



Practitioner Diploma

Module Two

| Module Two

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Learning Objectives for Module 2

In Module 1 we looked into the basics of how people create problems, what needs to happen theoretically to solve those problems, and some simple, practical methods for helping people to relax into hypnosis, deepen and release.

In this next module we will begin to explore how to bring about changes in the client.

BY THE END OF THIS MODULE YOU WILL:

- Have an understanding of the role of the Critical Faculty.
- Have an understanding of Post Hypnotic Suggestions
- Have an understanding of Suggestibility & Suggestibility Tests
- Be able to carry out and perform several Suggestibility Tests.
- Have an understanding of the Signs & Cues of someone entering hypnosis.
- Have an understanding of the typical stages of a client consultation
- Know where to get Student insurance for practicing on volunteers outside your immediate circle
- Have an understanding of simple, generic suggestions scripts for anxiety and confidence
- Be able to conduct a complete hypnosis session of induction, deepener, suggestion script & release.

Introduction

Many hypnotherapists believe that if they relax someone into hypnosis using the simple methods learned in Module 1, and then deliver hypnotic suggestions (which we will cover in a moment), via script or otherwise, that it is all "going in" and having an effect. This is far from the truth.

We need to consider the factors that influence the effectiveness of suggestions and learn to spot when a client is responding - and when they are not! In particular, we need to consider the role of "The Critical Faculty". Otherwise, a client may be nicely relaxed, but not very open to new ideas.

The Critical Faculty

Think back to our definitions of Hypnosis. According to Dave Elman,

“Hypnosis is the state of mind in which the critical faculty is bypassed and selective thinking established.”

STUDY HINT

What do we mean by “Critical Faculty”? Why is it important when bringing about change?

The simplest way to think of the Critical Faculty is to imagine it like that of the Door Security working in a nightclub. The Door Security’s job is to decide who is allowed in - and who isn’t.

The Door Policy that the Door Security enforces, however, is set by the *owner* of the club - and the Door Security team just adhere to that policy. If the owner wishes to override that at any time, the Door Security obliges and allows entrance.



With clients their Door Policy is their Belief System. If an incoming idea or piece of information fits with the door policy - the Belief System - the idea is allowed in; if it does not, it is rejected, possibly even triggering the Threat Response as well.

PRACTICAL TIP

For any kind of suggestion to be successful, you must reduce or bypass the critical faculty - otherwise you will meet resistance and the ideas will not stick.

When you help to reduce or bypass a clients Critical Faculty around a particular topic, they can more readily accept new ideas and update their beliefs. As they update their beliefs, they adopt a new “Door Policy” and can then allow in more ideas relating to the new, updated version.

E.g.

Old Belief/Door Policy = I can't do this (will reject positive praise)

New Belief/Door Policy = I can do this! (will accept positive praise)

There are many ways for reducing or bypassing the critical faculty and we will be exploring them in detail as we progress throughout the course.

STUDY TIP

Be sure to watch the webinar in the members area:

Handcrafting Hypnotic Suggestions & By-Passing The Critical Faculty

Post Hypnotic Suggestion

A Post Hypnotic Suggestion (PHS) is an instruction delivered within the hypnosis that suggests to a person to think, feel or behave in a certain way, *after* they have come out of the hypnosis.

PHS is a valuable tool for a hypnotherapist but it is not as straightforward as it seems. To be

effective, the idea(s) must take root in the person's mind without resistance from the Critical Faculty, otherwise they are not likely to work.

The ease with which a client can accept suggestions will also depend upon the client's overall suggestibility and their suggestibility in that moment, because environmental factors can also have an impact.

These suggestions are not always permanent but can last a long time, which may be days, weeks, months or years, even.

Repetition of these suggestions whilst in hypnosis is often key to success and some therapists give their clients short recordings to listen to at home so that the suggestions are reinforced even more. However, sometimes, one simple idea delivered in the right way at the right time can be profoundly life-changing.

From my experience, suggestions work best when they bring about transformation at the deepest level of a person's being - often associated with a shift in *identity*.

KEY TERMS

- Post Hypnotic Suggestion
- Critical Faculty
- Identity Suggestion

Examples of Hypnotic Suggestions

There are many ways to deliver hypnotic suggestions – here are two basic methods to give you an idea.

SIMPLE SUGGESTIONS:

These are simple, direct “instructions” to help the client think, feel and behave differently in order to bring about a change of Surface level Symptoms.

E.g

"Every time you see a cigarette, you take will a deep breath and think, NO."

"When you sit down to take your exam, you will remain calm, confident and focused."

"Every day, in every way, you are getting better and better at accepting love and praise."

IDENTITY SUGGESTION:

Instead of using specific instructions, you can help to bring about a change in a persons overall Identity around a certain topic – and it is this new identity that will bring about the desired changes in the Surface Level Symptoms.

E.g.

"Because you are now happy and pleased to be non-smoker you think feel and behave as a natural non-smoker ... so that the old habit of smoking seems like something that some other people do ... but you are glad to be free of."

I will usually combine a mixture of the two for maximum effect, as you will see.

DEEPEN YOUR SKILLS

There are many generic, pre-written "Suggestion Scripts" available and we will go through some of these soon, but for the purposes of this course, I will urge you to put greater emphasis on creating **hand-crafted, bespoke suggestions**, based on your conversations with the client, both in and out of hypnosis. We will go through this in detail later on.

Suggestibility

SUGGESTIBILITY DEFINITION:

“The extent to which a person is able to accept suggestion, which varies according to one's state of mind. The greater the suggestibility that an individual is experiencing, the greater the effect that suggestions offered will have upon that person's perceptions of reality. In hypnosis, it is possible for people to reach high levels of suggestibility.”

Definition by Cal Banyan

I like this definition, particularly how he refers to the way suggestibility can vary according to one's state of mind. Do remember however, that “hypnosis” does not need to mean eyes closed, deeply relaxed, etc. If we are focused on an idea, and our Critical Faculty lets it in, hypnotic suggestion can occur – even if it occurs during everyday life.

Many therapists carry out “suggestibility tests” to ascertain the suggestibility or otherwise of their subject. I have never really found this necessary but if you rely heavily on using suggestion to help clients, then these are good to master.

They can be also be used as inductions in themselves, as well as make interesting audience participation exercises if you are giving a talk or demonstration somewhere.

Practicing Suggestibility Test exercises will also help build your confidence and hypnotic ‘will’ (your determination to bring about an effect or outcome).

