Manual

Day 2

HAVEN RIDGE
SCHOOL OF HYPNOTHERAPY

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Guide for the Preliminary Session

Before hypnotizing you, I want to take a few minutes to explain a little about hypnosis. Most people have heard or read things about hypnosis which gave them a false impression of what hypnosis really is. It is easy to understand why people do not understand hypnosis after seeing some of the weird things that are shown in movies and in some television programs.

We need to remember that the directors of those movies and many of the television programs are trying to entertain people rather than inform people about the subject of hypnosis, and to entertain they write into the plot all kinds of sensationalism to try and make the program interesting. They show hypnosis being used in ways that it can't really be used. They show things supposedly about hypnosis that are totally untrue, or which distort the truth. It results in many people developing false impressions and total misunderstandings about hypnosis.

Going into a state of hypnosis is a perfectly natural experience. It is difficult to describe the hypnotic state since it is a little different for each person, yet for most people it can be described as a calm, peaceful state of relaxation. The person who is hypnotized is aware of everything the hypnotist says at all times while he or she is in the hypnotic state. The belief that the hypnotized person is asleep or in a state of unconsciousness is a misconception. You will hear every word I say. You will also be aware of everything you do while you are hypnotized. That's one of the reasons a person can never be made to do anything he or she would be consciously opposed to doing if given the same suggestion when not in a hypnotic state.

I already mentioned that for most people the hypnotic state is a calm, peaceful state of relaxation. You will find that the more you permit yourself to relax, the more you will benefit from the helpful suggestions you are given. In other words, the more you let yourself cooperate, the more benefits you get from the wonderful experience you will have, and you cannot be hypnotized without your cooperation.
There have been cases in which the effects of hypnosis have seemed miraculous because of the amazing results people have experienced by permitting themselves to be hypnotized. However, it is not really a miraculous power. It is merely enabling people to use unrealized abilities which they already possess, including the natural healing abilities of their own bodies.
Everyone has within them the ability to heal cuts, bruises, and broken bones. Those are not supernatural experiences. They are normal, and hypnosis is a technique which enables your own mind to use those abilities to produce healing in all areas of your body.

When you are hypnotized, the unconscious levels of your mind are much more open to suggestions. And your mind accepts helpful suggestions that cause your body processes to function properly and heal your body from any kind of illness.

Hypnosis enables your mind to accept suggestions that cause your self-confidence to increase. It allows your creative abilities to keep emerging. It improves your learning abilities. And it helps you in many other ways.

Hypnosis enables you to achieve a state of mind that improves your character, and suggestions can be given to remove any features of your character which you wish to eliminate and strengthen those features of your character which you feel are desirable.

Hypnosis will help you to effectively direct all of your future efforts, and it can help you to become more successful in all areas of your life.

Hypnosis will actually strengthen the will. Instead of weakening the mind, it will actually improve the mind. It also helps a person's concentration to improve, as well as improving their ability to recall.

These are some of the facts about hypnosis. It is the ideal state for achieving whatever you need to achieve, whether it is healing of your body, improving study habits, developing self-confidence, reducing your body, overcoming bothersome habits, plus helping you achieve many other goals you desire to achieve.
Do you have any questions you would like to ask before you experience the wonderful state called hypnosis?

Note: This is an example of some of the things you should cover before attempting to hypnotize a client. These suggestions in this "Preliminary Session" answer a lot of questions, and help the client develop some understanding about what to expect from hypnosis.
You, of course would adapt it to your own needs, and the needs of the client who is in your office.
Not only does a "Preliminary Session" such as this set the client's mind at ease, it opens the way for the client to ask any questions that need to be answered before attempting to begin hypnosis.

It isn't necessary to go into detail in answering questions. In fact, it is better to be brief, yet at the same time in order to build rapport, the "Preliminary Session" should be conducted in an easy unhurried manner.

What are 5 things you will express to your client create rapport?

_____

_____

_____

What is a ways you can utilize hypnotherapy for your own personal use?

_____

_____

_____

Perception Observation Technique By: Becky Kehoe

There are many ways to create and trust: this technique is very helpful in giving the client awareness and control. I Have used this technique for many years it has some of the elements David Snider uses in his spin technique he

- Good for first time clients:
- Gives the client control.
- You will see if the client will follow directions.
- You will understand the level of imagination and perception.
- Can be used as self-hypnosis.
- They can go home and teach all their friends and family.
- You can use this same energy that they followed as their first session.

Ask the client to Find an emotion/feeling/word/pain whatever surfaces for them.

Often easy to use the unsure or uneasy feeling they have from coming for a session Invite them to close their eyes.

Triangle Breathing

Let's start with some triangle breathing: as you take your next breath imagine that breath coming all the way up your right leg to the top of your head.

Perfect

Now as you release that breath imagine it goes all the way out your left leg all the way down. Breathing in – up the right side all the way to the top

And out all the way down.

