

Welcome

Week 4 –Module 2 (Part 1)

Presented by Fiona Lamb

Aims of Today

- **Learning objectives for Module 2**
- **Recap of week 3**
- **The Critical Faculty (Recap)**
- **Post Hypnotic Suggestion**
- **Suggestibility & Tests**
- **Signs & Cues of Hypnosis**

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 Module 2, 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**.

Recap from Week 3

STUDY HINT

What do we mean by “Critical Faculty”?

Why is it important when bringing
about change?

The Critical Faculty & the Power of Suggestion

- **Door Policy** = Client's **Belief System**
- When you reduce, or **by-pass** a clients around a particular topic, the **Critical Faculty** can more readily **accept new ideas** and **update their beliefs**.
- New Door policy/ belief, helps them to create a new perspective
- There are **many ways** for **reducing** or **by-passing** the **critical faculty** and we will be exploring them in detail as we progress throughout the course



PRACTICAL TIP

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

Your Aim ...

Is to help the client create the state of mind where the critical faculty is reduced or bypassed in order for new ideas and beliefs to gain entry.



From this ...



To this.

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.
- To be effective, the idea(s) must **take root** in the person's own mind without resistance from the **Critical Faculty**.
- Dependent upon the client's **overall suggestibility** and their suggestibility in that moment, as **environmental factors** can impact.
- These suggestions are **not always permanent** but can last a long time, which may be **days, weeks, months or years**
- Repetition of these suggestions whilst in hypnosis is often key to success
- Shift in identity

Examples of Hypnotic Suggestions

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 to the **Surface Level Symptoms**.
e.g.

*"Because you are now happy and pleased to be non-smoker you **think feel & 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."*

Can **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, although you are urged 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 Tests

“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

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.

Think of examples of waking hypnosis

Suggestibility Tests

- Some therapists carry out “**suggestibility tests**” to ascertain the suggestibility or otherwise of their subject.
- They can be also be used as **inductions** in themselves
- Audience participation exercises if you are giving a talk or demonstration
- Help to **build your confidence** and hypnotic ‘will’ (your determination to bring about an effect or outcome).



EXERCISE: Suggestibility Tests

- Book and Balloon
- Magnetic Hands
- Magnetic Fingers
- Choose one of these to practice on each other

Signs & Cues Hypnosis

- When people go into hypnosis many changes occur which can be seen by an observer.
- Some changes are 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.



Signs & Cues Hypnosis

- **EYE FIXATION** - Day-dreamy state, the classic “**in a trance**” look. Subject more focused on the material they are processing internally. Many of us experience this when 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 using 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.
- **EYELID FLUTTER** - As some people close their eyes or go into the hypnotic state, their eyelids flutter rapidly. 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. **(REM)** is a good sign and an indicator that the subject is most likely focused inwardly and processing information.

Signs & Cues Hypnosis

- **EYEBALLS ROLLING** - As they close their eyes going into trance, some subjects may also roll their eyeballs automatically, and the eyeballs may remain rolled up for extended periods, or even the whole trance.
- **EYES HALF OPENING ONCE IN A TRANCE** - Can be a little disconcerting! Some subjects will go into hypnosis with their eyes closed, and then their eyes will half open again and remain so throughout the session.
- **SOFTENING AND SMOOTHING OF FACIAL MUSCLES** - Similar to sleep, 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. Jaw muscles can loosen, and the mouth may part a little.
- **BREATHING SLOWS DOWN** - If the breathing becomes too heavy or noisy they may have fallen asleep
- **REDUCTION OR CESSATION OF THE SWALLOWING REFLEX** - Sometimes, as people are going into hypnosis, you may see them struggling with their swallowing. Seems similar to the deep breath just before going deeper
- **LIMPNESS OR IMMOBILITY OF LIMBS** - 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.

Practise Looking for Signs & Cues of Hypnosis

- Using a script of your choice, deliver and observe sign and cues of hypnosis

Practice Sessions this week: Delivering Suggestibility scripts, whilst looking for signs and cues of Hypnosis

NEXT WEEK

- Gain understanding of the **typical stages of a client consultation**
- **‘Putting it altogether’** - . Conducting a **complete hypnosis session** of **induction, deepener, suggestion script & release.**
- Have an understanding of simple, **generic suggestions** scripts for **anxiety and confidence**
- Know where to get **Student insurance** for practicing on volunteers outside your immediate circle