

Welcome!



Hypnotherapy



What Is Hypnosis?



"Hypnosis" refers to the power that words and ideas have when we surround these words and ideas with our complete attention. A hypnotist or an operator delivers words and ideas.

You **don't need any special qualifications** to deliver words that will change your life or help change your subject's life. Hypnosis, the power that words have when surrounded by one's complete attention is as old as the spoken word itself.

You may know PHD's that work as hypnotherapists and you may know door to door salesmen that use hypnosis in their job. The truth is, no academic title or course completion certificate will ever tell you how good a hypnotist is.

The nice part about it is that with a little study you can be a very effective hypnotist.

- Hypnosis is a state of mind characterized by relaxed brain waves and a state of hyper-suggestibility.
- Hypnosis and hypnotic suggestions have played a major role in healing for thousands of years.
- According to the World Health Organization, 90% of the general population can be hypnotized. Hypnosis is a perfectly normal state that just about everyone has experienced.
- What we call "highway hypnosis" is a natural hypnotic state. You drive somewhere and don't remember driving or even remember seeing the usual landmarks. You are on automatic pilot.
- The natural hypnotic state also exists when you become so involved in a book, TV show or some other activity that everything else is blocked out. Someone can talk to you and you don't even see or hear them. Whenever you concentrate that strongly, you automatically slip into the natural hypnotic state.



- The hypnotic state, by itself, is only useful for the relaxation it produces. The real importance of hypnosis to the healing and emotional change process is that while you are in the hypnotic state, your mind is open and receptive to suggestions.
- Positive and healing suggestions are able to sink deeply into your mind much more quickly and strongly than when you are in a normal, awake state of mind. I say positive suggestions because all research has demonstrated that while in the hypnotic state, you cannot be made to do anything against your moral values.
- All of our habitual and behavior controlling thoughts reside in what is called our subconscious mind. It's called that because it is deeper than our conscious mind. It's below our level of consciousness.
- We are unaware of the thoughts and feelings that reside there. Did you ever forget you had a dental appointment or some other appointment that you really didn't want to keep? Your subconscious mind is where that thought or memory that you had to go to the dentist at 2 PM went when you forgot you had the appointment. Once it was too late to go, your conscious mind relaxed and the memory came back.

HYPNOSIS IS NOT DANGEROUS.



- There are almost no risks when used by trained professionals. You cannot be made to do anything that is against your moral values.
- An amateur or stage hypnotist might give you suggestions that might embarrass you, might not work or that might make you feel uncomfortable or self-conscious at the time.
- To avoid this, stick with professionally trained hypnosis specialists. The one risk may involves falling asleep. If you are tired or if you become too relaxed, you may move from the state of hypnosis to the normal sleep state. This is fine if you were going to go to sleep right after the trance but if you have other plans after listening to a hypnosis tape, you may want to set an alarm clock just in case you fall asleep.
- In relation to this, never listen to a hypnosis tape while driving or operating heavy machinery. It is very dangerous for you and everyone else on the road. Don't even listen to it if you are a passenger as the relaxation suggestions could make the driver fall asleep.

Hypnotherapy

- ☐ Hypnotherapy is a type of complementary therapy/treatment that uses hypnosis, which is a deeply relaxed state, and an altered state of consciousness.
- ☐ Hypnosis is widely promoted as a treatment for various long-term conditions and for breaking certain habits.
- ☐ Hypnotherapy is defined by the British Medical Association as a Complementary Therapy/Treatment which is scientifically proven to be highly successful in treating a full range of symptoms, issues, phobias, addictions, illnesses, and disease.



- ☐ Hypnotherapy is a type of therapy used to create subconscious change in a patient in the form of new responses, thoughts, attitudes, behaviors or feelings. It is undertaken with a subject in hypnosis.
- ☐ You are fully in control when under hypnosis and do not have to take on the therapist's suggestions if you do not want to. If necessary, you can bring yourself out of the hypnotic state at anytime.
- ☐ According to Cancer Research UK, most cancer patients say they have had a positive experience with hypnotherapy.

The History Of Hypnotherapy



- The history of hypnotherapy dates back as far as recorded history. It has been practiced all over the world. Healers, shaman, witchdoctors, wise women, tribal doctors, Hindu fakirs, Indian yogi and Persian magi have all practiced forms of hypnotherapy, although it was known under many different names.
- It has been recognised through time that there is a strong mind-body connection, and that health and healing, removal of negative feelings and phobias, general well being and performance enhancement can be attributed to hypnotherapy throughout the ages.
- The Egyptians were utilizing the healing method of `incubation`, or `temple sleep` as early as 3,000 B.C. The priests considered the `sleep` to have special healing powers and that the person in the sleep was in an enlightened state.
- The Temples of Imhotep were popular for `sleep therapy` and `shrine sleep` which is still found in some areas of Africa and the Middle East.

- Similarly, the Hebrews utilized breathing exercises, chanting and meditation to produce an `ecstasy like state` which they called Kavanah. Their practices were similar to what we now know as `self hypnosis`.
- The term `hypnosis` is derived from the Greek word `hypnos`, meaning `sleep`. The Greeks and Romans had a strong history in hypnotherapy. They used The Aesculapian Sleep Temples, where patients would be put in a trance-like sleep for healing. The priests would prepare their `patients` and interpret their dreams. This practice was called Asclepian dream healing. The Greeks and Romans believed in the bond of physical and emotional health was necessary for well being.
- Chinese medicine recognises over 5000 years of hypnotic relationship between healers and patients.

- The history of hypnotherapy indicates that spiritual leaders, priests, healers and philosophers were the practitioners of early hypnosis. Moses, Jesus, Mohammed, Ghengis Khan, Richard the Lionheart and Napoleon all practiced forms of hypnosis.
- In more modern times, Austrian physician Franz Anton Mesmer (1734-1815) was regarded as the father of hypnotherapy. However many dispute the fact that he even practiced hypnotherapy with his subjects, but introduced his theory of animal magnetism, including the passing of hands over parts of the subjects body, which would effect a cure. His subjects believed he was transferring a magnetic force or invisible fluid into them that would travel around their bodies and dispel illness. He wrote papers concerning magnetic influences on the movements of the sun, moon and planets and on human health. The word `mesmerized` is derived from Mesmer`s name. Mesmer achieved documented cases of curing blindness, paralysis and headaches. Some people believe his subjects practiced their own style of self hypnosis while Mesmer practiced magnetism. However the medical community at the time were not convinced.

- He was accused of fraud and his techniques were called unscientific. Whether he practiced hypnotherapy directly or his subjects underwent a form of self hypnosis, he is included in the history of hypnosis by many scholars.
- Around this general time, Scottish surgeon James Braid (1795-1860) was practicing in England. He became aware of many of his patients experiencing a trance like state when they kept their eyes focused on the one spot for a period of time. He introduced the words `hypnosis` and `hypnotism` to the medical fraternity. He stated that hypnotism was a scientific and psycho-physiological discipline. James Braid and another Scottish surgeon named James Esdaile (1808-1859) validated the use of hypnosis prior to surgery. They recognised the benefits for patients and were among the first doctors to have hypnosis accepted by their medical peers.

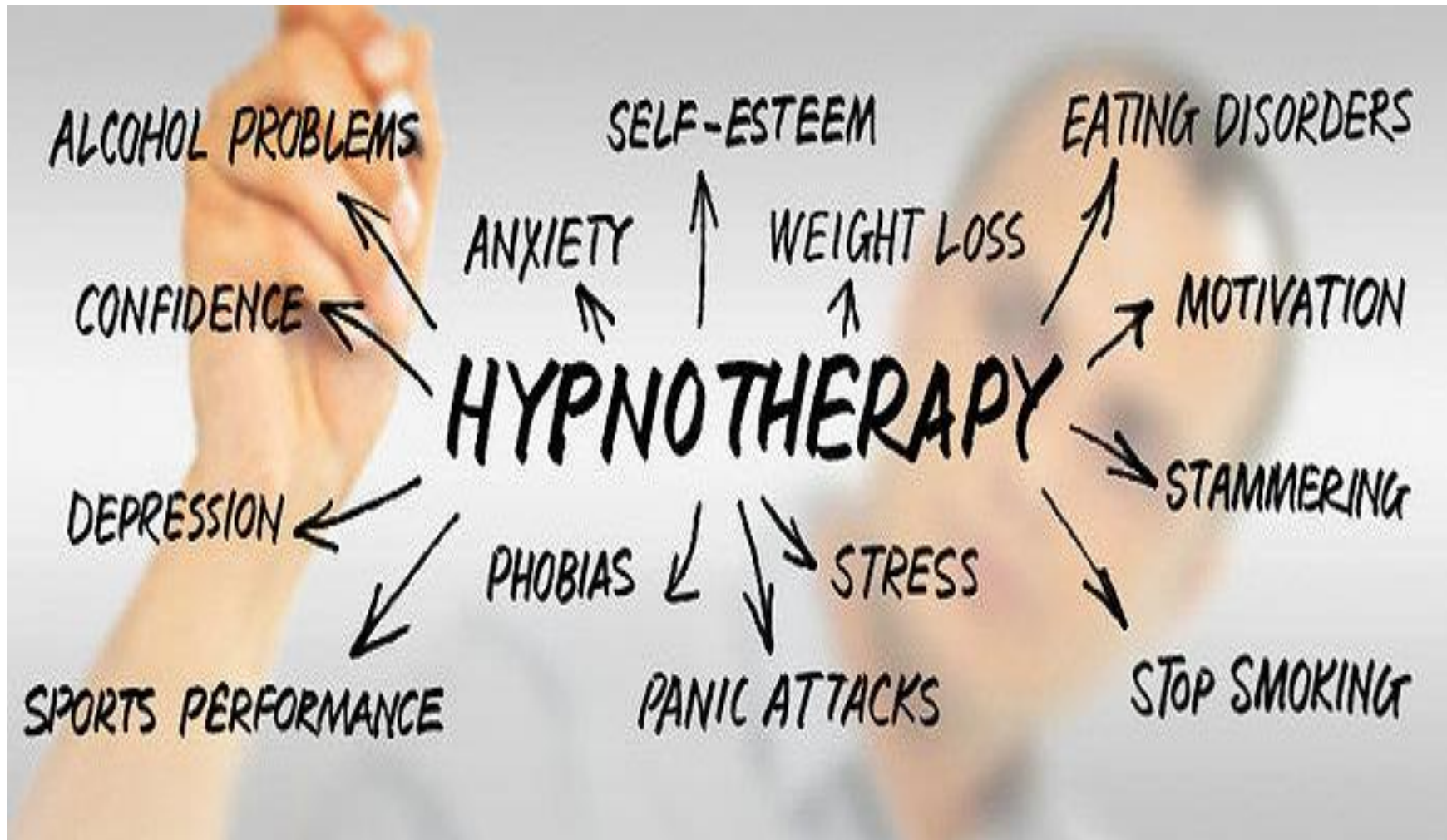
- During the mid 1900s Milton H. Erickson (1901-1980) was a well known psychiatrist who used hypnotherapy in his practice. In 1958, both the American Medical Association and the American Psychological Association recognized hypnotherapy as a valid medical procedure. Since 1995, the National Institute of Health has recommended hypnotherapy as a treatment for chronic pain.
- The earliest known healing use of Hypnotherapy was by the Ancient Egyptians, and described in hieroglyphs.
- Much later, a Frenchman called Charcot who was in charge of so called 'hysterical' patients in a French mental institution, (often epileptic) noticed that he could put them into a form of trance, which appeared to help them relax and even improve. He developed this over some years and Freud came to study with him for a time. Freud however, was not good at hypnotherapy and dropped it in favour of the psychoanalysis he later became famous for.

- In the early 1800's in Britain, a Scottish GP named James Braid based his work on the 'Common Sense Psychology school', which required a scientific, evidence based approach. He had no time for the light entertainment style of Anton Mesmer's stage hypnosis, after whom the word mesmerising was named, or any other esoteric notions. Dr. James Braid is now justifiably becoming well known again after many years of being overlooked, as a leader in the field, and is a heavyweight in the study and modern origins of Hypnotherapy, with several serious books to his credit.
- An American named **Milton Erickson** is often described as one of the founders of modern hypnotherapy in the 20th century. He became a professional psychologist as an adult, after becoming fascinated by, and making close observations of his large family's behaviour when bed-bound as a teenager with polio. His empathy with clients was renowned, and he had a gift of seeing where their problems really stemmed from, and finding effective and original solutions.

- With the rise of psychoanalysis in the first half of the 20th century hypnosis declined in popularity.
- The modern study of hypnosis is generally considered to have begun in the 1930's with Clark Leonard Hull at Yale University. His work "Hypnosis and Suggestibility" (1933) was a rigorous study of the phenomenon, and important because perhaps for the first time statistical and experimental analysis was used. Hull's studies further demonstrated that hypnosis has no connection with sleep: "Hypnosis is not sleep... it has no special relationship to sleep, and the whole concept of sleep when applied to hypnosis obscures the situation."
- In the 1950's the medical profession started to use hypnosis for therapy. In 1955 the British Medical Association recognised hypnosis therapy and in 1958 the American Medical Association approved a report on the medical use of hypnosis. Two years after AMA approval, the American Psychological Association endorsed hypnosis as a branch of psychology.

- Dave Elman was also one of the latter day pioneers of the medical use of hypnosis. Elman's definition and hypnotic techniques are still widely used among many professional hypnotists. He is known for having trained the most physicians, dentists and psychiatrists in the use of hypnotism. He is also known for introducing rapid inductions to the field of hypnosis. One method of induction which he introduced more than fifty years ago is still one of the favoured inductions used by many practitioners today.
- In conclusion, we must just mention the introduction and development of NLP by Richard Bandler and John Grinder in the 1970's. NLP was created, in large part, by its two founders studying, understanding and developing the methods used by Milton Erickson in psychotherapy. NLP is a set of tools and techniques for self improvement, using our neurology and thinking patterns (neuro), our way of expressing our thoughts through language, and their influence on us (linguistic) and our patterns of behaviour learned through experience (programming).
- There is a direct link, through Milton Erickson, between NLP and hypnotherapy and many of its techniques employ the use of trance and can be used with hypnosis or as an aid to hypnotherapy.

What are the benefits of hypnotherapy?



Hypnotherapy can simply be used to gain greater personal freedom and joy.

✓ Be happy for simply no reason!

❖ It can be used to help you make changes in your life.

❑ And it can also be used to successfully treat the following;

- Stress, Anxiety, Panic Attacks
- Fears & Phobias
- Weight Loss
- Smoking Cessation
- Habits & Addictions (Drugs, alcohol, gambling, etc)
- Anger Issues
- Trauma / PTSD
- OCD
- Relationship & sexual issues
- ADHD
- IBS
- ME / Chronic Fatigue Syndrome



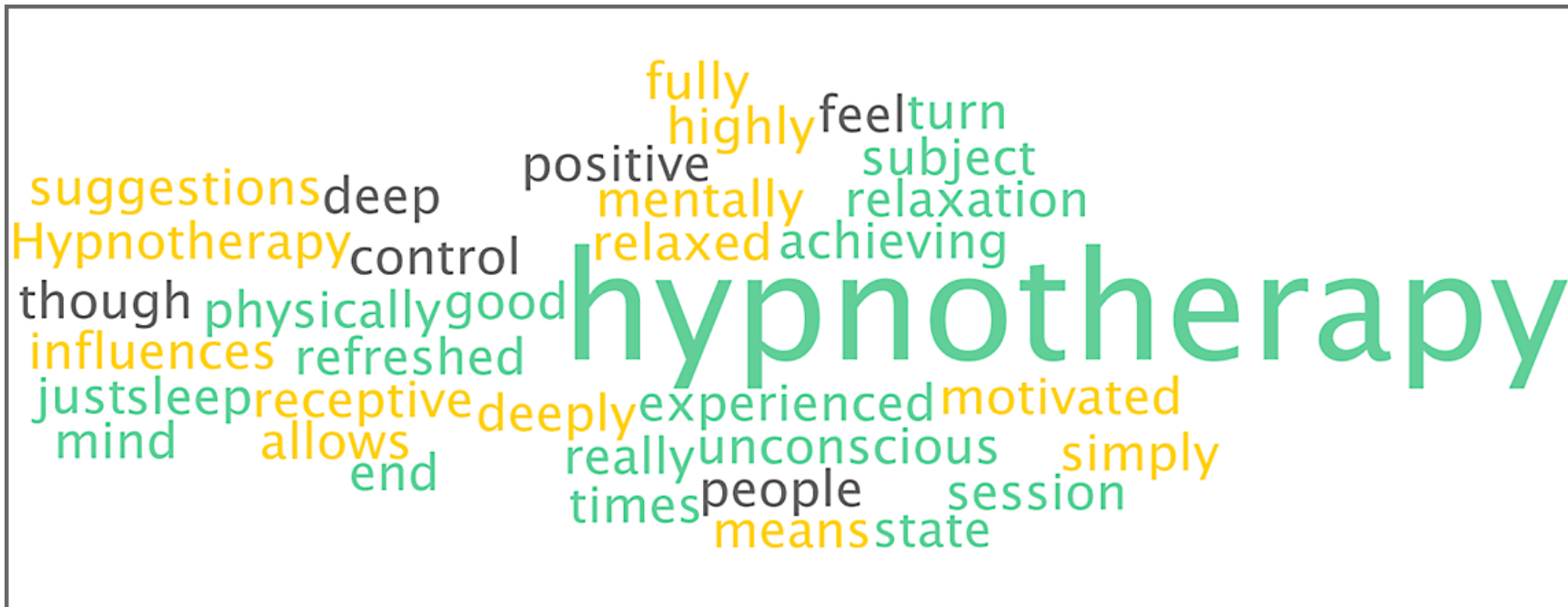
- Exam / Interview nerves
- Public speaking nerves
- Sleep disorders & Insomnia
- High/low blood pressure
- Arthritis & rheumatism
- Pain management
- Recovery from Surgery
- Cancer
- Ageing issues
- Mobility issues
- Dependency issues
- Children's issues
- Childbirth / Hypnobirthing (relieve pain in childbirth)
- Parenting issues
- Career & Education/school issues
- Corporate & Business Enhancement
- Life Enhancement
- Goals and ambitions
- Life changes, (e.g. divorce, new job, new home)
- Loss / Separation
- Grief



- induce relaxation
- relieve tensions
- eliminate phobias
- treat depression
- improve self-confidence
- control mood swings
- modify or change hurtful habits
- lose weight through changing eating and other habits
- improve concentration and memory
- improve study habits
- develop natural abilities
- relieve insomnia
- stop fingernail biting
- stop bedwetting
- in dentistry
- in optometry
- stop bruxism
- preparation for surgery or other medical procedures



What can I expect during a hypnotherapy session?



- During a session you will feel completely relaxed and comfortable.
- Although you are in a very relaxed state you will hear and be aware of everything that is taking place. You will be in full control, and can stop the session at any time.
- You will find that being hypnotised is an extremely relaxing and pleasurable experience.
- During hypnosis, you will feel very relaxed but not so much so that you fall asleep. You will be sitting (or lying down) on a comfortable chair, sofa, or treatment table. You will be talked through a progressive relaxation, which will bring you into the state of hypnosis.
- It is then, when you are fully and deeply relaxed that you can subconsciously work on your goals and desired changes.

How Effective Is Hypnosis?

Results of Comparative Study
by *American Health Magazine*:

Psychoanalysis:

38% recovery after 600 sessions

Behavior Therapy:

72% recovery after 22 sessions

Hypnotherapy:

93% recovery after 6 sessions



Vidya Retreat

- Hypnotherapy is a safe, effective and deeply relaxing therapy that can bring about positive change in an individual's behaviours, thoughts and feelings.
- The treatment is carried out using hypnosis in order to relax the individual into an altered state. We all naturally drift in and out of altered states every day.
- Have you ever driven your car to a destination without being able to recall the actual journey? This is a good example of a trance-like state where your conscious mind drifts off allowing the unconscious part of the mind to take over; and it is the reason why we never forget how to ride a bike too. It is our subconscious doing the work for us! You are still aware and can come back to consciousness at any time you choose. This is the same as the altered state achieved in hypnotherapy.



- Our conscious mind accounts for only 10% of our entire mind. The other 90% of our mind is our subconscious mind where we are able to change our thoughts, feelings, behaviours, and habits, and therefore change our lives for the better.
- When you are in an altered state, the unconscious mind can be accessed and the hypnotherapist proceeds to offer positive suggestions for change to the unconscious. This can be very powerful in helping to facilitate change in an individual.



The Difference Between Hypnosis And Hypnotherapy



- A hypnotherapist uses hypnosis for therapeutic purposes, whereas a hypnotist may or may not be using hypnosis for therapeutic purposes.
- A lot of people associate hypnotism with stage shows. Somebody who uses hypnosis for entertainment would be a stage hypnotist. A hypnotherapist uses the imagination, the state of hypnosis to help people achieve goals.
- Hypnosis is a naturally occurring state, while hypnotherapy is the therapeutic use of this state to facilitate healing and change.
- Hypnosis is an altered or trance state. Hypnotherapy is the work accomplished while in that state.



Vidya Retreat

- Hypnotherapy is simply the clinical application of hypnosis to bring about a desired behaviour change the client is seeking. Hypnosis is a normal human experience, common to us all, in which the conscious mind takes a bit of a break and the subconscious mind is more open to suggestion. Hypnotherapy is using the imagination in conjunction with this normal human experience to bring about desired change.
- Hypnosis is a psychological state, experienced as an altered state of consciousness, similar to a meditative state, daydreaming or deep relaxation. It is completely natural, safe and is experienced by most people daily.
- Hypnotherapy is the application of hypnosis in counselling, therapy and clinical settings.

The difference between a Hypnotist and Hypnotherapist



Just like a pharmacist, a drug dealer distributes medication and chemicals which affect the person using them. However, the dealer is solely interested in themselves. Similarly the stage hypnotist does no assessment on the psychological and physical wellbeing of the participant before asking someone to engage in hypnosis and ultimately is more interested in giving the audience an entertaining evening instead of how the participant may be affected during or after the show', whereas the hypnotherapist uses the same skills entirely for the client. They do not use the client for their own ends but will only work for the client and withdraw treatment if they cannot offer a clinical reason for continuing with any treatments.

- A stage hypnotist is paid to entertain the audience, to give the audience a fun evening and to meet the expectations of the audience. The audience want to experience a fun, light evening where volunteers act foolishly whilst in trance.
- To make sure the volunteers give an entertaining performance the hypnotist uses a few techniques to generate a greater desire for people to get on stage and with it a desire to meet the expectations of the audience. Firstly, they will ask the audience to undertake some simple suggestibility techniques. This allows the stage hypnotist to eliminate any audience members who will not be very entertaining.
- From here the stage hypnotist will invite some volunteers up to the stage and will get them to compete for a limited number of places on stage.