Continue this for two more breaths.

Perception Observation Technique

Example:

Client: I have Anxiety

Therapist: Notice that energy in your body "clients words(anxiety)"

Where do you notice it?

What does it feel like?

Repeat their words exactly back to them between questions.

Watch your client's body, voice level and breath, you may notice the shift to the subconscious response.

Therapist:

Now place your hands palm up on your lap.

When you are ready go ahead and use your imagination and put that energy "Clients words" into your hands on your lap.

You can put it in your hands, pull it all out of your body now - don't leave any of it behind.

Now double check, make sure you haven't missed anything. Good

Therapist – If you had to guess much like playing pretend when you were a child, what do you notice in your hands?

- what is the shape?
- what is the colour?
- density a smell
- weight
- what else are you noticing

Client: Its big, feels like thick air and kinda like a ball.

Therapist: Now lets make that bigger and bigger

When I count to 3 even bigger - 1, 2, 3 (Snap)

What else do you notice?

Client: Its Brown and Hard

Write down what they notice.

- Feels Big and thick air
- Hard
- Brown
- Kinda like a Ball

Slow down your Patter:

Therapist: Now create the opposite:

- big make it small
- hard make it soft
- brown – perhaps the colour changes
- Kinda like a ball – you may even notice the shape change.

Give the client time to process - What would you like to do with this now?

Client: send it away

Therapist: Go ahead and do that now thanking it for showing up today.

Most often the client decides to do something like toss it away, if not you can suggest.

Sending it away shrinking it so small it turns to dust etc.

The client will tell you what they want to do,

Count them to an alert state

Therapist: I will count from 1 to 3 bringing back to awareness.

Therapist:

- One: Begin by noticing the temperature of the air around you.

- Two: Embrace the feeling of freedom that surrounds you.

- Three: Gently open your eyes, and return to full alertness.

Let your client know this is what it will be like in Hypnosis for you.

**** You can use this same energy that they followed as their first session. ****

Pre-Induction Suggestions – Resistant clients

These suggestions could be given if the induction has started and the client doesn't seem to be responding.

- You can keep me from hypnotizing you if you want to. You can resist any suggestion I give you, because whether you achieve the hypnotic state or not depends entirely upon your own ability.

- No one has the power to put you into a hypnotic state. In other words, there is no way I can force you to become hypnotized against your will.

- In fact, I have never hypnotized anyone, yet I have helped (hundreds or thousands) of people achieve the hypnotic state themselves, and I can help you achieve the hypnotic state if you really want to be helped, and if you are willing to let things happen and not be trying to make things happen.

I'll explain what I mean by that.

If I were to suggest to you now, "Your eyelids are becoming more and more relaxed. Your eyes are closing." You could close your eyes to help me. That would be making things happen, because your eyes were not relaxed, and you just closed them to help me. That's not what you want.

However, if you kept looking at the same spot and your eyes became relaxed and felt like they want to close and you let them close, that is letting things happen, and that is how you achieve the hypnotic state.

You could force your eyes to stay open even after they feel so relaxed and feel like they want to close, and that would be resisting my suggestions and would keep you from achieving the hypnotic state. So what it amounts to is this. Letting things happen is merely permitting the natural feelings that I suggest to occur. In other words, don't try to make anything happen, and at the same time, don't try to resist.

Just listen closely to my suggestions, let yourself be responsive, and you will find that you are just as capable of achieving the hypnotic state as anyone else, and you will also find it to be a very enjoyable, very helpful experience. You will like it very much.

Rapid Induction Practice

Rapid inductions are forceful, only for stage performances, and are too difficult. What?

Lets look at why we use them. Rapid Induction is a way to drop a person into hypnosis quickly.

Does it work for everyone? No but you can look at a different approach if it doesn't.

You can use fractionization mixing them up. Fractionization is doing two inductions with an eye opener in between. How does this work?

Rapid inductions still take up to 3 minutes and are not created to put pressure on the client such as an instant induction used on stage.

This requires 5 things:

- Expectation
- Motivation
- Belief
- Willingness
- Rapport

Making the induction fun and memorable - Not shocking and scary

Use an induction that fits your client ensure they are aligned with it. Example they love butterflies use the butterfly induction. Great with touch, use an induction with lifting the hand.

Note: If the client is afraid of the elevator, escalator the water (re-word the script or get a different one.)

What is induction?

Hypnosis Steps

1. Pre- Talk - Rapport

2. Desensitize

3. Centering - Reassociation

4. Induction

5. Deepener/progressive relaxation - Transformation Time

6. Therapy

7. Post Hypnotic Suggestion

8. Exit

The Structure of a Session

The following are examples how hypnosis sessions can be structured, as always there are exceptions, and it is upon the hypnotist to make changes were needed to provide the best outcome for our clients.

