that is based on how the brain naturally processes information and creates change gives the counselor a unique set of skills to calibrate how a client is keeping themselves stuck in limiting frameworks and how to move the client to ecological and pervasive change.

One of the awarenesses that Hemispheric Integration brings to the field of therapy is when a limiting belief or thought pattern is in place, even out of the client's conscious awareness, and new information, wisdom, and experience updates that limitation into a current perception of truth, the internal coding of the event automatically changes in the limbic system, creating a new and permanent understanding. This distinction brings an ecology to change work that gives the client the freedom to use their own internal resources for healing. The therapist then becomes a true guide on the client's journey to health and happiness.

### **What is NLP?**

NLP is "defined as the study of the structure of subjective experience. NLP studies the pattern or "Programming" created by the interactions between the brain (neuro), language (linguistic) and the body. From the NLP perspective, it is this interaction that produces both effective and ineffective behavior, and is responsible for processes behind both human excellence and pathology. NLP is a behavioral science that provides:

1. An Epistemology – A system of knowledge and values.
2. A Methodology – Processes and procedures for applying knowledge and values.
3. A Technology - Tools to aid in the application of knowledge and values" (2).

Typically NLP teaches the following concepts:

1. Rapport building skills using psycho-geography, aligning with others' maps of reality, pacing and leading in the visual, auditory and kinesthetic modalities.
2. Language clarity using meta-model language pattern detection. Teaching cognitive distortions: Deletions, Distortions, and Generalizations.
3. Emotional Freedom using the Milton Model:  
The language of influence and the magic of metaphor.
4. Optimizing learning strategies
5. Gaining fine distinctions of awareness: calibration and sensory acuity.

In the mid 1970's NLP was created at the University of Santa Cruz through modeling structure of excellence of three key psychotherapists, Fritz Perls (founder of Gestalt therapy), Virginia Satir (family therapist), and Milton H. Erickson (psychiatrist and hypnotherapist). (3).

### Gregory Bateson: *Five Logical Levels of Learning*

About the same time (1972), an anthropology professor at the University of Santa Cruz, Gregory Bateson, published “*Steps to Ecology of Mind*” where he says:

“Our approach is based on that part of communication theory which [Bertrand] Russell has called the Theory of Logical Types. The central thesis of this theory is that there is a discontinuity between a class and its members. The class cannot be a member of itself nor can one of the members be the class, since the term used for the class is of a different level of abstraction – a different Logical Type – from terms used for members” (4).

Bateson had originally introduced the concept of logical types in an article “*A Theory of Play and Fantasy*” (1954). Bateson’s logical levels of learning included five stages from learning 0 level through learning IV level. Bateson said that the function of each level is to synthesize, organize and direct the interaction of the level below it.

### Robert Dilts: *Six Neurological Levels*

In 1976 Robert Dilts, a student of Bateson’s *Ecology of Mind* class, stated that, “Changing something on an upper level would necessarily “radiate” downward, precipitating change on the lower levels. Changing something on a lower level could, but would not necessarily, affect the upper levels” (5). Later Dilts described the hierarchy of these five levels as Environment, Behavior, Capabilities, Values/Beliefs, and Identity. In the fall of 1987 Dilts formally applied the labels called the “ABC’s of NLP”:

What I <b>A</b> m	Identity
What I <b>B</b> elieve	Beliefs and Values
What I am <b>C</b> apable of	Capabilities
What I <b>D</b> o	Behavior
My <b>E</b> nvironment	Environment (6).

Dilts then postulated a sixth “spiritual level” which he defined as “a type of relational field.” This field encompasses multiple identities, forming a sense of being a member of a larger system beyond one’s individual identity. In 1988 Dilts coined the term “Neuro-Logical Levels.” Dilts also described these levels in terms of common questions and later described these levels as levels of support for learning and change:

Spirituality:	What Else?	Awakening
Identity:	Who?	Sponsoring
Beliefs and Values:	Why?	Mentoring
Capability:	How?	Teaching
Behavior:	What?	Coaching
Environment:	Where? When?	Guiding/Caretaking (7).