- Those using stage hypnosis have been known to use some underhand ways to get people to make the stage hypnotist look good. Paul McKenna cites a story of when a stage hypnotist discreetly said to a volunteer that he would give him £50 for “giving a great performance”. At the end of the show, he told him and the audience that “When you wake up you will be convinced that I owe you fifty pounds and you will get more annoyed and insistent about it”.
- In stage hypnosis, to raise the compliance of those selected to go on stage, hypnotists can set the stage out so that there are fewer spaces on stage than people selected, so already people are being invited to compete. Hypnotists can also tell people that boring people will be rejected as it would spoil everyone’s evening and that people have paid a lot of money tonight and if you don’t want people to think you are boring you need to be entertaining.
- The focus on entertainment has resulted in some hypnotists being sued for failing to keep the volunteers safe whilst on stage.
- These approaches demonstrate that hypnotists unlike hypnotherapists have a focus on entertainment and not the wellbeing of those being hypnotised.

- With hypnotherapy, it is the client who chooses the hypnotherapist, not the other way around, whilst therapists will only refuse to treat patients where there is an ethical reason for not treating a client.
- Unlike stage hypnotists the use of hypnosis is discussed with the client, treatment is unique to each client and informed consent is essential so that there is no coercion to maintain hypnosis. The hypnotherapist should explain the process, giving as much time to the client's needs as is necessary, encourage the client to withdraw if the treatment is not something they want to continue with and focus on building a positive, trusting and respectful relationship such that the client has the best possibility of treatment outcomes.
- So when looking at what the differences are between a stage hypnotists and those who practise positive hypnosis and hypnotherapy, there are some similarities in terms of techniques, but the differences are mainly centred around the application of the techniques, the ethical and moral framework in their use and how the client or patient is involved in the process of their treatment.

THE MOST COMMON CONDITIONS TREATED WITH HYPNOTHERAPY TODAY



ADDICTIONS

Hypnosis can be useful in modifying self-destructive compulsive or addictive behavior patterns, but usually the change is temporary unless the underlying motivation is addressed. Hypnotherapy promotes the resolution of the issues that caused the addictive behavior in the first place. Addiction to gambling, sex, alcohol or over-eating is driven by a deep unsatisfied need and an existential fear based on that unmet need: an individual may over-eat as a defense against feelings of loneliness and fear of abandonment. Through age regression hypnotherapy we can go back to the source of the person's fear of abandonment as a lonely child of three, for example, when she was separated from her parents for extended periods of time. Healing that trauma dissolves the tremendous life-or-death feeling that attached to the experience of loneliness, and thus lessens the extent of defense she has been using to cope with it.



ANXIETY AND STRESS MANAGEMENT

Hypnosis is potent in the treatment of anxiety, stress, phobias and fears because it is such a powerful anti-anxiety agent. The nervous system under hypnosis is relaxed. Hypnosis can also be useful in alleviating somatic conditions that can be causing anxiety, such as chronic pain. Of course, as with addictions, the anxiety in an individual's current life may be the result of earlier trauma, and so hypnotherapy can be a powerful technique to resolve the trauma and relieve the anxiety.

PTSD AND TRAUMA RESOLUTION

Hypnosis is now firmly associated with the treatment of posttraumatic stress disorder (PTSD). Hypnotic phenomena and the symptoms of PTSD are similar. Physical trauma produces a sudden discontinuity in cognitive and emotional experience that often persists after the trauma is over. This results in symptoms such as psychogenic amnesia, intrusive reliving of the event as if it were recurring, numbing of responsiveness, and hypersensitivity to stimuli. Hypnosis is a powerful tool in the treatment of PTSD because it provides controlled access to memories that may otherwise be kept out of consciousness; it allows restructuring of intrusive memories through corrective re-experiencing of the trauma; hypnosis promotes access to somatic awareness and at the same time effective filtering of environmental stimuli. Through hypnotherapy one can go back to source traumas and resolve the interrupted nervous system reaction that is causing current PTSD symptoms.

WEIGHT LOSS

We prefer to use the term weight release rather than weight loss, because many people avoid loss, but are willing to proactively release what no longer serves them. Weight release is usually best achieved with proper diet and adequate exercise, and hypnosis can be instrumental in motivating an individual to commit to such a healthy regimen. People who need to release excess weight usually have some self-sabotaging behavior patterns, i.e., emotional eating, such as eating to soothe loneliness or maintaining extra weight to keep from attracting attention from members of the opposite sex. Age regression hypnotherapy is a technique that allows access to these underlying hidden motivations, the secondary gains from continuing self-sabotaging behavior.

Body Relief

There are lots of area in which hypnotherapy is being used for medicines and in fact in most of the cases hypnotherapy is better than traditional medication for example it is widely being used in irritable bowel syndrome and in this syndrome, normal medication is not so much useful but hypnotherapy can be very effective.

Similarly, there are other applications like Fibromyalgia, Hypertension, Hypnooncology, Multiple Sclerosis, and pain management are some of the areas in which hypnotherapy is being used effectively. For pre and post anxiety of surgery dealing hypnotherapy is widely used while there are some new areas being explored and some are under pipeline.



Hypnotherapy helps medicines

If you have been thinking that hypnotherapy gives you total alternate to medication then you are thinking wrong because hypnotherapy helps the brain to decide a more effective way to cure the problem with medication or you can say that hypnotherapy makes the medicine's effect fast and more accurate. It accelerates the whole healing process and makes the medicine more effective. You can take hypnotherapy as a medicine for brain.



Hypnotherapy for IBS (Irritable Bowel syndrome)

The major cause of IBS is anxiety and person suffers from a syndrome and becomes reactive to certain trigger which can be a smell, touch or any kind of other sensation. Hypnotherapy first removes that certain trigger from subconscious in the first step of its treatment. In second system clients are made sure that their thoughts are contributing to the syndrome. In last and third step they are told and guided that they can always control the syndrome by replacing negative thoughts with positive thoughts. There are lots of reports which can tell you that hypnotherapy is most effective in this syndrome than any other treatment method.

FIBROMYALGIA

The basic cause of Fibromyalgia is miscommunication between mind and body. The symptoms are weak but these are exaggerated by mind that they are going to occur in more severe form. There is a three step strategy against fibromyalgia.

1. First step is to remove pain and suffering of the patient.
2. Second step is to make the mind to believe that there is no pain and discomfort and it will also not occur.
3. Third step is to maintain this state of mind and in order to do that you need to make sure that you are going through a session after every 4-6 months.
4. There are some other therapies which are also very effective in this problem for example deep tissue massages in which muscles are relaxed and triggering points are removed. Other methods are available but chiropractic treatments and therapeutic deep tissue massage have shown some fabulous results.

Hypertension

There can be two causes of hypertension as it can be caused by some external stimuli or it can be due to internal blood flow. Hypnotherapy will help hypertension if it is caused by external stimuli. The change is very effective and hypnotherapy can bring a change from 8-40 points while normal change is between 22-30 points both in diastolic and systolic.

The basic therapy gives emphasis to stress and anxiety management. It also includes some relaxation techniques that clients can always use. Hypnotherapy suggestions focus on instructions that can make muscles and blood veins more relaxed. The results of this therapy can be very long lasting but a follow up session after every 3-5 months will be more helpful in making the results more concrete.



Hypnooncology

Hypnooncology is a process of motivating and encouraging positive changes and developing positive thoughts. It is also referred to as “ICAN” program. It contains all the self-help techniques. It is commonly observed that people who live in a better and contented mind state always do better with medication even if they go through a life changing disease.

Every person perceives particular disease or state of mind in a different way. To alter that perception, inner motivation is carried out in hypnooncology.



Pain management

Pain management with hypnosis is a short term but effective method.

You can control pain through self-hypnosis permanently. Hypnosis normally produce endorphins and endorphins are 25 times more effective than morphine. Hypnotherapy should be only applied when pain is properly diagnosed by a doctor. You can say that pain is an alarm that something is wrong in your body and if you shut the alarm without curing the problem then, it is not a very wise decision.

COMMON MEDICAL CONDITIONS TREATED WITH HYPNOTHERAPY TODAY



Hypnosis is now commonly used to treat medical conditions such as:

- Sleep Disorders
- Gastrointestinal Disorders (Ulcers, Irritable Bowel Syndrome, Colitis, Crohn's Disease)
- Dermatologic Disorders (Eczema, Herpes, Neurodermatitis, Psoriasis, Warts)
- Surgery/Anesthesiology (As an adjunct to medication, or as the sole anesthetic for surgery)
- Acute and Chronic Pain Management (back pain, cancer pain, dental anesthesia, headaches and migraines, arthritis or rheumatism)



- Nausea and Vomiting associated with Chemotherapy and Pregnancy
- Burns (Hypnosis is not only effective for the pain, but also reduces inflammation and promotes healing)
- Childbirth (At least two thirds of women have been found capable of using hypnosis as the sole analgesic for labor)
- Allergies, Asthma
- High Blood Pressure (hypertension)
- Broken Bones (reduced healing time)
- Hemophilia (self-hypnosis can control vascular flow eliminating the need for blood transfusion)

MODERN HYPNOTHERAPY TECHNIQUES: BEST PRACTICES



EGO STATE THERAPY OR PARTS THERAPY

Ego state therapy, sometimes referred to as parts therapy, is based on the idea that our personality is composed of a number of various parts. Our personality parts each have their respective jobs or functions in the inner mind and the outer world. Each of these parts is a specialist: one is a parent, one a lover, and another specializes at our job or career. Some parts are less mature, however, and these may specialize in anger, or in compulsive worry. Hypnotherapy provides direct access to these various parts of one's personality.

Ego State therapy is a vital component of hypnotherapy. We know that beginning at conception there are certain tasks the baby must acquire in order to have all the tools they need to sail through their lives. Unfortunately, there are many reasons why we, as humans, are not always able to gain mastery over the healthy lessons we need in each developmental stage. This is where hypnotherapy is most effective in treatment of many dysfunctional patterns in our lives.



We learn from Dr. Eric Berne that we all need a loving, nurturing parent within us rather than a critical one. We learn that we need to have a strong, vital adult within who is “driving the bus” so to speak. We do not want a child at the wheel. And yet that is what gets most people into trouble. The child ego state is running the show. We also know that it is preferable for our child ego states to be spontaneous, creative and fun loving. Because we have not received the proper emotional and physical care as children, we often have worried, fearful and inhibited child parts within us.

Through effective hypnotherapy, we can access these ego states, resolve the unresolved issues and receive all the gifts we needed internally and perhaps did not get. We can become the loving nurturing parent within, have a healthy adult to make clear choices for us and then to protect and love the child parts within. This is the beauty and the gift of clinical hypnotherapy facilitated by trained professionals.

Parts therapy

- If you are looking to discover yourself and you want to explore all the hidden abilities then, parts therapy is the solution which can help you in accessing the inner-satisfaction.
- In this particular therapy, therapist dialogues with the inner characters, parts or sub characters of the psyche of client. One of the famous characters of parts therapy is term used inner child. There is a child in everyone who always wants to have fun, enjoy life and do things which can make the life better place.
- In parts therapy, you will communicate with that inner child of yours and will allow him to communicate, express and describe his behavior and desires. In short, you can say that parts therapy integrates a part of unconsciousness into consciousness. This process is also called psychosynthesis and it is part of an individuation process.

- When you apply parts therapy to resolve some therapeutic issue then, it gives extra strength to the client which helps them in surviving in most difficult times in day2days life.
- The therapist should use parts therapy within the limits because if you rely too much on parts therapy then, it can go too far. For example if a therapist is applying parts therapy in order to resolve a certain problem then, it can take too long for him to align and agree all the parts on one point.
- When you satisfy and deal with one part then, it often comes with the cost of other part and in order to make everything right, you need to make sure that you are dealing with that affected part too.
- Parts therapy can make you to recognize the inner child, the brave warrior in you, the wise woman, the adventurer, the trickster, the judge or any other person who resides in you but you need to take the pledge and think about these characters very clearly.

DEVELOPMENTAL PSYCHOLOGY

Most neurotic symptoms can be seen as age-inappropriate behavior, exhibiting a developmental deficit or unresolved developmental stage. That is, the client is relying on behaviors that were the best choice available among limited options at an earlier developmental stage, but used in his/ her current life constitute a repetition compulsion. For example, an adult who avoids intimacy in relationships despite an acknowledged need for it may be continuing the pattern initiated as a child to avoid an abusive caregiver.

Conceptualizing personal growth and healing as completion of unresolved psychosocial developmental stages was the hallmark of Erik Erikson's work. He stressed that "In childhood we see the actual trauma; in maturity we see the behavioral consequences of such disturbances." Hypnotherapy provides an ideal vehicle to explore the original traumatic developmental stages, and to correct any deficits.

AGE REGRESSION

A hypnotized subject is given suggestions that he or she is of a younger age so that the subject can relive and repair certain traumatic experiences from their past and/or re-experience events from a more resourceful state. We ask the client to go to the source of the conflict that they are working on in a session, and their own unconscious mind determines what experience they regress to. Then we are able to assist that age-regressed ego state (the six-year-old or newborn) to create a corrective experience that helps heal the damage done by the trauma.

It is imperative that age regression be guided by a well-trained professional. During age regression, the client becomes vulnerable as they regress to what is in need of repair within them. We always begin with whatever triggers may have come up for them. A trigger is any stimulus, another person or a specific situation, that prompts a physical or emotional reaction. A trigger can be as simple as a friend telling you she has to cancel the dinner date you agreed upon, your spouse or child not returning at the previously specified time, someone cutting you off on the freeway or even something you see on TV or in the news.





The way you know it is a trigger is by noticing your physical and/or emotional reaction. Perhaps you feel annoyed, angry, hurt, scared or humiliated. It is most important to notice your physiological responses. These may be heart beating fast, thoughts racing, sweating, heart pounding, heavy breathing, tightness in stomach or chest, etc. These triggers bring us vital information about what is unfinished or incomplete within us. It notifies us about what is stored in our subconscious mind and our body that causes us to react, that leads us to conflict, and that prevents us from moving forward in our lives.

A hypnotherapist will use these or any triggers as a jumping off point to notify your subconscious mind that we are about to do the “Google Search.” That we are requesting information which will most directly lead us to what this reaction is telling us. The Google Search must be done in a precise manner, using the exact words of the client in order to lead to the exact time and place in our psyche that can bring the most healing. A well-trained clinical hypnotherapist is essential here so that the deepest healing can take place.

Regression

- Regression therapy will find the exact cause of the problem whether that is a mental trauma, phobia or any other emotional disorder.
- Regression also includes a special visualization designed to take the client into past and it is also one of the most difficult therapy for hypnotherapists.
- The sessions of this therapy can be highly emotional and if successful then, they can give relief to patient from a long and tiring problem which can be with them for years and they can start a new life after a successful regression therapy.
- It is also difficult for hypnotherapist because it takes a lot increased skills for visualization and suggestion therapies of regression therapy level. If you think that you need an effective regression therapy then, you must spend some time and find a qualified hypnotherapist to do that because in hands of rookies it can make things even worst. There are certain cases where regression therapy is even more effective.
- First case is when there is one solid cause of your stress, pain or anxiety then regression can heal that single cause very effectively. For example if you are embarrassed in front of colleagues while giving a presentation and you are so confused that you are not even willing to give a presentation again then, regression therapy can solve this problem for you.



- If the cause of problem is very deep and emotional type then, regression can be tricky at times for example if a client has suffered through extreme pain and mind has blocked those parts of the memory then, hypnotherapist will try to force the cause out and in this forcing mind will fabricate those memories which will not be entirely true. In that case, hypnotherapist should be qualified enough to dialogue with those memories and settle them down.
- Another thing which you should take care of while considering regression therapy is the potential of getting stuck in an infinite loop of causes. As I mentioned above that there should be one defining cause of the problem, in order to make regression therapy effective, and if you are solving one problem to find another cause then, the therapy will stuck in an infinite loop of causes where you will solve one problem to get another cause and so on.
- It can also happen at time that hypnotherapist can be too demanding to the client that the client will find regression therapy too painful and stressful. Some therapists rely mainly of regression to make continuous business and they keep on telling the client that finding the cause is important and they will eventually find the cause which will ultimately solve the whole problem.



TRANSPERSONAL PSYCHOLOGY

A school of psychology that studies humanity's highest potential, transcendent states of consciousness, the spiritual aspects of the human experience, and those that transcend the egocentric perspective. Transpersonal experiences may be defined as experiences in which the sense of identity or self extends beyond the individual or personal to encompass wider aspects of humankind, life, psyche or cosmos.

Components of transpersonal experience: transcendence, personal meaning and mission in life, sacredness, material values, altruism, and high ideals, awareness of the tragic, and fruits of spirituality. In hypnotherapy, we have access to the unconscious mind and therefore to these aspects of a client's psyche. Particularly relevant in transpersonal hypnotherapy are Jungian dream-work and shamanistic soul retrieval.



BEHAVIOR MODIFICATION

One behavioral technique that is extremely effective in the trance state is extinguishing an unwanted symptom, a form of systematic desensitization. Another important behavior treatment is *modeling*, or *social reinforcement*. *One of the most important behavior modification techniques used in our hypnotherapy is that of anchoring, based on the process of paired associates. All behavior modification techniques are more powerful change agents when they are applied directly to the unconscious mind rather than to the cognitive mind alone.*


VISUALIZATION/GUIDED IMAGERY

Guided imagery and visualization are techniques used to help you imagine yourself being in a particular state. When utilized within a hypnotic trance, the effect is much more powerful than it is in the everyday state of consciousness.

Visualization and guided imagery techniques are examples of the difference between hypnosis and hypnotherapy. Visualization techniques can be successfully used for relaxation and as a resource state for the client to discover a relaxing place as a starting point. Many people use these techniques and call it hypnotherapy.

If no age regression is used, however, and no inner conflict is identified and resolved, then visualization techniques are actually only defined as hypnosis. They are, however, very effective for relaxation and creating a familiar, safe place to which the client can return before and after hypnotherapy is completed. Another important aspect to be aware of is that only 60% of people mentally process by visualizing. Others are often more in alignment with auditory or kinesthetic experiences. In other words, they may not be able to see their favorite place at the beach, but they may be able to relax by hearing the sounds of the ocean waves (auditory), feeling the gentle breeze on their skin (kinesthetic), and/or smelling the fresh ocean air (olfactory).



- 
- In this type of hypnotherapy, you have to visualize, perceive and imagine things which can bring a positive, progressive and healthy change. People often think that they cannot imagine things in a very clear way and they shy away from this technique of hypnotherapy but this is not entirely true because to make this technique effective, it is not necessary for you to see clearer and vivid images upon closing your eyes instead, you just need to imagine yourself in a more relaxing environment for example at a beach. If you can feel that without seeing the images then, images are not really necessary.
 - Visualization is used by hypnotherapist for developing some of the strongest and most powerful experiences for the clients. It is rather an easy approach of hypnotherapy but it leads to very powerful results.
 - To implement this technique effectively, you also need to be very creative because often you have to make the client believe that he is in particular environment and then follow him with a series of events to make him believe that positive things have surrounded him and invoke a positive decision inside. People also prefer this practice to do at their own but for self-visualization you also need to self-monitor and self-direct the whole session.

Suggestion based hypnotherapy

- Suggestion based hypnotherapy is the most common type of hypnotherapy and if you ask anyone about hypnotherapy then, he will tell you that hypnotherapy is a state of mind in which you are given suggestions like “I do not overeat” or “you do not take stress.” so if you are undergoing this kind of treatment then, you are going through suggestion based hypnotherapy. In more formal way you can say that the practice of hypnotherapy which relies exclusively on the use of suggestions.
- Suggestion based hypnotherapy has been used widely by hypnotherapists and is still very popular because it is simple, effective and very result oriented technique.
- Normally hypnotherapy is seen only in movies and TV shows and this practice have invoked a strong opinion among people that hypnotherapy is suggestion therapy but the actual case is not that.
- Suggestion therapy is a part of hypnotherapy which is a much wider subject.





- To implement and understand hypnotherapy in that wider mode, you need to first distinguish between hypnosis and hypnotherapy because people and even some hypnotherapists confuse these two subjects.
- Hypnosis is just a tool to reach the goal while hypnotherapy will tell you to utilize that state of mind. Hypnotherapists concentrate on giving suggestions so much that they forget actually to implement the other logics of hypnotherapy. You can say that hypnosis provides the bricks but to construct a building with those bricks, you will need huge techniques of hypnotherapy.
- Suggestion based hypnotherapy is the simplest approach and in this approach hypnotherapist actually uses properly formed phrases to program your mind. You can take it as a programming language which is used to program your brain. Suggestions are thought as magic words for hypnotherapists but these suggestions never address the cause of problem. They can bring about a short term positive result but in the long run, they can bring some negative impact.

- If a hypnotherapist is using suggestion-only therapy then, there is a probability of relapse. It is just like placing a bandage over a bullet hole. It will give you temporary relief but you will not get 100 percent fit unless you pull that bullet out of your wound. Transference is another common negative associated with suggestion-only therapy because clients can adopt another negative habit in place of the previous one and emotional transference can also occur.
- If you start to mask every negative thought with suggestions then, there is a strong probability that your mind will not grow as much as it should because you will not allow it to grow by deploying all the real effort instead, you will keep masking all the thoughts with other thoughts and will not be able to learn lessons from life. So, in order to take full advantage of suggestion, you should go to some qualified hypnotherapist because he will know the exact and effective use of suggestions. He will not over use them and will work positively for your mind frame.

Amnesia



Amnesia is one of Hypnotherapy Techniques That Help Your Clients Let Go of the Past.

Many hypnotherapists even experienced ones, feel a bit reluctant to use hypnotic phenomena like amnesia with their clients.

Some of them worry that it might be inappropriate, or that amnesia is just a trick used by stage hypnotists to make people forget their own names.

Some hypnotherapists feel that they can't reliably elicit hypnotic phenomena, so they don't try.

But they're forgetting something: ***amnesia is an absolutely intrinsic part of therapeutic change.***



- Getting over an ex-partner, moving on from grief, stopping a bad habit, all involve degrees of amnesia. For example, if a relationship ends badly, some people will constantly think about their ex-partner, and then, slowly, they'll notice gaps where they are free to think about other things and begin to move on.
- If the word 'amnesia' feels too dramatic or concrete here, then we could call it 'thinking about that less often'. Because that's exactly the therapeutic resource we want to access.
- Therapeutic amnesia isn't a weird hypnotic trick that wipes someone's brain, *it's a way of tapping into the natural process that people use to put things behind them.*

Casebook example:

“I just can’t get my ex-boyfriend out of my head!”

Some Hypnotherapist worked with a woman recently, Clara, who had to continue working in the same office as her ex-boyfriend after their break up.

She told the therapist how she was constantly thinking about him, day and night, and just dreaded bumping into him. Although six months had passed, her whole life still revolved around this situation.