Basic Steps of Practical Application

1. Pre-Talk - How to Establish Good Rapport

Rapport is defined as the interrelationship between individuals based on verbal as well as nonverbal communication. We cannot not communicate! Our rapport can be good or bad, however if we are communicating with a person, we will have rapport.

This is the time to establish good rapport, clear possible misconceptions regarding hypnosis and learn about the ideas and intentions of our clients, possible fear, hopes and expectations. Intake or medical forms as well as test are done at this time ”or” special place collected.

This is the place hope is turned to belief. Our communication is 90% nonverbal. To establish positive rapport with our clients, we should use all aspects of communication to develop a relationship that is based on trust, understanding, and caring.

Listen

When we listen closely to the language, we can notice the preferred reference systems (auditory, visual, kinesthetic) and use this information in our responses, like speaking the "same" language as our clients.

Watch

We can gather a lot of information when we become aware of the different communication signals delivered through posture and gesture. Maybe you remember a situation when a person was speaking to you with their arms crossed. What was your feeling of your connection with that person?

When we put ourselves in our client's shoes and walk in them for awhile, we might be able to connect on a deeper level.

Understand

Empathy is the ability to understand and be aware of the feelings of another person without being lost in the same emotion or experience.

Patter

Our voice and words are the most important thing we use in hypnosis. Patter is the way we speak during hypnosis. Clients may vary in their response to different types of language, tone, intonation, and volume. It includes mastering voice modulation – different volumes tones, emphasis on specific words and the use of the language of hypnotherapy.

Check list:

- Welcome client -Ask how their travel to your office was, comment on their shirt
- Hand out intake forms state signature is permission. Medical forms, Disclaimer Legal Permission
- Ask if they have any questions or concerns
- If you do use Suggestibility and discuss why we use these forms
- Discuss what they are wanting from the session
- Discuss rates, explain the privacy/confidentiality of the information in the session
- Environment prep – water, Kleenex, blanket warmth, do they need to use the washroom
- Ask for permission – If you are touching the client in your induction ask for permission to touch
- Ask if the distance is ok.

Note: Set the expectations.

Are you in agreement with rapid induction/going into hypnosis?

Clarify the inductions and deepeners you are using are not a fear for the. (Ask how do you feel about the items in the inductions or deepeners example: boats, butterflies, eye fixation or touch) The special place may give you a clue as to what they could use.

Lead them into their experience. When you follow my guidance you will drop into hypnosis easily, you literally drop into a relaxed state, more relaxed than you have gone before you will feel a wave possibly of calm move through you.

How does that sound?

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2. Desensitize of environment and (senses)

Desensitize – desensitize the sounds, vibrations, or light from inside and outside the office.
Using a desensitization method will allow the client to relax even more.

Aware of possible sounds and movement that client will notice, both inside and outside.

NOTE: By doing this we eliminate all distraction or trigger, this will allow them to stay in a hypnotic state.

Desensitize your voice if a friend/family member or if the client mentions you sound like someone they know. (this will ensure your voice will not distract or connect them to memory)

Desensitize inside: door closing, chair moving, papers, clearing your throat,

Desensitize outside sounds: perhaps vehicle outside, wind on the window, people walking in the hall.

Desensitize Example:

Now bring your attention to all the sounds and senses of the room. Noticing what you notice, the temp of the air the sounds and awareness of what is around you. Perhaps you will hear me moving in my chair, paper moving or clearing my throat. Each time you notice those sounds and others from in the room it will bring you deeper and deeper into a peaceful state that you are allowing yourself today. Notice the feeling of the blanket and the comfort of the chair taking you deeper and deeper into this calmness.

Bringing your attention to outside the room. Perhaps you notice the sound of the wind on the windows, the traffic. Each time you hear these sounds the will not distract you but will in fact bring into a calmer deeper state…

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3. Reassociation - Centering

This brings the client into their body – grounding their awareness to themselves instead of outside conditions: By Centering one creates focus and clarity.

Reassociation / centering and breath - allows the client to center and ground in the office and let all energy from there day balance.

Centering Example:

Imagine you have a space in your body where your energy is stored.
We will call this your core. Perhaps it's in your belly or chest.
Bring your awareness to this core and now move out of that space.
Notice the sounds and calmness to your ***right side.***
And slowing moving your awareness to your ***left*** relaxing and taking a deep breath in and out.
Perhaps you notice your eyes moving in the direction,
And moving all that way back into your core..
Relaxing more as you sink down… softly against the chair ***behind you***... Feeling lazy and relaxed.
Breathing in and out now you may slowly calmly bring your awareness to the ***front of you***.
And going even deeper into your core once more. All the way into your familiar calm space.
And with the next breath imagine the calmness moving down from the top of your head to the tips of your toes… overflowing softly… breathing in and out.

