

PROFESSIONAL HYPNOTHERAPY TRAINING

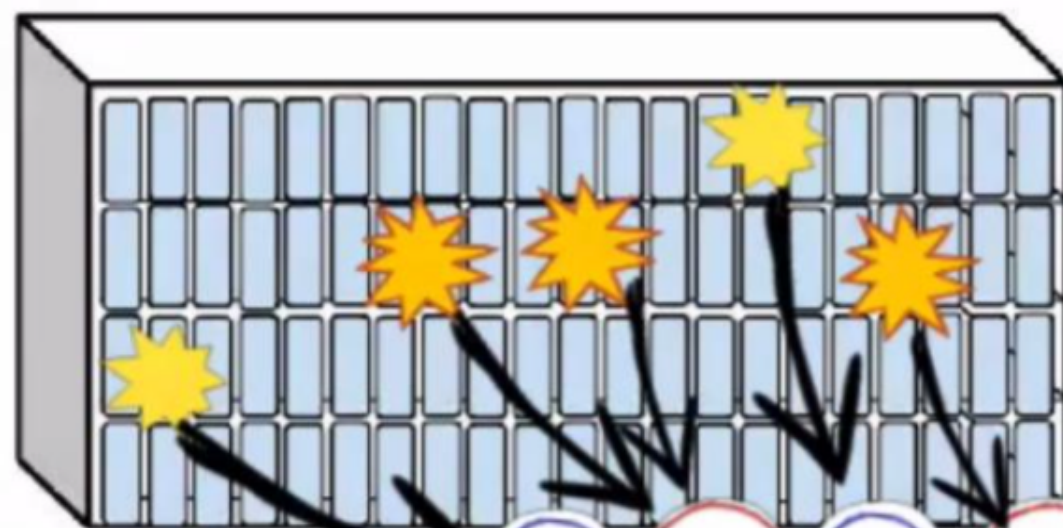
Week 2 –Module 1(Part 1)
PRACTISING MORE INDUCTIONS

Presented by Fiona Lamb

Welcome

Aims of Today

- **Explaining Library Model in 3's**
- **Awareness Exercise**
- **Practising different types of Induction**



"What is it?
What do
I know
about it?"

"What do
I BELIEVE
about it?"