It was clear that she needed to feel calmer around her ex-partner, and to begin to focus on her own future. And to facilitate this she needed help to break the cycle of obsessive thinking she was caught in. What she needed was not so much to forget him, as to forget to think about him.

Here's the 3 steps to amnesia Hypnotherapist used to help Clara stop endlessly thinking about the past with her ex-boyfriend

1. Prime the brain with natural amnesia examples

Therapist used several different examples, describing them as hypnotically and evocatively as possible:

*"Isn't it interesting how much you **forget** as the years go by? As a child you feel totally obsessed with a certain toy, it's all you can think about, but now you've **put that behind you**, you **forget to think about it**. Or the names from your infant school, even faces, that you **completely forget** as time moves on.*

*"And we're quite absent-minded as a species, really. I know I sometimes put down my keys, and then spend ten minutes turning the house upside down, saying 'But I had them a minute ago!' Because the brain is very good at remembering how to **forget**. "*



2. Invite contemplation of what it will be like not to notice [X] so much

You don't need to tell them directly that they will completely forget about it, nor need you imply that it will happen right away – just casually discuss it as a hypothetical possibility. Therapist said to Clara:

*“And as time moves on, even if you can't **fully imagine this** yet, won't it be great to be able to **forget about those repetitive thoughts**? To notice that you've **put him behind you**, and that you're free to pay attention to other things?”*

3. Completely change the subject!

When you suddenly start talking about something completely different after seeding the suggestion for amnesia, you distract the client from analysing the suggestion too closely and potentially resisting it.

Clara had mentioned her holiday plans while she and the therapist were getting to know each other, so now therapist abruptly abandoned the topic of forgetting and said: *“And whereabouts in Florida are you going?”* And we proceeded to have a delightful conversation about hurricanes in Florida...

In her very next session Clara announced happily: “I just haven’t been thinking about him nearly as often!” She reported that even if she did catch sight of him in a corridor, she found she very quickly put him out of her mind and got on with her day.

So for now, start considering which of your clients could benefit from some therapeutic amnesia, and how you could incorporate these hypnotherapy techniques into your next session with them!

Inner healing and releasement

- This is very raw form of hypnotherapy which directed towards the inner healing of personality and it releases the pressure of subconscious.
- This technique of hypnotherapy is not as common as the other techniques but it is very effective and result oriented and in recent times, there are a growing number of hypnotherapists who are learning this technique. Inner healing and releasement has many advantages over ordinary techniques.
- The biggest advantage of this technique is that it addresses the core problem very effectively yet in a very soft and gentle manner without bothering the client much. This is best suited in situation where you have to erase the negative thoughts, beliefs and other such things from your subconscious mind.
- The amusing part is that once you deal with the problem then, it is done forever and no relapse or transference enters in the sessions.
- The change which this technique will bring is permanent and occurs to stay because you have invoked it from within yourself. In this type of therapy the therapist acts just as a guide who guides for the right path and invokes your inner self to produce the change.



Detailed Description of Inner Healing and Releasement



Advantages of inner healing and releasement

This is very primary and raw form of hypnotherapy which is addressed towards inner healing and releasement of subconscious pressure. It has got many advantages over ordinary therapies and one of the most effective advantages is that once you are done with the core problem of the client then, there is no relapse or transference occurring and it is concrete solution.

Subconscious blocks which can create negative thoughts, personality disorder, laziness and other things can be easily resolved. In this form of therapy, you are not given suggestions instead, you do it from within yourself and therapist acts just as a guide to show you the right path. There is a whole mechanism of healing, change and transformation available inside everyone and you just need to invoke that system.



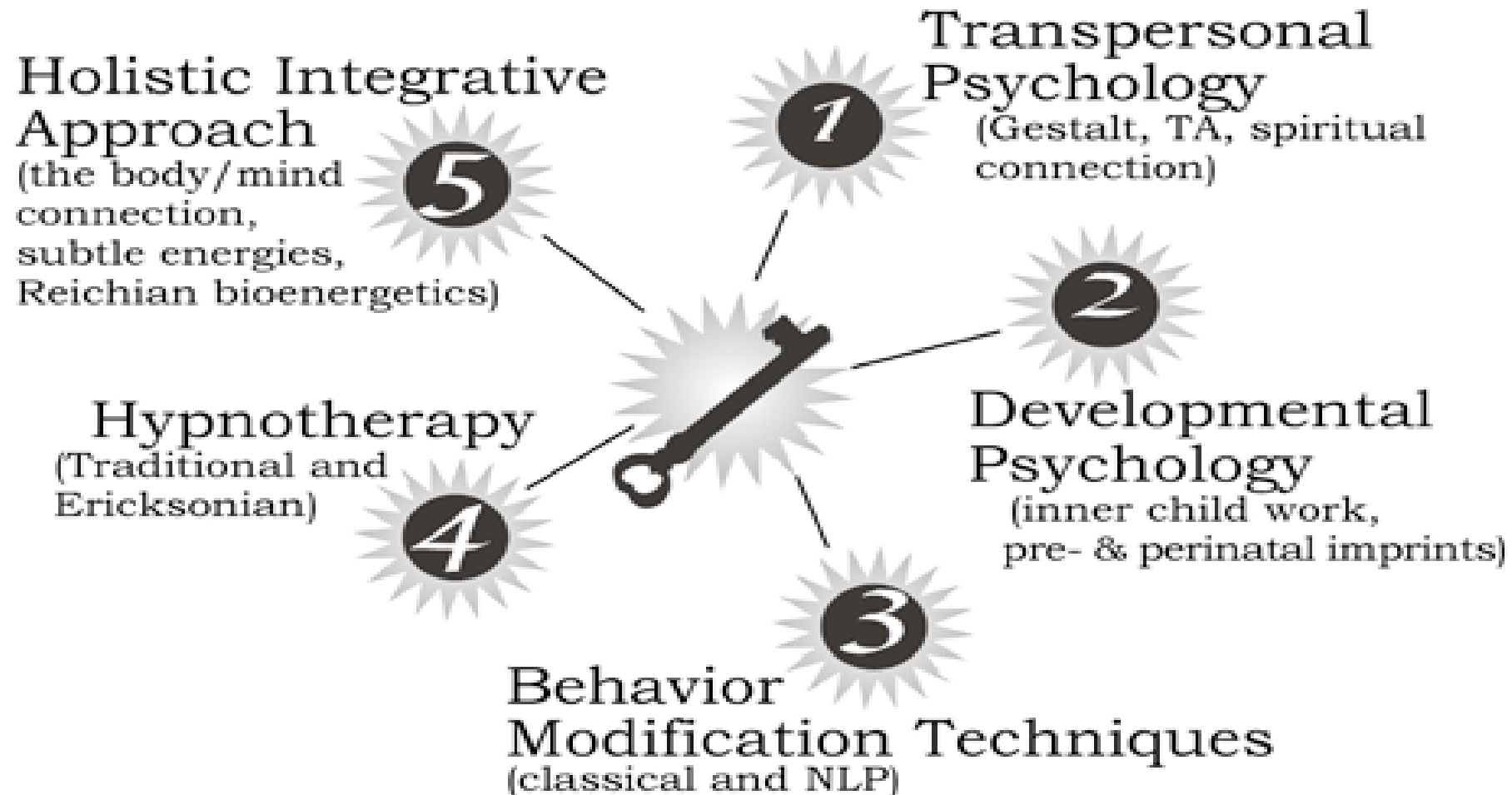
- Inner healing and releasement uses hypnosis just as a tool to create an environment of physical, emotional and mental relaxation. This is very easy therapy for the client as well because you do not need to bring in visualization, and you do not need to program different parts of subconscious mind and neither needs you to bring into conversation the different parts of personality.
- It can take time and it may happen that it takes two or three session to lay its basics and make the ground but some people are very hasty in their approach and they think that if the result is not coming in first session of therapy then, it is not going to come at all. This is not the right approach. This is true that in many cases, results can come in one session but it is not a hard and fast rule.
- This therapy which is called inner healing and releasement is guaranteed to provide you with results and even if you have not got the result in one session then, you need to stick with the plan and carry on with more sessions. You should not go in these sessions with an approach to just “check it out” because that will be a serious waste of your and therapist’s time.
- You need to take this therapy very seriously, in order to observe the results and it can bring a drastic emotional or inner change in your personality. It just needs not more than 7-10 hours of your time and 5-6 sessions with a qualified therapist.

There are some facts associated with this approach which are as follows-

- Your mind, body and emotions all three participate in the session. Client is seen as a whole and both his inner self and outer self are seen as interconnected.
- Client's past present and future are also seen as interconnected and are observed closely.
- One problem is taken and then, its affects are seen on the overall life of the client.
- Any kind of therapy can be included in this therapy to ensure the effectiveness of the procedure.
- When this kind of therapy ends then, the client feels very light and he knows that change has come from within and not by therapist.



THESE COMPONENTS OF EFFECTIVE PSYCHOTHERAPY FIT TOGETHER SEAMLESSLY



Hypnotherapy Versus Psychotherapy

Hypnotherapy is very different from psychotherapy because psychotherapy deals with the conscious mind and that is too hard and time consuming.

The Differences



- Conscious mind is weaker than subconscious and it takes lot more time and lots more techniques to tame conscious mid. On the other hand, subconscious mind is very sharp and powerful part of human brain.
- Hypnotherapy is the only technique which approaches subconscious brain directly. Usually hypnotherapy takes 75 percent less time than psychotherapy.
- This does not mean that you should always skip psychotherapy instead it is seen from normal behaviors that 90 percent of the cases are solved at conscious level by psychotherapist while 10 percent are referred to qualified hypnotherapist.
- Psychotherapy analyses the problems from many view points and it judges response from all points. There is a very detailed and prolonged procedure for carrying out a problem and solving it.

- In short, you can say that psychotherapy is like constructing a building without knowing even an inch about construction.
- Psychiatry also uses medicines to overcome the problem and to alter the state of mind and it is perceived by the psychotherapist that person will find a way out himself by analyzing things more deeply with him.
- Hypnotherapy, on the other hand, is totally different from this approach and it deals with subconscious mind directly. The behaviours of “I cannot” or “I will not” reside in the conscious mind and hypnotherapy bypasses those gestures and goes straight to the source.
- You can say that unlike in psychotherapy, hypnotherapy just gives the instruction “construct the building” and the building is constructed without giving detailed instructions.
- It is not necessary for hypnotherapist to claim a degree in psychotherapy or other brain treatment areas because hypnotherapy is different and unique and people should not confuse it with other practices.

Negatives Associated With Hypnotherapy



- 1: Negative views about hypnotherapy**
- 2: Unhypnotized people**

The Thoughts

NEGATIVE VIEWS ABOUT HYPNOTHERAPY

People talk negatively about every profession of hypnotherapy is no exception. If you observe these negative comments closely, then, you will see that most of these comments are coming from unqualified and unprofessional people.

A psychotherapist or some doctor is not qualified enough to comment about hypnotherapy because these people do not know the exact technique and method of hypnotherapy.

Every hypnotherapist uses different perception. It may happen that they ask similar sort of questions and their techniques may resemble but every therapist uses different tactics and only he or she knows what their intentions are.

UNHYPNOTIZED PEOPLE

People who observe hypnotherapy will be observing it with their conscious mind while conscious mind cannot understand and analyse that situation properly and as a result they develop a negative thought about hypnotherapy.

There are some people who cannot be hypnotized but there are reasons behind this. First of such group are small children under the age of 6 because these children have small vocabularies and their subconscious mind is not that much vivid to be accessed.

Second group of people are those with low I.Q and on average all people with I.Q level of below 70 cannot be hypnotized. The third group of people is that which is suffering from schizophrenia and these people can be hypnotized only when they do not know that they are being hypnotized and if they know then, they can resist very effectively.

What to Expect from Your Subject

- You expect your subject to give you the same support that you are giving them.
- Never take advantage of your subject and always show concern for their safety.
- Remember that your subject trusts you with the most important part of his/her existence.
- Your subject trusts you with his brain and his identity. Usually, your subject will tell you something secretive that will never be revealed to anyone else.
- Give your subject your undivided attention and you will be successful.

Stages of Hypnotherapy



Hypnotherapy can be subdivided into eight stages:

1. Preparing the patient for hypnosis,
2. Hypnotic induction,
3. Deepening of hypnosis,
4. Therapeutic utilization of hypnosis,
5. Ego-strengthening,
6. Post-hypnotic suggestions,
7. Self-hypnosis and
8. Termination of hypnosis.

STAGE 1: PREPARING THE PATIENT FOR HYPNOSIS

Successful hypnotic induction and hypnotherapy require satisfactory preparation of the patient. Good preparation involves information gathering (clinical assessment), establishing rapport, assessing for hypnotic suggestibility, clarifying misconceptions about hypnosis, providing facilitating information, and organizing the setting for hypnotherapy.

Information gathering

Before initiating hypnotherapy, it is important for the therapist to take a detailed clinical history and identify the essential psychological, physiological and social aspects of the patient's behaviors. This should include functional and dysfunctional patterns of thinking, feeling, bodily responses and behaviors. To make a reliable diagnosis, the therapist is advised to use standard diagnostic criteria such as the *Diagnostic and Statistical Manual of Mental Disorders*. (American Psychiatric Association, 2000), or the International Classification of Diseases (ICD-10) (World Health Organization, 1992). Specific psychometric measures such as the Beck Depression Inventory – Revised (Beck *et al.*, 1996), the Beck Anxiety Inventory (Beck and Steer, 1993a), the Beck Hopelessness Scale (Beck and Steer, 1993b), and the Revised Hamilton Rating Scale for Depression (RHRSD, Warren, 1994) can also be administered to determine the severity of the symptoms before, during and after treatment.



Eight-step case formulation

1. List the major symptoms and problems in functioning.
2. Formulate a formal psychiatric diagnosis.
3. Formulate a working hypothesis.
4. Identify the precipitants and activating situations.
5. Explore the origin of negative self-schemas (deeper beliefs).
6. Summarize the working hypothesis.
7. Outline the treatment plan.
8. Identify strengths and assets and predict obstacles to treatment.

Establishing rapport



Establishing rapport with the patient is of vital importance. Without good rapport the patient may not allow himself or herself to fully experience the hypnotic trance. Modern hypnotherapy is a collaborative venture, involving co-operation from both the patient and the therapist.

Araoz (1981, 1985) has described the TEAM approach for the development of *trust* and positive *expectations* and *attitudes*, and for the utilization of the patient's *motivation* in hypno therapy as follows-

- the therapist showing warmth, empathy and caring
- developing trust by utilizing the therapist's prestige, expertise and authority
- the therapist demonstrating good understanding of the patient's problems
- the therapist 'joining' the patient; that is, being able to speak the patient's 'language'
- tailoring treatment to the expectations of the patient.

Assessing hypnotic suggestibility

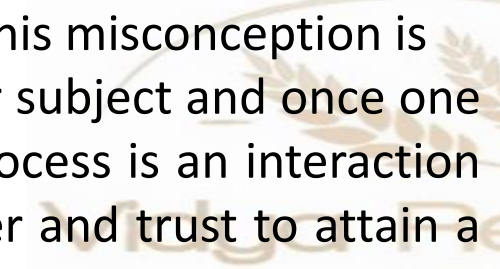
Some clinicians prefer to assess their patient for hypnotic suggestibility in order to determine whether the patient will benefit from hypnotherapy. These clinicians take the view that hypnotic suggestibility is a stable trait that cannot be significantly modified by training. Some individuals are more talented than others at experiencing hypnosis. Hypnosis is not 'a special process with a one-dimensional EEG brain signature' or an 'either-or' state, but a multidimensional experience reflecting 'various subjective states perceived by the participant'. However, this multidimensional experience is 'a matter of degree'. Some individuals can easily enter into a deep trance state and experience full-blown regression, time distortion, significant somatosensory changes and vivid hallucinations. Others may feel relaxed or carry out simple suggestions but are unable to experience major changes in their body or perceptions. So it's recommended to test for hypnotic suggestibility for several clinical reasons.

Clarifying the misconceptions about hypnosis



After establishing rapport with the patient, it is important to educate and reassure the patient about misconceptions.

- **Hypnosis is a good thing:** hypnosis is not inherently good. Hypnosis itself does not cure people. It has the potential to be utilized as a powerful tool for reducing suffering and promoting healing.
- **Hypnosis is effected by the power of the hypnotist:** as noted earlier, hypnotherapy is a collaborative venture between the hypnotist and the therapist. Without the patient's co-operation, hypnosis cannot take place.
- **Only certain types of people can be hypnotized:** although there is controversy as to whether some people are hypnotizable or not, it is generally accepted that hypnotic responsiveness in people along a continuum, ranging from low hypnotizables to very high hypnotizables. Therefore, individuals cannot all experience the same deep trance level.
- **Anyone who is hypnotized is weak-minded:** this misconception is based on the all-powerful Svengali image of the hypnotist portrayed in novels and movies. The ability to be hypnotized is not correlated with any specific personality defect or negative trait. Moreover, each person has a capacity for will and virtually all people have the ability to enter spontaneous or informal hypnotic states regularly.



○ **Once one has been hypnotized, one can no longer resist it:** this misconception is based on the idea that a hypnotist controls the will of his or her subject and once one succumbs to the power of the hypnotist. Since the hypnotic process is an interaction between the patient and the hypnotist, based on mutual power and trust to attain a certain desirable therapeutic outcome, the patient may choose to experience, or not, the hypnotic trance.

○ **One can be hypnotized to say or do something against one's will:** it is true that brainwashing and other untoward influences have been used. In the clinical context, however, the relationship between the clinician and the patient is one of mutual responsibility and accountability. In theory the clinician provides benevolent suggestions that the patient can either accept or reject.

○ **Being hypnotized can be hazardous:** hypnosis in itself is not harmful. If any harm occurs, it is usually due to the incompetence of the therapist, who may be ignorant about the complexity of the patient's mind, or ignorant about the condition being treated, or lack respect for others.

○ **One becomes dependent on the hypnotist:** hypnosis as a therapeutic tool in itself does not foster dependence on the therapist. Although some dependence in the initial stages of hypnosis may be desirable (to provide help and comfort and to build trust and therapeutic alliance).

○ **One can become stuck in hypnosis:** since hypnosis is a state of focused attention, controlled by the patient, the patient can decide to terminate the experience at any time.

○ **One is asleep or unconscious when in hypnosis:** although the patient may experience generalized relaxation when in a trance state, the person is not asleep or unconscious. The hypnotized person, irrespective of the depth of trance state, has some level of awareness.

○ **Hypnosis is therapy:** hypnosis is not a therapy. It is a therapeutic tool that is used as an adjunct to other forms of therapy (medical or psychological). When hypnosis is used as adjunctive intervention, it is referred to as *clinical hypnosis* or *hypnotherapy*. Despite its name, hypnotherapy itself is not a therapy as hypnotherapy does not belong to any specific school of therapy. It is used as an adjunct to enhance treatment effect.

○ **One must be relaxed to experience hypnosis:** since hypnosis is a state of concentrated attention, physical relaxation is not a prerequisite for hypnosis to occur. A person can be hypnotized while involved in physical activities such as riding an exercise bike.

○ **Hypnosis produces accurate recall of everything that happened to one:** the mind does not work like a computer, taking in and storing the exact experience so that it can be accurately recalled later. Memory is a dynamic constructive process and therefore memory can be unreliable. Hypnosis does not facilitate recall of accurate memory.

Providing facilitative information

After debunking the myths and misconceptions of hypnosis, it is advisable to provide your patient with 'facilitative information' about hypnotherapy. Such facilitative information elicits the patient's active co-operation and makes it easier for the patient to experience suggested effects. Some of the facilitative information includes the following.

- Hypnosis is something that a patient does or participates in; it is not something done to the patient. Therefore the patient's co-operation is very important.
- Hypnotic suggestions are experienced more vividly when a person actively imagines their occurrence. For example, suggested arm levitation can be experienced more easily if the participant intentionally imagines the arm is becoming lighter.
- The hypnotic experience depends on the patient's beliefs and expectations.



Organizing the setting for hypnotherapy

- It is recommended that hypnosis be conducted in a quiet room, although this may not always be possible.
- For example, a dentist practicing hypnosis in a busy office may not have the facility of a quiet setting.
- Although a quiet setting, gentle lighting and comfortable furniture are desirable, successful hypnotherapy can be conducted in all kinds of environments as long as the practitioner is not being interrupted constantly.

SUGGESTIBILITY TESTS



- The purpose of a suggestibility test is to ascertain whether the client falls under an analytical or non-analytical classification.
- It is recommended that you administer at least two of the suggestibility tests to your client.
- As a result of the suggestibility tests, if your client followed your instructions and reacted easily and quickly to the test, you would then use a non-analytical approach and their session.
- If your client reacted very slowly or had difficulty responding to your suggestions, they would most likely fall into an analytical classification and you should adjust your session accordingly.

Arm Rising and Falling



This is a very effective tests that I use for almost all of my clients. Have your client stand up facing you with his feet a comfortable distance apart hen say.

“Now go ahead and close your eyes and extend both your arms out in front of you and with your right hand make a fist with your thumb pointing upwards, and with your left hand, extend your fingers outward with your palm facing upwards. Now use your imagination and imagine that in your right hand you are holding the strings connected to a group of 15... Big ...25 inch colorful helium balloons as you know helium is a gas that rises and you can feel them pulling your right and arm upwards so light and weightless as you feel them pulling your right arm up, up, up... and on top of your left hand I am placing five... very large... heavy encyclopedias. You can feel the weight of the encyclopedias pulling your left hand down... down ... down ... you might even feel some discomfort in your upper arm weight of the encyclopedias as they pull your arm down... right arm up ... up ... up ... left arm down ... down ... down ... in just one moment on going to drop another heavy encyclopedia on top of the pile you already have on your left-hand on the count of three, 1 . . . 2 . . . and . . . 3 (as you say three snap your fingers at the same time)... now open your eyes and look at your arms.”



For the results on this test if their arms responded to what you said and moved a little to a lot then they are not analytical. Depending on the severity of how much their arms move would constitute how much or how little non-analytical they are on the scale. If their arms moved very little to not at all, then that would show that they are analytical. And again if their arms moved the opposite direction then they are either resisting you or have some kind of fear or issue you'll need to discuss with them.



Body Sway on Ground

This one is best done with multiple clients at the same time.

For this one you would say to your clients, “I’d like you to all stand side-by-side facing me with your arms extended outwards... I want you all to kneel on your right knee as you bring your hands downward ...placing them on the ground... as you do this you can also put your left knee on the ground.

Now everyone sway your body back and forth and say moooooooooo. (pause for a moment and then say) There is absolutely no reason for this, I just wanted to see if you would do it.

This can be used many times as an icebreaker at the beginning of a talk or a show, especially with a younger group such as high school or college students.