4. Induction

Induction – Inducing a hypnotic state using tools to bring client into the subconscious state.

We use induction to control the moment of conversion into Hypnosis. This by-passes the conscious mind connecting with the subconscious where it openly receives the communication. At that time, the senses are in a state of heightened awareness. The mind will only accept that which goes along with the established morals and ethics. The person in a hypnotic state will respond only to suggestions with which he/she is in agreement. - A hypnotic induction is where participants are given a series of instructions which, if they follow them, are intended to assist them in achieving a hypnotized state. Hypnotic procedures are intended to encourage focused attention, and absorption on the inner mental world.

- We use a series of simple tasks, such as eye fixation, that leads an individual to enter a state of higher suggestibility during hypnosis. The process depends on the individual's hypnotic susceptibility and often involves relaxation and a subtle shifting of perceived control to the hypnotist.

Inductions serve several purposes:

- to focus the client's attention.
- to occupy the conscious mind to bypass the critical faculty.
- to allow for the building of a characteristic pattern for responding to the guidance of the hypnotist.
- to create a recognizable ritual for and with the client that can also be used to induce self-hypnosis.

For the first week we will stick to a couple basic inductions. You will find them in your Scripts and Forms Day 2

Example: Use hand out from Day 2 Scripts Folder
Palm Raise
Eye fascination
Arm Drop – Converted no touch.
5 down to 1

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5. **Deepener – progressive relaxation**

Focus the client's attention on a progressive relaxation of the body, from head to toe.

Full body PR

Tighten and loosening muscles full body

Breath work - Scripts

The progressive relaxation and deepener work hand in hand bringing the client into a deeper state. Examples:

- The stairs deepener
- Full body relaxation script

There are four stages in progressive relaxation.

- Awareness of tension - by concentrating on an area of your body, you learn to recognize tension.
- Relaxing the muscles.
- Awareness of relaxation - you concentrate on the particular area of your body, and you learn to recognize the feeling of relaxation.
- Move through every part of the body noticing what you notice and relaxing.

So now from the top of your head to the tips of your toes every muscle, calm and completely relaxed.

You can use any words that make the person feel completely relaxed. Ask the client about their special place in the beginning – use their key works to help them relax.

Calmness , warmth , tranquil , soothing , serene , restful , peaceful , looser , letting go , unwind , cozy , still , gently , undisturbed

6. Therapy – scripts

Therapy – scripts - In reality, the term "therapy" encompasses a number of therapeutic activities and interventions intended to improve overall health and well-being.

Therapy will integrate the positive change, created by the client and the Therapist.

- **Integration – Anchoring**

Integrating the new findings and anchoring them as well as enabling the client to remember the new insights and perspectives (post-hypnotic suggestions) is the core of this phase.

Positive changes in Therapy are created and integrated.

Factors addressed in therapy include pain release, phobias, fears social skills, relationships, coping with stressors, managing symptoms, addressing thoughts and behaviors contributing to symptoms, lifestyle factors and more.

Example: of therapy You Feel good and relaxed, and now you are able to draw on that incredible inner strength with in you anytime. Anchor: Knowing you can come back to this feeling at any time simply by counting backward from 10 to 1

7. Post Hypnotic Suggestion

Bringing client back into waking consciousness, knowing that all is well.

A post-hypnotic suggestion is a directive given to a person while they are in a hypnotic trance, intended to be carried out after the person has emerged from the trance state. From the hypnotherapy viewpoint, it is a technique used to help individuals change behaviors, thoughts, or emotions by embedding direct suggestions into their subconscious mind. These suggestions are meant to influence the person's actions or feelings in their waking state, often to promote positive changes such as reducing anxiety, improving self-confidence, or breaking bad habits.

Integration – Anchoring

Integrating the new findings and anchoring them as well as enabling the client to remember the new insights and perspectives (post-hypnotic suggestions) is the core of this phase.

When you return for your next session, you will return easily and quickly into hypnosis. (state your induction,) knowing that I am here to guide you (Let the client know your with them on this journey) You will feel wonderful when you open your eyes. You will feel better both mentally and physically. You will feel as though you have awakened from a deep, peaceful, restful sleep. Each time I hypnotize you, you can continue going into a deeper, more peaceful, more comfortable state quickly. You can continue achieving more benefits from each session we have.

Use their anchor: Knowing you can come back to this feeling at any time simply by counting backward from 10 to 1.

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8. **Exit -** Awakening From the Hypnotic State

Count 1 up to 5 -Integrate the positive result of the Therapy - be clear and positive

- change your voice (patter) louder and clear.

In this final step you assure the client that all new "learnings" will continue to grow from now on, the subconscious will continue to handle the transformation for your higher good.

When you return for your next session you will return easily and quickly into hypnosis. (state your induction,) Let the client know your with them on this journey.

Bringing client back into waking consciousness, knowing that all is well.

