

CLASS INCLUSION AND CORRESPONDENCE METAPHOR TYPES FOR CONSCIOUSNESS MODEL AND FORMAL HYPNOSIS ON THE PRE INDUCTION STAGE : COGNITIVE LINGUISTICS ANALYSIS

No. Abstract: ABS-XXX

Bima Bayusena

Universitas Padjadjaran

INTRODUCTION

Conceptual metaphor mapping: potential conflict, congruency

Pre induction and induction: the basis for the whole hypnotherapy process

- Building rapport/ trust

- Introducing some concepts metaphorically, that should be in line with client's schema

The alignment of Class Inclusion and Correspondence Metaphor Types as the two most dominant

Problem Identification:

What domains and metaphor types are used to explain the two concepts metaphorically?

How is schema congruency maintained through the use of class inclusion and correspondent metaphor types?

LITERATURE REVIEW

a metaphor involves establishing a frame of coordination between two sets of relations through a physical or formal property, dimension, or relation

two metaphor-processing models – correspondence and class inclusion – two metaphor types for clarifying the source-target connections in a counselor protocol.

Correspondence model asserts the one-to-one mappings between the terms and/or relations associated with the source and those associated with the target.

Class inclusion model claims that the target can be comprehended efficiently by matching the salient attributes of source domain elements. Similarly, class inclusion metaphor type focuses on exploring and transferring unconsidered attributes of source domain elements to the target.

METHOD

Descriptive Qualitative

Data Collection:

2 concepts and their development → CLASS INCLUSION OR CORRESPONDENCE METAPHOR TYPES

- KONSEP PEMODELAN KESADARAN → 4 metaphorical expressions
- KONSEP FORMAL HIPNOSIS → 4 metaphorical expressions
- TAHAP INDUKSI → 8 Schema

Data analysis technique : SUBSTITUTION--> domain and schema developed and the schema congruency

Finding and Discussion: 1.1 mind as computer

Subconscious mind: suatu area yang mirip dengan bank data dari manusia....

Subconscious mind: Mirip dengan storage di sebuah computer, yang kosong untuk pertama kalinya, ... mulai diisi dengan berbagai program (software) dari luar, termasuk software yang mungkin buruk dan berpotensi merusak (misal: virus)

Ontologis: the more intangible Subconscious mind abstract concept is explained in terms of a more tangible concept of bank data

Class inclusion: all properties of bank data projected to mind , so that

- Subconscious mind can be stored and organized
- The Properties of subconscious mind (Memories, emotion, trauma, etc) can be retraced with proper method just like login, enscription and query
- sugestion and affirmation can be added as we can upload files

Schema: container (kesadaran adalah wadah penyimpanan), link (menghubungkan antara pikiran sadar dan bawah sadar), force (membutuhkan upaya untuk mengakses alam bawah sadar) dan center-periphery (karena data inti tersembunyi di dalam bawah sadar)

CORRESPONDENCE METAPHOR TYPE:

INPUT GIVER = user WITH ACCCEESS PERMIT; SUBCONSCIOUS MIND= hard disk. Belief system = software. Trauma = corrupted files OR virus.

HYPNOSIS= antivirus/reset button/reset system/firewall → further congruent schematic data required

Finding and Discussion: 1.2. mind as iceberg

Pemodelan kesadaran ini dapat dianalogikan seperti gunung es di lautan, dimana bagian yang muncul di permukaan hanya puncak yang kecil.... --> Freud Classic psikoanalysis

Class inclusion: we can dive into sub consciousness and regain consciousness as we rise above the surface; the part below takes charge and has bigger influence and it affects the part above.

Correspondence: the tip of iceberg is the consciousness; the surface water is the critical area, the part below the surface is the subconscious and unconscious part of mind

Different Schema container, center/periphery, hidden/visible, depth

Subconscious mind dilindungi oleh suatu filter, atau penyaring yang dikenal dengan istilah Critical Area

→Class inclusion: user has the ability to select; once an input has passed the filter, it may affect the whole system.

