

# **Welcome**

## Module 9

# Aims of Today

- Recap on Module 8
- Learning Objectives of Module 9
- 33 Techniques to use within the sessions
- Autogenic Relaxation Technique
- Weight Loss and Practical Programme for Weight Loss

## Recap on Module 8 –

IN THIS MODULE YOU HAVE LEARNED ...

- You have learned about **waking hypnosis**, and **waking suggestions**.
- You have learned about some ways to distinguish between **Habits & Addictions** and why one is preferable to the other, when helping bring about change.
- You have learned about the **detailed discussion** I take people through when helping them **stop smoking**.
- You have learned about the **Fork in The Road/ Split Path** and **Big Red Stop Sign**, as aids to use in a session.
- Practice Stop Smoking Split Road Script

# LEARNING OBJECTIVES FOR MODULE 9

- Gain a “crib sheet” of **33 different ideas** you may find useful to use during a session.
- Have an understanding of how to help someone with **weight loss**.
- Have an understanding of **working with grief**.

# Techniques for Use During Sessions

- This is a summary list of some of the **different techniques** taught on this course and suggestions as to when they can be helpful
- Of course, all the techniques can be used in a multitude of different situations, so this is just a brief guide.
- Some people keep it with them during sessions so if they are feeling a bit stuck, they can glance at this sheet for inspiration.

# Techniques for Use During Sessions

1. **Library Model**—change beliefs—erase old and write new future—useful for any belief related issue
2. **Parts therapy**—invite all parts who/that influence belief—good for when someone has part of them that wants something and another part of them that doesn't/sabotages
3. **Regressions**—use present tense—as if happening now—take client back to a time when they felt the **unhelpful feeling/fear** to get to the root of the issue
4. **Swish**—get rid of **fears/phobias**
5. **Fast Rewind**—good for easing **fears and phobias**
6. **Positive Visualisation** for inductions and for seeing new person as if real now— **step into the new person.** Very helpful for most situations, sports, weight loss, public speaking, dentist, driving etc.

# Techniques for Use During Sessions

7. **Negative Visualisation** can be used for painting a negative picture of an outcome –eg. overeating and consequential health issues

8. **Expressing the Unexpressed**—allows the client to express feelings they have suppressed. Releasing.

9. **Powering Inner Voice**—allows the client to create a positive inner voice-

***“I am a good person; I can move on now...”***

10. **Sedona** – ‘Let it Go’ – useful for old habits, limiting beliefs, anger ...

Fist of Sand – let it go - as Sedona – let go of tension.

12. **Hypnoesitherapy** – Great for pain relief can use **saliva method** or other techniques too to enhance effect- such as anxiety.

13. **Blow away** – blow away thoughts/feelings – very effective for children.

# Techniques for Use During Sessions

**14. Hero** – Have the **client's hero** be with them for confidence etc. or can imagine themselves as their hero for visualisations. Used a lot for children.

**15. Mantras** – Positive sayings relevant to each client

**16. Eye Gaze Mantra** Client to look into your eyes when speaking – it allows you to easily spot if there is any resistance as they will look away if not comfortable with the mantra.

**17. Anchor** – Anchor a good feeling for access any time. Useful for anxiety issues, sports performance ...

**18. Healing light** – Relaxing, calming, healing light useful for anxiety, pain, confidence.

**19. Control Room** – Useful for anxiety and pain and anything where the client feels out of control.



# Techniques for Use During Sessions

**20. Disassociation** – Great for anxiety and pain

**21. Metaphor** (e.g. my friend John) – Can be really good to get a point across to a client without having to face the problem directly

**22. “Every day in every way”** ... Reinforces new beliefs every day – must repeat daily for best effect.

**23. Post Hypnotic Suggestion** – Ideas that will help the client after the session.

**24. Double binds** – Useful for getting clients to choose between 2 possibilities.

**25. ‘Cancel’** Negative comments and **replace with positive**—useful if the client overhears unhelpful comments – immediately cancel and replace

**26. Split Path** – very good for weight loss/smokers or bad habits as allows the client to see both the good and bad outcomes.

