

PROFESSIONAL HYPNOTHERAPY TRAINING

Coursework - Module 2

WRITTEN WORK TO BE SUBMITTED

1. "When you take on a new client the hypnosis only starts when the client is in the chair/couch and about to relax." Please state whether you believe this is True or False, and please explain your answer.
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.
 - b. Pre-empt or stop them from being worried about 'not feeling hypnotised' 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?
 - c. Do you think it is appropriate to ask these questions to every client? Please explain your answer.
7. A client turns up for a session and is clearly under the influence of drink or drugs? What do you do?
8. Give a brief outline of what you understand by the term "Guided Visualisation".
9. Do you think Guided visualisations come under the banner of "Suggestion", "Analytical" or "could be both"? Please explain your answer.
10. 10. As you are relaxing a client into hypnosis they suddenly seem to look agitated or worried. What do you do?
11. Your soothing voice has such a hypnotic effect that the client falls asleep and starts snoring. What do you do?
12. What do you understand by the term "Post-Hypnotic Suggestion".
13. 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.
14. Can you list 5 signs and cues of hypnosis to look out for in your client's. Practice observing theses and write these in your reflective practice journal.
15. What do you understand by the term "Critical Faculty?"
16. How does the Critical Faculty differ from the "Security Guard Monkey"?
17. "Moral Maze" - This is a real email received:

"Dear Andrew,
My husband is the dominant sexual partner. I would like you to hypnotise 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

"Dear Mrs Client ..."

PRACTICAL WORK

18. Practice 3 suggestibility test on volunteers and write up what happened in your Reflective Practice Journal.
19. Putting It All Together: Induction, Deepening, Suggestion & Release

So far we have learnt how to relax someone into hypnosis, deepen the state, give some generic post-hypnotic suggestions using a script and release methods.

So now it's time to use the scripts and the end of this module or any others of your choice and get practicing!

If you can't find anyone to practice on – read it to yourself. Also recording yourself and listening back is a good way 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).

When completed please submit to loweryyvette@gmail.com.