EXERCISE: Book and Balloon Suggestibility Test

Duration: 5-10 minutes
Equipment: Book and Balloon Script
Practice Partner: Individually, small or large groups

Background

Understanding suggestibility is vital if we are to be able to help produce consistent outcomes. This exercise is usually performed in a group setting as a fun demonstration of varying levels of suggestibility and can be useful for helping you choose the more compliant people to work on for further demonstration in front of a group.

Instructions

With the subject preferably standing (but sitting is OK) say ...

“I’d like you to hold both of your arms stretched out in front of you, with the palms of your hands facing down, at shoulder height.

Now close your eyes, take a deep breath and turn your right hand over so that it is facing palm up.

I’d like you to imagine that I am placing a big, heavy book maybe a large dictionary in your right hand.

Imagine it’s so HEAVY that it’s pulling your right arm down ... getting heavier and heavier, weighing it down and down.

Now imagine I am attaching to your left wrist a large helium balloon that is lifting your left hand upward ... making it feel lighter and lighter. And then another

balloon, lifting it higher still, getting lighter and lighter, lifting your left hand upward and upward ... while the HEAVY book on your right hand is weighing down your right hand, DOWN and DOWN, getting heavier and heavier.

Now ... I am placing another, even heavier book on top of the first in your right hand, so your right arm is being weighed down and down even further.

Meanwhile, I am attaching another, even lighter balloon to your left hand, lifting it even more, lifting it even higher, higher.

In fact, the heavier and heavier your right hand feels, the lighter and lighter your left hand feels. And the more your right arm is weighed down, the more your left arm rises up. And the more your left arm lifts up, the more your right arm is weighed down. Those heavy books pushing your right arm down and down.

And those balloons, making your left arm lighter and lighter, lifting it higher and higher.

Now, keeping everything exactly where it is, open your eyes and look at your hands!

EXERCISE: Magnetic Hands Suggestibility Test/Induction

Duration: 5-10 minutes
Equipment: Magnetic Hands Script
Practice Partner: Individually, small or large groups

Background

This exercise can be used as a Suggestibility Test or an Induction.

You first explain what you are going to do. Then you take the subject through a 'dry run'. Then you actually perform the test.

In this way you are *conditioning* the response and building expectation in the subject's mind.

Be sure to watch the explanation and demo videos in the members area.

Instructions:

Step 1 - Explain (ie Run through 1)

"Place your hands out in front of you, like this, palms facing each other ..."

[Demonstrate by placing your hands shoulder width apart, in front of you, palms facing each other]

"I want you to imagine that I am placing an incredibly powerful magnet on the palm of each of your hands"

[If you are physically with an individual, for emphasis you can touch their palms with your fingertip, saying, *"Here ... and here"* as you do.]

“Now, when I say so, I want you to imagine that the magnets are so strong that they are slowly pulling your hands towards each other ...”

[If you are physically present, you can gently push their palms together, to demonstrate]

“And as your hands get closer and closer, the magnets will pull stronger and stronger ... stronger and stronger, drawing your hands closer and closer together ...

... until when they finally meet and your hands touch ... your hands can fall into your lap ...

[If you are physically present, apply a little pressure on the top of their hands so that they feel a very slight downwards push]

... as your hands fall into your lap, your eyes can close down, your head can relax forward ... and you can go deeper into a nice relaxing state of hypnosis.

Okay?”

“Yes.”

“Good. Now, eyes open, let’s do that again to make sure”

Step 2 - Dry Run/Recap (ie Run through 2)

Repeat Step 1 and then say ...

“Good so now you know what to do.”

Step 3 - Perform (ie run through 3)

“Okay... Place your hands out in front of you once again, about shoulder width apart, palms facing each other ... and feel the power of those magnets now ...

“Focusing all of your attention in that space in the middle, between your hands. between the palms, just feel, sense, picture, imagine those magnets beginning to pull your hands together.”

[In your own mind really focus as if there really are two strong magnets and wait for movement in the hands] ...

“.. that’s right. Feel the pull. Just allow it to happen. You can resist if you want to but that is not why you are here.

Really feel sense, picture, imagine the magnets ... and you can just enjoy the relaxation that comes as you allow your hands to move closer and closer together ...

... see your hands coming closer and closer together now

[Wait for next movement in the hands]

“... that's right.” [give lots of encouragement].

“And as your hands get closer and closer, the magnets are pulling stronger and stronger ... stronger and stronger, closer and closer ...

... until they finally touch ... your hands fall into your lap ... your eyes close down, your head can relax forward now ... and you go deeper into a nice relaxing state of hypnosis. Sinking down and down, deeper and deeper.”

Once your subject has experienced a few moments of relaxation in this way, you can tell them it is OK to open their eyes and return to normal awareness.

PRACTICAL TIP

If you are using this as an induction, at this point you can now proceed to a deepener and then proceed with the session.

EXERCISE: Magnetic Fingers Suggestibility Test/Induction

Duration: 5-10 minutes
Equipment: Magnetic Fingers Script
Practice Partner: Individually, small or large groups

Background

This is very similar to the Magnetic Hands test, and you can use the same steps and process. The difference is instead of outstretched palms, you have the subject clench their hands together in front of them and stretch out the two index fingers.

The advantage of this method is that it makes use of a physical phenomenon to create the desired effect. All the person really has to do is relax ... and the fingers will naturally begin to move together!

Be sure to watch the demo in the members area.

Instructions

You can do this straight away or have a couple of 'dry runs' to build expectation, as in the Magnetic Hands test.

Script:

"Join your fists together tightly like this [demonstrate] and point your index fingers out in front, about an inch or so apart, like this"

[demonstrate].

“Now I want you to imagine I am placing a powerful magnet on the inside of each fingertip ... and when I say so, these powerful magnets are switching on and pulling your fingers together like this ... “

[demonstrate].

“Focus all of your attention in the gap between your fingertips ...

As your fingertips get closer and closer ... the magnets get stronger and stronger ... and your eyes begin to feel heavier and heavier.

Closer and closer, heavier and heavier.

In fact, the moment your fingers touch, your eyes will close down, your head will relax forward, and a wave of relaxation will flow down through your entire body, from the top of your head, to the very tips of your toes.

Your hands and fingers will become, loose, limp and relaxed and fall into your lap, and you will relax into a deep and restful state of hypnosis.

The magnets are on now, so feel the pull as your fingers are getting closer and closer now, and your eyes can begin to feel heavier and heavier ...

... getting ready to relax deeply ...”

[Keep encouraging, etc.]

[Then, when the fingers have touched ...]