You can use a *count up 1-5* during this step or a suggestion that allows the client to come back now.

Example:

We're going to be concluding this session in a few minutes. I will be counting from one to five. And as I say each number you can keep awakening a little more. Each time I say a number, your conscious mind keeps becoming more alert. When I reach the number five, your eyes will open easily, and you can be back in a wide awake, fully alert state.

One - You are beginning to awaken now., You are coming up to a wide awake, fully alert state, feeling confident and happy.

Two - You are experiencing a wonderful feeling of well-being all through your body. You feel as though you are washing your eyes in clear crystal brook clearing and refreshing the eyes – feeling that coolness.

Three - All the suggestions I have told you are in the store house of you mind now. They keep becoming more effective each day. It is a cycle of progress that grows stronger each day.

Four - You are feeling rested and refreshed. Your mind is alert, and you will continue having more strength, more energy, and more vitality.

Five - You can open your eyes now feeling healthy, happy, and confident. You can open your eyes you are fully aware and fully alert.

Example:

In a moment I will count from 1 to 5 and you will be fully aware and fully awake.

1- Bringing your attention back to your breath – breathing in through your nose and out.
2- Noticing the temperature of the air on your face, becoming aware of the hands and your feet.
3- Washing your eyes in clear crystal brook clearing and refreshing the eyes
4- Bringing that wonderful energy, you create with you feeling it overflow from the top of your head to the tip of your toes.

5- When you are ready go ahead and open your eyes fully aware and fully awake

1-8 Hypnosis Steps

1. Pre-Talk - How to Establish Good Rapport

- Welcome client -Ask how their travel to your office was, comment on their shirt
- Hand out intake forms state signature is permission. Medical forms, Disclaimer Legal Permission
- Ask if they have any questions or concerns
- If you do use Suggestibility and discuss why we use these forms
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- Ask if the distance is ok.

2. Desensitize of environment and (senses)

Now bring your attention to all the sounds and senses of the room. Noticing what you notice, the temp of the air the sounds and awareness of what is around you. Perhaps you will hear me moving in my chair, paper moving or clearing my throat. Each time you notice those sounds and others from in the room it will bring you deeper and deeper into a peaceful state that you are allowing yourself today. Notice the feeling of the blanket and the comfort of the chair taking you deeper and deeper into this calmness.

Bringing your attention to outside the room. Perhaps you notice the sound of the wind on the windows, the traffic. Each time you hear these sounds the will not distract you but will in fact bring into a calmer deeper state…

3. Reassociation/Centering

Centering Example:

Imagine you have a space in your body where your energy is stored.
We will call this your core. Perhaps it's in your belly or chest.
Bring your awareness to this core and now move out of that space.
Notice the sounds and calmness to your *right side.*
And slowing moving your awareness to your *left* relaxing and taking a deep breath in and out.
Perhaps you notice your eyes moving in the direction,
And moving all that way back into your core..
Relaxing more as you sink down… softly against the chair *behind you*... Feeling lazy and relaxed.
Breathing in and out now you may slowly calmly bring your awareness to the *front of you*.
And going even deeper into your core once more. All the way into your familiar calm space.
And with the next breath imagine the calmness moving down from the top of your head to the tips of your toes… overflowing softly… breathing in and out.

4. Induction

Example: Use hand out from Day 2 Scripts Folder
Palm Raise
Eye fascination
Arm Drop – Converted no touch.
5 down to 1

5. Deepener – progressive relaxation

Deepener Script
Full body relaxation script

6. Therapy – scripts

Example: of therapy
You Feel good and relaxed, and now you are able to draw on that incredible inner strength with in you anytime.
Anchor: Knowing you can come back to this feeling at any time simply by counting backward from 10 to 1.

7. Post Hypnotic Suggestion

When you return for your next session, you will return easily and quickly into hypnosis. (state your induction,) knowing that I am here to guide you (Let the client know your with them on this journey)

You will feel wonderful when you open your eyes. You will feel better both mentally and physically. You will feel as though you have awakened from a deep, peaceful, restful sleep. Each time I hypnotize you, you can continue going into a deeper, more peaceful, more comfortable state quickly. You can continue achieving more benefits from each session we have.

8.Exit form a Hypnotic state

One - You are beginning to awaken now., You are coming up to a wide awake, fully alert state, feeling confident and happy.

Two - You are experiencing a wonderful feeling of well-being all through your body. You feel as though you are washing your eyes in clear crystal brook clearing and refreshing the eyes – feeling that coolness.

Three - All the suggestions I have told you are in the store house of you mind now. They keep becoming more effective each day. It is a cycle of progress that grows stronger each day.

Four - You are feeling rested and refreshed. Your mind is alert, and you will continue having more strength, more energy, and more vitality.

Five - You can open your eyes now feeling healthy, happy, and confident. You can open your eyes you are fully aware and fully alert.