**Allen C. Sargent:**

***Twelve Hemispheric Levels of Awareness, Experience and Influence***

Building on the work of these men and others, Allen C. Sargent, developed and coined the terms “Hemispheric Levels”, “Hemispheric Therapy” and “Hemispheric Integration with NLP +.” In 1997, Sargent chose the structure of visualizing as his research project for The Institute for the Advanced Studies of Health [IASH] (8). Sargent discovered that we actually have two mind’s eyes! “*The Other Mind’s Eye: The Gateway To The Hidden Treasures Of Your Mind*” was published in 1999 and explains the beginning work in Hemispheric Integration (9).

Robert Dilts, in his forward to this book, states:

“Sargent’s discoveries represent some of the most intriguing and significant developments in NLP in the past decade. These discoveries demonstrate both creativity and the attention to detail, which are the hallmarks of all important innovations.” (10)

## **WHAT IS HEMISPHERIC INTEGRATION?**

**Hemispheric Integration is like Feng Shui for the Brain™**  
***Clear the clutter from your mind and live in the harmony of balance***

The Chinese have long used Feng Shui to improve their quality of life to optimize the natural flow of energy. Today, Feng Shui has evolved into a refined art used to positively enhance one’s lifestyle through clearing environmental clutter to create an atmosphere of harmony, resulting in an experience of balance and prosperity.

Hemispheric integration seeks to utilize the function of the brain in much the same way. Because each hemisphere of the brain has a distinct function and perspective each hemisphere has very relevant, yet unique, information about every experience. When we learn to choose the resources that most support our desired outcomes utilizing the information from both our cognitive styles and filters, then we can literally clear the clutter from our minds and living in the harmony of balance. Therefore we can:

- Resolve inner conflicts.
- Optimize the natural flow of energy.
- Modify and re-orient the way we think.
- Free the flow of useful information.
- Choose resources to support desired outcomes.
- Understand the natural cognitive roles of each hemisphere.
- Enjoy the journey of life.

## **How we process information**

Over the centuries philosophers have hinted at what we know to be true. Cicero said, concerning our actions,

“All action is of the mind, and the mirror of the mind is the face, its index the eyes.”

The great writer and philosopher Charles Dickens describes the function of each eye this way,

“With affection beaming out of one eye, and calculation shining out of the other”.

The eyes are the only part of the brain that we can physically see and they give us clues into what is happening in the brain. We have discovered that there are two mind's eyes: coding information in each hemisphere of the brain. When we have access and control of the cognitive experience of each hemisphere, life gets a lot easier.

## **HEMISPHERIC INTEGRATION AS A DIAGNOSTIC TOOL**

Sargent developed a unique cognitive-relational template for healing and personal development known as “Hemispheric Integration”. This structural template establishes harmony and balance between both hemispheres of the brain at all twelve hemispheric levels of awareness, influence and experience.

See Hemispheric Integration Diagnostic Template in the flip chart slides.

## **How Hemispheric Integration Works**

Hemispheric Integration is a balanced holistic model that considers the complete being: body, mind, and spirit. Plato stated,

“...The cure of the part should not be attempted without treatment of the whole. No attempt should be made to cure the body without the soul, and if the head and body are to healthy, you must begin by curing the mind.”

Hemispheric Integration includes a set of unique, brief, solution-oriented processes that awakens the brain, removes double-mindedness and brings healing through internal congruence. Lasting change happens through understanding and applying the structure of being congruent at all twelve hemispheric levels in both hemispheres of the brain.

In a crisis, sometimes the environment must be changed. Changing behavior may provide a structure for safety. Learning new skills in communication and conflict resolution can expand capabilities. Establishing congruence between the personal constructs of beliefs (left-brain) and values (right-brain) bring balance. Understanding attachment issues at an identity level and being able to separate our identity of “what I do” and “how I perform” (left-brain resume) from “who I am” (right-brain spiritual essence) provides growth. Setting left-brain goals of “what I want to accomplish” and aligning them with the right-brain mission of “building that personal relationship beyond myself” creates inner peace. Intentionally establishing congruence between our logical linear self (left-brain) and our authentic relational self (right-brain) brings balance and harmony from the inside out.