“That’s good, now just relax ... let your head relax forward and your arms relax into your lap, and go into a deep and restful state of hypnosis.

Just letting go completely now.

That’s good”.

Allow the subject a few moments to appreciate the relaxation experience and then ask them to take a deep breath, open their eyes and return to their normal awareness.

PRACTICAL TIP

If you are using this as an induction, at this point you can now proceed to a deepener and then on with the session.

EXERCISE: Chevreul's Pendulum

Duration: 5-10 minutes

Equipment: Sheet of paper, pen, pendulum (or ring and cotton, etc)

Practice Partner: Individually

Background

This is an exercise many people may be familiar with as a “parlour trick” or even for determining the sex of a baby during pregnancy! The idea is that you can ask the subject questions that have a “yes”, “no” or “don't know” answer - and the pendulum will begin to swing accordingly.

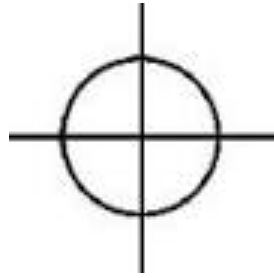
Whilst many people believe the pendulum is moving by itself, Chevreul's Pendulum is actually an indicator of how “subconscious” thoughts can transmit signals to the body, causing micro movements which induce the swing of the pendulum.

The Pendulum can be an effective tool in acquiring information that is being processed more subconsciously, as well as a test of suggestibility, but more often used as a lighthearted demonstration.

I would never use this in a clinical setting myself, but be sure to have a go at this and encourage the subject to relax, keep the hand still and allow the pendulum to move “by itself”.

Instructions

1. Ask your subject to sit at a table on which is placed a sheet of paper with a circle and cross as shown below.



2. Ask your subject to then hold from their fingertips, a pendulum (or similar object) suspended by a chord that allows the pendulum to swing or move freely, with the centre of the pendulum over the intersection of the crossed lines.

3. With the subject holding the pendulum over the centre of the circle say,

"... As you relax deeply, breathing easily and effortlessly, focus your attention on the pendulum and, without moving your hand, allow the pendulum to swing in the direction that will represent a "Yes".

4. Keep reinforcing/encouraging and wait for movement.

5. Once the appropriate movement of the pendulum is observed, you can now label that axis and then repeat for "No" and "Don't Know".

6. Once you have established the Yes/No/Don't Know responses you can ask a series of simple questions to which the subject may respond by the swing of the pendulum.

[Note: You can pre-label the axis if you wish – e.g. Left to Right =Yes, Up to Down = No, Circle = Don't Know]

Signs and Cues of Hypnosis

When people go into hypnosis many changes occur which can be seen by an observer. Some of these changes are very obvious, others are much more subtle. These signs or changes are sometimes called Minimal Cues and are indicators that the subject is entering the hypnotic state. These changes do not always happen in every hypnotic subject but most people will display at least one or two of these at some time during the trance experience.

With your next volunteers or subjects, pay close attention and practice looking out for them. Eventually you will be able to spot them more easily.

EYE FIXATION

If you are telling a compelling story and the subject has become engrossed in what you are saying, they will often fix their gaze on a point in the room and go into a day-dreamy state.

This is the classic “in a trance” look and, even though the eyes are open, the subject is more focused on the material they are processing internally than what their senses are sending externally.

Many of us experience this when driving long distances and are functioning on “auto-pilot”, or when bored or daydreaming for example.

PUPIL DILATION

In conjunction with the Eye Fixation, the subject’s pupils may also dilate, though this is often difficult to spot without being invasive, unless you are performing a direct eye-gaze.

CHANGE IN BLINK REFLEX

This is really only relevant if you are having the subject keep their eyes open during the induction, of course, or if you are using a more conversational induction, but you will also often notice a change in the subject's blinking reflex. It will typically begin to slow down, or the eyelids will remain closed for longer and longer periods when the subject does blink.

If you match your own blinking to the rate of the subjects, they may then become in sync ... and you can then slow down your own to encourage the subject to do the same.

You can also offer commands or suggestions in time with the blinking.

"Relax ... Go deeper ... let your eye lids get heavier ..." etc.

EYELID FLUTTER

As some people close their eyes or go into the hypnotic state, their eyelids flutter rapidly. This is perfectly normal and no cause for concern. It may continue for some time or may pass after just a few seconds. It is a positive sign and can be useful to let the subject know this in case they are worried in any way.

Eyelid flutter is often an indicator of a good hypnotic subject.

RAPID EYE MOVEMENT

As some people enter hypnosis, or at certain points during the trance, especially if they are recalling information, you will see the eyeballs moving rapidly from left to right behind the eyelids.

This is known as Rapid Eye Movement (REM) and also takes place several times a night during healthy sleep. REM is a good sign and an indicator that the subject is most likely focused inwardly and processing information.

EYEBALLS ROLLING.

As they close their eyes going into trance, some subjects will also roll their eyeballs automatically, and the eyeballs may remain rolled up for extended periods, or even the whole trance. You can usually see this clearly, even though they have their eyelids closed.

EYES HALF OPENING ONCE IN TRANCE

This one can be a little disconcerting at times! Some subjects will go into hypnosis with their eyes closed, and then their eyes will half open again and remain so throughout the session. This can be even more disconcerting if the subject is also someone who rolls their eyeballs, so all you can actually see, is half open eyelids revealing just the whites of their eyes!

SOFTENING AND SMOOTHING OF FACIAL MUSCLES

If you have ever watched somebody fall asleep, you will of course notice how their face changes and many of these changes can occur as someone drifts into hypnosis. Facial muscles can look softer and smoother; tiny muscles at the side of the eyes and side of the mouth can relax. Often the jaw muscles will loosen, and the teeth may part a little. The mouth may even open slightly, especially if these effects are

enhanced by direct suggestion that they happen. E.g., loosen your jaw muscles, let your teeth part a little, and relax the space between your eyes, and your eyebrows.

BREATHING SLOWS DOWN.

As the subject begins to drift into hypnosis the breathing will usually get slower and deeper. Often, at a point of entering a “deeper” level of trance, the subject will take an extra deep breath ... pause ... then resume slower and deeper breathing than before.

If the breathing becomes too heavy or noisy they may have fallen asleep. Once you have witnessed a few subjects fall asleep you will learn to spot the subtle changes in breathing that occur just before this happens. Then you can act to prevent the client continuing onto sleep by raising your voice slightly, initiating some kind of response from them - such as take a deep breath - or any such action to rouse them slightly.

