

ANDREW **PARR**

Practitioner Academy

Welcome

Week 5 –Module 2 (Part 1)

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AIMS OF TODAY

- **Putting it all together - Basic Suggestion Session**, which is very often what makes up a session of what is called **Clinical Hypnosis**, or **Solution Focused Hypnotherapy**.

Putting It All Together

If we take the **practical elements** from these **first two modules**, we now have all we need to carry out a very **basic Suggestion Session**, which is very often what makes up a session of what is called **Clinical Hypnosis**, or **Solution Focused Hypnotherapy**.

- The Key elements are;
- Meet and greet chat with client
- Discussion of an issue they would like help with.
- Induction
- Deepener
- Suggestions
- Release
- Chat at the end

Clinical/Solution-focused Session

- In many hypnotherapy training courses, this is essentially all that you learn. A variety of **inductions, deepeners, scripts** and **releases**.
- The better ones will also help you to create more **customized scripts and suggestions**, which we will also come onto soon.
- The right session like this, delivered in the right way, to the right person, can be **completely life changing**.
- It can help people **release old ideas**, and **gain new perspectives** and **transform** almost any area of life.
- Provided, of course, that the **CRITICAL FACULTY** allows the ideas to take root



Practice putting it all together

- Let's just **practice putting together** what we have already, choosing from our **inductions** and **deepeners**, and either the **Anxiety Release Script** or the **100% Confidence Script** – two things that most people can benefit from to a certain degree!
- Approximately, 30 minutes each

Instructions for Practice:

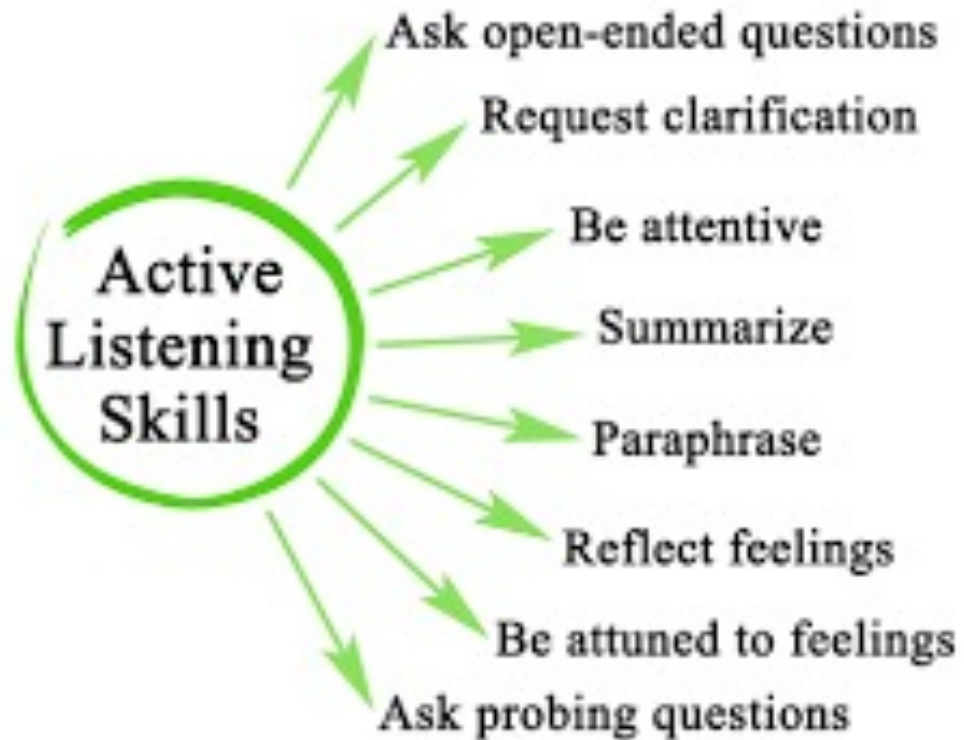
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- Spend **10 minutes**, or so chatting with your volunteer subject, to ascertain an area of life where they perhaps like to reduce some anxiety or increase a feeling of confidence.
- **Don't dig too deep for now** - just get an idea.
- Carry out an **induction** and **deepener** of your choice from any you have learned so far or any of your choosing).
- Deliver the **suggestion script**.
- Use one of the **Release** methods you have learned so far.
- Have a chat about the experience
- Write it up in your **Reflective Practice Journal**

Do this with several volunteers **using a mixture of different inductions** and deepeners to help you get a feel of what feels most natural for you.

REMEMBER



1. Build **Rapport**
2. Enter **the client's world** and their **belief system**
3. Look **Emotional hotspots**
4. Andrew's **Magic questions**
5. **Explain the Hypnosis** process (simply)
6. **Induction, deepener, Suggestion script, release**
7. **Debrief**

Practice Sessions this week:

Putting it all together! Using **Basic Suggestion Scripts** (Anxiety and 100% Confidence)

STUDY TIP:

The aim is not to be “**good**” or “**perfect**” yet. The aim is to get these **basic skills** engrained so that you don’t have to think about them so much when eventually working with a client.

Relax, and enjoy learning and practicing.

- Also consider **recording yourself** and **listening back** 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)

NEXT WEEK -

- **Module 2 – Assignment Surgery**
- **Module 3 - Learning Objectives for Module 3**
- Thought-Feeling-Behaviour Loops
- TFB Exercises
- Hand-crafting Suggestions
- Do want Don't want' & exercises