Beliefs

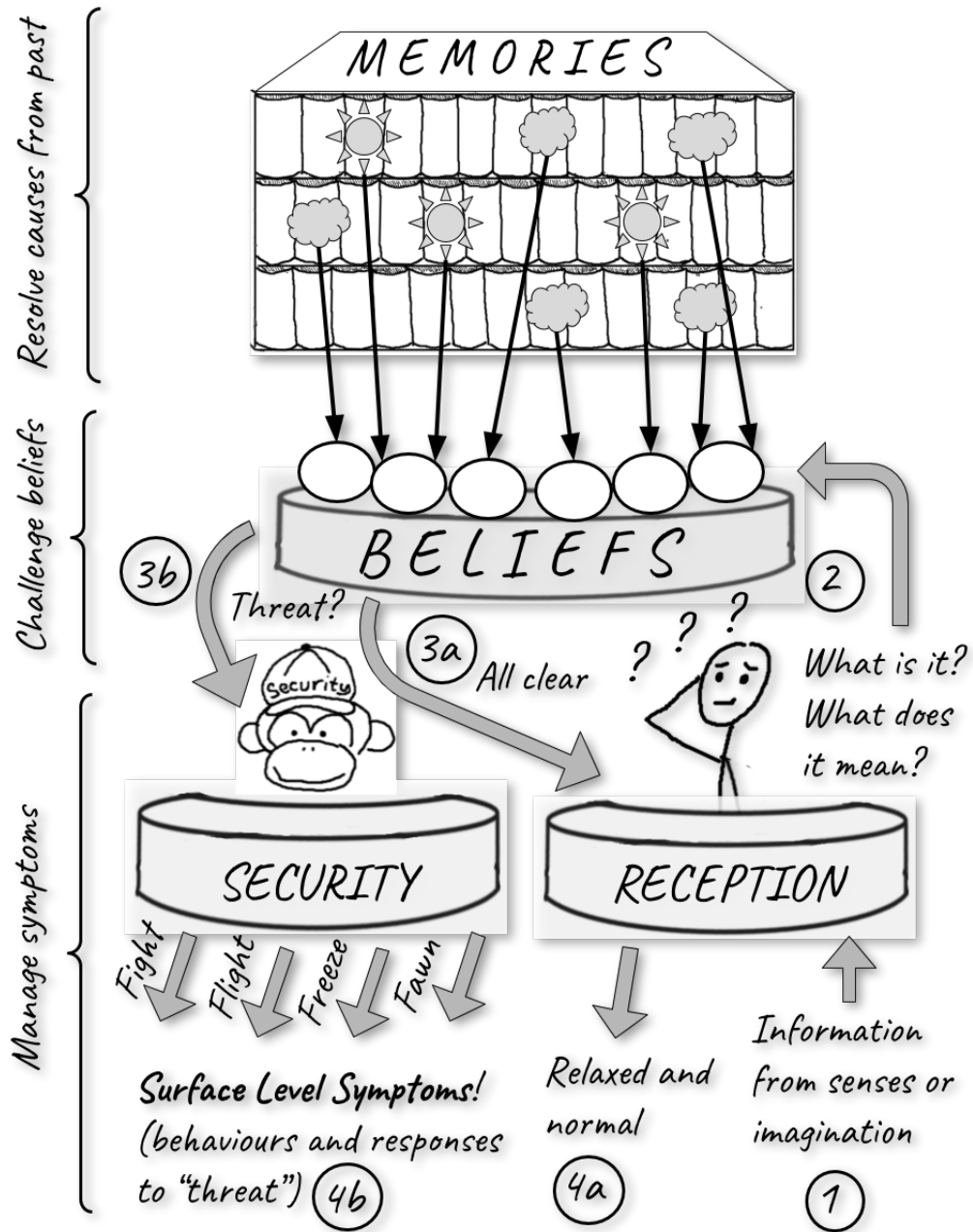


Reception

Feelings & Behaviours

Symptoms & Problems





PRACTICAL TIP

When working with a client or patient, your task is to assess their presenting issues and help them bring about changes in this system... to help create more desirable responses to incoming information ...

KEY TERMS

Manage Symptoms
Change Beliefs
Resolve Causes From Past

CHECK YOUR KNOWLEDGE

As an exercise of 5 mins each, show the Library Model to several people and make sure you can:

- (a) Explain it in your own vocabulary
- (a) Answer any questions you get asked about this.

PRACTICAL TIP

If a **Surface Level Symptom** is often no more than a “**security response**”

...

... all we ever need do is pay attention to what is causing the security response - and consider how we can **bring about a change there.**

EXERCISE: Awareness Of Emotional Meaning (P.11)

Duration: 2 – 3 minutes
Equipment: Notepad & Pen
Practice Partner: Work Alone.

Background

Information is constantly flowing back and forth between our **conscious and subconscious** – and very often this information is emotionally charged. Becoming aware of this will help you understand how the minds of your clients are working, with respect to creating emotional responses - and hence problems.

Instructions

Sit quietly for **2 minutes** with your eyes *closed* and allow your mind to roam around different people that come to mind. As your attention falls on each person, let it rest there for a few moments and see if you can sense what is going on in the background of your mind as you do.

You may notice that you identify the person ... and then begin to make **emotive associations** around them. **Memories ... imaginations ... feelings ... emotions.**

- The more relaxed you are, the more aware you will be.
- Do not skip anyone that comes to mind – especially *those* ones, you know??
- After the two minutes is up, take another minute or so to write down anything you observed or noticed.

Practise Inductions of your choice