“Maslow’s Hierarchy of Needs” (1943, *A Theory of Human Motivation*), states a person must progress from Survival to Security to Affection to Self-Esteem to Self-Actualization and finally to Transcendence. Therefore a person must satisfy their external needs before their internal needs may be fully satisfied. This is an *outside-in* process.

In contrast, the Hemispheric Integration model is an *inside-out* process that begins at the “Identity” level. Refer to the Sphere Chart in the handout presentation for a visual map for understanding. At the identify level; you establish who you are, what are your limits and what is the deeper sense of yourself that only you can fully experience. Identity is the underlying foundation for all other levels of change. In fact, the identity at the deepest level is a composition of all other levels of change. Once the core identity is established, we are free to align our other levels. Therefore by establishing the “I am” personhood you can RePower Your Life™ through protecting that sacred space within and around you. *Being congruent from the Inside-Out rather than being overwhelmed from the Outside-In* the goal of Hemispheric Integration.

Whatever your theoretical orientation, the Hemispheric Integration Structural Template provides a holistic understanding in the evolution of personal growth. These tools and techniques provide a path for updating a client’s historical “database”, accessing their full potential and teaching the client to be congruent for healing from the inside out and therefore are used as a valuable adjunct in psychotherapy.

### **Applying Hemispheric Integration to Relationships**

Cicero, the Roman Statesman who fought corruption said, “Rightly defined philosophy is simply the love of wisdom.” So how can we increase the client’s wisdom? Al Sargent discovered that,

“Wisdom is the congruent integration of multiple levels of awareness: enlightening the pathways of truth and knowledge within the thought processes of the logical, linear self (left-brain) and enlightening the pathways of compassion and understanding within our relational, authentic essence of self (right-brain).

In relationships, one person may more dominantly lead with the left-brain processing and another may lead with the style of the right-brain. Communication between these two people can be frustrating, simply because of the unique cognitive styles or filters. Guiding each to see the other person's perspective and teaching them to intentionally use both hemispheres of the brain creates understanding and compassion in the relationship.

If you think of the original Star Trek series, you remember that:

Spock was the logical linear guy, rule maker – stoic  
McCoy was the medical guy, healer – passionate  
Captain Kirk was a good balance of the two – centered.

We need both sides, grounded in the linear while having dreams, too!

Einstein stated,

“The significant problems we have cannot be solved at the same level of thinking with which we created them.”

Often in relationships, arguments begin and escalate into stressful events because the communication digresses to an attack on the identity of the other. When both parties in the relationship agree upon the intended outcome or goal of an event, both can contribute to resolution. Teaching the Hemispheric Integration Template opens new options in communication. Working with issues at each of the twelve hemispheric levels and understanding the function of each brain hemisphere leads to congruent interactions. Once congruence is found at a higher level, then the lower levels issues can be aligned.

By developing a deeper understanding of how the brain works, the science of neurobiology supports the structure of bringing the cognitive thinking styles of the right and left hemispheres of the brain into balance.

“Between stimulus and response, there is a space. In that space lies our freedom and power to choose our response. In our response lies our growth and freedom.”

Victor Frankl, *Man's Search for Meaning*

Hemispheric Integration transforms that space through the cognitive-emotional realignment of our subconscious and conscious perspectives.

## **HEMISPHERIC INTEGRATION IS SUCCESSFULLY BEING USED IN BRIEF THERAPY:**

- Stop reacting to people who “push your buttons” and be at choice.
- Systematically removing old stuck emotional responses
  - Live unencumbered by past limitations.
- Releasing Anxiety Disorders, Social and Environmental Phobias.
- Healing Traumas and PTSD.
- Relieving Depression.
- Easily changing habits like overeating, smoking, procrastinating and other addictive or compulsive behaviors.
- Resolving limiting beliefs and overcoming fears.
- Learning how to learn
  - Strategies for precise memory and information processing.
- Visualizing for immediate results.
- Moving through Grief the way nature intended with grace and dignity.
- Resolving conflicts to get what you want and give others what they need, creating win-win results.
- Differentiating between “Right Brain” and “Left Brain” preference and easily adapting the way you communicate for increased comprehension and better rapport.
- Designing Healthy Relationships.
- Discovering the secret of turning your dreams into reality.
- Creating and solidifying a true sense of identity for success and happiness.