Deepener – progressive relaxation

Numerical hypnotic deepeners

- These are deepener's which rely on counting up or down, commonly this might be counting down from 3 or up to 10.
- The counting provides a defined period of time in which the deepening can occur thus allowing the mind to make the transition.
- Typically, suggestions such as "deeper and deeper, "deep sleep" and "relax" will be made in and around the numbers to help facilitate the deepening.

Natural phenomena hypnotic deepeners

Possibly the most common natural phenomena hypnotic deepener are:

- those which use ideomotor response to return a limb to normalcy after having conducted induction through an
- Arm levitation or Limb catalepsy induction.
- deepening suggestions as the subject breaths in and out to gain the benefit of relaxation

Visual engagement hypnotic deepeners

- These look to create deepening by encouraging the subject to focus internally on imaginary imagery,
- typically, a journey or favourite place.

Dissociative hypnotic deepeners

- These are deepeners which explicitly encourage dissociation
- separation of subject from their current time / space.
- dissociation is the basis of hypnosis so anything which encourages it is likely to be useful.
- imagine floating out of their body, Drifting toward your special place etc.

Triggered and conditioned hypnotic deepeners

- These are a little different to the other types of deepener as when initially introduced they are not intended to procedure deepening but rather are establishing a cue for deepening at a later point.
- The cue word may be "sleep", "relax", "Nowww" or something similar.
- cue word is to take the subject back to the state in which the cue word was installed

The above mixed in together to create a more effective deepener.

Many Different signs of hypnosis

You might see yawning, dry mouth, tears and laughter, scratching, itching and tingling of the skin, rapid eye movement, eye flutter, twitching of the body. You may experience Changes of body temperature, breathing, face flushing, limp body state, and pink eyes. The feelings are so varied and different for each client, that it is always helpful to ensure we suggest whatever they feel is just fine and will help to relax them more deeply.

Signs of Hypnosis

- Relaxation: Appears very relaxed, with reduced blinking and a calm expression.
- Focused Attention: Highly focused on the hypnotist's words or a specific thought, ignoring other stimuli.
- Increased Suggestibility: More likely to accept and act on suggestions from the hypnotist.
- Altered Breathing: Breathing becomes slower and deeper.
- Eye Changes: Eyes may be closed, or if open, eyelids appear heavy and gaze fixed.
- Reduced Physical Movement: Little to no movement; body may seem limp or unusually still.
- Changes in Speech: Voice may be softer and more monotone than usual.
- Physiological Changes: Possible changes in skin temperature, increased sweating, or slight twitching.(abreaction)
- Time Distortion: Perception of time may be altered, feeling like it passes more slowly or quickly.

<u>Common Experiences Clients might experience</u>

After a hypnosis session, clients may experience various physical and psychological effects due to the intense mental concentration and emotional exploration that can occur during the session. Here are some common sensations or experiences clients might report:

1. Eye Redness: Eyes might appear redder than usual when opened, possibly due to decreased blinking or focused staring or releasing emotions.

2. Dizziness: As mentioned, clients might feel dizzy due to changes in breathing patterns, which can affect oxygen and carbon dioxide levels in the blood. Standing up too quickly after being in a relaxed, almost sleep-like state can also contribute to dizziness. (support your client in grounding breathing and rubbing hands together will help)

3. Hunger: The body's metabolism may slow down during the deeply relaxed state of hypnosis. After the session, as the body returns to its normal state, the client might suddenly become aware of hunger.

4. Fatigue: The relaxation experienced during hypnosis can be profound, and transitioning back to a normal state of alertness can sometimes leave a person feeling tired or drained. (this usually passes once they stand and drink water)

5. Emotional Sensitivity: Hypnotherapy often involves dealing with emotional issues, which can leave a client feeling unusually sensitive or emotionally raw immediately following a session. (Give your client time to adjust)

6. Euphoria: Conversely, some individuals may feel an uplift in mood or a sense of euphoria due to the release of emotional burdens or the positive suggestions implanted during hypnosis.

7. Headache: On occasion one may report a headache from intense focus and concentration required in hypnosis, along with potential dehydration can sometimes lead to a headache. (Always keep water Available for clients)

8. Confusion or Disorientation: Immediately after hypnosis, some individuals might experience slight confusion or disorientation as they adjust back to a normal state of consciousness.(this will also pass within moments the conscious state is adjusting to the awaken state)

9. Vivid Memories or Dreams: Following hypnotherapy, clients may experience more vivid dreams or spontaneous memories surfacing, as the subconscious mind continues to process the session.

10. Cold Sensations: Some people report feeling colder post-hypnosis, potentially due to reduced physical activity and lowered metabolism during deep trance in the session.

Note: Understanding these effects can help both the hypnotist and the client prepare for and manage the aftermath of a session, ensuring a smoother transition back to everyday activities.