→correspondence: Filter = firewall/antivirus or the hardest part of ice layer

FINDING AND DISCUSSION: 2. formal hypnosis

SubConscious Mind dilindungi oleh Critical Area, dimana salah satu penjaga dari Critical Area ini adalah Conscious Mind

Ketika sisi Conscious Mind dapat dinon-aktifkan atau setidaknya dikurangi keaktifannya, maka Critical Area cenderung tidak terjaga dengan baik, sehingga dapat dilakukan intervensi ke sisi Subconscious Mind.

Salah satu cara yang mudah adalah membuat sisi ini menjadi sangat rileks, atau lebih baik lagi jika sisi Conscious Mind ini dapat “tertidur”

Jika dikaitkan dengan aktivitas Critical Area, maka semakin dalam Trance maka semakin terbuka Critical Area, atau dengan kata lain Subconscious Mind semakin tidak kritis dalam menerima sugesti-sugesti yang mungkin dalam keadaan normal dianggap “tidak masuk akal”

CRITICAL AREA is a firewall

The conscious mind has a guard

Hypnotist tries to persuade the guard to “sleep”, before diving into the subconscious mind below the surface of the iceberg in order to insert an antivirus file/software to combat the corrupted file/software already implanted inside the sub consciousness.

the Depth of Trance correlates with Critical Area permeability

Schema congruency for the two concepts combined

Subconscious Mind is a Protected Entity;
Conscious Mind has a Guard ; Input is
File/software program

Let the iceberg guard sleep, let the suggestion
work as antivirus to heal the corrupted
files/software in the subconscious mind.

Hypnotist persuades the guard to “sleep” in
order to dive into the subconsciousness below
the surface of the iceberg and inserts the
antivirus needed

Hypnotist can only do this under permission of
the guard.



CONCLUSION

Although congruency can be maintained for the initial stage of hypnosis, potential conflict may still develop as the stages progress. Further congruency analysis is needed especially for the suggestive stage.

As hypnosis positions the mind, body and soul as separate elements, the importance of embodied experience should be highlighted, especially before the termination stage

in order to explain the mind model and formal hypnosis, The manuals provide two main domains (computer and iceberg)

In order for the manuals to create a more cohesive text and a stronger congruent schema for the development of the explanation, some additional statements can be considered.

the layered system of mind developed progressively has consistently placed the mind as a unique element that is separated from the body, the soul and the self. Therefore, it is important to see how embodied experience is highlighted before the termination stage

REFERENCES

Cheng, F., Xu, L., Zhou, Y., Chen, Z., Wang, Y., & Li, T. (2024). Self-control and meaning in life among Chinese young adults: The role of self-efficacy. *Personality and Individual Differences*, 229(December 2023), 112770. <https://doi.org/10.1016/j.paid.2024.112770>

Crego, A., Yela, J. R., & Ozoires-Pérez, R. (2024). A map of living: Moving through the variations of life with the guidance of metaphors. *Journal of Contextual Behavioral Science*, 31(July 2023). <https://doi.org/10.1016/j.jcbs.2023.100718>

Evans, J., Lynn, S. J., Evans, J., & Lynn, S. J. (2021). *Psychology of Consciousness : Theory , Research , and Practice Effects of Hypnosis , Suggestion , and Implementation*.

Lin, L., Zhou, R., & Wang, J. jia. (2025). A journey from darkness to dawn: Metaphoric variation in depression recovery stories posted on Chinese Wechat subscription accounts. *Language and Health*, 3(1), 100046. <https://doi.org/10.1016/j.laheal.2025.100046>

Schnell, T., Viviani, R., Lenz, C., & Krampe, H. (2024). When alienated from society, conspiracy theory belief gives meaning to life. *Heliyon*, 10(14), e34557. <https://doi.org/10.1016/j.heliyon.2024.e34557>

Yang, Z., Su, R., & Xin, S. (2023). Belief in a just world and meaning in life among Chinese adolescents: The mediating role of basic psychological need satisfaction. *Acta Psychologica*, 241(November), 104099. <https://doi.org/10.1016/j.actpsy.2023.104099>

Zihao, W., Ying, Z., & Xiaoyun, Z. (2024). The relationship between depression, self-control and meaning in life among young undergraduate students: Evidence from path analysis and network analysis. *Personality and Individual Differences*, 228(8), 112737. <https://doi.org/10.1016/j.paid.2024.112737>

THANK YOU!

Follow us @...