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Practitioner Academy

Welcome

Week 4 –Module 2 (Part 1)

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Aims of Today

- **Learning objectives for Module 2**
- **The Critical Faculty (Recap)**
- **Post Hypnotic Suggestions**
- **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 MODULE 2 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**.

Module 2 (Part 1) – The Critical Faculty

- Many hypnotherapists believe that if they relax someone into hypnosis using the simple methods learned in **Module 1**, and then deliver **hypnotic suggestions**, that it is all "going in" and having an effect. This is, unfortunately far from the truth...
- We need to consider the **factors that influence the effectiveness** of suggestions and learn to spot when a client is responding - and when they are not!
- In particular, we need to consider the role of **"The Critical Faculty"**. Otherwise, a client may be nicely relaxed, but not very open to new ideas.

‘Hypnosis is the state of mind in which the critical faculty is bypassed and selective thinking established.’

Dave Elman

STUDY HINT

What do we mean by

“Critical Faculty”?

Why is it important when bringing about change?

The Critical Faculty

- The Door Security's job in a club is to decide **who is allowed in - and who isn't**, which is set by the owner (The Client)
- Door policy = **Client's belief system**
- If an **incoming idea** fits with the **door policy** - the **Belief System** - the idea is allowed in.
- Once the **Critical Faculty** is by-passed around a particular topic, they will be more willing to accept this new idea and update their beliefs around it.



If it does not, it is rejected, possibly even triggering the **Threat/Stress Response** as well.

The Critical Faculty & the Power of Suggestion

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- **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.

The Critical Faculty & the Power of Suggestion

Old Belief system/ Old Door Policy
= “ I can’t do this” (will reject positive praise)

New Belief/Updated Door Policy
= (Will accept positive praise)

There are many ways in which we can by-pass the **Critical Faculty** we will explore this!

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.

Practice

- Explain The **Critical Faculty** to each other in your own words to confirm your understanding (2-3 mins each)

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 over time.

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 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).



Signs & Cues Hypnosis.

- When people go into hypnosis many changes occur which can be noticed.
- Both **obvious** and 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 performing 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.

Practice: Looking for Signs & Cues of Hypnosis (15 mins each)

- Using a script of your choice, deliver and try to observe **sign and cues** of hypnosis
- In your role as the **observer**, you will find this much easier
- Discuss after each person

Summary of Today

- Learning objectives for **Module 2**
- **The Critical Faculty**
- **Post Hypnotic Suggestions**
- **Suggestibility & Tests**
- **Signs & Cues of Hypnosis**

In your own time, over the next few weeks, watch the webinar on:
Handcrafting Hypnotic Suggestions & By-passing The Critical Faculty

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