Power words are words we use to take control for a moment when we want the client to do something specific – such as Deep, Calmer, Down, Now, Sleep.

Hypnotic tunnel is the use of your clients' own words to draw them into hypnosis.
i.e. for the gardener – ".' Let's get some of those weeds that are bothering you out of there." The car mechanic let's look at that engine and see what we may need to repair.

Hidden Agenda – a phycological reason for not wanting to do or be well, often not recognized by the client at the conscious level. so, on some level it serves the individual to stay unwell.

Example: An older person may have cancer and all the sudden they become important to their children, friends or even doctors where before the diagnosis they were not getting any attention.

Secondary gain – is a material gain or reason for not wanting to get well, usually known to the client at a conscious level, but sometimes not.

Example: Litigation is in progress after an accident and the person does not want to get well because there is a huge amount of money involved.

- *Remember always watch your client.*
- *Keep your language so a 6 to 10-year-old will understand it in hypnosis.*

Hypnotic Equations

1. Replace a negative with a positive, always filling the void.
"You release tension, as you breathe in calmness "

2. One action will cause another to occur (cause and effect)
"As you do more to help yourself, the more you are able to help others."

What are two more Hypnotic equations you can come with ?

Create one for each negative with positive and cause and effect.

1. _____

2. _____

Common Misconceptions about Hypnosis

In order to work most effectively with our clients, it is helpful to know about common misconceptions and how to dispel those.

Hypnosis is sleep.

Hypnosis is *neither* sleep *nor* unconsciousness. Even though a common misconception is that you are asleep when hypnotized. The experience of a formally induced hypnotic state might resemble sleep from the physical point of view: slowed breathing, eyes closed, muscles relaxed, activity decreased. From the mental standpoint the client is relaxed yet alert, the client can think, talk, respond through ideomotor movement and move about if need be. Measured with an Electroencephalogram the brain waves usually show Alpha or Beta ranges, both indicating consciousness. Since hypnosis is not sleep, phrases like "sleep deeply", "sleep now", "going deeper and deeper into sleep" or "waking up now" are describing the client's experience incorrectly.

Only weak-willed people can be hypnotized.

Since most people enter spontaneous, informal states of hypnosis regularly, (highway hypnosis, television, etc.), the ability to be hypnotized is not necessarily related to one's personality traits but has more to do with the ability to imagine. Mostly when confronted with a statement like "I am too strong willed to be hypnotized" it indicates a person who might resist. Reassuring a person, that he or she will be successful if she chooses to resist and skillfully using the willpower for the induction as in "...use your willpower to concentrate on these thoughts..." most likely the client will enter a state of trance.

Only weak-minded people can be hypnotized.

The opposite is more likely to be true. Unfortunately, only people with a very low level or mental awareness, which keeps them from being able to concentrate for a longer period of time, cannot reach the hypnotic state. The intellect might be a factor to the extent that intelligent people more quickly understand and accept the concept of hypnosis and developed less fears and superstitions than less intelligent people might have.

Others can be hypnotized, but not me.

For reasons of fear, losing control, failed attempts to be hypnotized or misconceptions regarding the state of hypnosis, some people are more challenging to hypnotize than others. This does not mean that they are less capable, more likely they are less responsive.

When hypnotized, the hypnotist can make me violate my moral will.

This is one of the most hotly debated issues within the field of hypnosis. The capacity to influence people to do things against their will exists, often referred to as brainwashing. In order to brainwash a person certain condition, have to be fulfilled which are not in and of themselves hypnosis and far removed from the ethical and moral application of hypnosis promoted here.

Most professional hypnotists believe that deeply held convictions cannot be violated, clients even in their deepest state of hypnosis will not respond to suggestions which are contrary to their value system, they will simply refuse to do it or come back to conscious alertness.

A point of importance is that sometimes the value expressed verbally by a client is not the value she believes in on a deeper subconscious level. Certain thoughts and desires can be repressed and buried in the subconscious and while under hypnosis they might surface, which can be a frightening experience and a skillful hypnotist will be able to assist this client to confront these buried "monsters" and deal with them effectively.

It might happen that somebody in hypnosis does things that appear unusual or out of character. The answer is, people do unusual and different things they perhaps would not ordinarily do as long as this is not contrary to their moral standards.

Not awakening from the hypnotic state.

Hypnosis is *not* sleep but a state of focused attention, either inwardly or outwardly directed. Since the client is in control, he or she can emerge any time during or after the hypnosis session. Sometimes it is helpful to do a trance experience with eyes open to make the client feel safe and in control.

Hypnotist has some mystical power.

A hypnotist does not have mystical power; he does have communicating power, knowing how to communicate on a dynamic subconscious level. Hypnosis has nothing to do with the occult or the black arts; the outcome from hypnosis sessions depend on the client and the communication and observation skills of the hypnotist.