Hand Clasp – Authoritative



This test must be done in an authoritative manner for it to work properly. This test also works great for multiple people at the same time, such as in group sessions or even a comedy hypnosis show. Have your client stand facing you with their feet a comfortable distance apart and say.

“Place your arms straight out in front of you facing me locking your elbows with your hands and palms clasped tightly together. If you follow my instructions and use your imagination, on the count of three you will not be able to separate your hands. 1 . . . imagined that your hands are glued tightly together so very tight that you will not be able to separate them . . . 2 . . . hands clasped tighter and tighter and you notice as you focus on the thumb knuckles that they are turning whiter and whiter, tighter and tighter, you will not be able to separate them ... and ...3 ... (now say this in a loud authoritative voice) **you cannot separate them, try...you cannot** ... (wait about two or three seconds) now stop trying and relax.”



Locking Elbow Suggestibility test

This test must also be done authoritatively. Have the client stand facing you and say “I’d like you to place your right arm facing straight out with your fingers extended. On the count of three if you follow my instructions and use your imagination you will not be able to bend your arm at the elbow. . .

1 . . .

concentrate on you arm as a solid steel rod from your shoulder all the way to your fingertips... locking your elbow ...it will not bend . . 2 . . . from your shoulder to your fingertips... one solid piece of steel... it’s as if it’s not even part of your body anymore... a solid steel rod ... you cannot bend it . . . And 3 (say this in a loud authoritative voice) go ahead and try **you cannot bend it, you cannot** bend it ... and stop trying.”

Magnetic fingers – attracting



I'd like you to place both your hands in front of you with your index fingers of each hand pointing towards each other approximately 10 inches apart. Concentrate on the space in between your fingers. Using your imagination, imagine that there is a strong attracting magnet embedded in the fingertips of each finger. If you use your imagination you will feel your fingertips being pulled closer and closer together as the magnets attract each other ... continually coming closer and closer together until your fingertips eventually touch. *(Continue speaking about how strong the magnet is until their fingers touch.)*

Now imagine that your fingers are connected so tightly that in a moment when I count to three you will not be able to separate them.

1- Imagine that your fingers are fused together as if they are one solid finger with one bone connecting them, they will not separate.

2 - They have so tightly fused together that you will not be able to separate them. *(State the next sentence authoritatively)*

3 - You cannot separate them! go ahead and try, you can not! You cannot! And now stop trying...

The Golden Egg Suggestibility Test



With eyes closed, put your right arm out straight in front of you and imagine that you are holding a golden egg the size of a small candy egg in a fist with your fingers facing the floor.

You will begin to notice that the golden egg seems to have its own energy for it growing slowly and getting warmer.

As it grows, it becomes heavier and heavier and warmer and warmer until it warms your whole hand. It's growing heavier and warmer, warmer and heavier.

You want to hold onto this egg that has grown now to the size of a small chicken egg, but it is pushing its weight and heat against your finger tips.

It grows even larger and heavier in your hand and you can feel that it has started to get hot.

It feels quite hot.

You've release your fingers so that it no longer touches the palm of your hand, but the egg continues to grow bigger and heavier and hotter.

It grows bigger even still so that you can hardly hold on to it. It is too heavy and too hot to hold.

Your fingers slowly unfurl, and you drop the golden egg.

(It breaks open when it hits the floor and splashes happy energy all over you).



Hypnotic Induction Techniques

Relaxation Method I

Spoken to the subject

Turn loose now, relax. Let a good, pleasant feeling come all across your body. Let every muscle and every nerve grow so loose and so limp and so relaxed. Arms limp now, just like a rag doll. That's good.

Now, send a pleasant wave of relaxation over your entire body, from the top of your head to the tips of your toes. Just let every muscle and nerve grow loose and limp and relaxed. You are feeling more relaxed with each easy breath that you take.

Droopy, drowsy and sleepy. So calm and so relaxed. You're relaxing more with each easy beat of your heart ... with each easy breath that you take ... with each sound that you hear.



Relaxation Method II

Spoken to the subject

Your arms are loose and limp, just like a rag doll. As I raise your hand, just let all of the weight hang limply in my fingers. And when I drop it, send a wave of relaxation all across your body. As you feel your hand touch your body, send that wave of relaxation from the top of your head all the way down to the very tips of your toes.

And as you do, you find that you double your previous level of relaxation.

Now, once again, with the other hand. (Repeat with other hand)

Staircase Method



Spoken to the subject

In a moment I'm going to relax you more completely. In a moment I'm going to begin counting backwards from 10 to 1.

The moment I say the number 10 you will allow your eyelids to remain closed. The moment I say the number 10, you will, in your minds eye, see yourself at the top of a small set of stairs.

The moment I say the number 9, and each additional number, you will simply move down those stairs relaxing more completely. At the base of the stairs is a large feather bed, with a comfortable feather pillow.

The moment I say the number one you will simply sink into that bed, resting your head on that feather pillow.

Number 10, eyes closed at the top of those stairs. Ten ...

Nine, relaxing and letting go. Nine ...

Eight, sinking into a more comfortable, calm, peaceful position ...

Seven



Six ... going way down ...

Five ... moving down those stairs, relaxing more completely.

Four ...

Three ... breathe in deeply ...

Two ... On the next number, number one, simply sinking into that bed, becoming more calm, more peaceful, more relaxed ...

One ... Sinking into that feather bed, let every muscle go limp and loose as you sink into a more calm, peaceful state of relaxation.



Stiff Arm Method

Spoken to the subject

Raise and stiffen your arm. Make a fist. (Help subject achieve this position, then let go) That's good. Just like a steel bar, stiff and powerful. So stiff and rigid and so powerful that the more you try to lower or bend your arm, the stiffer and tighter it becomes. Try to lower or bend your arm and find it locking stiff; stiff and rigid. The harder you try, the stiffer it becomes.

That's fine. When I touch your forehead, your arm drops limply down and you go deeper in sleep. (Tap forehead)



Arm-Drop Method

Instructions to Hypnotist

The subject is asked to raise an arm so that the hand is slightly above the head and given suggestions. There are a number of aspects of this induction which are worthy of special notice. First, the arm is placed in such a position that fatigue will eventually bring it down. The downward movement is tied into going "down" into a "deep state of relaxation." The harder the individual keeps fighting to hold it up, the more he is committed to the proposition implied by the statement that, "You will not go into a deep state of relaxation until the arm is all the way down." This means, of course, that, "You will go into such a state when the arm comes all the way down."

Spoken to subject

(Have subject raise arm so that hand is slightly above head) Stare at one of the fingers, either the index or the middle finger. You may continue to look at it, or, if you wish, close your eyes and visualize it in your mind's eye. As you fixate your gaze on it you will notice that the other fingers tend to fade out of focus and that your entire arm begins to feel heavier and heavier. The longer you concentrate on that finger the heavier and heavier your arm becomes. But you will not go into a deep state of relaxation until the arm has come all the way down. Keep concentrating on that finger while the arm gets heavier and heavier and heavier. (When downward movement become apparent) Notice that as the arm is getting heavier it is slowly coming down, down, down. But you will not relax into a deep and profound state of relaxation until the arm is all the way down. Going down, down, down, deeper, deeper, deeper. (Continue deepening comments: The suggestions must be timed with the actual movement of the arm)

Arm Levitation Method I

Instructions to hypnotist

This induction (or deepening) technique requires that the hypnotist gauge the pace of the suggestions to the response of the subject.

Spoken to the subject



I'm going to count from one up to twenty. As I do, a light, easy, pleasant feeling moves into your right hand and into your right arm. As I continue counting, that feeling grows stronger and stronger. Soon you'll feel the first slight movement of your fingers, a twitching of the muscles. (At this point, grasp the subjects arm and demonstrate how it will move as you continue with the following suggestions). Then your hand begins to lift. Your arm begins to lift. It continues moving, lifting, and rising until it comes to rest upon your body.

Now when you feel the movement in your hand and in your arm, don't try to resist. You could resist if you chose to, that is not why you are here. Just let your subconscious mind do its perfect work. All right, now we are ready to begin.

Number One - The first light, easy sensation moves into the fingertips of your right hand.

Number Two - The feeling is spreading around beneath the fingernails.

Number Three - It is moving up to the first joint of the fingers.

Number Four - Spreading to the large knuckle across the back of the hand.

Number Five - the first slight movements begin to start taking place. Slight movements of the fingers, a twitching of the muscles.

Number Six - The light sensation spreads all across the back of your hand.

Number Seven - Spreading over and into your thumb.

Number Eight - Moving now all through the palm of your hand.

Number Nine - The light sensation spreads up and into your wrist. Think of your left hand now. You'll see by comparison, your left hand is beginning to feel very, very heavy.

While on Number Ten your right hand grows lighter and lighter with each number I count; just as light as a feather floating in the breeze and even lighter. As light as a gas-filled balloon. Just as a gas-filled balloon will rise and float towards the ceiling, in the same way, by the time I reach the count of twenty, your right hand is moving, lifting, rising and floating.

Number Eleven - The light sensation has moved beyond your wrist now, spreading into your forearm.

Number Twelve, Thirteen - Once again, think of your left hand. Your left hand has grown so heavy, it feels as though it were made of marble or stone.

Number Fourteen - That light sensation is spreading up toward your elbow.



Now on Fifteen - From the fingertips all the way up to the elbow your hand has grown light, light and free. It's beginning to lift. It's moving, lifting, rising and floating.

(At this point, if the hand is not moving, gently lift the hand to get it started)

All right, Sixteen - Now your arm is moving and lifting and rising. And as your arm is lifting, you're going deeper and deeper into hypnosis.

Seventeen - Your hand continues moving, lifting and rising now until it comes to rest over on your body.

Eighteen - Moving, lifting, rising, floating. Right on over now and when your hand comes to rest upon your body, at that time your eyelids lock tightly closed. Your eyelids lock so tightly closed at that point, the more you try to open them the tighter they're locking closed.

Nineteen - Your hand is getting ready to come down and rest upon your body.

Twenty - Now your hand has come to rest upon your body and at the same time, your eyelids are locked so tightly closed, the more you try to open your eyelids the tighter they are locking closed.

That's fine, stop trying and go deeper into trance.

Arm Levitation Method II



Spoken to the subject

As soon as you are ready to go into a deep hypnotic state, you will close your eyes and begin inhaling deeply and exhaling slowly ... (Pause and observe a moment)

Breathing deeply and slowly brings more oxygen into your system, and each time you exhale your body keeps relaxing more and more ...

Each time you inhale and exhale you can become more aware of the natural rhythms of your body and the feelings of comfort that develop ... (Pause)

As you continue sitting there, you will find yourself becoming more relaxed and comfortable ...

Can you feel even more comfortable letting your hands rest very gently on the arms of the chair? (Pause until subject's arms and hands are on the arms of the chair)

That's good ... just have your hands barely touching the arms of the chair ... notice that your hands can rest so lightly that your fingertips are barely touching the arms of the chair ...



You're doing good ... as your hands are resting and lightly touching the arms of the chair, do you notice that they tend to lift up a little bit all by themselves with each breath you take?


Does it seem like they keep feeling lighter and lighter so that they are now lifting up easily toward your face as the rest of your body continues relaxing ... (Pause, and give hands time to begin lifting)

As that continues on, does one hand or the other or maybe both continue lifting even more? (Pause)

It's really interesting the way that hand continues feeling lighter, and keeps lifting up toward your face without any conscious effort ...

As that hand keeps lifting toward your face, does the other hand want to keep lifting and catch up, or does the other hand want to rest lightly on the arm of the chair?

Does that hand keep lifting up toward your face smoothly, or does it want to lift with slight jerking movements?

The logo for Vidya Retreat is located in the top right corner. It features a stylized, golden-brown laurel wreath encircling a central emblem. Below the wreath, the words "Vidya Retreat" are written in a matching golden-brown, serif font.

It may want to lift more quickly ... or more slowly as it gets closer to your face ... and it may need to pause briefly before it finally touches your face, so you will know you are going into a really deep hypnotic trance ...

And your hand will not touch your face until your subconscious mind is really ready for you to go into a deep hypnotic trance ...

When your hand touches your face, you will take a real deep breath as you relax and experience yourself going into a much deeper, more peaceful hypnotic trance ...

(Note: continue with suggestions of that type until hand touches the face. After hand touches the face, proceed with the following suggestions:)

You may not even notice yourself going into an even deeper hypnotic trance as your hand slowly returns to the arm of the chair all by itself ...

Association Method



Spoken to the subject

You can close your eyes now ... And begin breathing deeply and slowly ... Before you let go completely, and go into a deep hypnotic state, just let yourself listen carefully to everything I say to you ...

It's going to happen automatically ... So you don't need to think about that now ... And you will have no conscious control over what happens ... The muscles in and around your eyes will relax all by themselves as you continue breathing ... Easily and freely ...

Without thinking about it, you will soon enter a deep, peaceful, hypnotic trance, without any effort ... There is nothing important for your conscious mind to do ...

There is nothing really important except the activities of your subconscious mind ... And that can be just as automatic as dreaming ... And you know how easily you can forget your dreams when you awaken ...



You are responding very good. Without noticing it, you have already altered your rate of breathing ... You are breathing much more easily and freely ... And you are revealing signs that indicate you are beginning to drift into a hypnotic trance ...

You can really enjoy relaxing more and more, and your subconscious mind will listen to each word I say ... And it keeps becoming less important for you to consciously listen to my voice ...

Your subconscious mind can hear even if I whisper ...

You are continuing to drift into a more detached state as you examine privately in your own mind ... Secrets, feelings, sensations, and behavior you didn't know you had ... At the same time, letting go completely ... Your own mind is solving that problem ... At your own pace ... Just as rapidly as it feels you are ready ...

You continue becoming more relaxed and comfortable as you sit there with your eyes closed ...

As you experience that deepening comfort you don't have to move, or talk, or let anything bother you ...

Your own inner mind can respond automatically to everything I tell you ... and you will be pleasantly surprised with your continuous progress ...



You are getting much closer to a deep hypnotic trance ... And you are beginning to realize that you don't care whether or not you are going into a deep trance ...

Being in this peaceful state enables you to experience the comfort of the hypnotic trance ...

Being hypnotized is always a very enjoyable, very pleasant, calm, peaceful, completely relaxing experience ...

It seems natural ... to include hypnosis in your future ...

Every time I hypnotize you it keeps becoming more enjoyable, and you continue experiencing more benefits ... So you will really enjoy having me hypnotize you ...

You will always enjoy the sensations ... Of comfort ... Of peacefulness ... Of calmness ... And all the other sensations that come automatically from this wonderful experience ...

You will be really happy that you decided to have me hypnotize you ...as you continue experiencing progressive understanding on your part ...



You are learning something about yourself ... You are developing your own techniques of therapy ... Without knowing you are developing them ... You can have it as a surprise sooner or later ... a very pleasant surprise ...

Imagine yourself in a place you like very much ... By a lake, or by the ocean ... Perhaps you are floating gently on a sailboat on a peaceful lake ... On a warm, summer day ... You are continuing to relax even more now ... And you continue becoming more comfortable ...

This is your own world that you like very much ...

You are going to find that any time you want to spend a few minutes by yourself, relaxing, and feeling very comfortable and serene, you can automatically go back to this feeling you're experiencing now ...

You can put yourself into this world anytime you like ... There are times when you will want this serene feeling ... And it is yours whenever you want it ...

Continue enjoying this pleasant experience as your subconscious mind is receiving everything I tell you ... And you will be pleased the way you automatically respond to everything I say.



Confusion Method

The basic message to this induction is the conscious forgetting, and the subconscious knowing. This message is drawn out and repeated. Separate directions for the conscious mind, and separate directions for the subconscious mind. Maintain the subconscious attention, while dismissing the conscious attention both by the suggestions and the pauses and mental fatigue. Have the subject sit or lay in a relaxed position, with their eyes closed. Read the text slowly and rhythmically

Spoken to the subject

(Read only first time, do not repeat) Just close your eyelids and let your mind drift where it will.

You are aware of everything, and yet you are not aware. You are listening with your subconscious mind, while your conscious mind is far away, and not listening. Your conscious mind is far away, and not listening. Your subconscious mind is awake, and listening, and hearing everything while your conscious mind remains very relaxed and peaceful. You can relax peacefully because your subconscious mind is taking charge, and when this happens, you close your eyes and let your subconscious do all the listening. Your subconscious mind knows, and because your subconscious mind knows, your conscious mind does not need to know and can stay asleep, and not mind while your subconscious mind stays wide awake.

You have much potential in your subconscious mind which you don't have in your conscious mind. You can remember everything that has happened with you subconscious mind, but you cannot remember everything with your conscious mind.





You can forget so easily, and with forgetting certain things you can remember other things. Remembering what you need to remember, and forgetting what you can forget. It does not matter if you forget, you need not remember. Your subconscious mind remembers everything that you need to know and you can let your subconscious mind listen and remember while your conscious mind sleeps and forgets.

Keep your eyes closed, and listen with your subconscious mind, and when you're listening very, very carefully, your head can now "yes".

As you continue to listen to me, with your subconscious mind, your conscious mind sleeps deeper and deeper, and deeper, and deeper. Let your conscious mind stay deeply asleep, and let your subconscious mind listen to me.

(Repeat. Begin at paragraph two)

(Use a deepening technique and test subject)

Dave Elman Method

Gil Boyne Version (Two-Finger Technique)



Spoken to the subject

For the moment, rest your arms limply on your thighs, just like this (demonstrate position to subject). Now I want you to look out here at my hand. In a moment I'm going to bring my hand up in front of your eyes like this. (Demonstrate bringing index and middle finger of right hand, in a pointing V position, to a position just above their eyebrows) When I do, I'll pass my hand down in front of your eye. Keep your eyes fixed on my fingers. As I pass my hand down, let your eyelids close down. (Bring hand straight down, one finger moving down over each eye)

(Move fingers to a pointing V position just above eyebrows so they have to look up at an angle to see fingertips) All right, now fix your eyes on my fingers. Now I'm passing my hand down in front of your eyes, and as I do, let your eyelids close down. (Move hand straight down, one finger moving down over each eye)

Now your eyelids are closed down. I want you to relax every tiny muscle and nerve in and around your eyelids. I want you to relax them so much that they wouldn't work even if you wanted them to.



Now, when you know that you've relaxed them that much that they wouldn't work even if you wanted them to, test them; you'll see you've been completely successful. Now, relax them so much that they wouldn't work even if you wanted them to. Now test them; you'll see you've been completely successful. (If they open their eyes, tell them to relax them again, this time more completely and test again. If they don't open their eyes, pause three seconds and continue)

All right, that's fine. Now, stop trying and just relax and go deeper now. Now I'm going to raise your hand. I will do it by grasping your right thumb in my fingers like this. (Grasp thumb between thumb and index finger -- make sure you grasp the correct thumb) As I lift your hand, just let it hang limply in my fingers.

(Optional: slightly rock arm back and forth) Then, when I drop it, let it drop like a wet, limp rag. When your hand touches your body, as it drops, send a wave or relaxation from the top of your head all the way down to the tips of your toes. That will double your present level of relaxation.



(Lift hand, optionally rocking it) Now, I'm raising your hand. That's it, let it hang limply. That's good. Now, when I drop it, let it drop like a limp, wet rag, and as it touches your body, send a wave of relaxation from the top of your head to the tip of your toes. (Drop hand) That's good.

Now, we'll do that again with the left hand. Now I'm going to pick up your left hand, and as I take your thumb, just let it hang limply.

(Optional: slightly rock arm back and forth) That's good; now you're getting the idea. When I drop it, let it drop like a wet, limp rag. When it touches your body, send another wave or relaxation from the top of your head to the tips of your toes and double your present level of relaxation. (Drop hand) That's good.

Now, your body is relaxed and I'm going to show you how to relax your mind. Listen very carefully. The next time I touch your forehead, I want you to begin counting from one hundred backward in this way: One hundred, deeper asleep. Ninety-nine, deeper asleep. Ninety-eight, deeper asleep, and so on.



After counting just a few numbers, by the time you reach ninety-seven, or ninety-six, or maybe, at the most, ninety-five, you will find those numbers disappearing. You will find your mind has become so relaxed that you'll just relax them out of your mind.

All right, get ready now, three, two, one. (Tap subject on forehead) Begin counting. (Listen to them count down. Based upon the rate of speed, you may say the following statement) *Good*, slow them down now. (After each count, say one of the following) *good/fine*. (After the count of ninety-seven say) Start relaxing them out of your mind. (After several more counts, based on how the subject is performing, say) Let them relax out of your mind right now. (After another count) Let them fade away completely.

(After subject has stopped counting, continue with) That's fine, You've relaxed your body; you've relaxed your mind; you've gone into a much deeper state of hypnosis.

(Use a deepening technique and test subject)

Direct Gaze Method



This process is the Direct Gaze Induction Technique. This is the most powerful technique of all, and also the most difficult to use because you have to express perfect confidence. If you have any doubt, hesitation, or fear, it will show in your eyes; the subject will read it and it will inhibit their response. If the subject is standing, you say to them, "All right, I want you to fix your eyes right here." Take the index finger of your right hand and bring it up under your right eye. If they're seated, or lying down on their back, say exactly the same thing.

When you're looking the subject in the eye, it is important for you not to blink. Narrow your eyes slightly, enough to keep your eyeballs from drying out. Time your counting in response to what you see happening in the subject's eyes. If you don't see any response, stretch out the suggestions. (ex. Five -- eyelids heavy, droopy, drowsy and sleepy, your eyelids feel so heavy. Four -- your heavy lids begin to feel as though they're getting ready to close. Three -- the very next time) The moment you see the subject beginning to blink, pick up the tempo and say 'And now they begin closing, closing ...'



Spoken to the subject

Now I want you to look right here. Don't take your eyes from mine. Don't move or speak or nod your head or say "uh-huh" unless I ask you to. I know that you hear and understand me just as you know it. If you follow my simple instructions, there is nothing in this world that can keep you from entering into a very deep and pleasant state of hypnosis, and doing it in just a fraction of a second. Now, take a deep breath and fill up your lungs. (Take a deep breath and take your right hand and move it in an upward motion in the air). Now exhale. (Bring hand down as they exhale) That's fine. Now a second and deeper breath. (Bring hand up) Exhale. (Bring hand down) Relax. Now a third deep breath. (Bring hand up) Exhale. (Bring hand down)



(Note: The following sections are for performing therapy)

(Raise your hand up over their head, about three feet in front of them, two feet above their head, pointing finger) And now, I'm going to count from five down to one. As I do, your eyelids grow heavy, droopy, drowsy and sleepy. By the time I reach the count of one, they close right down and you go deep in hypnotic slumber. Deeper than ever before. All right, Five (Start moving finger down) -- Eyelids heavy, droopy, drowsy and sleepy. Four (Moving finger down) -- Those heavy lids feel ready to close. Three (Moving finger down) -- The next time you blink that is hypnosis coming on you then. Two (Moving finger down) -- They begin closing, closing, closing, closing, closing, closing, closing, closing them, close them, close them.