# Techniques for Use During Sessions

**27. Glove anesthesia** – can transfer anaesthesia around the body – pain relief or preparation for injection.

**28. Change nervous energy into positive energy** – Helps with anxiety.

**29. Go Inside Method** - Great for illness and pain.

**30. Inner child** – Helps resolve issues from childhood. The older self can comfort the younger self. The client can speak to parents, bullies etc. to resolve issues.

**31. 100% Confidence** – Great for everything

**32. Change one small thing today** – Allows the client to be able to feel they can change.

**33. Giving Back the Feeling** – Useful when a client has been affected or hurt by someone else's behaviour. It enables the client to pass the feelings they have had back to the person responsible for making them feel like that. The perpetrator can then experience what they have made the client feel.

# Autogenic Relaxation

- The term the NHS and medical world use for what we would call a **Progressive Muscle Relaxation**.
- There is not a lot more we need to say on this, I just bringing your attention to the use of the phrase and give you an example
- You can download a very nicely worded version here, which you could use as an induction, or to make a nice recording.

<https://www.guysandstthomas.nhs.uk/resources/patient-information/cardiovascular/autogenic-relaxation-technique.pdf>

## Weight Loss

This can be quite a complex subject because eating habits can range from **overeating** and snacking between meals, to a full-blown **emotionally driven eating disorder**.

- Most people are aware of what they could/should do differently in order to slim down or **lose weight** - but they cannot find the motivation to make it last - because they have internal **thoughts and beliefs** that are conflicting or preventing them from doing so.
- To overcome this, you can simply use a **weight loss suggestion** and/or **visualisation script** - and that will help many people.

Always Better to make it a little **more personal**

- Andrew used to believe that all weight issues were **emotional problems** (because so many were), and used to do emotional/analytical work right away. But hold back a little. If someone is struggling to achieve something, there will be an emotion involved somewhere, but often it can be resolved by a **change of perspective and self-talk**.

This applies as equally to weight loss as anything else.

# Coués Law Of Reversed Effort/Effect

**“Whenever there is a conflict between the WILL and the IMAGINATION, the IMAGINATION will WIN.”**

Émile Coué (Born 1857)

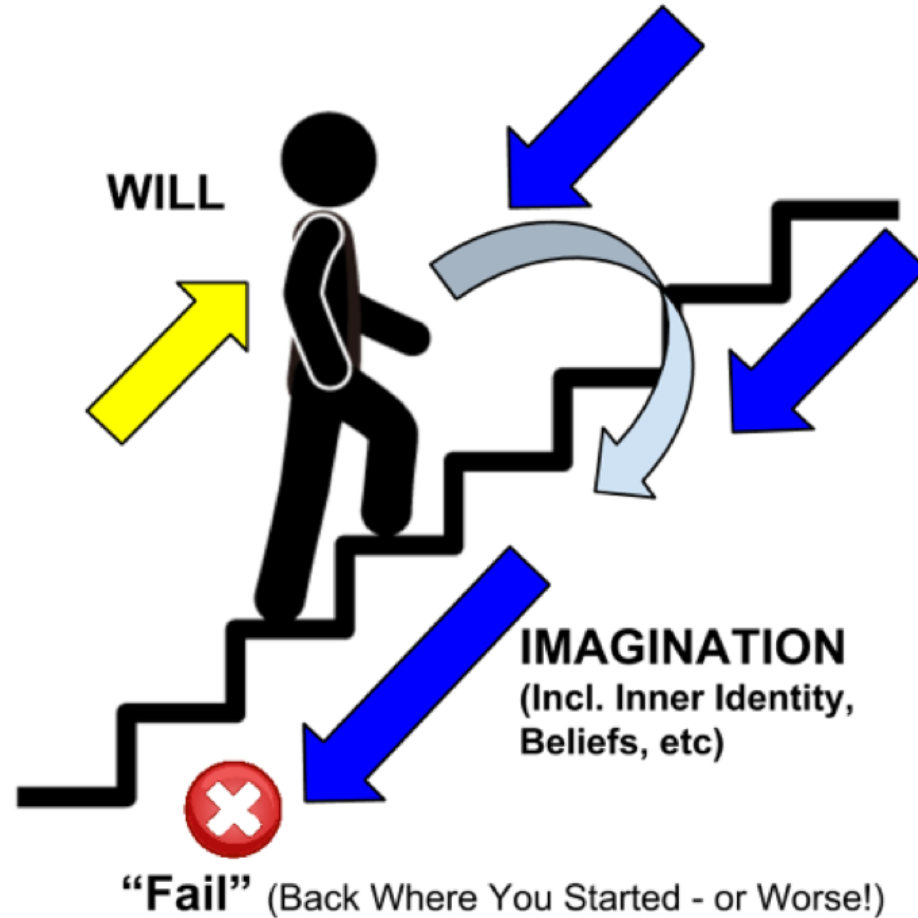
(Result = The harder you try, the more you will fail)