If the subject does fall properly asleep, I tend to let them sleep for a few minutes to allow them to enter that restful sleep state, and then rouse them verbally, rewind a few steps to where we were before, and then continue.

REDUCTION OR CESSATION OF THE SWALLOWING REFLEX

The most common observation I have noticed is that the swallowing reflex slows right down to almost non-existent or sometimes stops altogether, depending on the type of session.

Sometimes, as people are going into hypnosis, you may see them struggling with their swallowing. Some people say this is nerves, but I am not convinced. To me it seems similar to the deep breath just before going deeper - it is almost as if the

swallowing suddenly becomes conscious and laboured ... and then relaxes and disappears.

If you see someone struggling with their swallowing, just be reassuring and encourage further relaxation.

LIMPNESS OR IMMOBILITY OF LIMBS

As the subject first settles down you may notice them shuffling or fidgeting to get comfortable, but once they achieve a good level of inner absorption, their body will typically become very still or immobile.

If the subject keeps fidgeting, it may be worth checking to make sure there is nothing distracting them - hair grip in ponytail? Jacket of collar? Anxiety about what is going to happen? Far better to address it and move on, than have the subject unable to relax.

Often the limbs will feel heavy as they relax - and for many people they will feel extremely heavy. Others may experience a dissociation of the limbs, as if they can feel their arms but not sure where they are. Another strange phenomenon is that some people report feeling as if they have enormous hands ...!

We don't expect you to become an expert at this overnight - but the more you become aware of these factors, the more you can look out for them and work around them and with them. It will all make more sense in due course!

PRACTICAL TIP

Make a note any time you see these phenomena - the more you lookout for them, the more you will begin to pick up on them subconsciously.

Typical Stages of An Initial Client Consultation

Please note I say 'Typical' consultation. There are no rules, and these are only guidelines., but a typical hypnotherapy or hypnosis consultation will contain these elements (though of course it is all really hypnosis) ...

- Pre-Hypnosis
- The Hypnosis
- Post-Hypnosis

1. PRE-HYPNOSIS

MEET AND GREET.

I always begin with a really casual chat, asking questions completely unrelated to therapy etc., simply to put them at ease.

Most people won't know what to expect and will probably be a little on guard, so it is my belief that we should put them at ease as much as possible and make them feel as if they are about to have a cozy chat with a good friend.

- Hello, come in, take a seat, etc.
- Did you find your way here OK?
- How was your day?
- Where have you just travelled from?
- Is that work or home?
- What sort of work do you do? etc.

My aim is to help them feel that they are with someone who is genuinely interested in them and that they can relax ... and lower their guard.

They don't know it yet, but in a few minutes, they are probably going to reveal more than they have ever told anyone in their life! (though of course we don't tell them that).

BUILDING RAPPORT

“Rapport is the ability to enter someone else's world, to make him/her feel that you understand him/her, that you have a strong common bond.”

– Motivational speaker Tony Robbins.

As a Hypnotherapist, coach, therapist I believe it is extremely important to build a good rapport with your client, and this begins from the first time the client makes contact with you.

The better rapport you build with someone, the more likely they are to be open with you, trust you and share information with you.

This should happen fairly naturally during the pre-hypnosis stage, but the aim is also to help the client develop a sense of connection and ease with you.

You want them to feel that you understand them as a person and that they have come to the right place and the right person for them. You want them to feel that they have just discovered someone in whom they can confide and trust completely.

INFORMATION GATHERING

This is the bit where they tell you their story and you take their history and the reason for coming to see you.

Initially, this is much easier if you have a form to fill in - either one you give them to complete if it is a short one, or one you go through with them, if slightly more involved.

With experience, this can be a general question and answer session, where your questions get ever-more probing - but only appropriate to their previous responses.

Often, just listening is enough, while they tell their story, but it is a good idea to occasionally repeat back to them what they have just told you, using exactly the same words and phrases

For example:

“Just to make sure I’ve understood correctly, what you are saying is ...” etc.

This will help the person feel that they have been listened to properly, heard and understood, which is great for rapport. But as you say their words back to them it will also help lock their words into your own mind to help you understand their viewpoint on the world. (We will go into much more detail on how to do this, later on).

It is important to realize that *You* will see a particular situation - including the one your client is talking about - through the filter of *your own beliefs*, but it is the client’s beliefs that are important. It is the client's beliefs and emotions that are causing them a problem in some way.

PRACTICAL TIP

Throughout all of this initial conversation or interview - you are looking for 'emotional hotspots' and trying to get a feel for what the client's BELIEFs are.

During this initial chat, and any other information gathering conversation, you want to get a good understanding of:

- (a) How they see the world?
- (b) Anything that makes them emotional when they try to speak about it?

EMOTIONAL HOTSPOTS

These are areas or topics that trigger emotion when the client is thinking or talking about them and will usually be an indicator of emotionally charged beliefs. Pay attention to these!

It may be very subtle – a pause when about to speak; a welling up in the eyes; looking away, avoiding your gaze. Or it may be fuller, with the client becoming overtly emotional and unable to speak. Either way, take a note of these, either for further exploration during the discussion, or to dig into deeper during the more hypnotic part.

THE MAGIC QUESTIONS

When it seems as if they really have revealed all, I tend to fire off what I call the Magic Questions. REMEMBER THESE!

They are:

Is there any area of your life that you feel uncomfortable talking about?

Is there anything in your life that you have never told anybody?

I am sure you can imagine the effect of this, and these last two questions will often trigger an outpouring of information and lead you onto further questions and info gathering, etc, revealing enormous amounts of insight into the client's situation.

After asking these questions, and the conversation that follows, many people have said that they have revealed more to me in the preceding few minutes than they have ever told anybody - including previous therapists, etc.

It won't always be necessary, and especially not for simple habits, or straightforward suggestion sessions, but any time you are working with more personal and emotional areas, these questions can be invaluable.

IMPORTANT – “THE MAGIC QUESTIONS”

Is there any area of your life that you feel uncomfortable talking about?

Is there anything in your life that you have never told anybody?

LAST THINGS

Once you feel they have revealed as much as they can for now, and you have enough to go on, you can ask them if they have any questions, and that is usually where the chat about hypnosis/hypnotherapy takes place & what you are going to do.

I usually give a very cursory explanation, based on what they tell me they know about it, and then the final two questions:

“Have you turned your phone off?”

“Do you need the loo?” [I usually make a joke saying, “I hate asking that” etc]

Then we are ready to get on with the ‘formal’ hypnosis itself.