They're closing, closing, closing, closing .. One

(Place right hand behind subjects head at base of skull. Grasp subjects left arm at elbow. With a sudden forward pulling movement of the right hand, say) *Sleep now.*

(Use a deepening technique and test subject)

Drop Object Method

(Good for Hypnotizing A Group)
Instructions to hypnotist



This technique can be employed using either a pen, a pencil or a coin. In many cases individuals will have coins but will not have a pen or pencil available to them. It is suggested that the subjects can use either a pen or pencil interchangeably, but if you're using coins, all the subjects should use coins.

Spoken to the subject

(Ask the subject or the group to get a pen, pencil or coin and hold it out in front of the body between the thumb and index finger. Tell them to grip it in a secure way. If hypnotizing a group, at the appropriate time, you can drop the appropriate object in order to get the process started)

Now close your eyes and think of that (*pen or pencil, coin*) between the thumb and index finger of your right hand ... Now breathe in deeply and exhale slowly five times ... Each time you inhale you bring more oxygen into your lungs. It passes from your lungs into your heart, and your heart pumps it into your circulatory system. It moves through your whole body, and each time you exhale you keep relaxing, becoming more calm and more peaceful.



That relaxation is moving through your whole body, and through your right shoulder, down your arm into your hand and fingers ... soon the fingers on your right hand will become so relaxed that the (*pen* or *pencil*, *coin*) will slip from your hand and drop to the floor.

As you hear the (*pens* or *pencils*, *coins*) dropping to the floor, it may seem a little humorous at first, but it will cause you to continue relaxing even more ... you'll enjoy the feelings of relaxation that are coming over your whole body.

Other sounds and noises are fading away and you are listening only to my voice ...

That relaxation is continuing to move through your whole body. You are relaxing from the top of your head to the tip of your toes ...



You are continuing to relax and feel more at ease. You are sensing, feeling and imagining peacefulness, comfort, and calmness all through your system ... You are relaxing in a way that is just right for you ...

Now take your left thumb and press it tightly against the index finger on your left hand ... You will notice the rest of your body relaxing even more now, and soon the thumb and finger on your left hand will relax and your finger and thumb will begin to move apart ... As the finger and thumb on your left hand relax, the finger and thumb holding the pen continue relaxing and the pen will soon slip from your hand and drop to the floor ...

When the (*pen or pencil, coin*) drops from your fingers, you will move into an even deeper hypnotic state, and you will keep your eyes closed until I ask you to open them ...

Eye Fixation with Imagery Method

(For Children)

Instructions to hypnotist



A tactile technique, such as holding a stuffed animal, may be appropriate for a 2-year-old. A 4-year-old may respond better to a rag-doll and a 6-year-old to a coin or television technique. Developmentally, a school child (7-11 years of age) may respond best to a favorite place technique and adolescent to sports imagery.

Spoken to subject

(Child's name) I would like to teach you something very special that you can learn, and with practice, you can get better and better. The first thing I would like to do is to have you hold this coin (give the child a quarter) up here. (Hypnotist puts coin between the child's thumb and index finger and moves the arm and hand slightly above eye level) I would like you to stare at the coin and concentrate all of your attention on some special part of that coin, and as you do, just let yourself get more and more relaxed. As you get more and more relaxed, the coin will get heavier and heavier.



As the coin gets heavier and heavier, your arm will also get heavier and heavier. In a moment, the coin will drop from your fingers and your eyes will close and your arm will come back down to rest in your lap. (Wait for response, and reinforce statements if necessary) We can now talk about some other pleasant things that can help you to become even more relaxed and comfortable. I would like you to imagine yourself at a wonderful picnic. This is the best picnic you have ever attended - the sky is blue and clear, the clouds are just the way you like them, it's just as cool and as warm a day as you would like it; just let it be the kind of day you would want it to be.

You might want to be at this picnic by yourself or by sharing it with some of your favorite friends and playing some of your favorite games. Somebody at this picnic (child's name) has laid a very special blanket on the ground. I would like you to sit down on that blanket by yourself or with a friend. You find out that this is a very special blanket because you can make that blanket fly. You can make it go as high as you wish or as low, as fast or as slow; you can make it turn left or right, you can do anything you want the blanket to do. You are the pilot and you are in control. You can fly anywhere you wish and see anything you want to see. It is a wonderful feeling to fly along on your blanket, enjoying the day and being in control.

(Note: *The following two paragraphs can be used when performing therapy*)

Just enjoy what you are doing on this beautiful day, as you fly along, you might think for a moment (therapeutic suggestions and talk can occur here with the use of ideomotor signals).

(Continue to reinforce that the child is the pilot and in control)
Anytime you want to go to this very special picnic and to fly on your blanket, you can do it - always remembering that you are the pilot and are in control. Every time you practice, it will get easier and easier to (therapeutic goal).

(Note: *Return here for trance termination*)

And now, (child's name), I would like you to land your blanket in a place that you like very much - a place back at the picnic where you feel comfortable and very relaxed and safe. When your blanket gently touches the ground, you can open your eyes, feeling refreshed, relaxed, and comfortable. That's right. You did a swell job (child's name). (Spend a few moments processing the child's experience)

Fixation Object Method

Instructions to hypnotist

This is the traditional method of inducing hypnosis. The subject is asked to direct their gaze at the fixation object and not shift their focus. The hypnotist can intensify the induction by observing the subjects reactions and timing his suggestions very closely with them. For example, the remark, "Occasionally, they are going to blink," might be made immediately after he perceives a blink.



Spoken to subject

Stare at the shiny part of (*fixation object*). Fix your eyes on it. Take a few deep breaths. Just keep breathing deeply. Listen to the sound of my voice. You will find that your eyelids have a tendency to get heavy. Almost as if they had a heavy weight attached to them. And the longer you stare at this, the more your eyelids get heavy, and you blink, and they have a feeling like something is pulling them down, as if they wanted to slowly close, and get drowsier and sleepier and heavier. And you have a feeling as if they were slowly closing, slowly closing, getting drowsier and more tired, and when they finally do close, how good you'll feel. Drowsy, heavy, pulling down, down, down, slowly closing, getting harder and harder to see, and you feel good. Very, very hard to keep them open, feel that very soon they will close tightly, almost tightly closing, almost tightly closing, tightly closing. Your eyes are tightly closed; you feel good; you feel comfortable; you're relaxed all over; just let yourself drift and enjoy this comfortable relaxed state. You will find that you head will get heavier; tends to nod forward some, and you just let yourself drift in an easy, calm, relaxed state.

Favorite Place Method

(For Children Ages 7 - 11)

Instructions to hypnotist

A tactile technique, such as holding a stuffed animal, may be appropriate for a 2-year-old. A 4-year-old may respond better to a rag-doll and a 6-year-old to a coin or television technique. Developmentally, a school child (7-11 years of age) may respond best to a favorite place technique and an adolescent to sports imagery.


During the pre-hypnotic interview, as much information as possible should be gathered about the child's favorite place. This information will be fed back during the session.

Spoken to subject

Just make yourself nice and comfortable in the chair. Now I would like you to put your hands on your lap and to use your eyes to find a spot on one of your hands on which you would like to focus all of your attention. It might be a wrinkle or a fingernail. Now that you have found that spot - that special spot on which you have chosen to focus all of your attention - let yourself really concentrate on that one spot; let yourself totally concentrate on that spot that was special for you, concentrate on it just as hard as you can. As you do that, you can still be aware of my voice and you can let all of your body become very relaxed and comfortable. Now in a little time - I'm not exactly sure when, but soon - your eyes will become so relaxed and comfortable that they will want to close.

You pick the time that feels just right for you. And when that happens, you can feel even more relaxed and comfortable than you are feeling right now. When that happens, when your eyes close, we can talk about some other very pleasant things that are relaxing and comfortable for you. (Reinforce as needed for eye closure) That's it - so comfortable and peaceful from the top of your head all the way down to the bottom of your toes. And when you are feeling so relaxed and comfortable, like you feel right now, you might like to imagine that you are in your favorite place in the whole world. Being there right now.



The logo for Vidya Retreat is located in the top right corner. It features a stylized illustration of a wheat stalk or grain within an oval frame, with the words "Vidya Retreat" written in a serif font below it.

Now, that favorite place might be a place you have really been to before, or a place you have only read about, or a place you have dreamed about. But everything about that favorite place is just the way you want it to be. You might be there by yourself or maybe with some very special friend. Of course, you are doing your favorite activities and everything about the day is just the way you would like it to be. I am not sure where your favorite place is - I imagine it might be (Information obtained from child in interview) I know that you know where your favorite place is and that you are enjoying it right now. You can continue to enjoy your favorite place and all of the things you would like to do while we talk about special things you can do when you are relaxed and in your favorite place - things that can help you.

(Note: If performing therapy, the therapist begins to work on treatment goals with appropriate suggestions and questioning with ideomotor signaling)

Now you can continue to be in your favorite place for a moment longer. In the next minute or so, it will be time for you to return to the room here with me, feeling refreshed and relaxed and very good about what you have learned and what you can do when (reinforce therapeutic suggestions) Just let yourself gradually return feeling refreshed and relaxed, ready to open your eyes and to be back here with me. You can go back to your favorite place any time you want.

Welcome back (*child's name*).

Forest And Stream Method



Instructions to Hypnotist

For this induction it is helpful to have background sounds of water, birds, and other forest sounds, but do not start the sounds until indicated in the induction


Spoken to the subject

To prepare yourself for this enjoyable, helpful experience, be sure you have all tight clothes loosened, and then get yourself in just as comfortable a position as you can ...

Now close your eyes and inhale deeply and hold it for three or four seconds and then exhale slowly ... (Pause as subject responds)

Again breathe in deeply and exhale slowly ... keep doing that 5 or 6 more times ...

As you inhale, you bring more oxygen into your body, and as you exhale it causes your body to keep relaxing more and more ... (Pause and observe)

The logo for Vidya Retreat is located in the top right corner. It features a stylized, golden-brown laurel wreath. Below the wreath, the words "Vidya Retreat" are written in a matching golden-brown, serif font. The entire logo is partially enclosed by a thin, light-colored oval border.

Now you can continue breathing easily and freely, and can feel yourself becoming more calm and peaceful ...

You are revealing signs that indicate you are moving into a very deep, peaceful state of relaxation ... as I continue talking to you, you can keep relaxing more peacefully ... not caring how deeply you relax, just happy to continue becoming more calm, more peaceful, and more at ease ... continuing to breathe easily and freely ...

Your subconscious mind will always be aware of what I'm saying to you, so it keeps becoming less and less important for you to consciously listen to my voice ...

Your subconscious mind, and all levels of your inner mind can hear and receive everything I tell you, and your conscious mind can relax completely ...

You are continuing to experience perfect peace of mind, and can feel yourself moving into the situation I describe to you ... it's going to happen automatically, and you don't even need to think about it consciously ...

(Optional: Start background tape of birds and water. Pause about 30 seconds after starting background sounds)

Now I want you to imagine yourself lying in a comfortable position near a stream of fresh, clear water, in a beautiful forest on a perfect summer day ...

There is a warm, gentle breeze, and the air is fresh and clean, the sound of the peaceful stream is very relaxing ...

It keeps becoming less important for you to consciously listen to my voice because your subconscious mind and all levels of your inner mind are hearing and receiving everything I say ...

In your mind, you are enjoying the beauty of nature, as the sunlight shines through the trees and you listen to the gentle flow of water and the birds singing cheerfully ...

You are lying there, comfortably relaxing ... it is so peaceful that you continue feeling more relaxed than ever before in your entire life ...

As you continue enjoying this peaceful, pleasant experience, a soothing drowsiness is coming over your whole body, from the top of your head to the bottom of your feet ...

You continue feeling calmer, more relaxed and more secure ...

And now, as you lie there with your eyes closed, you are so relaxed and comfortable and happy that you continue moving into a more peaceful, more detached state ...

It may seem like you are drifting into a state of sleep ...

There may be times when it seems like my voice is a long distance away ... and there may be times, when I'm talking to you, that you will not be consciously aware of my voice, and that's okay, because your subconscious mind is still receiving every word I say, and is making true everything I tell you

...





From now on you will be influenced only by positive thoughts, ideas and feelings ...

The following thoughts come to you ... I am calm, secure, and relaxed ... I am comfortable and at ease ... I am in control of myself at all times ... I am responsible for my body, and will always treat my body well ... my mind enables me to be relaxed and calm as I go about the activities of my daily life ...

(Note: *The following paragraphs can be used for therapy*)

Your subconscious mind, and all levels of your inner mind can now review and examine what has caused that problem, and can assess that information and work out a solution that is pleasing to you ...

And you will be pleased to notice yourself improving more each day, and you can be sure it is permanent and lasting ...

When your inner mind understands what has caused that problem and realizes that it is okay for you to get rid of that problem, one of the fingers on your right hand will lift up towards the ceiling and will remain up until I tell it to go back down.

(Note: as the subjects mind is reviewing the information and you are waiting for finger to lift, give suggestions from an appropriate prescription pertaining to the problem)

Gil Boyne Method of Conditioning



Spoken to the subject

You are about to enjoy a very pleasant and a very beneficial experience.

First, be sure that you will not be disturbed.

Second, remove your shoes or any apparel that will interfere with your physical comfort in any way.

Third, now stretch out on your back, with your legs separated, so that no part of your calves or thighs are touching. Keep feet separated at least 8 to 10 inches; arms extended loosely and limply alongside your body, palms facing downward and fingers limply outstretched.

Once we begin, you can help by remaining quiet and passive. Our first goal is for you to become unaware of your body. You can best achieve that goal by avoiding movement.

The first thing that I want you to do is to fix your eyes at a spot on the ceiling overhead. Pick out an imaginary spot, and stare at that spot without moving a muscle.

Now, take a deep breath and fill up your lungs. Exhale slowly. *Sleep now.*

Now, take a second and even deeper breath. Take in all the air that your lungs can hold. Exhale slowly. *Sleep now.*

Now, let your eyelids close down. Now, your eyelids are closed down. Please leave them closed down until I ask you to open them again. You will always be able to open your eyes, unless I were to give you a direct command and tell you that your eyelids are locked closed. And I don't intend to do that. Hypnosis is a state of mind, not a state of eyelids.

Now, I want you to mentally picture and imagine that you are looking at the muscles in the tips of the toes of your left foot. In your imagination, follow those muscles as they move back into the ball of the foot. In your imagination, follow those muscles as they move back into the ball of the foot. Back into the arch, and all the way back into the heel. Now, turn all those muscles loose. Let them grow limp and lazy, just like a handful of loose rubber bands.

Now, as the muscles begin to relax, just let your mind relax, too. Let your mind drift where it will. Let your mind drift off to pleasant scenes in your imagination.

And now, let the relaxation move on up, into the ankle now. From the ankle, all the way up to the left knee. The calf muscles begin to grow loose and limp -- heavy, and so relaxed.



All of your tensions are fading away. You're relaxing more with each easy breath that you take. Begin breathing more deeply, now, just as you breathe each night, when you are deep and sound in slumber. Just imagine that you can see your breath as a white mist, coming from your nostrils. Each and every time that you exhale this white mist, you are freeing yourself of tension, and going deeper, deeper into drowsy relaxation.

Now, from the knee, all the way to the left hip, the long thigh muscles are turning loose, easing off, and just relaxing now. Now, as those muscles relax, just let go a little more, and gently, calmly, easily, drift on over, into a pleasant state of easy relaxation.



Now let the wave of relaxation that started from the toes of your left foot just a few seconds ago -- let it move over now into the toes of the right foot, back into the arch, and all the way back to the heel. Turn all of those muscles loose, and go deeper and deeper into relaxation.

Into the ankle, the muscles let go. From the ankle, all the way up to the right knee. The calf muscles are turning loose and letting go.

You're relaxing more with each easy breath that you take. With each sound that you hear. Each sound carries you deeper, deeper and sounder in sleep.

From the knee, all the way up to the right hip. The long thigh muscles grow limp and lazy. Now, as those muscles relax, just go all the way down, deeper and deeper in drowsy slumber.

Turn them all loose and go deeper in sleep.



Now, the wave of relaxation moves on up, into the stomach now. Into the solar plexus, the center of nervous energy. Each muscle and nerve lets loose the tensions, relaxing. You're drifting down, deeper and deeper in sleep. Down, deeper in slumber.

Up through the ribs, the muscles relax. Into the broad muscles of the chest. The muscles of the chest grow limp and loose, and so relaxed. All of your tensions are fading away.

You're relaxing now, more with each easy beat of your heart, and going deeper in drowsy slumber.

Into the neck, the muscles let go. All around the neck, the muscles relax, just as they relax each night when you you are deep and sound in sleep. Turn them all loose, and go deeper and deeper in slumber. Now let the relaxation start down your back. From the base of the skull to the base of the spine. Each muscle and nerve along the spine lets loose the tension, relaxing, your drifting down. Deeper and deeper in sleep. down deeper in drowsy slumber.

And the wave of relaxation spreads out into the broad muscles of the back. All across the small of the back. All across the back of the shoulders. Turn loose every muscle and every nerve in the back, and go deeper and deeper in sleep.



Into the shoulder, the muscles let go. From the shoulders, down to the elbows of both arms. The upper arm muscles are turning loose, easing off, and just relaxing now.

From the elbows, down to the wrists on both arms, the forearm muscles grow limp and lazy.

From the wrists to the fingertips of both hands, each muscle and nerve lets loose the tensions, relaxing, you're drifting down. Deeper and deeper in sleep.

Into the jaws, the muscles relax. The jaws are parting slightly, teeth not quite touching. All around the mouth, the muscles let go.

Up through the nose, each nerve gives way. All around the eyes, the muscles are heavy, and so relaxed. Even your eyebrows are relaxing now. Across the forehead, the muscles smooth out. Across the top of the skull. Down the back of the neck. Down through the temples, back around the ears, all of the muscles are loose, and lazy -- just like a handful of loose rubber bands.

And you may feel now, a pleasant tingling sensation in the tips of your toes, or in your fingertips -- a pleasant tingling sensation, growing stronger and stronger now, as your entire body is being bathed in the pleasant glow of complete and utter relaxation.

Now you are completely relaxed. Each muscle and nerve in your body is loose and limp and relaxed, and you feel good.



Hand Shake Method

Instructions to hypnotist

The following hypnotic induction utilizes all three of the learning modes. The subject will be responding through hearing, seeing, and feelings. Begin with the subject sitting in a comfortable chair.

Spoken to subject

Would you like to experience the state of hypnosis? (After a yes response, have the subject extend his or her arm to you as though you were going to be shaking hands)

(Take the subjects hand with your right hand while making sure the subjects arm is straight)

I would like you to look at me for just a moment. As you focus your eyes on me, and listen to my voice, I would like you to allow things to take place.



(Slowly begin raising and lowering the subjects arm. The up and down movement of the arm should be about three inches each way)

As I raise and lower your arm, I wonder if you have noticed yet that there is a drowsy, heavy feeling beginning to occur in and around your eyes.

Each time I raise your arm upward, that heavy feeling in those eyes will keep becoming stronger.

As the eyes begin to close down, it becomes increasingly more desirable to allow them to remain closed.

They are closing down all the way now. Let it happen. Want it to happen. Feel it happening now.

(Make a special note to when the eyes begin to blink or start to close. This will be a signal to reinforce the feeling by raising the arm higher into the air. The subject will quickly associate the raising of the arm with closing of the eyes)

Hand to Face Method

Instructions to hypnotist



Tell subject to get as comfortable as possible with their arms resting on the arms of the chair. Show subject how you would like them to hold their hand in front of their face. Palm of their hand facing in towards their face, with fingers pointing upward pressed lightly together. Hand should be about eye level. Have subject close their eyes and begin with progressive relaxation and then proceed with the Hand To Face induction.

Spoken to subject

In just a moment, when I ask you to, I am going to have you bring one of your hands up in front of your face, fingers extended upwards and pressed together. I am then going to have you try to open your eyes, and pick a spot on your hand. It may seem difficult to open the eyes, and keep them open, which is only natural since you have been relaxing so far. I am going to want you to try, and open your eyes, and with a little effort you will at least be able to get them open.



Now, the one thing that you must accomplish is that I want you to remain totally relaxed, and at ease even with your eyes open, and your hand in this position.

Remaining relaxed, and at ease, move your hand up in front of your face with the fingers pointed upward, and pressed together.

Now, attempt to open your eyes, and pick one spot on your hand, and begin to concentrate on it.

As you concentrate on that one spot, and one spot only, your fingers are going to spread apart.

You do not have to make them spread, but do not try and stop them ... concentrate, and allow things to take place.

Feel them spreading apart now. Automatically separating now ... It is beginning to feel as though there was a string tied to each finger pulling them apart. Separating further, and further.

(Once the fingers have separated, proceed in the following way)

Now, please do not let it disturb you that the drowsy, heavy feeling in your eyes is becoming stronger now that your fingers have spread apart.

It is a very normal, natural sensation. As I begin to count from 5 down to 1 that heavy, drowsy feeling will continue to grow stronger.

(Continue with deepening technique)

Hands Closing Together I



This technique is the Gil Boyne version of the "hands closing together." Although you can do this with the subject lying on their back with their arms extended upward toward the ceiling, or standing in front of them and having them extend their arms toward you, the best position is to have your subject seated in a chair. Stand in front of them, about six feet in distance, extend both of your arms out toward them. With the palms of your hands facing each other, your fingers held together, and your thumbs pointing upward, speak to them in this manner:

Spoken to the subject

Extend both of your arms out in front of you like this. Stiffen your arms, lock your elbows; palms of your hands facing each other. Your thumbs up, your fingers held together. Now in a moment, I am going to bring my fingers in between your two hands. Until I do, I want you to look right here into my eyes. (Move index finger to right eye) Keep looking at me. Just as soon as I bring my index finger in between your two hands, take your eyes from mine and fix them on my fingertips. Then I will move my finger; when I do, do not move your eyes. Keep looking straight ahead between your hands.



Vidya Retreat

(Move hand with extended index finger to between their hands) All right, now bring your eyes down here to my fingertips. Now I am going to move my finger, and when I do, do not move your eyes. Keep looking straight ahead between your hands. Then as I count from three down to one close your eyelids down. Now, the very moment that your eyelids close down (grasp their hands and slowly push them together), your two hands begin drawing together. Just imagine there is a magnet on the palm of each hand which is drawing them in closer, closer, closing and moving in until your two hands touch. (separate their hands) All right, when I count from three to one, close your eyelids down. (Position each of your hands under each of their hands with your index finger pointing outward) (Begin sweeping your fingers in towards the center so that the last thing they see visually are your hands moving in toward each other) All right, three, two, one, close your eyelids down. Now they're closing, closing, closing, closing, closing, closing, closing, closing and almost touching, closing and almost touching.