# Law Of Reversed Effect In Weight Loss



**Which has the strongest, emotive driving force behind it?**

# Will & Imagination In Conflict



# Will & Imagination Aligned



## What do we mean by “Imagination”?

Any aspect of a persons **internal “Imaging”** such as:

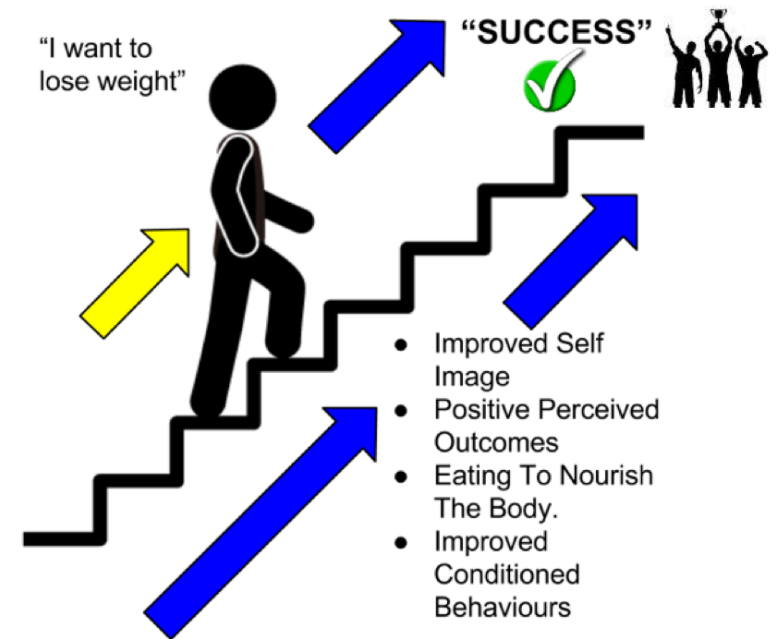
- **Self-Image** - how they see themselves (Identity). “ *I am fat*” “*I am overweight*” type self-fulfilling beliefs. (“It’s what I am”).
- **Imagined Outcomes** (If I get slim then “x”) “*If I get slim and look more attractive, I’m scared of the attention that might create.*” (Fear & Anxiety)
- **Emotional Responses** (I feel “this” so I do “*this*”) *Eating to suppress feelings & emotions.*
- **Conditioned Responses** (Pure Behavioural) “*I always have a chocolate bar for morning and afternoon snack*”.



# Imagination Overpowers Will



# Imagination Supports Will



# PRACTICAL PROGRAMME FOR WEIGHT LOSS

**(1) As always, listen first. Ask the client for a summary of their situation.**

- What do they want to achieve? (to find their goal)
- What have they tried so far? (so, you don't repeat failures)
- What has worked in the past? (you may be able to use that)
- When did the weight problem start? (i.e., was it triggered by a
- Symptomising event in adulthood, or is it more of childhood problem?)
- Or is it just habits that need to be changed?
- Just listen and chat informally without giving any advice.
- Listen, listen, listen and ask questions on anything that isn't absolutely crystal clear.