The “Sargent Phobia Release Process” is one of the techniques in the field of Hemispheric Integration that resolves inner conflicts and, most importantly, addresses the underlying issues beneath the surface structure problem. In this process we re-educate both amygdalas versus using desensitization to heal a phobia.

### **RePower Your Life with Hemispheric Integration**

“RePower” means to awaken the other mind’s eye, discover and refocus that light from within, to “Design Your Life by Choice, Not Chance!”

Hemispheric Integration provides a refreshing responsible eclectic paradigm for understanding life’s challenges and discovering solutions for balanced growth.

Kevin L. Humphrey, M.A.

## REFERENCES

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- (3) Bandler, Richard; Grinder, John, (1975), *The Structure of Magic Volume I* Santa Cruz, CA, Science and Behavior Books.  
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- (5) Dilts, Robert, (2005), *Logical Level History*, 5<sup>th</sup> Evolution of Psychotherapy Conference, Anaheim, CA, Milton Erickson Foundation.
- (6) Ibid.
- (7) Ibid.
- (8) Sargent, Allen C. (1997), *Internal Dominant Eye Accessing*, Anchor Point Magazine, Salt Lake City, UT, Anchor Point Institute.
- (9) Sargent, Allen C. (1999), *Other Mind's Eye: The Gateway To The Hidden Treasures Of Your Mind*, Malibu, CA, Success Design International Publishing, www.nlpla.com.
- (10) Ibid.

## RESOURCES DEMONSTRATING HEMISPHERIC INTEGRATION PRINCIPLES

### Books:

*The Other Mind's Eye: The Gateway to the Hidden Treasures of Your Mind* (1999)  
by Allen C. Sargent  
*Moving through Grief the Way Nature Intended with Grace and Dignity* (available 2007)  
by Allen C. Sargent  
*Core Transformation: Reaching the Wellspring Within* (1994)  
by Connirae Andreas with Tamara Andreas

### DVDs:

RePower Your Life! (15 DVDs)  
Hemispheric Integration with NLP+ Training and Certification Course: Level 1  
The Other Mind's Eye: Level 1 (4 DVDs)  
The Other Mind's Eye: Level 2 (4 DVDs)  
Bridging the GAP – The Well-Formed Outcome: Generative Action Plan (1 DVD)  
Unhooking from People Who Push your Buttons! (1 DVD)  
Creating Healthy Relationships (5 DVDs)  
Presentation Skills (4 DVDs)  
Power of Perspective: Aligning Perceptual Positions (2 DVDs)  
Leadership Dynamics for Coaches and Business Managers (2 DVDs)  
Interactive Demonstrations of Hemispheric Integration:  
Performance Anxiety and Organizing Clutter (2 DVDs)  
Sargent's Phobia Release Process: Anchors Away with Food Compulsions (1 DVD)

### Training Resource:

Hemispheric Integration Chart refrigerator magnets (4" x 6")  
with second magnet: "Where is the challenge?" / "Where is the solution?"  
Hemispheric Integration Template (8 ½ x 11")  
Wall Chart Package (11 different 8 ½" x 11" charts with instructions)

### Trainings:

Hemispheric Integration with NLP+ Practitioner Training / Certification Course: Level I  
Hemispheric Integration with NLP+ Master Training / Certification Course: Level II  
The Other Mind's Eye: Level I  
The Other Mind's Eye: Level II  
Core Transformation®  
The Power of Perspective - Aligning Perceptual Positions  
Moving through Grief with Grace and Dignity  
Bridging the GAP – The Well-Formed Outcome: Generative Action Plan  
Creating Healthy Relationships  
Presentation Skills: Leadership Dynamics for Coaches and Business Managers  
***The above trainings qualify for CEU's for MFT's and LCSW's.***

## PRESENTER'S INFORMATION

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