Picture the magnet in the palm of each hand. They are closing and moving in, closing and moving in. They are closing, closing, closing, closing, closing and moving, moving in and closing, closing, closing and moving in, moving in and closing, until your two hands touch. They're closing and almost touching. Picture the magnets in the palm of each hand as they are closing, closing and moving in.

(If the hands get very close but do not touch, simply take your hands and push their hands together and say '*Sleep now*') The moment your two hands touch, a wave of relaxation will move all across your body. The moment you feel your two hands touch, every muscle and every nerve in your body will completely relax. All right, now they are closing, closing almost touching, closing, closing, closing and almost touching, closing and almost touching, closing and almost touching, now they are touching. Let your head come forward on your chest; let your arms drop limply into your lap; let every muscle and every nerve now grow loose and limp and relaxed and feel good all over now.



Additional instructions

Pull their hands down into their lap and say, "Let your head come forward on your chest and continue going easily, pleasantly, fully into a wonderfully pleasant state of hypnotic relaxation."

The following are several suggestions you may choose to use during this process should you see resistance on the part of the subject: "Just as a magnet get stronger, the closer your hands get, the stronger the pull" or "In a moment, I'm going to tap you on the forehead, the moment I do, the magnets become 10 time stronger, pulling you hands together" (Tap subject on the forehead)

(Use a deepening technique and test subject)

Television Imagination Method

(For Children Ages 7 - 11)

Instructions to hypnotist



A tactile technique, such as holding a stuffed animal, may be appropriate for a 2-year-old. A 4-year-old may respond better to a rag-doll and a 6-year-old to a coin or television technique. Developmentally, a school child (7-11 years of age) may respond best to a favorite place technique and an adolescent to sports imagery.


Spoken to subject

I would like to show you and teach you how you can use your "make believe" ability in areas of your life to help yourself. Would you like to learn how you can help yourself with (child's presenting problem)? (Child responds Yes) You already have your own imagination. I cannot give you any imagination. I can show you, however, how to use your imagination in a very special way. First, I would like you to get into a very comfortable position. Just put your legs in front of you, with your hands resting comfortably in your lap. You might notice that, in this position, your whole body feels nicely supported, with every part of your body being held up by something. And now, I would like you to close your eyes - that's right - and with your eyes closed, you can enjoy the darkness and the quietness, the peacefulness, and the calmness. You can become more aware of your breathing.



Just feel how cool your breath feels as it comes into your body, bringing with each breath energy and oxygen that spread to every corner of your body. With each breath out, you can feel warmth, and your body can just relax all of the muscles in your body. Every time you breathe out, you go deeper and deeper into relaxation and comfort.

As you relax deeper and deeper, I would like you to imagine that a TV screen has appeared before your eyes - a very special TV that would only be found in a very special place. This TV has been made especially for you. Just see the dials on the TV and examine them very carefully and find the ON switch. Just turn on that TV and turn the dial around until you find the program that seems just right for you. It may be a program that you have already seen before, or one that you would only imagine that you would like to see. What is the program that you are seeing right now (*child's name*)? (Get response from the child and then ask additional questions to increase and enhance image)

The logo for Vidya Retreat is located in the top right corner. It features a stylized illustration of two wheat stalks crossed in the center, with the words "Vidya Retreat" written in a light, serif font to the right of the illustration.

You can continue to enjoy that picture for a moment more and then I would like you to turn the dial until you reach a channel where you can see yourself on TV and you find yourself in (wherever the therapist wants the therapeutic environment to be) and you are the star in that program. Have you found that channel? (Child responds) Good. What are you doing right now in that picture on the TV? (Child responds) Just continue to watch that program because that is a special TV and you are in control of that TV. (Use therapeutic suggestions related to the presenting problem - stress achievements and positive feelings. Use a posthypnotic suggestions that the child can go back to that special channel whenever the child wishes. The therapist can also ask the child to use "slow motion" suggestions at any time)

Now turn your dial to any channel you would like to end with that gives you a nice feeling of being you and a nice feeling of being comfortable and peaceful, of being strong and wise, and knowing what is best for yourself and how to find it. You can thank yourself that you have this special TV in your mind and that you can use it any time you wish.

Now it's time for your to turn your set off and to let yourself gradually return to the room here with me, feeling refreshed and relaxed and ready for a nice day - ready to *open* your eyes *now*. That was very nice (*child's name*).



Rapid Method

(Permissive I)

Instructions to hypnotist

Begin with subjects sitting in a straight back chair.

Spoken to the subject

Are you ready to go into a hypnotic sleep ? (Subject just respond with 'Yes')

Close your eyes and take in a few deep breaths and relax with each breath that you take. I am now picking up your right hand. (Pick up subjects hand as if you were going to shake hands)

In just a moment I am going to have you open your eyes and look at me. I will then count from three down to one. On the count of one your eyes will close again and your whole body will feel loose and limp. You will quickly enter a hypnotic sleep. Do you understand? (Wait for a nod or a yes signal)



Now, I want you to open your eyes and try to keep them open until I reach the number one.

Three, your eyes are feeling heavy, try to hold them open.

Two, almost there, on the count of one they may close and feel wonderful.

One, eyes closing and sleep.

(At the moment that the eyes close, firmly pull the right arm in a downward movement, while delivering the command of *sleep*)

Rapid Method

(for Children)

Instructions to hypnotist



Most children will enter hypnosis very quickly and easily; while an eye closure technique is suitable for most children, some smaller children will object to it. It is always wise to enquire from the child whether it will be O.K. for him to close his eyes.

Spoken to the subject

Do you like to pretend games, (*child's name*)? I would like you to pretend something for me, will you? Good. All right, now close your eyes please and while you have them closed, I want you to pretend that they just won't open no matter how hard you try and, so long as you keep pretending, they won't open at all. That's good. Keep pretending until I ask you to stop. Do you have a television at home? O.K., will you switch it on please? What's on? ... Can you turn it up a little? Good. What's happening now?

Commentary



The exact wording is not important here and should be adapted to the circumstances. The objective is to invoke the child's imagination, which normally he/she is using continually in his/her games of pretence, to gain eye closure. When futile attempts to open the eyes are observed, hypnosis has already begun. It is important to secure the child's agreement to maintain the pretence until you direct him/her to stop pretending. With an easy extension of his/her pretence, the child transports himself/herself to his/her home and regresses to a favorite TV programme. He/she can be asked to describe in detail all that he/she sees and hears going on. Hypnosis is established. The body relaxation normally associated with adult hypnosis is often less in evidence with children who remain physically active through hypnosis.

Rapid Method



Instructions to hypnotist

Begin by having the subject hold their arms stretched out directly in front of them, so that the palms of the hands are facing each other. Have the hands about 6 inches apart.

Spoken to the subject

You may now lower your hands back to your side. In just a moment I am going to have you bring your hands back to this position, and you will find it very easy to go into a deep pleasant level of hypnosis in just a matter of seconds. Would this be alright with you? (You must have the subjects consent before proceeding any further)

Now close your eyes, and take in a couple of deep easy breaths. Hold each breath for a moment and then exhale slowly.

In just a moment I am going to have you extend your arms in front of you, just as you had them a moment ago. When I ask you to move your hands to this position I am then going to have you open your eyes, and follow my simple instructions.



Remaining relaxed, and at ease, I want you to extend your arms out in front of you just as you had them earlier.

(After subject extends their arms adjust the distance between the hands to about six inches. Hold your index finger at eye level, and instruct subject to follow the movement of your finger. Slowly move your index finger between their hands)

Now I want you to concentrate on my finger. In just a moment I am going to move my finger away, and I want you to begin to concentrate on the spot where my finger was.

(Quickly move your finger in a downward motion)

You are doing good. Keep concentrating on the spot where my finger used to be.

I am going to begin to count from 3 down to 1. On the count of one allow your eyes to close.

Three, your eyes are feeling heavy, and tired.

Two, they are beginning to water, and tear slightly.

One, so heavy just allow them to close, and relax.



Even with your eyes closed you can still imagine that spot between your hands.

I am now gently touching your hands, and as I do notice that your hands are beginning to move together.

In just a moment your hands will touch. As they touch your entire body will feel loose, and limp. You will be going into a very deep hypnotic state. The hands are moving closer, and closer. The moment that they touch the whole body becomes loose and limp. You will be going into a very special kind of sleep. Almost there get ready to let go. The moment that they touch you go into a very deep special type of sleep.

(As the hands move together, have your hands in a position that will allow you to lightly slap the outside of the subjects hands, and thus pushing them together. You must be ready the moment that the subjects hands touch. At the exact moment when the subjects hands touch, rapidly, and firmly slap the two hands together while giving the command to *sleep*. At the same moment lightly apply a downward motion to the subjects hands. This will cause the subject to bend at the waist. Allow the arms to dangle at the subjects side)

Non-verbal Method I

Instructions to hypnotist



The subject is seated in a chair and instructed to hold both arms out in front of him and upward so that the hands are above eye level. They should be parallel, the hands being about two feet apart. The hypnotist now moves back and forth in front of the subject from one side to the other, making a small postural change in the subject's right arm first, then over to the other side to make a similar change in the left arm.

First the right arm is bent at the elbow so that the hand comes a bit inward and downward (the right elbow simultaneously extending more outward). The hypnotist then moves over to the left side and repeats the movement of the subject's left arm in the same way. After each movement he pauses a few seconds and observes the posture. This permits him both to observe the subject's reaction and to allow time for adjustment to the new change in posture.

Once again he moves to the subject's right side and adjusts the right arm again slightly downward. This is then matched in a few seconds with a similar adjustment in the left hand. The postural adjustments of the arms and hands are constantly transmitting the message of "inward and downward," inward into one's self, and downward toward a more unconscious level of awareness.

Finally, when the hands are almost together and are barely above the lap the hypnotist grasps both of them firmly by the wrist and forcibly lowers them rapidly all the way down. At this point the subject's eyes will usually close and his head slump forward on his chest. If this does not happen the hypnotist can pull the eyelids down, and by a push on the back of the head, administer this final forceful suggestion which implies, "Go inward and downward, close your eyes and enter a deep relaxed, hypnotic state!"



No words have been spoken, but the induction has been accomplished by the series of progressively spaced changes in posture. To remove the hypnotic state which has been so achieved the hypnotist simply reverses the movements. First, he lifts up the head. Then he lifts up both arms to the position they held just prior to the forcible lowering of them. Next, one arm and hand at a time the movements are reversed. The movements are now outward and upward, "Come up out of yourself and back into the conscious state," is the message. Finally, the arms are back in their original position; the patient's eyes are fully open, the head is up.

Non-verbal Method II

Instructions to hypnotist

A non verbal induction may be accomplished with any individual that is ready to experience hypnosis. One of the keys to the induction of hypnosis is correct use of pre-hypnotic suggestions. The following is an example of pre-induction suggestions.

Hypnotist: Would you like to experience hypnosis?

Subject: Yes

Hypnotist: I would like you to simply allow things to take place. Do not try to make anything happen, but do not try to stop things from taking place. Is this agreeable to you?

Subject: That would be fine..



Take the subject's hand as if you were going to be shaking hands. Have the subject's arm stretched straight out.

With the subject looking directly in your eyes, begin slowly raising, and lowering the arm about three to four inches each way. Keep your eyes fixed on the clients eyes.

As the subject begins to blink their eyes, interrupt your up, and down movement of the arm, and begin pushing the arm down slightly.

Return to the up, and down movements of the arm until the client blinks again. Once again, when the subject blinks their eyes push the arm down slightly.

You will discover that with in a few movements the eyes will close completely. Drop their arm to their side.

Mountain Trip Method.

Spoken to the subject.

Before you go into a hypnotic state, be sure that you have your clothes loosened in any areas where they may be tight, and then get yourself into a very comfortable position, close your eyes and begin inhaling deeply and exhaling slowly ...

Continue inhaling deeply and exhaling slowly about five or six times ... each time you exhale your whole body keeps relaxing more, you continue feeling more calm, more peaceful and more at ease ...

As you continue relaxing, I want you to use your imagination. Imagine yourself lying on the grass in a soft, green meadow, the sun is shining gently, and there is an easy breeze blowing over your body ... you continue feeling more comfortable and at ease ...

Beautiful flowers are blooming all around you ... you can see the flowers moving gently in the breeze ... notice the wonderful fragrance of the flowers ...

Now, in your mind I want you to stand up ... look to the north and see the beautiful mountain at the end of this meadow ... let's take a trip up that mountain ... you look around and notice an easy flowing stream to the right of you ... you are walking over to the stream, and you bend over and put your hand in the water. You notice the water is pure, clean, cool and refreshing. Listen to the gentle flow of the rapids ...





Since the stream seems to come from the mountains, let's follow the stream up into the mountains ... as we walk along, following the stream, we come to a pond at the head of the stream ... you bend over and put your hand into the water and you notice it is nice and warm ... since at this level of your mind you are an excellent swimmer, we decide to get in the water and swim for a brief time ... you can feel the warm water surrounding your body as you quietly move through the water ... it feels so refreshing and so enjoyable, but it's time to get out now and continue moving up the mountain ... as we climb, you can hear the birds chirping ... you smell the pine trees ... once in awhile you can still see the meadow in small openings between the trees ... we're halfway up the mountain now ... we notice a fallen tree over on the left and we decide to stop and rest ... the meadow below is in full view from here ... the scene is really beautiful ... now it's time to continue on up the mountain ... you can imagine how beautiful it will be to be at the top to be able to look down into the meadow below ...



The breeze is blowing gently, and you can notice the smell of small cedar trees as we are nearing the top of the mountain ... just a few more steps and we will be at the top ... we finally made it ... you can see the deep canyon on the other side ... and from this side you can see the meadow below ...

Just ahead, you notice a sign there on top of the mountain ... you walk over to it and you notice that it says, "Speak the questions you want answered most into the canyon below, and you will see the answer written in the sky above" ...

You are deciding the most important question that you want to speak into the canyon below ... as soon as you make that decision, you ask the question and then look to the sky above for your answer ... (Pause for a minute or two for subject to receive answer)

Now it's time to go back down the mountain and return to the meadow ... you can notice the sun beginning to set on the hills on the left ... we still have plenty of time to get down before it gets dark, but we need to be on our way down ...

As we're going down, we notice a few deer off in the forest ... we're halfway down now ... we pause for a few minutes and sit on the fallen tree again ... we can see the beautiful sunset as it is forming ... now we continue moving on down ... you can hear the birds chirping ... now we come to the pond, and we can see the reflection of the sunset on the surface of the water ... we continue on, following the beautiful, refreshing stream ... now we're back in the meadow, and you lie down in the comfortable grass again ... you can smell the fragrance of the flowers ... and now you are ready to receive some additional suggestions I will be giving you before you awaken from the hypnotic state.





Misdirection Method

This technique is used when the subject is too tense or subconsciously doesn't wish to be hypnotized. The idea is to get the subject to take his/her mind off of hypnosis all together and then perform a rapid induction. The misdirection stems from fact that it is physically impossible to open one's eyes when the eyeballs are rolled back in the head. To sell this technique you may choose to describe this testing as a requirement for a relaxation exercise that will help the subject to be hypnotized in the future. Describe the mythical exercise as one that requires several weeks of daily practice and a good imagination. Describe the following induction as a "imagination test"

Spoken to the subject

Just sit and relax. (Have subject sit and relax, hands on knees, body relaxed and passive) Do you have a good imagination? (If subject responds "Yes", continue, If the subject responds "No", simply state that they are too hard on themselves and continue) In other words, can you close your eyes and imagine a scene, visualize a scene and see it in front of your eyes? (Once again, continue on "Yes", deal with "No") Good. Let's test your imagination in a few ways. I'll describe what I want you to visualize and then after you close your eyes and you visualize it, I'll ask you a few questions about what you see.

(The following is a sample scene and questions. If the subject doesn't drive, use something that the subject is familiar with) Do you drive a car? (if "Yes", continue, else find another topic) Alright, close your eyelids down and imagine you're standing in front of your car. Now when you see it very clearly, just nod your head (Wait for nod) Fine, now your looking at your car, what color is it? (Wait for response) Good. Open the door of the car and get in behind the wheel. Now look straight ahead. Is the speedometer in the center or to your right or to your left? (Wait for response) Is the speedometer circular, semi-circular, horizontal or vertical? (Wait for response) Alright, what color is the needle that indicates the speed on the speedometer? (Wait for response)





Alright, fine. Open your eyes. Could you see all that clearly? (Wait for response) Now let's test your imagination in another way. We learned a couple of things about your imagination right then. This time when you close your eyelids right down, imagine you're at a swimming place, a beach, a pool, a lake or at the ocean. Close your eyelids down.

Now I want you to imagine that you're at a swimming place. When you see the scene clearly in your mind's eye, nod your head (Wait for head to nod)

Alright, fine. Now look around you at this place and tell me what you see (Wait for description) Do you see any people there? (If "Yes", say the following "Pick out one of the persons and describe them to me", if "No", have subject describe some item that he saw at scene)

(This section is the actual misdirection) That's very good, open your eyes. Could you see all that clearly as a mental picture? That showed that you have a good imagination to create, because in that instance I asked you something where you had to create the scenes in the picture. Now we'll go to the other extreme and find out how well you can imagine a simple, single object. This time when you close your eyelids down, imagine that you're looking at a full moon.



Close your eyelids down. Now then I want you to imagine that you are either seated outside or in a car, or at the beach, or maybe looking out your bedroom window. Its night time and you're looking up at a full moon. To help you to see the full moon, I want you to now to roll your eyeballs back up, with you eyelids remaining closed down. Roll your eyeballs backup in your head as if you could see the full moon right up here (Touch subjects forehead lightly) backup in the center of your forehead.

(Pick up the pace slightly and read this section as one flowing sentence) Roll your eyeballs way back up in your head and as you do your eyelids lock tightly closed the more you try to open them the tighter they are locking closed try now to open your eyelids they're locking tighter and tighter, now stop trying, just relax and *sleep*. Let a good and pleasant feeling now come all over your body. Let every muscle and nerve in your body go limp and loose. Breathe easily and deeply and send a way of deep relaxation from the top of your head to the top of your toes.

Make Believe Friend Method

(For Children Ages 5 to 10)

Instructions to hypnotist



This induction is best used when performing therapy. The use of an all knowing and understanding friend is very helpful in getting a child to discuss their problems. (Have the child close his or her eyes and pretend they are visiting with a new friend. Maybe their friend is a cuddly puppy or kitten, or it may be a little rabbit that likes to be cuddled)

Spoken to the subject

Now just keep your eyes closed and pretend that you are enjoying the company of your friend. You are a very special person, and you can really relax and enjoy yourself, feeling calm, and peaceful and safe in the company of your friend ...

As you are having an enjoyable time with your friend, you are listening only to my voice ... Now I want you to tell me a little bit about your friend ... (Pause as subject describes friend)

Now ask your friend what name we should use when we talk to him or her ... Tell me your friend's name ... (Pause for response)

(The following lines can be used for general therapy .. fill in the specific problem)

Okay that's good ... Now you can relax even more, and I want you to ask your friend to help you ... Your friend knows about the problem you've been experiencing, and your friend will be able to tell you how you can get rid of that problem completely ...

As soon as your friend tells you how to get rid of that problem, I want you to lift one of your hands up toward the ceiling ... (Pause for response)

Let yourself continue relaxing ... Bring your friend along now as you begin feeling a peaceful drowsiness all over your body.

Now you are beginning to see yourself improving ... You are getting rid of that problem ... You are experiencing some pleasant changes right now, and you will keep improving even more later on after I tell you to open your eyes and come back to a wide awake, fully alert state.

You are learning more and more from your friend ... You are aware now that your friend really loves you and cares for you, and is doing everything to help you get rid of that problem completely ...

And you will know that you can go back and be with your friend anytime you want to in the future, and your friend will always be there to help you.



Magic Television Method

(For Children 5 to 10)

Instructions to hypnotist

You don't really need any introductory preparation for using this induction with a child. Simply have the child get in a comfortable position and close his eyes and listen to the suggestions you tell him.

Spoken to the subject

Just keep your eyes closed now until I tell you to open them. And I want you to tell me about your favorite TV program. As you are continuing to feel more calm and relaxed, I want you to tell me about the TV program that you enjoy most of all ... (Pause for response)

In just a moment, with your eyes closed, you will begin seeing your favorite TV program ... you will keep feeling more calm, and relaxed, and peaceful, and safe and secure ...

Okay, I'm turning on the TV now, and in your mind you will see your favorite program on the screen. You will hear the sounds and have the feelings and really enjoy watching your favorite program ... You can continue watching that program, by keeping your eyes closed ... You don't need to pay any attention to what I'm saying ... You're just continuing to relax and enjoy that special program by keeping your eyes closed until I tell you to open them and awaken from the hypnotic state

...





(At this point you may want to test the state of the child, you can achieve this by saying 'As you watch your show, one of your fingers on your right/left hand moves straight out,' Wait for response)

(The following lines can be used for general therapy .. fill in the specific problem)

In just a moment that program will finish, and we will change the channel ... you will continue moving into an even deeper, drowsier state ... you will be seeing a program that will show you how to overcome that problem and get rid of it completely ...

Your favorite program has ended now, and I'm changing the channel ... you're continuing to feel more peaceful, and now you are seeing a program that is showing what has been causing that problem, and how easily you are getting rid of that problem ...

The picture is becoming more clear ... you are understanding it, and realizing that you are overcoming the problem completely ...

Later on, when you open your eyes, you will be back in a wide awake, fully alert state, feeling confident and happy. You will notice the improvement, and will keep improving more each day ...

Magic Shape Method

(For Children Ages 5 to 10)



Spoken to the subject

I want you to listen closely to what I'm saying to you now without moving your head. Just lean back in the chair and get real comfortable, and then I want you to look up toward the ceiling, and look for a tiny spot. That spot will have special meaning to you. It will help relax you, and you may notice as you watch that spot it may begin to change its shape. Tell me when you notice that spot magically changing its shape ... (Pause for response)

Now keep watching that spot and you may soon notice it begin to magically change its color. Tell me when you notice that spot begin to change its color ... (Pause for response)

As you watch that spot, you are continuing to relax even more and you will soon notice your eyelids relaxing, and your eyes will feel like they want to close ...



Without moving your head, just move your eyes now and find another magic spot on the ceiling, and notice how your eyelids keep closing more and more as soon as you notice the other magic spot, and notice also how you can still see the spot after your eyes have closed ...

As you keep your eyes closed notice that you can see that spot beginning to change its shape, it is very pretty. It may even sparkle or shine, and it keeps changing its shape as you keep your eyes closed and continue to watch it ...