Watch out for 'statements of fact' which are really **just beliefs**.

**Client** *"I'm just too lazy to lose weight."*

**You:** ***"Really, what do you mean, lazy, who told you that?"***

**Client:** *"My boss. I stand up for 8 hours a day and get tired, but he says I'm lazy. He's the one who comes in late every day".*

**You:** ***"Ok, so you're not lazy, you just get tired and feel like relaxing after work rather than going to the Gym, is that right?"***

**Client:** *"Yes, that's right."*

**You:** ***"Great, so what would you need to feel to be able to go to the Gym, what would make it more appealing and worthwhile?"***

Your aim is to **uncover** and **resolve** any **limiting** or **false beliefs** the client may have about themselves or losing weight. Many of these will be readily revealed in the conversation –

We **don't** always need to dig deep to find answers.

## 2.Create a Goal Achievement Plan (Refer to when we did this previously)

### (A) THE DREAM/VISION

- In the **Dream/Vision** section, help them to create a Vision of where they would like to be once they have lost the weight or attained their ideal size.
- If you can create an **actual specific scene** - e.g., a **party, a holiday, a family gathering**. Ask them to imagine himself/herself there and describe in detail what they are wearing or doing and - most importantly - FEELING.
- You want to help the client establish some powerful and meaningful feelings and emotions.
- **Why?** Because we only ever really do anything in life because of feeling or emotion. Those feelings and emotions are the reason for them wanting to change their body size or shape and sometimes you need a lot of leverage to shift someone out of a lifetime pattern.

## PRACTICAL TIP

Sometimes they may not know what they want - but they do know what they DON'T want.

Ask them what they don't want, and then ask them for the opposite of that.

Also, let them choose the words or pictures that mean something to them and do not judge.

If being able to ***“feel smug because she is slimmer than her arrogant sister, at last”***, is the motivator, great. Use it for now ...

Later, when the smugness has worn off, she will be ready to resolve the next layer of beliefs

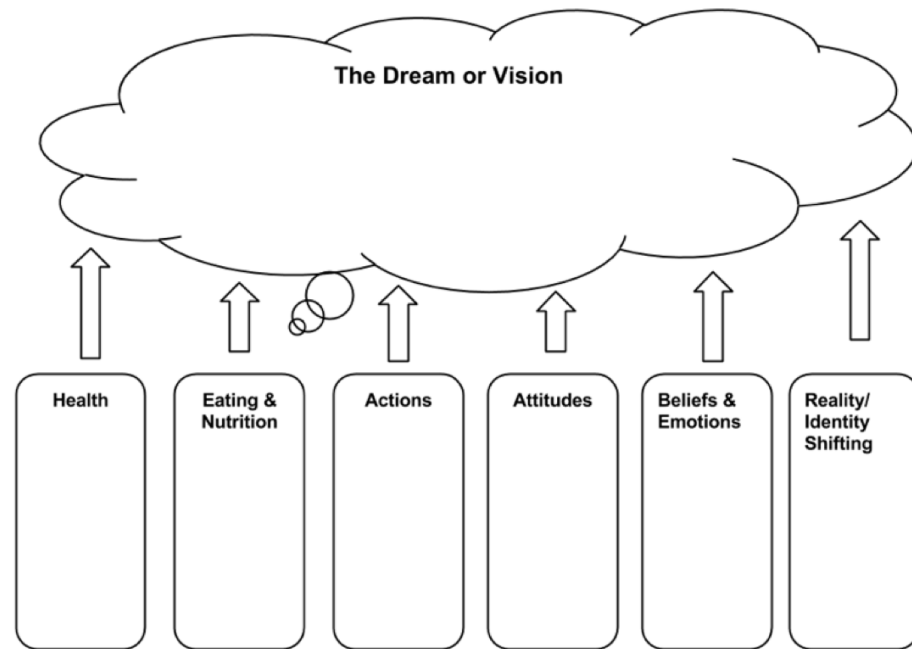
In the **Dream/Vision** section, look for words like: **Good, strong, light, happy, comfortable, confident** and so on

Let the client choose the words and images, but feel free to offer suggestions if they are stuck.

