

Welcome

Week 10 –Module 4 (Part 2)

Observation Exercise (15-20 minutes)

- When clients are **processing information**, either **consciously**, or more **subconsciously** during hypnosis, they often display a variety of subtle (and sometimes not so subtle) **indicators** as to **how they are feeling inside**.
- These **are on top** of the Minimal Cues (Signs Of Hypnosis) discussed previously.
- It can be important for you to notice these, so that you are as aware as possible as to the client's **current emotional state**. E.g. if something you have said has **triggered** an **adverse response** in the client - however minor or subtle - it is useful for you to be able to spot this so that you can **adjust the session or your delivery accordingly**.
- This is a great observation exercise to help you become more aware of the **non-verbal signs** we all give off. It is a fairly standard NLP-type practice exercise.

Instructions

Ideally work in groups of 3 or more but you can do this in pairs if need be, where the “Therapist” & “Observer” are the same person.

STEP 1 - ACCESS THE NEGATIVE

Person 1 (Subject) sits in a chair with Person 2 (Therapist) & Person 3 (Observer) close by. The Therapist then tells the Subject ...

“I want you to take a deep breath and, as you breathe out, close your eyes and remember a time in your life when something did not go well for you ... in fact, something that made you feel bad in some way ... but don’t say it out loud.”

- The aim is for the Therapist to be **encouraging** the subject to access and remember a negative feeling – NLP practitioners might call this a ‘Stuck State’.

“Immerse yourself in the memory, remembering the feelings, the emotions, how you felt, feeling them now as if you are feeling them once again, and take a mental snapshot or picture of the scene, the feelings and emotions as well.”

- Keep encouraging this for a few minutes.

STEP 2 - OBSERVE THE NEGATIVE

Whilst this is occurring, both Person 2 (Therapist) & Person 3 (Observer) take notes of any signs they see, including:

- Eye Movements
- Body Movements
- Body Posture.
- Facial Expressions
- Muscle Tensing or Relaxing
- Breathing
- Skin Colour changes (especially face and neck)

STEP 3 - BREAK THE STATE

- When finished observing, the Therapist asks the Subject to keep their eyes closed but to clear their mind, and bring their attention back to the room (eyes still closed) and take a deep breath in and out to break the previous state.
- The Therapist then asks simple questions such as where they live or how did they get here today, in order to help clear their mind.

STEP 4 - ACCESS & OBSERVE THE POSITIVE

- Now the Therapist asks the Subject to repeat steps 1 and 2 but this time think of a time when something went really well, **POSITIVE**, once again immersing themselves in the memory, taking a **mental and emotional snapshot**, while both Therapist & Observer observe and take notes, as before.
- You are now encouraging the Subject to access and remember a more **positive set of feelings and emotions** - NLP practitioners might call this the '**Success State**'.

STEP 5 - BREAK THE STATE

- When finished observing, the Therapist again asks the Subject to come back to the present, eyes still closed, and again clear their mind, aided by asking simple questions about something very present in their life (Breakfast? Holiday? Job, etc)

STEP 6 - MAKE A CHOICE & OBSERVE

- The Therapist now asks the Subject to privately choose one of the previous memories, again immersing him/herself in the **feelings and emotions**, while both Therapist and Observer try to work out whether it is the 'Good' or 'Bad' memory, based solely on their observations.

STEP 7 - SWAP PLACES AND REPEAT

- Each person gets to experience each position - Subject, Therapist, Observer. Write up the experience in your Reflective Practice Journal.

Practice Exercise: Combining Fluid Questioning & DWDW & Hypnosis

Duration: 30-60 minutes per person

Equipment: Notepad & Pen

Practice Partner: Individually or 2's and 3's

Background: The aim of this exercise is to practice bringing together the **key elements** covered so far so that you can put together a **bespoke, solution focused session** for a client.

Instructions:

- Interview the client using **Fluid Questioning**
- Create a **Don't Want Do Want** Type list around a **specific issue** (using the questioning methods to probe a little deeper now)
- Look out for **Core Beliefs**
- Create a new set of **Hand Crafted Positive Suggestions/Mantras**
- Help the client relax into **hypnosis** using an **induction and deepener**
- Deliver the **suggestions**
- Release and return the client to normal awareness.