The more you watch that spot with your eyes closed, the more you continue to relax ... and you will soon notice the magic spot becoming smaller and smaller ... tell me when you notice it getting smaller ...
(Pause for response)

Now notice that it is disappearing completely, and you are becoming drowsier as the spot disappears ...

Instantaneous Method

Spoken to the subject

Stand facing me. That's right. Now step forward. (Place right hand on subjects head, supporting the base of the skull. Grasp subjects right arm at elbow with left hand)

Bring your feet closer together. Closer. That's right. Breathe in deeply. (With a sudden forward pulling movement of the hands, lightly jerk the subject towards you) *Sleep now.*

(If the subject's legs begin to buckle) Just as a horse can stand and sleep without losing its balance, so too your legs are strong beneath you. You can stand and sleep.

(Alternate to horse description) Your legs are stiff and rigid beneath you, supporting your body as you stand straight and erect.



Hands Pressing Down Method

Spoken to subject

Put your hand on mine. When I count to four, press down as hard as you can.

One, look at me.

Two, pressing down harder. Press it down harder.

Three, eyelids heavy, droopy, drowsy and sleepy.

Four, close them and sleep (Pull hand away now)

(Use a deepening technique)

Testing

Eye Catalepsy



Spoken to the subject

(Optionally, place your right thumb on the bridge of the subjects nose and apply slight pressure) I'm going to count from five down to one. As I do, you're eyelids lock so tightly closed that the more you try to open them, the tighter they're locking closed.

Five, your eyes are pressing down tightly.

Four, pressing down and sealing shut.

Three, sealing as if they were glued.

Two, they're locked shut. The more you try to open them, the tighter they're locking closed.

Okay, try to open your eyelids now and find them locking tighter and tighter. That's fine. You can stop trying now. Just relaxed and go deeper.



Spinning Hands

Spoken to the subject

This time I'm going behind you to raise your hands ... and start moving them around each other. (Start spinning their hands around each other)
Now, as I release your hands, continue the motion of your own accord.
(Release their hands)

Moving, spinning, turning.

Moving, spinning, turning. Even faster now.

Moving, spinning, turning. That's good.

As your hands are turning, I want you to think about your heart. Your heart beats automatically in response to the needs of your body. In the same way, your hands are turning automatically so that the more you try to stop the motion, the faster they're turning.



I m going to touch your forehead. The instant I do, your hands spin in the opposite direction. (Touch forehead) Back the other way, moving, spinning, and turning. And as they're turning, you're going much deeper in sleep.

This time I touch your forehead, your left arm drops limply down to your side; Your right arm continues the movement. (Touch forehead) Left arm drops; right arm continues, and as it's moving you're going deeper and deeper into hypnosis.

This time I touch your forehead; right arm drops limply down; you go much deeper. (Touch forehead) Drop it down and go deeper. That's fine.

Trance



Creating Mental Nothingness/Amnesia

Instructions to hypnotist

This technique can be used for both mind clearing or amnesia. The "Room of Nothingness" can become the "Room of Forgetfulness." The suggestion is given that any suggestions given in the "Room of Forgetfulness" will not be remembered by the conscious mind, but the subject will act upon them none the less. The suggestion is also given that the more the subject tries to remember the suggestions, the suggestions will be forgotten.

Spoken to the subject

I want you now to imagine that you are standing in front of a house. This is an unusual house. It's twelve feet high, twelve feet wide, thirty-six feet long. There are three rooms, one behind the other. And this structure stands over a basement. There are three steps that lead up to the house.

I want you to walk up and open the front door. As you do, you step into the first room. It's a very unusual room because there is only one piece of furniture in the room, a reclining chair.

The carpeting, the walls, the ceiling, and the upholstery on the chair are all a beautiful sunny yellow. This is the Yellow Room.

The chair looks so inviting that you walk over to it, sit down in it, and push it back into a reclining position.

You feel so relaxed, and as you do, you let your mind drift to a pleasant experience of the past thirty days. A pleasant experience of the past thirty days. *[Fifteen second pause]*

And now that memory causes you to feel even more relaxed. But it's time to get up from the chair and move on to the second doorway and step inside.

This room is almost identical to the first, except the color is gold. This is the Gold room, and there is that reclining chair in the center of the room.





Since your experience was so good the first time, you walk to that reclining chair again, sit down in it, and now you just lean back. As you do, you bring into your mind the memory of a very pleasant experience of the past twelve months - the past year. *[Fifteen second pause]*

Alright, it's time to get up from that chair, and you move into the third room.

This is the Blue room. It's exactly like the first two, except for the color. You walk to that chair, you sit down in it, and you lean back. But as you lean back, there's something very interesting occurring. What's occurring is that the chair now is on a hydraulic hoist, and it begins to slowly move down. It's going down into that lower level, passing right down through the floor. As you're going right down, deeper, sitting in a very relaxed, comfortable position. Now it stops, and you're down into the basement.

Now as you stand up from the chair, there's one door ahead with a sign that says, "The Room of Nothingness." You walk to the door, turn the knob, and step inside.



As you do, your eyes narrow down and you hesitate, because it's very dim in this room and the door closes behind you. There a strange feeling beneath your feet, because you're standing on a foam rubber pad which is three inches thick.

Now the door is closed and your eyes slowly become accustomed to the gloom. There is a kind of a rosy glow in the room. You take a few more steps in and you decide to just sit down. Now you sit down and you feel this soft foam, three inches thick, cradling you so comfortably that you just decide to lay back.

Now all the light is gone and the room is filled with nothingness. As you like there, that nothingness moves across your mind. You mind is filled with nothingness. *[Five second pause]*



Re Induction

Spoken to the subject

I am going to give you a signal so you can enter into hypnosis more easily.

I am going to count from one to three. At the count of three, you will open your eyes, remaining deeply relaxed. When I say "Sleep now" and snap my fingers, that will be the signal for your eyelids to close down and you will go deeper into hypnosis.

All right. One. Two. Three. Open your eyes. (Snap finger)

Sleep Now! Close them down and go deeper asleep. (Repeat both several times)

Signs of Trance



Instructions to hypnotist

There are several outward signs of trance that can be observed in all subjects. These signs can not be simulated by the subject. The subject will exhibit at least one, and in many cases, multiple signs.

Body warmth

Many subjects note a distinct change in body temperature. Many subjects feel cold, and others feel warm. This is attributed to the lower pulse rate and extreme relaxation of the subject.

Fluttering eyelids (R. E. M.)

Virtually all subjects in trance exhibit a 'fluttering of eyelids'. The subject is actually in R. E. M. state. (Rapid Eye Movement)



Reddening of the eyes

All subjects will demonstrate a reddening of the eyes once they've entered trance. This phenomenon is attributed to the relaxation of the muscles in the eyes of the subject, allowing a greater flow of blood through the veins.

Increased lacrimation

Many subjects, upon entering trance, will exhibit an increased 'tearing of the eyes.' This is attributed to the relaxation of the muscles surrounding the tear ducts.

Eyes rolling back

Many subjects, upon entering trance, will experience their eyes rolling back in their head. It will appear as if the subject is looking up through the top of his head.

Post Hypnotic Suggestions



For informational use only, absolutely not for hypnotising others These should be done just before you instruct yourself to wake up. They should start with:

- I will be able to remember everything that I have experienced during this hypnosis session.
- I am about to give myself some suggestions that I will be able to remember and act upon when I wake up.
- The next time I will find it easier to enter a state of self hypnosis and I will be able to go to a deeper state of hypnosis than I am at now.
- Post Hypnotic suggestions take the form of constructive suggestions.. I will be able to, I will find it easier, I will notice, I want to ... They must be phrased positively otherwise their effects could be counterproductive. A useful suggestion is: I will find that memory will gradually improve. My capacity to memorize and recall at will, will improve noticeably.
- You may wish to make the process of hypnosis easier by giving yourself a keyword.

Post-hypnotic suggestions



TERMINATION

Now . . . for the next few moments just let yourself relax completely . . . and continue to feel this beautiful sensation of peace . . . and relaxation . . . tranquility . . . and calm . . . flowing through your entire body . . . Giving you such a pleasant . . . such a soothing sensation . . . that you feel so good. . . so at ease . . . that you feel a sense of well-being.

In a moment . . . when I count from ONE to SEVEN you will open your eyes . . . and will be alert . . . without feeling tired . . . without feeling drowsy . . . You will feel much better for this deep and pleasant hypnotic experience . . . You will feel completely relaxed both mentally and physically . . . and you will feel confident both in yourself and the future.

Now I am going to count ONE to SEVEN . . . ONE . . . TWO . . . THREE . . . FOUR . . . FIVE . . . SIX . . . SEVEN . . . Open your eyes . . . Feeling relaxed, refreshed, and a sense of well-being.

Termination [1]

Spoken to the subject

(Based on the type of session, you may care to skip this paragraph)
Each time that you use this method for easy relaxation, you relax more easily, more quickly, and more deeply. Relaxation is a skill that you are easily developing with trance.

Now, I'm going to count from one to five, and then I'll say, "Fully aware." At the count of five, your eyes are open, and you are then fully aware, feeling calm, rested, refreshed, relaxed.

All right. One: slowly, calmly, easily you're returning to your full awareness once again.

Two: each muscle and nerve in your body is loose and limp and relaxed, and you feel wonderfully good.



Three: from head to toe, you are feeling perfect in every way. Physically perfect, mentally perfect, emotionally calm and serene.

On the number four, your eyes begin to feel sparkling clear. On the next number I count, eyelids open, fully aware, feeling calm, rested, refreshed, relaxed, invigorated, full of energy.

Number five: You're fully aware now. Eyelids open. Take a good, deep breath, fill up your lungs, and stretch.



Termination [2]

Now in a minute I'm going to ask you to wake up, but before I do I want your unconscious mind to make any changes required to complete the work you have done during this session, knowing that from this day forward you will have access to all the resources and feelings that you accessed during this session whenever you feel that they are appropriate.

Termination [3]



And wow I want you to go back into your past and find a time when you had a really good energetic euthoric feeling. Have you found one?
Good.

Now, see what you saw, hear what you heard, and feel that feeling grow stronger and stronger.

That's right.

Just keep that feeling spinning around deep inside, building stronger and stronger, to the point where you don't think its going to become any stronger. Then boom!

That feeling continues to build as you continue to breath deeply and start slowly to wake up.

And as you continue to move gently towards full consciousness you can bring that feeling with you.

And when you are ready you can begin to feel your eyelids flutter as the feeling continues to build and you begin to feel that you want to open your eyes and return to full waking consciousness NOW.

ANALYTICAL VEHICLES



- Analytical subjects are usually people who do not enjoy relaxing as the majority of the public does.
- Many of them will not respond well to relaxation techniques as a way to create suggestibility.
- Rather than relaxation techniques it is often times better to keep their minds busy “occupied” doing something else at the same time that you give suggestions.
- These analytical vehicles below have been designed as a technique to keep the subjects mind occupied so you may deliver the suggestions without resistance.

Bolts in Box



For this exercise I would like for you to use your imagination. I want you to imagine that there is a plastic box in front of you that has three drawers. The first drawer is where all bolts that are square are placed. The second drawer is for bolts that are shaped like a triangle. The third drawer is for bolts that are shaped like a circle. Again.. use your imagination. I want you to visualize a table to the right of your chair that you are sitting in. On that table are 50 bolts. You are to start at the number 50 and count backwards to 49, 48, 47 and so on for each bolt. Again.. The first bolt will be shaped like a square, the second bolt will be shaped like a triangle and the third bolt will be shaped like a circle. You will go through all fifty bolts visualizing in your mind that you are putting them in the box in front of you three at a time. I will be speaking to you of course and you will be hearing me but I will be speaking directly to your subconscious mind which always hears and always pays attention. So.. just concentrate on your task and try to not listen to what I am saying.. try not to follow my instructions until you have finished the whole job and then you can listen to me once again. At this point you will be very relaxed.. and your mind will be open and receptive to the suggestions that I will be giving you.



So lets begin this task now and remember.... pay no attention to me, to start with the first bolt which will be number 50 and place it in the first drawer in front of you where all bolts shaped like a square are placed and go to the next bolt 49 which is shaped like a triangle which goes in the second drawer and the next bolt number 48 which is shaped like a circle which goes in drawer three. You will process three bolts at a time in that order.. square, triangle and circle. After you finish this task you will be completed relaxed again not paying any attention to me. With each bolt you place in each drawer you will go deeper and deeper into a hypnotic state and you will be more open to suggestions, more and more relaxed and receptive. The closer you get to the number 1, the deeper into relaxation you will go.


Choose a Name Vehicle



For this exercise I would like you to use your imagination. I'd like you to imagine that you are doing research to get information for a new book that is going to be written. It is a name book for children's names. To begin your research you will need to find a girls' name and boys' name for each letter of the alphabet...

Here's how you are going to do that. You are going to start by quietly thinking of a girl's name that starts with the letter A ... get it clear in your mind ... good, now think of a boy's name that starts with the letter A ... good ... now think of a girl's name that begins with the letter B ... take your time, if you can think of many names that start with the letter B, choose the one that you like the best ... it is important that you take your time and concentrate on the task that you're doing

... now choose a boy's name that starts with the letter B ... good, just hold on for a moment and let me explain to you the remainder of what you will be doing. In just a moment you will go ahead and continue finding names of girls and boys starting with the letter C, then D and so on until you go through the entire alphabet, all the way to the letter Z but once you begin, when I tell you to go ahead and start, you will continue with the task, paying no further attention to me, until you have finished the entire job.

The logo for Vijaya Retreat is located in the top right corner. It features a stylized golden laurel wreath encircling a central emblem, with the words "Vijaya Retreat" written in a golden serif font below it.

I will be speaking to you of course and you will be hearing me but I will be speaking directly to you subconscious mind which always hears and always pays attention ... so just concentrate on your task and try to not listen to what I am saying ... try not to follow my instructions until you have finished a whole job and then you can listen to me once again. At that point you will be very relaxed ... and your mind will be open and receptive to the beneficial suggestions that I will be giving you.

So let's go ahead and begin now ... Start with the letter C ... choosing a girl's name ... and then a boy's name ... paying no further attention to me, just choosing the name and going to the next letter, choosing the names for that letter and going onto the next one, paying no further attention to me, just choosing the names, concentrating on your task, until you have finished the entire job, at that point you'll be very, very relaxed. With each name you choose you are becoming more relaxed, with each name you choose you are going deeper into the hypnotic state, becoming more open to suggestions, more and more relaxed, and receptive.

The closer you get to the letters Z, the deeper into relaxation you will go.
(begin giving your suggestions here)

Choose a Safari Vehicle

For this exercise I would like you to use your imagination and visualize being an adventuresome exotic animal caretaker and your job is to gather up 2 animals for each letter of the alphabet from all parts of the world starting with the letter A to Z. These beautiful common and exotic animals will be sent to a wonderful paradise set-aside just for them. Here's how you are going to do that. You are going to start by quietly thinking of an animal that starts with the letter A get it clear in your mind ... good, now think of another animals' name that starts with the letter B ... take your time, if you can think of many types of animals that start with the letter B, choose the one that you like the best ... it is important that you take your time and concentrate on the task that you are doing ... good, just hold on for a moment and let me explain to you the remainder of what you will be doing. In just a moment you will go ahead and continue finding names of animals starting with the letter C, then D and so on until you go through the entire alphabet, all the way to the letter Z. When I tell you to go ahead and start, you will continue with the task, paying no further attention to me, until you have finished the entire job





I will be speaking to you of course and you will be hearing me but I will be speaking directly to your subconscious mind which always hears and always pays attention ... so just concentrate on your task and try to not listen to what I am saying ... try not to follow my instructions until you have finished the whole job of naming animals, and then you can listen to me once again. At that point you will be very relaxed ... and your mind will be open and receptive to the beneficial suggestions that I will be giving you.

So let's go ahead and begin now ... Start with the letter D ... choosing the name of an animal pair ... paying no further attention to me, just choosing the name and going to the next letter, choosing the names for that letter and going onto the next one, concentrating on your task, until you have finished the entire job, at that point you'll be very, very relaxed. With each name you choose you are becoming more relaxed, with each name you choose you are becoming more and more relaxed, with each name you choose you are going deeper into the hypnotic state, becoming more open to suggestions, more and more relaxed, and receptive.

The closer you get to the letter Z, the deeper into relaxation you will go.

(Begin suggestions here)



Clock Vehicle

Close your eyes and take a deep breath.....good...take another deep breath.....very good...take one more, but this time hold it for the count of three, then let it go slowly.....good. You're doing very good.

In your imagination, see a clock hanging on the wall. Look at it closely...see the numbers on it...the metal around it...the minute hand. You notice that it only has a minute hand on it. Also, you notice that the hand is moving backward...it's moving toward...55. The numbers on the clock start with 55 where the 11 should be, 50 where the 10 is, and so forth. There is a 5 where 1 normally is, and 60 where 12 usually is.

Concentrate on the minute hand...moving backwards. See that hand moving toward 59...as it touches each number, you say it to yourself without speaking.....slowly move on and then 58...then slowly to 57...56.....55.....You continue as long as you can...don't listen to what I'm saying, but keep counting backward as the hand of the clock moves.



As the subject counts backward. Your body is relaxing and you are very comfortable. Your mind is open to suggestions. You WILL accept the suggestions and act upon them accordingly. Everything here will be remembered and acted upon long after you have completed this session. You will accept these suggestions freely. You are going deeper and deeper...very relaxed...very open to suggestions...

(continue with tests and deepener.)

Conveyor Belt

I want you to sit in your chair with your feet flat on the floor, your hands comfortably at your sides, on the arms of the chair or in your lap. Very good. Now I want you to close your eyes, and take a deep breath and exhale slowly. While you exhale, I want you to relax your head and neck and let your head go comfortably back, or hang down comfortably in front of you. Very good. Now, I'm going to give you a small task to complete while I talk to you in the background. Don't concentrate on my voice, just hear it and let everything I say sink into your subconscious mind. Okay, here we go. I want you to imagine that you are standing in front of a large conveyor belt in a factory. The type of belt that is bringing items past you one at a time. You look down and notice that on the conveyor belt are cardboard boxes coming past you. Behind you, you notice a large table with chocolate chip cookies on it. Your task when I tell you to begin is to turn around and count ten cookies then pick them off the table and turn around and put them into the cardboard box in front of you. When you have filled a box, push the big red switch on the front of the conveyor belt to move to the next box and start over. Do it when I count 3...2...1... begin.



Familiar Names



I would like you to use your imagination. You are going to start by thinking to yourself of all the name's of everyone you know. Start with your immediate family, your wife (husband), your children, your Mother, Father, siblings. Then going to your relatives, friends and neighbors. When I tell you to start you will continue with the task paying attention to me. I will be speaking to your subconscious mind and pay no attention to what I am saying until the task is completed.

Now begin with the names of your immediate family and you will become more and more relaxed with each name you say and enter into a deeper hypnotic state. Your will become very relaxed with each name you hear and more open to suggestions. As you get closer to the end of your task you will be increasingly relaxed and more receptive.

Floating Induction



Close your eyes. You are about to experience the state of total relaxation. Place your feet flat on the floor and your hands on the arms of the chair. Listen to my voice carefully as I take you into the wonderful world of tranquility. I want you to use your imagination. Imagine that your body is beginning to feel weightless. As I count from 1 to 5 your feeling of serenity will deepen.

1 . . . your mind is beginning to quiet down

2 . . . all of your muscles are becoming limp . . . you feel no discomfort or pressure

3 . . . although you are aware of the music playing in the background, your mind is focused on the sound of my voice

4 . . . your body and mind are now totally relaxed . . . you feel wonderful.

5 . . . your body feels like it has no weight whatever . . . in fact, you can't even feel the muscles of your body . . . Your body feels like it is floating in the air on a beautiful, warm, sunny day.

Feel yourself drifting effortlessly in the air as your body rises out of the chair. As you look straight ahead you see a radiant blue sky and feel the warmth of the air as you rise higher and higher into the air, completely relaxed. Although you may hear other sounds around you, the only thing that you will pay attention to is the sound of my voice. Listen to my voice carefully as I guide you through this beautiful, warm, floating experience. You are completely at peace . . .



Name Search

For this exercise, I would like you to use your imagination. Imagine you are doing research for a book of children's names. To begin your research you will need to find as many girl and boy names as you can. First, listen to these directions. You will start with the letter A and name as many girl names as you can think of beginning with the letter A, when you can no longer think of girl's names move to boy's names starting with the letter A, then B names, and C and so on through the alphabet.

Now continuing to feel relaxed begin to think of as many girl names starting with the letter A as you can, then boy names and so on...thinking of as many names as possible...(begin script)

Cognitive hypnotherapy case formulation and treatment plan-

Identifying Information

Today's date:

Name:

Age:

Gender:

Marital status:

Ethnicity:

Occupational status:

Living situation:

Referred by:

1. Problem list:

(List all major symptoms and problems in functioning.)

Psychological/psychiatric symptoms:

Interpersonal difficulties:

Occupational problems:

Medical problems:

Financial difficulties:

Housing problems:

Legal issues:

Leisure problems:





2. Diagnosis:

Axis I:

Axis II:

Axis III:

Axis IV:

Axis V:

3. Working hypothesis:

(Hypothesize the underlying mechanism producing the listed problems.)

Assess schemas related to:

self:

other:

world:

future:

recurrent core beliefs:

rumination/negative self-hypnosis:

hypnotic suggestibility:

4. Precipitant/activating situations:

(List triggers for current problems and establish connection between underlying mechanism and triggers of current problems.)

Triggers:

Are triggers congruent with self-schemas/rumination/self-hypnosis?

5. Origins of core beliefs:

(Establish origin of core beliefs from childhood experience.)

Early adverse negative life events:

Genetic predisposition:

History of treatment (include response):

6. Summary of working hypothesis:

- 1.
- 2.
- 3.

7. Treatment plan:

- 1.
- 2.
- 3.
- 4.

Modality:

Frequency:

Interventions:


Adjunct therapies:

Obstacles:

8. Strengths and assets:

(Based on the formulation, predict obstacles to treatment that may arise.)

- 1.
- 2.
- 3.



Cognitive hypnotherapy case formulation and treatment plan for Cathy: a completed example for a patient with chronic depression

Identifying Information:

Today's Date: *February 10, 2006*

Name: *Cathy*

Age: *32 years old*

Gender: *Female*

Marital status: *Single*

Ethnicity: *White Caucasian*

Occupational status: *Paralegal assistant*

Living situation: *Lives on her own in a semi-detached house*

Referred by: *Dr. Spock, Psychiatrist*

1. Problem list:

(List all major symptoms and problems in functioning.)

Psychological/psychiatric symptoms:

Depressed, lacking energy, disturbed sleep, tired, and difficulty concentrating. She also experiences anxiety and inner tension, and finds it very difficult to unwind or relax. Occasional suicidal ideation, but no intent or plan for suicide.