## 2.Create a Goal Achievement Plan

### (B) THE STEPPING STONE /ACTION BOXES

- Once you have an idea of what they want to achieve (including body size and weight) you can begin to fill in the **'Stepping stones' boxes**.



## PRACTICAL TIP – “THE TWIN”

Say to the client:

***“If you had a twin who could step out of your body and sit in that chair over there, what would they say you need to do right now, to make a difference to your eating and weight?”***

In this way, you will gain **insightful information** from the **client's own belief system**, instead of trying to give them advice from yours.

You can use this information to fill in the

**‘Steppingstone’s Boxes’.**

As you chat through the plan, it is very important to ensure that it feels **achievable** to the client.

**Always, always**, seek to help them **create a good feeling**, because that **feeling will drive behaviours** that create more good feeling.

# Create a Goal Achievement Plan

## (C) CONVERT THE 'STEPPING STONES' INTO SUGGESTIONS

- Take the **ideas** and **action statements** from the **stepping stone boxes** and convert them into **mantras, suggestions, and positive statements** that the client agrees to and feels good when reading them aloud.
- If the client feels uncomfortable about any of them, as they are reading them aloud, ask the client for alternative words or action.

## PRACTICAL TIP

Remember:

These statements will form the basis of your **personalised Hypnotic Suggestions**, so you want to ensure there is no resistance to them.



# Create a Goal Achievement Plan

3. Include: ***“How you will feel ‘after’ you’ve eaten, not during”.***

- Make sure you chat through the idea about **training their mind** to focus on how they will feel after they have eaten, as opposed to the feeling whilst they are doing it.
- Most people will focus on the **immediate pleasure sensation** of a certain food - e.g., the taste of a biscuit, piece of cake, chocolate bar - but may then have a **full, or sickly, or regret type feeling afterwards**.
- If a person has a choice as to whether to eat an extra slice of cake or not, you want their mind to associate the extra slice with a **“full, sickly, regret feeling”**, instead of a **‘pleasure’ feeling**, so that they don’t want to eat it and instead want to make a different choice.

## Say, something like . . .

*“From now on, you are going to discover, more and more, that your mind is beginning to focus on how you will feel AFTER you have eaten something ...*

*...*

*and if the feeling you feel AFTER you have eaten something fits in with the same feeling as your goal or vision, then you will feel drawn to go ahead*

*...*

*but if the feeling you will feel after you have eaten that something will take you away from how you want to feel ... then your mind can begin to make those types of food much more unappealing ... like something you wish to keep at arm's length”.*

# Example Of Goal Achievement Plan (1)



## 4.The Hypnosis

- If the client feels happy with all of this, then you can move onto the hypnosis. Use whichever **induction** you feel most comfortable with, according to the person, the location and time available.
- You could go through the **Library Model** as a visualisation, making it specific to how their eating and weight habits HAVE been, and then go through how we would like it to be from now on.
- Then you can use all the information from the **Goal Achievement Plan** to form **positive suggestions**, along with any stock phrases or suggestions you have gleaned from other sources or scripts, that you may feel are appropriate here.

## 5. Follow-Up Sessions

- If you are seeing a client for a **few sessions**, all of the above will pretty much take up the first session.
- On **follow-up sessions**, you can fine tune things. Sometimes the client will just want you to repeat the hypnosis you did before.
- Often though, they will report success in some areas but need extra help in others.
- **ALWAYS** aim to see if you can spot the limiting idea, or the **resistant belief** that has been causing them a problem.
- Try and avoid giving the kind of advice that ANYONE could give. You are looking to **find the edge that they cannot see for themselves**.
- Question everything, act stupid if need be and avoid making assumptions, so that you eventually have a clear understanding in your mind of what is actually happening in their mind.
- Fine tune the 'Steppingstone's. Fine Tune the suggestions. Create some **Self- Hypnotic questions**.
- Send the client off feeling that they have discovered something else and have something new to work with.