This initial chat/information gathering could last a few minutes for simple problems, or the majority of the session for more complex and emotive issues.

2. THE HYPNOSIS

This is where you begin the ‘formal’ induction, deepener, work etc., though I hope you realize that by now, many of the clients will already be in a compliant, trance-like state and possibly quite emotional.

If they are emotional, just a token induction will be required, not trying to calm them down because you can use that emotion as a guide to take them where they need to go to. In such cases you can remind the client that even though they are feeling emotionally, they can still allow their muscles to relax, for example.

Sometimes, however, no induction at all is required, because the conversation has already achieved that suitable state and you may be able to just ask them to close their eyes and away you go.

If it is a fairly straightforward habit/suggestion type session, however, then a more standard 5-10 minute induction will probably be OK, or whatever you feel is practical or appropriate, and on with the session ...

3. POST-HYPNOSIS

DEBRIEF

At the end of the hypnosis, you want to give them time to ‘come round’ properly and make sure they are OK before having to leave, but I would recommend avoiding any major analysis at this point.

If it is a habit/suggestion type session, I may briefly summarize some of the ideas/suggestions.

If it has been an emotional session, make sure they are OK and then let them go and integrate it themselves. You can chat through it with them at the beginning of the next session, if there is anything they want to discuss.

PAYMENT

I usually make this the last thing. Some people ask for money at the start of the session but to me that is not great for the rapport building.

GOODBYE & SEE YOU NEXT WEEK

Generally, just a friendly, “see you next week” type chat, but occasionally (just when they thought they had finished) I will do a direct, eye-gaze exercise as they leave. We’ll cover that later.

Student Insurance

As soon as you begin practicing on volunteers outside of friends, family or fellow students, for example, you will need to have student insurance. Several Companies offer Student Insurance. These include:

- Balens, Phone: 01684 580771 E-mail: block@balens.co.uk
- Holistic Insurance Services, Phone: 01327 354249, 0345 222236
Email: info@holisticinsurance.co.uk
- Howden Insurance Brokers Phone: 01924 241945
- Towergate Professional Risks Phone: 0330 1235810
- Email: commercialnb.riskline@towergate.co.uk

It is advisable to get several quotes to find the right policy for you.

Tropical Island Visualisation Induction

This script is an adaptation from a much longer one, although the original source is unknown. You can use this as a combined induction and deepener, and/or as preparation for suggestions.

INSTRUCTIONS

Make sure your client is comfortable and ask them to close their eyes. Then read the following:

THE TROPICAL ISLAND SCRIPT

“In a moment I'm going to ask you to use your imagination... but it doesn't matter if you find you can't imagine all the things, I'm asking you to. You might even find your mind wandering quite a bit, so that my voice just fades into the background, but that doesn't matter either.

The sound of my voice is going to continue to relax you and it really doesn't matter if you don't hear a word I say, because very soon now, you are going to be more relaxed than you have ever known... imagine yourself standing on the very top of a green hill on a tropical island... you can feel the warmth of the sun on your head and shoulders and can see the long grasses around you moving slightly in the gentlest of breezes... when you look down the hill you can see a narrow, winding path that disappears into a small forest.. and beyond the forest you can see the ocean ...

... with sunlight from the clearest of blue skies glancing off the tops of the waves in the bay... so that the whole ocean seems to shimmer and sparkle... you begin to move lazily and easily down the path, with the ferns and grasses brushing gently

against your legs as you pass... and you just catch the faint smell of salt borne in on the breeze...

...and become aware of the distant sound of the ocean on the shore... maybe hear seabirds calling faintly, from a long way off... you marvel at the deep sense of calmness and tranquility that sweeps over you, as you move on down and down towards the forest... moving so easily, so effortlessly, you feel almost as though you're floating on air...

... and in no time at all you find yourself drifting through the trees, their leaves closing overhead to form a canopy... their branches making an irregular pattern against the clear blue of the sky...

It's pleasantly cool in the forest and the gentle sound of birds singing, echoing faintly, and the scent of the trees and undergrowth relaxes you still further... as you move easily into the inviting depths, becoming lazier and lazier with each step you take...

You can hear a stream somewhere, its gurgling sound gradually mingling with the sound of the ocean... as you follow the winding path down and down towards the beach that you know is in front of you, weaving through the trees and brushing aside the occasional piece of foliage... until, quite suddenly... you feel the warmth of the sun on your head and shoulders again and you find yourself on a beautiful deserted beach...

A beautiful golden shoreline sweeping away in a gentle curve in front of you, to a distant point where the trees seem to come right down to the shoreline, so that their branches actually seem to overhang the ocean itself...

... you can feel the sand warm between your toes as you stroll lazily across the broad beach to the water's edge... the sand becomes a darker golden colour when you get there, and you enjoy the change to a moist, firm coolness beneath your feet as you wander along the shore, leaving a lazy trail of footprints in the sand behind you...

every so often a larger than usual wave sends rivulets of water foaming around your feet...

...and as they recede, you notice how the sand is washed away from tiny coloured pebbles, glinting like jewels in the sun... the smell of the ocean, the sunlight on the waves, the sound of the water hissing over the sand... all these things seem to create a sense of timelessness for some unknown reason... and you find yourself a comfortable position, a grassy hollow maybe, to just sit and gaze out across the rolling depths to the horizon... trickling warm, golden sand idly through your fingers...

There's a faint haze which makes it difficult for you to see exactly where the sky stops and the ocean starts... and as you try to fathom it out, you see a small white cloud appear from somewhere near the horizon... it comes towards the island quite quickly, growing larger as it approaches, until it's immediately overhead... the largest, fluffiest, whitest cloud you can ever remember...

And you somehow know, just by instinct, that for a while, you can let all your worries, all your cares, all your fears, just drift up towards this large white cloud... you can actually see them drifting away from you in a long slow spiral... maybe like smoke from a bonfire... just spiraling away from you towards this large white cloud...

... the cloud absorbs all your worries into itself, swallowing up all your fears and anxieties and becoming steadily darker all the time, until, just as it reaches its darkest, just as the last part of that spiral of your worries and cares disappears inside it... the sun bursts through!... dispelling every one of your worries, every one of your fears and anxieties, to the edges of the universe... leaving you totally relaxed and perfectly at ease with yourself, without a single care in the World...

... and now, all your troubles and cares having floated away from you, you settle yourself down into a comfortable position and just drift off into a deep and relaxing sleep... and while you sleep, you have a dream...

