

ANDREW **PARR**

Practitioner Academy

**Welcome**

**Week 9 –Module 4 (Part 1) Practice**

Presented by Debbie Moores

# Aims for today

- Introduce 3 other elements of **Fluid Questioning**
- Exercise 1 – Integrate using **Natural clean** Questions, and looking for **Unfinished Sentences ...**
- Exercise 2 - Integrate All 4 elements of Fluid Questioning – **Natural Clean Questions, Unfinished sentences, Client Language feedback** and **Linking phrases**
- ‘Heads up’ for Next Week’s Practice, to enable you to prepare.

# REMINDER OF EXAMPLES OF NATURAL CLEAN QUESTIONS (P.14)

- *“In what way ...?”*
- *“And that means that ... ?”*
- *“And what’s that like ... ?”*
- *“What kind of ... [ xxx ] ?”*
- *“And what do you mean by ... [xxx]?”*
- *“And are there any feelings or emotions ...?”*
- *“And that feels ... ?”*
- *“And that makes you/me feel ...?”*
- *“I wonder why ... ?”*
- *“[ xxx ] ... it feels as if ... ?”*
- *“Whereabouts ... ?”*
- *“And then ...?”*

## 2. Unfinished Sentences

- During any line of questioning - whether as part of a **conversational therapeutic interview** - or during **hypnosis** - there will be times when the client starts a sentence but doesn't finish it.
- When someone backtracks part way through a sentence, it is usually because they have **subconsciously** stopped themselves from expressing or saying what they were about to say.
- There is “**resistance to verbalizing**” - the **Stress/threat response** has kicked in - and that is usually an indicator of a **limiting belief**, or **idea** or **emotion**.
- Andrew encourages us to see this as a ‘**flag waving**’, saying “***there is something going on here***”, and so always ask the client to finish the unfinished word or sentence.
- Often, this will begin accessing the next level of their **belief system**, whether this is in a **conversation** or during recall in **hypnosis**.

# Unfinished Sentences

## For example:

- Client: *“I had a difficult childhood”.*
- Therapist: *“What kind of ‘difficult childhood’?”*
- Client: *“It was just ... well mum and dad worked really hard to support us”.*
- Therapist: *“Finish that sentence ... ‘it was just’ ...?”*
- Client: *“No nothing, it was just ...*
- Therapist: *“Go on, finish the sentence, ‘It was just’ ...?”*
- Client: *“It was just ... lonely.* (triggers emotion).

# Practice Exercise: Natural Clean Questions & Unfinished Sentences

<b>Duration:</b>	10 minutes per person
<b>Equipment:</b>	Notepad & Pen
<b>Practice Partner:</b>	Individually or 2's and 3's
<b>Background:</b>	Unfinished words or sentences often indicates unfinished business, so this exercise is to help train you to look out for them,

## Instructions:

- Repeat the **Natural Clean Question exercise**, either with a **different volunteer client** or the **same one** but on a **different topic**, but now also pay attention to **unfinished words** and **unfinished sentences**.
- Whenever you notice these, ask the client to go back and complete what they were about to say.
- **Pay attention** to whatever it is **they say**, in order to complete the word or sentence – very often it will also be an indicator of a **core fear or belief**.
- Write up the experience in your **Reflective Practice Journal**

## STUDY TIP

Remember, **unfinished words** or **unfinished sentences**  
often indicates **unfinished business!**

## 3. Client Language Feedback Process

- In practice this means **repeating back to them**, virtually word-for-word, then pausing to see their reaction and/or allowing them to continue. The only change you may make is changing 'I' for '**you**' as in the example below - but often you can keep it exactly the same.
- The majority of the time they will react by nodding, which is a sign that they feel they have been listened to and understood, which is excellent for **rapport building**.
- It also encourages them to **keep talking**, and **reveal more information** without interrupting their flow.
- Repeating everything word-for-word parrot fashion, can seem weird or contrived. If we repeat back **key words** and **phrases** ... and then just leave it hanging, or even follow with a **Natural Clean Question** or **Linking Phrase**.
- This helps the client continue their journey to the core of their issue, or indeed begin to reverse it if we are at the right point.

## Example

A young child who had been performing in a major London West End show, was brought to see Andrew for sudden stage fright.

Therapist: *“Can you tell me what happened?”*

Child: *“ I was just about to run on the stage and I suddenly felt scared.”*

Therapist: *“You were just about to run on stage and you suddenly felt scared?”*

Child: *“Yes, I just wanted my mum”.*

Therapist: *“You just wanted your mum?”*

Child: *“Yes [gets upset]. I don’t want to do the big shows any more.  
I just want my mum”.*

Mum gives him a big hug and says that’s OK. We have a quick chat and they go - mum and son both relieved.



## 4. Useful “Linking” Phrases

(p.22)

1. Linking together **various bits of information** the client has **revealed**,
2. Helping encourage the **further flow of information** or **recall**
3. Beginning to turn things around from **negative to positive**.

- *“And what’s going through your mind there ...?”*
- *“And if you could [xxx] what would that be like ...?”*
- *“And if you did know, what would that be ...?”*
- *“Take your time ...”*
- *“Pretend I’m really stupid and explain it in the words of a young child ...”*
- *“And is there a different way ...?”*
- *“And if you did know, ...?”*
- *“I wonder what/if ...?”*
- *“Is there a way can you see it differently ...?”*
- *“And what would you rather, or need, to think, feel or believe instead*

## Video Clip (7-9 mins)

Spot Andrew using:

- **Natural Clean Questions**
- **Unfinished Sentences**
- **Client Language Feedback**
- **Linking Phrases**

**<https://members.andrewparrtraining.com/client-session-videos/lucia-regression/>**

# Practice Exercise: Fluid Questioning

(p.23)

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**Background:** The aim of this exercise is to practice all four elements of **Fluid Questioning** and become familiar with combining the 4 elements in a natural and impactful way, whether conversationally, or within an inwardly focused hypnosis session.

**Instructions:** For this you will do this **conversationally** (ie eyes open, face to face), as you would in an initial interview with a client, (but you will eventually also use this technique within hypnosis).

- Using a fellow student, as before, ask your volunteer to choose a **topic of interest** them, such as a hobby or something meaningful they have suggested.
- Begin by asking them to reveal or share something about their area of interest. E.g. ***"Can you tell me something about [ x ]?"***
- Once they begin, your challenge is to keep the conversation going by using only the **4 Fluid Questioning Techniques**, which are:
  - **Natural Clean Questions**
  - **Unfinished Sentences**
  - **Client Language Feedback**
  - **Linking Phrases**

**DO NOT ATTEMPT TO SOLVE OR RECOMMEND ANYTHING!**

**JUST SEEK TO UNDERSTAND FOR NOW!**

## 'Heads Up' for NEXT WEEK:

**Practice Exercise:** (p.25)

### 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**.