Week 1 – Practice Session

Different Stages of a Hypnosis Session &

Practicing Inductions

Practice Session
Aims of Today

- Welcome new members

- Allocating mentors

- How a **typical Practice session** will run?

- **The Typical Stages of a Hypnosis Session**

- **Practical Exercise:** Different Types of Hypnotic Inductions

- Practicing a **BASIC INDUCTION in 3s**

Mentoring Sessions

Debbie

1. Tracey Guy
2. Tom Hasemore
3. Minnie Offord-Aresti
4. Erica Sutton Teague
5. Claire Stroud
6. Leanne Jones
7. Marie Schroder
8. Pheobe Wolsey ?

Heather

1. Emma Cargill
2. Haley Stevens
3. Emma Westwell
4. Sarah Littlefair
5. Rachel Allaston
6. Samantha Gotora
7. Helene McGlone
8. Yvonne

How a Typical Practice session will run

- Sometimes **additional content**, which we will <u>integrate into practice</u>

- **Assignment /Case Study Surgeries**

- Sometimes **pure practice** on what has been covered in training session

The Typical Stages of a Hypnosis Session

Hypnotic Induction – The process that <u>induces hypnosis</u>. Usually involves some form of **physical or mental relaxation**. You will learn a range of these.

Brings about **focused relaxation** and an **altered state of consciousness.**

Facilitates an **inward focus**

Deepener – Deepening the initial stage of relaxation to help further <u>disassociate from external world</u> and **build compliance.**

Therapy – The work (<u>Not today</u>)

Release – Bringing back to everyday awareness.

ANDREW'S PRACTICAL TIP

There are many, many ways to guide someone into hypnosis.

Experiment with as many as possible and find a way that feels natural to you …

Different Types of Hypnotic Induction

On **P.22 & 23**, are some of the <u>most commonly used hypnotic inductions</u>. Don't worry; we will go through each of these in more detail as the course progresses.

PROGRESSIVE RELAXATION - BY MUSCLE TENSING & RELAXING

The client is asked to tense and release each of the main muscles of their body in turn. This can take a long time but is useful for people who find it difficult to relax.

PROGRESSIVE MUSCLE RELAXATION - BY SUGGESTION

The client is asked to imagine the muscles of the body progressively relaxing (or told that they are), just as if they're preparing for sleep. The client will usually give off signs of the various muscles relaxing.

There are <u>no limitations -</u> any way in which you can help the <u>client to dissociate</u> from their normal everyday awareness and enter into their **inner world** will induce a degree of **hypnotic trance.**

ANDREW'S PRACTICAL TIP

How you speak, is often more important than **what** you are saying …

Think of the feeling you are wanting to convey as you are speaking.

As you focus on that feeling yourself, you will **subconsciously transmit** that to the client.

What Is A Deepener?

The traditional purpose of a **'deepener'** has always been to take the client <u>'deeper'</u> into hypnosis, but Andrew believes that a deepener serves two purposes:

1. To help the client become more **inwardly focused** and **relaxed**

2. A useful **tool** for the therapist to <u>gauge the depth of relaxation</u> the client is experiencing.

- It is important to **gauge depth** because it is great if the client is very deep for **<u>suggestion therapy</u>** but not always for analysis (as typically more conversational) we may need them to be more **aware and interactive**.

- Deepening can be done in a <u>variety of different ways</u> such as counting down or visualization.

- **P.32/33**

Releasing From Trance

- When you have finished the **hypnotic process** the way you bring the subject out of hypnosis is called the **"Release"** - we release the client from hypnosis or trance. There are many ways of doing this.

- Andrew's typical release script can be combined these together, with ideas from other sources, using elements of each <u>depending upon the session.</u>

ANDREW'S PRACTICAL TIP

*Studies have shown that we are often **most suggestible** in the <u>moments just before we return to normal awareness.</u>*

*On a count to three, or three breaths type release, therefore, on the second breath it's good to repeat any **new ideas, suggestions or mantras** that we have been creating.*

See "Release With Suggestions" P.37

Demo of Basic Induction

Practicing Inductions

Module 1 - P.24 Onwards

- **EXERCISE:** Simple Induction, Deepener & Release

- Duration: 20 – 30 minutes

- Equipment: **Induction, deepener & release scripts**

- Practice Partner: Work in 2's or 3's. (Therapist/Client/Observer)

Background

- There are many ways to guide someone into the state we call hypnosis. In this exercise you will learn and practice one of the basic methods used. Although as you progress you will be able to work **script-free.** For the purposes of this exercise you will be reading from a script.

Instructions

- Find a quiet, comfortable place and have your subject sit or recline in a way that they can relax completely

- When you are ready, have them close their eyes.

- Read them one of the simple induction scripts provided for this exercise.

- Read them one of the deepener scripts provided for this exercise.

- Read them one of the release script provided.

- Have a brief chat about the experience.

- Write it up in your **Reflective Practice Journal (P.38)**

BY NEXT WEEK

- **Practice, Practice, Practice ……. Inductions, Deepeners and Releases**, on anyone who will let you!

- **Week 2 - Module 1 –**

(Part 1) **What is Hypnosis, Models of the Mind and The Stress Response.**