You dream you're walking down a long corridor, stretching away in front of you in a long gentle curve... so long that you can't actually see the end of it... but you know that this corridor is in the very depths of your subconscious mind... in the part of your mind that knows just what to do and just how to do it...

... and as you begin to move along this beautiful corridor, becoming even more relaxed, even more lazy, you realize that time and space are beginning to lose their meaning... and slowly the walls of the corridor seem to dissolve, leaving you in a large room... the room is full of a gentle golden light that relaxes you still further and you suddenly realize, with a surge of inspiration and pleasure... that what you once saw as limits are merely stepping stones to greater success...

... it suddenly dawns on you, with a surge of joy and anticipation, that what once seemed to you to be the limits of your personality, of your skills and abilities, are nothing more than stepping stones to even greater success... one wall of this room is like a huge television screen with words and images flashing across it too fast for you to see...

and you realize that this is information being transmitted to different parts of your mind and body... and you use your mind to will it to stop and as you do so, the screen clears and the word 'READY' appears in large flashing letters...

And now your mind is prepared and receptive to everything I am going to say to you... and everything I say will be accepted and acted upon by your subconscious... it will have a steadily increasing effect upon the way you think, the way you feel, and the way you behave over the coming days, and weeks, and months..."

[Suggestions] followed by [Release]

Anxiety Release Visualization/ Suggestions

This is a simple example of a “Suggestion Script” (original source unknown). Once you have your client in the required state, you can read this script, thereby offering the ideas and suggestions to the client’s mind.

INSTRUCTIONS

First use whichever induction and deepener you prefer, then read the following script:

THE ANXIETY RELEASE SCRIPT

“While you're relaxing there, so easy and calm inside yourself... I wonder if you can imagine how wonderful it would be to be this relaxed whenever you want to be... I wonder if you can create an image of you right at this very moment, perhaps doing something that used to worry you, but looking so calm and so easy... looking as if you are just enjoying the whole process of simply being alive... just knowing that whatever causes those feelings of worry are just a passing thing... just a passing thing that soon will seem to be of no importance at all... because it belongs to yesterday... or last week... or perhaps last year...

And a lot of the time you can recognize that there never was a need for any worry at all... and you might not even be able to remember most of what you were worrying about a while ago... and if you can, it's probably because what you are worrying about hasn't happened yet...

And I want you to think about something that is worrying you now... creating stress in your mind... and while you're thinking of that thing, I want you to see how good you are at remembering something that hasn't happened yet... remembering

what it felt like when that thing you were worrying about had actually happened, even though it hasn't happened yet...

But remembering that it felt good when you remembered that it had happened and you didn't need to worry about it anymore... but you're probably thinking now about something that has happened, something that you were worried about until it happened... and now it has happened, you can find no need to worry about it all...

Worrying about things is simply a way of thinking about things... something that your subconscious learnt how to do a long time ago... it learnt how to automatically think about the awful things that might happen... to think about the things we really hope will not happen... so we start thinking about what we would do if those awful things did happen...

And worrying even more when we think that we won't know what to do if those awful things happen... and yet all those things are based simply upon fear... rather than a belief that it will happen...

Because if we truly believe that something will happen, we can always decide what action we will take... we will always make a decision... but when it's only a fear that something will happen, it means that we're not at all sure it will...

So it's not a surprise that we worry about what we will do... because in order to think what we would do, we have to think about the very thing that we do not want to happen... and we really do not want to think about that... so we worry, in case it happens... and that powerful subconscious of yours can do that automatically...

But now you are going to learn a very clever and very special trick... you are going to learn how to teach your subconscious mind to think in a different way... and to start with I want you to think of that thing you thought of a few moments ago... a thing that you are worrying about, maybe feeling stressed about... and notice how it feels as you think about it...

[Pause]

And now I want you to vividly feel sense picture or imagine... just as vividly as you can... what you actually want to happen... and, of course, I can't know what it is you're thinking about, but I do know that whatever it is you can think of it in two ways... the worst way and the best way... and when you think of it in the worst way, all you can do is worry or stress about it...

But if you think of it in the best way, you are thinking of what you actually want to happen... you are thinking of a positive solution... and then you can think about how you might be able to move towards that positive solution... how to make that thing turn out exactly that way you want it to...

And notice how different that thing feels this time, as you think about what you actually want to happen... so that you've actually changed the way you feel just by thinking a thought... and it's an interesting thing that as you teach your subconscious mind how to think about things in that best way, you are more likely to find a way of making a positive change to the things you worry about...

If you think about what you actually want to happen, rather than what you fear will happen... you can teach your subconscious mind to look for answers... so that it's completely true that if you think about what you actually want to happen the thing that you fear will be less likely to happen...

Of course, it's true that sometimes, we have no control over a thing that's going to happen... but even then, we can think of it in two ways... the worst way and the best way... and the best way is to just know that whatever happens, it is simply a part of life that you will find the best way to deal with...

A part of life that will before long become a thing of the past... as everything does... and it is a fact that whether we worry about a thing or whether we do not worry about a thing... when that thing happens it immediately becomes a thing of the

past... just as you arriving here today is now a thing of the past...and it might even be that you worried about that... yet all is well... and all remains well...

And from now on you're going to discover that it becomes easier and easier for you to think about what you actually want to happen instead of what you fear might happen... and as you teach that subconscious mind to think of what you want to happen, it will begin to find solutions to problems, turning a setback to an advantage, more often than not...

At the beginning of this session I asked you to imagine how wonderful it would be to be this relaxed whenever you want to be... and as you imagine that now... a special part of you, in the depths of your subconscious mind... the special part of you that knows just what to do and just how to do it... is even now beginning to stir and become more active... and that activity will steadily increase with each and every passing day... until you automatically choose the best way of thinking... every time... automatically find the answers to problems... every time...

And now it's time for me to bring this session to an end ...”

[Use any release from trance you choose]

100% Confidence Suggestions Script

This is another example of a suggestion script. The success of this script relies on the client accepting a new definition of what confidence means. I first came across this concept in Steve Peters' Book, "The Chimp Paradox", and thought the idea would be useful for clients, so created this simple but effective script based around that concept.

INSTRUCTIONS

Induce hypnosis using your preferred induction, including deepener, and then proceed with the following script.

THE 100% CONFIDENCE SCRIPT

"For a few moments now, I am going to talk to you about confidence.

Now, when most people think of confidence, what they are actually talking about is the ability to predict an outcome.

They are talking about how certain they feel that something will happen, and if they feel very certain, they will feel very confident. But if for any reason they begin to feel uncertain, or unable to predict the outcome, then their confidence will decrease and they will instead begin to feel anxious and concerned.

