

ANDREW **PARR**

Practitioner Academy

Welcome

Week 10 –Module 4 (Part 2)

Presented by Debbie Moores

Aims of Today

- **Recap of Week 9 – What do you have learned**
- **Observation Exercise**
- **Andrew Newton Induction & Deepener**

Recap – Week 9

FLUID QUESTIONING:

1. Natural Clean Questions
2. Unfinished Sentences
3. Client Language Feedback
4. Linking Phrases

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**.

Observation Exercise (15-20 minutes)

When **processing information**, either **consciously**, or more **subconsciously** during hypnosis, subjects often display a variety of subtle (and sometimes not so subtle) **indicators** as to how they may be **feeling inside**.

- **On top** of **Minimal Cues** (Signs Of Hypnosis) discussed previously.
- Good for to notice, to be as aware as possible as to the client's **current emotional state**.

It is a fairly standard NLP-type practice exercise, but it was first introduced to me by hypnotherapist Nick Davies <http://www.ndhypnotherapy.com/>.

Observation Instructions

Ideally work in groups of 3 or more but you can do this in pairs if need be,

- **STEP 1 - ACCESS THE NEGATIVE**
- **STEP 2 - OBSERVE THE NEGATIVE**
- **STEP 3 - BREAK THE STATE**
- **STEP 4 - ACCESS & OBSERVE THE POSITIVE**
- **STEP 5 - BREAK THE STATE**
- **STEP 6 - MAKE A CHOICE & OBSERVE**
- **STEP 7 - SWAP PLACES AND REPEAT**

Script example (Negative) Steps 1, 2 & 3

1. Accessing the Negative

“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.”

“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 and store the feelings and emotions as well.”

2. OBSERVE

3. Breaking the State

“So, just taking a deep breath in, and when you breathe out, just letting that memory go, and any emotions that are linked to that memory, that time, that place. And just come back to the present, this time, this place, this room, still keeping your eyes closed, just for now and gently clear your mind and instead maybe think about what you are going to eat for dinner tonight, or maybe had for lunch today »

Script example (Negative) Steps 4,5 & 6

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4. Accessing the Positive

“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 went really well for you ... in fact, something that made you really good in some way ... but don't say it out loud.”

“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 and store the feelings and emotions as well.”

5. OBSERVE

6. Breaking the State

‘So, just taking a deep breath in, and when you breathe out, just letting that memory go, and any emotions that are linked to that memory, that time, that place. And just come back to the present, this time, this place, this room, still keeping your eyes closed, just for now and gently clear your mind and instead maybe think about what you are going to eat for dinner tonight, or maybe had for lunch today

Andrew Newton Rapid Relaxation Induction

- Andrew Newton is the Hypnotist that trained **Paul Mckenna**. His book, “*All In The Mind*”. he is extremely knowledgeable, has a lot of experience and a lot of value to teach.
<https://www.newtonhypnosis.com/>
- Many years ago Andrew watched a DVD of Andrew Newton explaining how he developed this induction as a way of helping clients into a good state of hypnosis **using physical and mental relaxation**, all in the space of a few minutes - based on his many years’ experience in stage hypnosis.
- This technique and variations of it can be especially **useful** if you need to induce hypnosis quickly and can also be taught as a form of **self-hypnotic relaxation** for people to use in their daily lives. Andrew still uses it now and then.

THE PROCESS

- Andrew suggests using a similar process to the **Magnetic Hands routine**, whereby the client is usually sitting in a fairly upright chair and is asked to practice tensing and relaxing areas of the body in a specific way, as a ‘**practice run**’ once or twice initially, before then doing it “for real”.

Andrew Newton Styled Rapid Induction Script & Visualization Deeper...

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PRACTICAL TIP

Sometimes I will make it a “night-time fishing village” scene ... or even the night sky ... switching off the stars. Or mention a selection and allow the client to choose in their mind the one they prefer. I like this Deepener and lots of students like it too but I have not seen the original for a long time, so am not sure how far away I have strayed.