

Mirroring Hands: When Therapy Gets Stuck *Connecting Explicit Understanding with Implicit Change*

An online webinar with

Richard Hill

Zoom Webinar

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CPD hours: 3



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When Therapy Gets Stuck

You have been meeting regularly with a client. The sessions feel productive. They engage, they reflect, and they can repeat back what has been explored. Yet each session returns to the same place. The understanding is there — but the change is not.

Sometimes it is even more distinct. The client can describe their pattern clearly — where it began, why it persists, what they should do differently — and yet nothing changes. Cognitive breakthroughs are not guarantees of resolution. Therapists can lose connection with what the client needs, and clients can lose connection with what the therapist is trying to achieve.

The answer is not more of the same. Something different is needed. Change can emerge from top-down understanding or bottom-up experience — but only when these levels are brought into connection.

Mirroring Hands is not simply another method. It offers a different relationship to the therapeutic experience — operating as both a psychobiological process and an approach that opens the connection between the client's explicit needs and wants and their implicit skills and capacities.

Why Therapy Gets Stuck



This is not a failure of the client, or the therapist, but a limitation in how therapeutic change is often approached. It is a common symptom of a deeper mismatch between how therapeutic work is conducted and how change actually occurs.

Much of psychotherapy is organised around helping clients understand their experience. But in many cases, understanding does not correspond to transformation.

The very processes that support cognitive insight — language, analysis, narrative coherence — can move both client and therapist away from the deeper, implicit systems through which change often occurs.

These processes operate differently from cognitive understanding because they:

- are relational and embodied rather than purely cognitive
- unfold in their own timing
- do not move in a linear way
- are disrupted when the therapist steps in to explain, organise, or direct

When a therapist intervenes — however carefully, however well-timed — what was being experienced begins to reorganise itself into something that can be explained. A pause becomes a sentence. A felt sense becomes a narrative. Something still forming quietly disappears.

The Clinical Question

How do we remain fully engaged in the therapeutic process — without interrupting the very processes that enable change?

The answer: by working differently.

Introducing Mirroring Hands

Mirroring Hands offers a way of engaging with therapeutic process that allows implicit change to emerge — without being pulled prematurely into explanation.

It is a way of positioning the therapist in relation to the client's unfolding process in a responsive way that:

- shifts attention from interpretation to process
- supports the client's internal experience without shaping it
- enables movement where effort alone has not been enough

The Foundations of Mirroring Hands

Mirroring Hands is a disciplined, process-oriented approach that Richard Hill continues to develop, based on the work of his mentor Ernest Rossi and Rossi's work with Milton Erickson.

Rather than directing the client towards meaning, the therapist:

- attends closely to what is unfolding
- responds moment-to-moment
- supports the client's internal experience as it develops

The focus shifts:

- from explaining → to experiencing



- from directing → to responding
- from producing change → to allowing it to emerge

The language Richard uses is precise and distinctive. Incomplete sentences — “I wonder if there’s something there that’s beginning to...” — are not stylistic. They are functional. A complete sentence closes the process. An incomplete sentence leaves it open, protecting the client’s unfolding experience from being shaped prematurely by the therapist’s understanding.

What Makes This Work Distinctive

This way of working requires the therapist to utilise:

- refined perceptual awareness
- precision in language
- tolerance for non-linear process

It is particularly relevant for clinicians who:

- already work relationally and integratively
- recognise the limits of insight alone
- are seeking a deeper engagement with therapeutic process

This training explores, in precise clinical detail, what is happening in those moments of difficulty — of feeling stuck, of losing interpersonal connection — and how to work differently when they arise.

Mirroring Hands engages both implicit alignment and explicit understanding. This way of working develops the therapist’s capacity to notice, in real time, the subtle shifts in the client’s experience — perceptual, relational, and embodied — and to respond creatively without overriding the client’s implicit wisdom.

Resolution, change, and growth are not qualities the therapist produces, but rather something that emerges, collaboratively and co-creatively.

Training Structure

Richard Hill guides clinicians through both the conceptual foundations and the practical application of Mirroring Hands, in a way that integrates with existing clinical work across orientations.

Training Perception

Learning to recognise what is already happening

- Recognising when verbal intervention interrupts implicit process
- Understanding the natural rhythms of psychological experience
- Clarifying the relationship between Mirroring Hands and hypnosis
- Developing observation as a precise clinical skill
- Guided video observation and discussion

Outcome: A sharpened ability to perceive process — not just content.

Training Participation

Working with the process without taking control



- Translating perception into moment-to-moment response
- Understanding non-linear change and systems thinking
- Learning the distinctive language forms of Mirroring Hands, including the use of incomplete sentences and their clinical function
- Supported practice and clinical discussion
- Applying the approach across different clinical presentations
- A guided Mirroring Hands process to consolidate learning

Outcome: The capacity to participate in the client's process without directing it.

After the Session, You Will Be Able To

- Identify, in real time, when your interventions are interrupting the client's implicit process — including signs such as repetition, increased effort, or loss of spontaneity
- Understand why insight can remain structurally unintegrated — and respond to this differently
- Apply the core perceptual and participatory skills of Mirroring Hands in clinical practice
- Use the distinctive language forms that protect emergence and client-led process
- Work more responsively across a wide range of clinical presentations and theoretical orientations

*"I know why I do this," the client says.
And yet — nothing changes.*

Join Richard Hill and examine — in precise clinical detail — one of the least questioned assumptions in clinical practice:

that more effort leads to more change.

It doesn't always.

And when it doesn't, a different way of working is required.

About the speaker

Richard Hill is the world's leading authority and teacher of the Mirroring Hands approach to therapy.

An internationally recognised clinician, author, and educator, Richard works at the intersection of neuroscience, psychotherapy, and mind–body integration. His development of Mirroring Hands has been shaped through decades of clinical practice, grounded in the foundational work of Ernest Rossi and Milton Erickson.

He is the author of several influential texts, including *How the 'Real World' Is Driving Us Crazy!* and *The Practitioner's Guide to Mirroring Hands* (with Ernest Rossi), and has presented his work across five continents.

Known for his clinical precision and his ability to translate complex therapeutic processes into practical, usable skill, Richard brings both intellectual rigour and deep clinical experience to his teaching.

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