Now, with all the variables and possibilities in life, it is virtually impossible to guarantee or predict outcomes, especially where interaction with others is concerned, so it is actually very difficult to be confident in the old, traditional way of thinking.

Also, so many people suffer low confidence because they are trying to predict or deal with the unknown, much of which is imagined. If they KNEW the outcome, they could deal with it, but it is the not knowing that causes them the anxiety.

But there is a new and different way of approaching this and I believe that now is the time for you to really understand this and incorporate it into your life, now you are finally ready.

You see there is something that you can be 100% confident in, all the time, and that is the fact that you will do your best.

Whatever the situation, you can be 100% confident that you will do your best, completely irrespective of the outcome, and that is ok.

So from this moment forward, I want you to consider that you are ready to begin accepting the idea that you no longer need to predict outcomes, or try and feel confident about anything based on an outcome, and instead you can begin right now, to base your confidence on the fact that you will do your best, see what happens, and that is enough.

Sometimes the outcome will be good, sometimes it won't and that is OK, because whatever the outcome, whatever happens, you can be 100% confident that you will then do your best to deal with it.

You can now be someone who allows the unknown to be unknown and feel OK with that, knowing that you can be 100% confident you will do your best, and that is enough, and then whatever happens, you can be 100% confident that you will do your best to deal with it.

As you allow yourself to think in this new way, you can feel your confidence levels increasing daily, as you are now confident in something that you can be confident in and that feels good.

So, from now onwards, wherever you are and whoever you are with, you can begin to replace the old way with the new and feel better and better each day that you do that.

You can now feel 100% confident that you will do your best and that is enough. And whatever the outcome, you can be 100% confident that you will do your best to deal with that, and that is OK.

Just relax a while longer now, while these ideas sink in even more and my voice.

Even when this session is over, my voice will go with you, being there with you, for you, supporting you, reminding you that you can relax even more now and feel even more confident each day, as you apply these new ideas, even more each day.

Rest quietly for a few moments now, and when you are ready, slowly and gently count from 1 to 3 in your own mind, and when you get to the number 3 take a nice deep breath and as you breathe out, open your eyes and come all the way back to your normal awareness.”

Library Model Script by John Griffiths (Ex-Student)

Note from John: “A couple of students have asked me about scripts, and the fear of not having an appropriate one to hand for every client that walks through the door. This is my method of a script for anything that is suggestion / solution focused based on the library model that may help ... “

PRACTICAL TIP

You need to have an idea of something the client wants to work on or improve before proceeding - check the end of the script.

INSTRUCTIONS

Use an induction and deepener of your choice, then proceed to the script below.

THE LIBRARY MODEL SCRIPT

“And as you are now completely relaxed your mind can go down and down, deeper and deeper into your inner world, that place that holds all your thoughts, feeling and memories, all your life experiences, everything you have seen, or done, or thought or said.

As you know there are things in your life that you do and some things that you don't do, and you do or don't do those things because of things that you feel and think. And the things we think, or feel have come from a lifetime of experiences, things that you have seen / done from the day you were born right through to today, so if you think about it, those experiences have built up a set of rules or beliefs within

your inner self which guide your thoughts and feelings and behaviours, it's almost like your inner world, your inner self is a big library built up of many books which have been written as a result of your life experiences

And in the pages of those books, you have a record or imprint of your thoughts and feelings, behaviours and beliefs.

But as you now know, your mind is very clever and can change or update the pages of these books any time you want to. So up to now the books of your inner library have made you feel [list the clients specific don't wants]. But now it's ok to be able to update those books, to reflect how you now want to feel and behave."

At this point I ask the in-trance client to reel off what he / she wants and get them to visualize being in the library updating their own books with their desired feelings and new beliefs in their own words.

Sometimes I get them to visualize themselves in their desired future state (confident, slim, happy, etc.,) and get them to step into that image, get the feeling of what they want to be, then get them to add that feeling or image to the book in the library, and suggest that their mind can go to that feeling or image every time they need to make a good choice, etc.).

Use any release to end the session.

Simple Counting Down Deepener

In Module 1 we looked at the classic “Staircase Deepener”. Here is an example of a very simple but effective alternative deepener, that just involves counting, but without any particular imagery.

INSTRUCTIONS

Use whichever induction you prefer, then apply the following deepener.

SIMPLE COUNTING DOWN DEEPENER SCRIPT

*“And now I am going to count slowly down from 10 to 1
And with every number I count you will be able to relax even more
Just tiny changes ... that can be very profound ... allowing you to become more
relaxed than you have ever thought possible.*

10 - beginning now to relax now

9 - just releasing, relaxing

8 - letting go completely, becoming more calm, relaxed

7 - feeling comfortable

6 - just wanting it to happen and allowing it to happen

5 - winding down, drifting down and down

4 - calmer and calmer

3 - more and more peaceful

2 - nearly there

1 – calm, peaceful, relaxed and comfortable”

Rainbow Visualization Deepener

This is a different example of a deepener submitted by a student, as part of their coursework, and is based on an idea they came across on

<http://trancedout.com/blog/>

INSTRUCTIONS

Use an induction of your choice, and then read the following script

THE RAINBOW DEEPENER SCRIPT

“And now you find yourself in a wonderful garden... a place that is just perfect for you - it feels like a magical place – so tranquil and serene, calm and as you wander through this place you decide to just sit for a while to enjoy the beauty and the peacefulness, after a little while you lay back and gaze up at the clearest of blue skies... and as you relax more and more, your eyes begin to close and you just drift off into a deep and relaxing sleep... and as you sleep, you have a dream...

You dream that your whole body is becoming lighter... lighter and lighter... so light that you feel you must surely begin to float on air at any moment... and then you feel yourself just floating and drifting, gently borne aloft and supported by the softest of warm breezes...

And you can somehow see, through your closed eyelids that you're floating in a sea of colour... a warm sea of colour that relaxes and comforts you as you just drift through each colour in turn ... suspended in warmth and colour that seems somehow unreal and yet, at the same time, has a comfortingly familiar feel to it...

You're aware of misty reds and orange.. then soft, muted yellow tones, you then notice the gentle greens and calming blues that seem somehow like clouds... and the deepest, softest indigos and most vibrant violets that you could ever have imagined...

and it begins to dawn on you that you're floating in a rainbow, a magical rainbow... because in this rainbow, time and space doesn't exist in the same way that we usually know it...