Hypnosis is dangerous and can harm your mind.

Hypnosis is a normal, natural state of mind experienced many times during the course of a day by all of us. In that sense it is "dangerous" as any other natural state of mind. Using hypnosis to increase the ability of concentration and to tap into hidden reservoirs of power resident in our subconscious can be experienced as powerful and mind expanding, however this done by the client, the hypnotists as the assistant is using his or her skills in the process.

Hypnosis is related to the occult and black art.

This misconception is closely related to the misconception that a hypnotist is endowed with some kind of mystical power. Throughout history, hypnosis has been seen in the same light as witchcraft and fortune telling, due to superstition and low education.

Hypnosis in our time is a science. Since 1930 scientific research has been pursued at leading universities throughout the world and as such several different professions practice hypnosis.

Your Two Brains

Scientists have known for a long time that the brain is divided into two hemispheres. They refer to them as the left brain and the right brain.

You spend most of your time thinking with your left brain. You use your left hemisphere when you talk, read, balance your check book, and figure your income tax. The left side of the brain is the logical side.
You use it to reason.
But reasoning isn't the only aspect of mental activity. Some of mankind's greatest discoveries have come through insight and intuition. Somehow, the brain takes a "short cut" to knowledge and understanding. This "short cut" involves the right hemisphere.
The right brain is the source of your ideas, visualization, shapes, intuition, imagination, and emotions. It houses your spatial sense(space in memory), your musical abilities, and your ability to imagine. Symphonies are composed, poems are written, great paintings are created, and hunches are born in the right brain. When you see a familiar face, your right brain recognizes it. Your left brain supplies the name that goes with the face. You are at the peak of your mental powers when your left brain and your right brain are in balance.
At any given time, you are functioning at one of four mental activity levels. These levels are defined by the frequency of electrical waves produced by the brain and measured on an electroencephalograph. They are as follows:

- **Beta level**. You function at the beta level, the level of complete consciousness, most of your waking hours. In this state the brain's electrical waves are pulsating at a rate of more than 14 cycles per second. It's in the beta state that you complete most routine activities. Both the subconscious and conscious minds are functioning, and concentration efficiency is about 25% at this level.
- **Alpha level**. Alpha waves tend to have the highest voltages of all brain waves, and they usually are measured at 8 to 13 cycles per second. Alpha waves tend to be produced when an adult person is relaxed and awake, but with eyes closed. This is the level where hypnosis occurs. Concentration efficiency is at 95% to 100%. Individuals in the alpha state will be relaxed and their limbs will feel heavy, but their bodies' senses will be acute. Typical activities on this level, in addition to hypnosis, are daydreaming, meditation, going into natural sleep or awakening.
- **Theta level**. Deep hypnosis and light sleep are typical of the theta level, when the brain is emitting waves at 4 to 7 cycles per second. They appear in the deepest meditation of some Zen masters. Dr. Barbara Brown of Sepulveda, California, one of the leading researchers in this field, say the theta state seems to be related to "problem-solving, sorting and filing of incoming data, and retrieval of information already deposited in the brain's memory."

- **Delta level**. The mind is almost totally at rest at the delta or deep sleep level, when brain waves have slowed to below 4 cycles per second. The average adult achieves this brain activity level for only 30 minutes to an hour each night.

As we've seen, the slow frequencies are the ones that take us into states of relaxation, deep inward focus, and sleep. These states can be induced by mimicking the brain wave frequencies with pulsed lights, sounds, and electrical current. When brain rhythms follow the rhythms of the stimulation, we call it "entrainment."

Entrainment is the process through which people can be lulled to sleep by the rhythmic crashing of waves against a shore, by the soothing rhythm of a lullaby, and even by the rhythmic clickety clack of train wheels heard form a Pullman's berth. Many hypnotherapists use a hemispherical synchronization machine to produce entrainment and to help the patient achieve a hypnotic trance.

During these states, the right brain is ready to receive and remember information, to imagine, and to create. In these states, it is most receptive to suggestions through hypnosis.

There are four levels of brain activity - measurable by an EEG (Electro Encephalo Gram), which indicated level of consciousness and can indicate the different levels of trance. The levels of brain activities are:

Gamma

Electrical impulses of the brain are above 35 HZ,

Beta

Electrical impulses of the brain are between 14-30 HZ, indicating our "normal" state, or awake and consciousness, our level of cognitive thinking.

Alpha

Electrical impulses of the brain are between 8-13 HZ. At this level we are still aware and awake, yet relaxed, and our creative thinking is most active. With training we can gain control of most of our physiological functioning when in this state.

Theta

Electrical impulses of the brain are between 4-7 HZ. This level can be reached through deep meditation and is also present when we have lucid dreams or a light sleep

Delta

Electrical impulses of the brain are up to 4 HZ, indicating deep sleep.