## 6. Emotional Eating

- If you sense that there are **stronger emotive forces** at play, then you can of course use any of the **analytical techniques** we have discussed.
  - **Parts Therapy**
  - **Free Regression**
  - **Regression to Cause.**
  - **Free Association**
  - **Inner Child**
  - **NLP .....** And so on.
- ... and add in slimming/body related positive suggestions at the end.

## 7. New Identity

- It is important that the client let go of any **old identities** around food and weight, and **create new a one**, befitting of their desired outcome.
- For example, if a client has the belief that he is a ***“fat, greedy and lazy person”***, his/her behaviour will eventually default back to supporting those ideas and another diet will fail - or your hypnotic sessions may be temporary or ineffective.
- If a client believes she is ***“useless, worthless and destined to be overweight”*** – these **limiting ideas** will also act as an **inner identity** driving behaviours and most likely cause sabotage.
- However, when we change the limiting identity statements to more positive ones, more befitting of the desired outcome, then the behaviour will more likely begin to default to that and we will experience a different outcome.
- Make sure you build these ideas into the **Goal Achievement Plan** and any suggestions you give.

# Change One Small Thing

- If someone is finding it hard to let go and move on in their life and perhaps, they find the idea of making **big changes overwhelming**, then ask them to think about
- ‘**One Small Thing**’ they can change to make a difference and get them to recognise the effect this will have. Reinforce the benefits from making such a small change. This will have a positive effect on them because they can be proud of their achievement.

E.g., Related to Weight Loss ...

- Pause for 5 seconds before eating and be mindful of whether you are physically hungry or are experiencing a habitual response to something else such as boredom or avoidance.
- Have 2 glasses of wine instead of 3.
- Only drink alcohol at weekends.
- Allow yourself to be hungry at times.
- Practice stopping before you are full



# Useful Techniques/Ideas for Weight Management

- **Goal Achievement Plan (GAP)** – allows you to find out exactly what the client wants.
- **Stop Sign** – See Module 8
- **One Small Thing** – Make changes small and manageable.
- **You are not a dustbin** – Changes their view of themselves and teaches them to respect their body.
- **Regression/Analysis/Inner Child** etc. – aims to get to the root cause of an emotional weight issue.
- **Parts Therapy** – Invites relevant parts of the client's mind to reveal why they have weight issues.
- **Positive Visualisation** – In Hypnosis, the client can visualise how they want to be and practice being in their new body and viewing it as if they are already how they want to be.
- **Split Path** – especially powerful if the client is concerned about health issues relating to their weight.
- **Anchor** – Useful for helping the client to feel calm, in control
- **Control Room** – can be useful for turning down hunger and anxiety.
- **Post Hypnotic Suggestion** - Hunger Check-In – helps the client recognise the difference between emotional and physical hunger
- **It looks nice but ...** I'm not going to eat it as I prefer to look and feel great.
- **80% 20%** - You do not have to be 'good' 100% of the time – 80% 'good' and the other 20% you can allow to be a little less fixed.
- **Mindful Eating** (pause to allow impulse to pass)
- **The After Feeling Technique** – most people who binge/overeat, feel really 'bad' both physically and emotionally after they have eaten – use this discomfort they experience as a powerful tool for reinforcing how 'bad' they feel and how much better they would feel if they made a better choice.
- **Virtual Gastric Band** – Have the client imagine they have a Gastric Band fitted and as such, their appetite is reduced.

# Finally!

- If you use the **principles outlined** here, you will be able to help most people bring about a change in their **eating behaviours** so that they can begin to attain their ideal size and weight.
- Sometimes, **it will be easy** – sometimes, it will be more **challenging**. Do your best, see what happens, and then do your best again.
- It may take **hours, weeks or months** depending on the individual concerned, the real cause of their eating issue and what they wish to achieve.