You might have floated there for just a moment... or for a hundred years... maybe for a lifetime... or just perhaps for the blinking of an eye... you could have floated forwards in time, ... or maybe back in time, it gradually begins to seem to you that you might even be able to float here for just as long as you wish... with this wonderful relaxed feeling... just floating and drifting through this magical sea of gentle flowing colours where time seems to be suddenly of so little importance...and you can just let go ...feeling light, calm and peaceful ...”

PRACTICAL TIP:

With counting deepeners, you can choose to count from 1 up to 10 if you prefer but remember when doing a release to count the opposite way to the deepener.

Personally, I prefer to count down into relaxation and count up coming out.

Putting It All Together

If we take the practical elements from these first two modules, we now have all we need to carry out a very basic Suggestion Session, which is very often what makes up a session of what is called Clinical Hypnosis (or Solution Focused Hypnotherapy)

The Key elements are;

- Meet and greet chat with client
- Discussion of an issue they would like help with
- Induction
- Deepener
- Suggestions
- Release
- Chat at the end

In many hypnotherapy training courses, this is essentially all that you learn. A variety of inductions, deepeners, scripts and releases. The better ones will also help you to create more customized scripts and suggestions, which we will also come onto soon.

Please understand that the right session like this, delivered in the right way, to the right person, can be completely life changing. It can help people release old ideas, gain new perspectives and transform almost any area of life.

Provided, of course, that the critical faculty allows the ideas to take root.

However, there is so much more we can do for a client, and if we can combine these classic hypnotherapy techniques, with some deeper regression, or even, coaching or counselling type work, we can help to create even more profound results.

For now, though, let's master the basics.

We have now given you a small selection of inductions, deepeners, suggestion scripts and release and you can mix and match these as you will.

You can also substitute the "Suggestions" section for any other script you come across on the internet or read in a book for example. I am not saying they will all work – but there is nothing to stop you experimenting.

For now, though, let's just practice putting together what we have already, choosing from our inductions and deepeners, and either the Anxiety Release Script or the 100% Confidence Script – two things that most people can benefit from to a certain degree!

EXERCISE: Basic Suggestion Session

Duration: 25-30 minutes per person!

Equipment: Induction, Deepener, Suggestion & Release Scripts

Practice Partner: Groups of 2 or 3

Background

In this exercise you will bring together the key elements of a basic Suggestion Session, (which you will later be able to adapt in a multitude of ways).

Instructions

1. Spend 5 minutes or so chatting with your volunteer subject, to ascertain an area of life where they perhaps like to reduce some anxiety or increase a feeling of confidence.
2. Don't dig too deep for now - just get an idea.
3. Carry out an induction and deepener of your choice from any you have learned so far or any of your choosing).
4. Deliver the suggestion script.
5. Use one of the Release methods you have learned so far.
6. Have a chat about the experience
7. Write it up in your Reflective Practice Journal.

Do this with several volunteers using a mixture of different inductions and deepeners to help you get a feel of what feels most natural for you.

Well done!

Module 2 Summary

HERE IS A SUMMARY OF WHAT YOU HAVE LEARNED THIS FAR:

- One way of helping people is to relax them into hypnosis and read them Suggestions from a script.
- If these suggestions are to be accepted, however, they must get past the Critical Faculty
- Different people have different levels of Critical faculty and so have different levels of suggestibility
- You can carry out simple tests to ascertain how suggestible someone is in that moment.
- There are certain signs we give off as we enter hypnosis
- You can combine an Induction, Deepener, Suggestion Script and Release to form the basis of a simple Clinical Hypnosis session.

Coursework Module 2

WRITTEN:

1. Please state whether you believe the following statement is True or False and explain your answer. “When you take on a new client the hypnosis only starts when the client is in the chair/couch and about to relax.”
2. We often hear it said that “Building Rapport is important”. What do you understand by this term “Building Rapport” in a hypno-therapeutic context and why is it important?
3. Can you think of simple but effective ways of “Building Rapport” with a new client?
4. List the main stages of a client consultation and give a brief description of the aim of each stage.
5. When you are preparing the client for hypnosis, the client says, “Will I go to sleep, or will I hear everything you say?” Based on what you know so far, what can you reply to:
 - (a) answer their question and
 - (b) pre-empt or stop them from being worried about ‘not feeling hypnotized’ later on during the session.
6. I have suggested there are two ‘Magical Questions’ you can ask when it seems the client has told you all they need to say, during the introductory chat.
 - (a) What are they?
 - (b) What do you think they help you achieve?
7. Do you think it is appropriate to ask these questions to every client? Please explain your answer.

8. A client turns up for a session and is clearly under the influence of drink or drugs. What do you do?
9. Give a brief outline of what you understand by the term “Guided Visualization”.
10. Do you think Guided Visualizations come under the banner of “Suggestion”, “Analytical” or “could be both”? Please explain your answer.
11. As you are relaxing a client into hypnosis, they suddenly seem to look agitated or worried. What do you do?
12. Your soothing voice has such a hypnotic effect that the client falls asleep and starts snoring. What do you do?
13. What do you understand by the term “Post-Hypnotic Suggestion”?
14. I gave you a generic script for building “100% Confidence” by helping the client switch the way they think. Please give me a specific example (real or imagined) of how you might be able to apply that to a client, and how you might modify the wording/ suggestions slightly, to make it more specific to your example.
15. Can you list 5 signs and cues of hypnosis to look out for in your clients?
16. What do you understand by the term “Critical Faculty”?
17. “Moral Maze” - This is a real email I received:

“Dear Andrew,

My husband is the dominant sexual partner. I would like you to hypnotize me so that when he gives me a command I become more submissive.

I am not looking for therapy. I just want to be more submissive when he gives me the command.

Can you help?

Thank you”.

Please write your reply, beginning, “Dear Mrs. Client ...”

PRACTICAL

Practice the 3 suggestibility tests on volunteers and write up what happens in your Reflective Practice Journal.

Practice the Basic Suggestion Session exercise on a few people to become more and more familiar with the words and phrases.

If you need volunteers, ask members of your group, or in the Facebook group.

If you can't find anyone to practice on – read it to yourself, your dog, anything. Just practice, practice, practice.

Also consider recording yourself and listening back to see how you sound and whether you are clear and easy to understand. (Lots of phones have voice recorders built into them these days)

STUDY TIP:

The aim is not to be “good” or “perfect” yet. The aim is to get these basic skills engrained so that you don't have to think about them so much when eventually working with a client. Relax, and enjoy learning and practicing.

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