Interpersonal difficulties:

Withdrawn, avoids friends, social contacts and social functions. She has good interpersonal skills and she has several close women friends, but keeps away from them. She has been divorced for 5 years and since then she has not dated. She lacks confidence dating and she believes she cannot trust me.

Occupational problems:

She works as a paralegal assistant in a very busy law office, consisting of 18 people, including lawyers, paralegal assistants and secretarial staff. She likes her job. Her ambition was to become a lawyer, but since her divorce she feels she has no confidence to go to university.

Medical problems:

None

Financial difficulties:

None

Housing problems:

None

Legal issues:

None

**Leisure problems:**

She avoids social interaction because she feels she lacks confidence and derives no pleasure being with other people. She believes she is no longer the extrovert she used to be. She believes her ex-husband has taken away her confidence and made her become a 'no one'.

2. Diagnosis:

Axis I: *Major depressive disorder, recurrent, moderate*

Axis II: *None*

Axis III: *None*

Axis IV: *Divorced; socially isolated; lonely.*

Axis V: *GAF score = 50*

3. Working hypothesis:

(Hypothesize the underlying mechanism producing the listed problems.)

Assess schemas related to:

Self:

'I am no one.'

'I have no confidence.'

'He destroyed me; he took away my pride and my dignity.'

'He turned me into a failure; he took away my personality.'

Other:

'You can't trust anyone; people are so mean, they exploit you.'

'It's not worth having a relationship; it only brings pain.'

World:

'The world is selfish and uncaring.'

'There are too many problems and obstacles, you can never succeed so what's the point in trying.'

Future:

'I don't have a future; he destroyed everything.'

'I see myself unhappy and struggling for the rest of my life.'

'I see myself being lonely and isolated for the rest of my life.'



Recurrent core beliefs:

'I am useless; he took away everything and turned me into a failure.'

'I can never be the same person again.'

**Rumination/negative self-hypnosis:**

She ruminates on the beliefs that her husband (who was alcoholic and emotionally and physically abusive to her) has destroyed her personality and turned her into a failure. She believes she has no confidence and therefore she will not be able to achieve anything in her life.

Hypnotic suggestibility:

She scored maximum on the Babrer Suggestibility Scale.

4. Precipitant/activating situations:

(List triggers for current problems and establish connection between underlying mechanism and triggers of current problems.)

Triggers:

Being alone in her house; attending social functions; holidays and festive seasons.

Are triggers congruent with self-schemas/rumination/self-hypnosis? The triggers activate her self-schema of being a failure and lacking confidence. Therefore she will not be able to do anything

.5. Origins of core beliefs:

(Establish origin of core beliefs from childhood's experience.)

Early adverse negative life-events:

She was brought up in a stressful home environment. Her father was an alcoholic and physically aggressive to her mother. As a child, on several occasions, she witnessed her father hitting her mother. She was scared of her father. She had very little love and attention from her father. However, her mother was very caring and attentive to her needs and protected her against her father. Cathy felt helpless that she was not able to help and protect her mother. She was therefore dependent on her mother for her sense of security and emotional needs.

Genetic predisposition:

Cathy's grandmother had a history of major depressive disorder. Since childhood Cathy had the tendency to think very negatively about herself.

History of treatment (include response):

Followed-up by a psychiatrist for 5 years. Tried several antidepressant medications, but none had worked for her.



6. Summary of working hypothesis:

Whenever Cathy is at home on her own, she feels lonely. This feeling triggers the thoughts that her husband has destroyed her personality and her self-esteem. These negative cognitions are also triggered whenever she is invited to attend a social function or whenever a festive season is imminent. These negative cognitions revive her self-schemas that she is a failure, resulting in feeling anxious and depressed. Rumination of these feelings intensify her affect and from this she concludes that she will never succeed in life.

7. Strengths and assets:

Stable job and lifestyle; bright; excellent social skills; has friends.

8. Treatment plan:

Goals (measures):

1. Reduce anxiety and depressive symptoms, which can be monitored via the BDI-II and the BAI.
2. Reduce procrastination, which can be monitored via log of activities.
3. Increase social activities and social contacts (measured via number of contacts).
4. Begin dating in an effort to meet husband (measured via number of dates).
5. Find information about admission to law schools and meet counselor from the local university to discuss admission and career planning.
6. Sign up with the local gym and work out at least three times a week.

Modality:

Individual cognitive hypnotherapy.

Frequency:

Weekly for 10 weeks.





Interventions:

Teach the formulation (to provide rationale for interventions). Activity scheduling (gym, socializing, dating, exploring admission to law school). Cognitive restructuring (RET-Worksheet, behavioral experiments).

Ego-strengthening for increasing self-esteem.
Schema change interventions.

Adjunct therapies:

Medication will be considered as an option if she does not respond to cognitive hypnotherapy.

Obstacles:

Procrastination, low self-esteem, and too focused on the past hurts.

Hypnotic induction relaxation with counting method



This script also contains deepening, termination and ego-strengthening suggestions.

INDUCTION

Close your eyes and make yourself as comfortable as you can. Now I am going to count ONE to TEN . . . As I count . . . with every count you will become more and more relaxed . . . so that when I reach the count of 10 . . . at the count of 10 you will be resting in a deep trance.

ONE: Just continue to breathe gently . . . in and out . . . and as you concentrate on my voice you begin to relax . . . relaxing very deeply as you continue to listen to my voice.

TWO: You begin to feel a heavy and relaxing feeling coming over you as you continue to listen to my voice . . . And as you continue to breathe in and out . . . you will begin to feel your arms relaxing . . . your legs relaxing . . . your entire body relaxing completely.

THREE: You begin to feel that heavy and relaxing feeling beginning to increase . . . more and more . . . and you are beginning to relax . . . more and more . . . relaxing deeper and deeper all the time as you continue to listen to my voice.



FOUR: You can feel that heavy and relaxing feeling increasing . . . More and more as you continue to listen to my voice . . . And as I continue to count, with every count . . . that heavy and relaxing feeling will continue to increase more and more . . . until they cause you to drift into a deep and pleasant trance.

FIVE: Just notice . . . progressively you are becoming more and more relaxed . . . more and more at ease . . . more and more comfortable . . . so that when I reach the count of TEN, you will be resting in a deep trance.

SIX: Just listen to my voice as I continue to count . . . and by the time I get to the count of TEN . . . you will be resting in a deep and pleasant trance.

SEVEN: You are beginning to drift slowly into a deep . . . deep trance.

EIGHT: Just notice you are becoming more and more comfortable . . . more and more at ease . . . more and more deeply relaxed . . . so that when I reach the count of TEN, you will be resting in a deep trance.

NINE: And every time you breathe in and out . . . you are drifting slowly into a deep and pleasant trance . . . drifting slowly . . . into a deep and pleasant trance.

TEN: Drifting slowly into a deep trance as you continue to listen to my voice . . . as you continue to breathe in and out . . . Drifting deeper . . . and deeper . . . down . . . and down . . . into a deep and pleasant trance.

Creating a pleasant state of mind

After the initial induction, it is advisable to spend a few minutes to enhance the relaxation and the 'good' feeling before deepening the trance. The enhancement of the good feeling creates a pleasant state of mind, which helps to ratify the trance, thus preparing the patient for the deepening suggestions.

CREATING A PLEASANT STATE OF MIND

You have now become so deeply relaxed . . . and you are in such a deep . . . deep trance . . . that your mind and your body feel completely relaxed . . . completely at ease. You begin to feel a beautiful sensation of peace and relaxation . . . tranquility and calm . . . flowing through your mind and body. You feel this beautiful sensation of peace and relaxation, tranquility and calm . . . flowing all over your mind and body . . . giving you such a pleasant feeling . . . such a soothing feeling . . . that you feel completely relaxed . . . completely at ease. Your mind and your body feel completely relaxed . . . and perfectly at ease . . . feeling calm . . . peaceful . . . comfortable . . . completely relaxed . . . totally relaxed . . . drifting into a deeper and deeper trance as you continue to listen to my voice.



Deepening the trance

Once the patient is prepared for deep trance through the creation of the pleasant state of mind, the simplest deepening technique can deepen the trance. I normally use the counting method of deepening the trance.

DEEPENING THE TRANCE

You are in such a deep hypnotic trance now . . . that your mind and your body feel calm and peaceful. And now I am going to help you to feel even more relaxed. In order to do this I am going to count ONE to FIVE . . . When I reach the count of FIVE . . . at the count of FIVE . . . you will be resting in a deep . . . deep . . . very deep trance.

ONE . . . just let yourself go . . . just let yourself relax . . .

TWO . . . not doing anything . . . not trying anything . . . just letting go . . . no efforts . . . effortless.

THREE . . . becoming heavier and heavier . . . [or lighter and lighter]

. . . sinking deeper and deeper into a deep, deep trance. *(From the administration of a standardized suggestibility test and/or from the initial hypnotic induction, the therapist will be aware of the kind of sensations, e.g. light, heavy or detached, that the patient is prone to feel. These sensations can be reinforced while inducing a deep trance.)*

FOUR . . . feeling heavier and heavier . . . [or lighter and lighter] . . . And at the same time feeling detached. Feeling very, very detached . . . your whole body feeling completely detached . . . Drifting into a deeper and deeper trance.

FIVE . . . letting yourself drift into a deeper and deeper trance . . . Drifting deeper and deeper as you continue to listen to my voice.

EGO-STRENGTHENING SUGGESTIONS


Just continue to enjoy these beautiful feelings . . . and as you continue to enjoy this feeling of deep relaxation . . . I am going to repeat some helpful and positive suggestions to you . . . and since you are very relaxed and in such a deep hypnotic trance . . . your mind has become so sensitive . . . So receptive to what I say . . . so that every suggestion that I give you . . . Will sink so deeply into the unconscious part of your mind . . . that they will begin to cause such a lasting impression there . . . that nothing will eradicate them . . . These suggestions from within your unconscious mind will help you resolve your difficulties . . . They will help you with your thinking . . . that is, they will help you to think more clearly, more objectively, more realistically, and more positively . . . They will help you with your feelings . . . that is, they will make you feel less anxious, less upset, less depressed . . . They will also help you with your actions and your behaviors . . . That is, they will help you to do more and more things that are helpful to you, and you will do fewer and fewer things that are not helpful to you.

You are now so deeply relaxed, you are in such deep hypnotic trance . . . that everything that I say will happen to you . . . for your own good . . . will happen more and more . . . And every feeling that I tell you that you will experience . . . you will begin to experience more and more . . . These same things will happen to you more and more often as you listen to your tape . . . And the same things will begin to happen to you just as strongly . . . just as powerfully . . . when you are at home . . . or at work or at school . . . or in any situation that you may find yourself in.

You are now so deeply relaxed . . . you are in such a deep hypnotic trance . . . that you are going to feel physically stronger and fitter in every way. At the end of the session . . . and every time you listen to your tape . . . you will feel more alert . . . more wide awake . . . more energetic . . . Every day as you learn to relax . . . you will become much less easily tired . . . much less easily fatigued . . . much less easily discouraged . . . Much less easily upset . . . much less easily depressed.


Therefore every day as you learn to relax . . . your mind and your body will feel physically stronger and healthier . . . your nerves will become stronger and steadier . . . your mind will become calmer and clearer . . . you will feel more composed . . . more relaxed . . . and able to let go . . . You will begin to develop the tendency to ruminate less . . . to catastrophize less . . . therefore, you will become less worried . . . less anxious and less apprehensive . . . less easily upset . . . less easily depressed.



The logo for Vedanga Retreat is located in the top right corner. It features a stylized illustration of two wheat stalks crossed in an 'X' shape, enclosed within a thin, light-colored oval border. Below the illustration, the words "Vedanga Retreat" are written in a light, sans-serif font.

As you become more relaxed, less anxious and less worried every day . . . you will begin to take more and more interest in whatever you are doing . . . in whatever is going on around you . . . that your mind will become completely distracted away from yourself . . . You will no longer think nearly so much about yourself . . . you will no longer dwell nearly so much on yourself and your difficulties . . . and you will become much less conscious of yourself . . . much less preoccupied with yourself and your difficulties . . . much less preoccupied with your own feelings . . . and much less preoccupied with what you think others think of you.

As you become less preoccupied with yourself, less conscious of yourself . . . you will be able to think more clearly . . . you will be able to concentrate more easily . . . You will be able to give your whole undivided attention to whatever you are doing . . . to the complete exclusion of everything else . . . Even if some thoughts cross your mind, you will be able to concentrate on the task without being distracted . . . As a result of this, your memory will begin to improve . . . so that you begin to see things in their true perspective . . . without magnifying your difficulties . . . without ever allowing them to get out of proportion . . . In other words, from now on . . .



whenever you have a problem, you will examine it objectively and realistically . . .
. And decide what you can and cannot do about it . . . If you cannot resolve the
problem . . . you will accept it and come to terms with it . . . But if the problem
can be resolved . . . then you will make a plan . . . or come up with some
strategies to overcome it however long it may take . . . Therefore from now on . .
. whenever you have a problem you will become less emotionally upset and less
overwhelmed by it . . . From now on you will begin to examine your difficulties
like a scientist, that is, taking everything into consideration and then coming up
with a plan . . . As a result of this new attitude . . . you will become emotionally
less upset . . . less anxious . . . less agitated . . . and less depressed.

Every day . . . you will begin to feel all these things happening . . . more and
more rapidly . . . more and more powerfully . . . more and more completely . . .
so that . . . you will feel much happier . . . much more contented . . . much more
optimistic in every way. And you will gradually become much more able to rely
upon . . . to depend upon yourself . . . Your own efforts . . . your own judgment .
. . . your own opinions . . . In fact . . . you will begin to feel much less need . . . to
rely upon . . . or to depend . . . upon . . . other people.

Stages of Hypnosis



Bear in mind that these stages are very fluid. **Please**, do **not** get the idea that only a person in medium trance can receive post-hypnotic suggestions, or that only a person in deep trance can experience anesthesia. Everyone is different and people respond in different ways to hypnosis. This table is only presented as a loose outline and is not meant to limit your options in any way. Remember... Anything is possible

Light Trance

- Feelings of lethargy and relaxation
- Catalepsy of the eyes
- Catalepsy of the arms or other muscle groups
- Floating or sinking feelings
- Full body catalepsy

Medium Trance

- Smell and taste can be suggested. For example, making an onion taste and smell like an apple.
- The ability to totally erase or block numbers from the mind.
- Amnesia of certain events
- Glove Anesthesia
- Analgesic suggestions
- Post-hypnotic suggestion

Deep Trance

- Automatic movement- For example, if you begin to move the subject's hands in orbit around each other, they will continue to move that way automatically, without verbal suggestion, until you stop them or suggest that they stop.
- Positive hallucinations can be suggested. For instance, in my hand, you will see a tennis ball. What color is it?
- Complete anesthesia
- Negative hallucinations, while more difficult to suggest than positive hallucinations, can sometimes be suggested at this point. For instance, the chair you are sitting on has just disappeared... you can no longer see the chair anywhere.
- Comatose, or what has been commonly called, the Esdaile state.



Effects of Hypnosis



Deep Relaxation Most subjects will experience an intense feeling of relaxation. Although, relaxation is not necessary for trance, many methods of hypnosis promote trance through dissociation with the body. This is usually done through deep relaxation.

Floating or Sinking Many subjects report the gentle feeling of floating or sinking into the chair or couch that they are on.

Increased Senses While hypnosis usually involves dissociation from the body, typically, many people report that they also become aware of certain things through an increase in the sensitivity of their senses.

Amnesia Many people experience amnesia about the content of the hypnotic experience. This is actually encouraged, and even intentionally suggested, when using hypnosis in a therapeutic setting.

Time Distortion Trance can do some amazing things to a person's perception of time. Many sessions that last an hour feel like ten or fifteen minutes to an awakened subject. Sometimes, twenty-minute sessions feel like hours. Time distortion is completely subjective - everyone experiences it differently.



Hypnotherapy FAQ

What is hypnosis?

Hypnosis is a perfectly natural state of heightened awareness; a combination of deep relaxation and highly focused attention.

feeling of being 'lost' in a good book. You feel mentally absorbed and engaged, and less aware of external distractions. With your body relaxed, your imagination also becomes more active; time perception may also distort, and you may become less aware of your physical body. Hypnosis is a very similar experience. When people think of hypnosis, they often imagine giving up control, falling under the 'spell' of the hypnotist, or not being able to remember the experience having 'fallen asleep' in some way. While there are many misconceptions about hypnosis, it is in fact a state that will be familiar to most of us. It has similarities with meditation, visualisation and even daydreaming. Imagine for a moment the During hypnosis the focusing of our attention causes our brain to enter an 'altered state'; suggestibility increases as activity in the 'conscious' part of our brain (specifically the neo-cortex) is temporarily reduced and a more direct line of communication is established to your unconscious mind and its inner resources.





What is Hypnotherapy?

Hypnotherapy is the process of using hypnosis to interact with the subconscious mind in an open-reflective process to create positive change in your life. There are many techniques and many styles and many applications of hypnotherapy. They all have several things in common:

- (1) a strong desire to change,
- (2) a state of deeply relaxed focus, and
- (3) language and visualization in relationship to emotions.



What can't be treated with hypnotherapy?

Serious psychiatric or mental health problems are referred to a qualified psychotherapist or psychiatrist. Medical problems with the physical body must always be treated by a physician, who can, at his or her discretion, prescribe hypnotherapy for pain control, hypnoanesthesia or relaxation. Drug addiction, family dynamics disorders, clinical depression and other such problems need to be treated by doctors and psychiatrists, who can, at their discretion, prescribe hypnotherapy as a supplementary treatment.

Will I bark like a dog or cluck like a chicken?

Let me guess: you've seen a stage show where a hypnotist made people do all these crazy things. Or, perhaps you have ideas from Hollywood's movies and TV. The stage hypnotist carefully selects his subjects (watch how many volunteers he has sit down), and he chooses people he knows WILL bark like a dog. They will because somewhere inside them is a part that loves to entertain. And they will do it because, deep down inside, they don't believe there is anything wrong with barking like a dog.

Hypnosis can not make you do something that is against your morals or ethics. All hypnosis is self-hypnosis, in truth, and no hypnotist can make you do something that you really don't want to do. That's why some people can be hypnotized to stop smoking and yet they still smoke. You have to want the change, agree with the change, and then hypnosis is an instrument for helping make that change better, faster, and permanent.



Will I lose control?

This is another Hollywood myth. You always have control, and you can always hear what's going on. Hypnosis is nothing but a state of relaxed deep focus. It is a natural state that you enter at least twice a day (while waking up and while falling asleep!), and probably much more often than that. If at any time you are in trance and you wish to be fully awake, you can just count to yourself "1 - 2- 3" and open your eyes.



Vidya Retreat

My friend tried hypnosis to quit smoking and it didn't work.

There is more to changing a serious habit like smoking than just a few hypnotic suggestions, I'm afraid. In the simplest terms, the person must want the change, and they must have a replacement for smoking. Hypnosis can be used to find a healthy, effective replacement, and then it can be used to help flip the subconscious over to the new, healthy habits.

While sitting in a room with 50 other people in a seminar, or listening to a stop-smoking CD *can* work, it is usually much more effective to have a personalized session with a hypnotherapist, who can customize the approach, language and replacement suggestions to match your lifestyle and circumstances.

Why should I learn self-hypnosis?

Hypnosis is a powerful life skill for the modern person. There is a great deal of stress to be handled in today's work environment, schools, and society in general. Self-hypnosis, at the most basic level, is wonderful for de-stressing, calming, and restoring a healthful energy to your body. It gives a sense of control and connectedness to your mind and body that supports confidence and success.

After becoming more skilled in self-hypnosis, you'll find that it can help you maintain motivation and peak performance, as well as health and vigor. It can help you make clear decisions. It is incredibly powerful to be able to discover what your subconscious beliefs and patterns are and be able to change them at will. You can literally design your life! Cope with almost any problem. Remain more calm and centered in day to day life. You can design your patterns and beliefs to propel you to your highest goals and to your vision of success.





How is hypnotherapy different than affirmations?

Hypnotherapy has the advantage of being able to communicate with the subconscious in a two-way fashion. Affirmations don't facilitate direct responses from the subconscious; they only seek to speak to the subconscious.

A post-hypnotic suggestion is also different than an affirmation: effects tend to be more direct, more specific, and more immediate when using post-hypnotic suggestions.

Other than that, the language of hypnosis and of affirmations is similar. Both are always expressed in the present tense, and always in the positive. If you ever meet a hypnotherapist that uses the words, "don't smoke" as a direct suggestion, choose a different hypnotherapist!

Isn't Hypnosis dangerous?



Myths about hypnosis, perpetuated by Hollywood movies, urban legends and fiction books lead people to think all kinds of things about hypnosis, including that it is somehow dangerous. Some people have heard that you can go into trance and not wake up. Or that the hypnotist can make you do things you don't want to do. These things are untrue. You are always in control, always able to "come back" to full waking state at anytime if you wanted or needed to. The number one job of the subconscious mind is to protect you, and it is always on the job.

Of course, you will want to choose a hypnotherapist that has been well trained and that is trustworthy. Select one that gives you confidence. Hypnosis is a safe and beneficial procedure when facilitated by an ethical and trained professional.

When might hypnotherapy be useful?

Hypnotherapy is widely endorsed as a treatment for habit breaking, stress related issues and for a range of long-term conditions, and in recent years has been gaining steam in the medical world after a recommendation from the National Institute for Health and Care Excellence (NICE) recognised hypnotherapy as a treatment for Irritable Bowel Syndrome (IBS).

While more concrete evidence is needed to support the use of hypnosis in additional areas as an alternative to conventional medicine, many have found the process has been incredibly effective either when used in tandem with traditional treatment or when used independently after other avenues have been exhausted.

To explore the areas in which hypnotherapy might be helpful, please see our Hypnotherapy areas section.



Does everyone respond to hypnotherapy?

Hypnosis has the capacity to work for the majority of individuals but some are more susceptible to suggestions than others. The most important thing to remember is that you must be fully committed to the process and feel that you can place your trust in your hypnotherapist. It's also important to keep an open mind, as any scepticism may subconsciously dampen your susceptibility.

What will happen in a hypnotherapy session?



Many hypnotherapists now offer an initial consultation, generally lasting around one hour and usually involving several elements:

A discussion about your requirements and goals.

Gathering personal information such as sleeping patterns, lifestyle information, medical symptoms or medication, any treatments involving other healthcare providers.

An explanation of how the hypnotherapy process will work.

Practical details such as cost, cancellation policy, how many sessions might be needed.

In the subsequent session the practical application of clinical hypnosis can then begin. While delivery will differ from therapist to therapist and each will explain how the process will work, the following popular session structure may give you an idea of what to expect:

A welcome chat to encourage comfort and relaxation.



Why do we use an induction?

Answer: We use an induction to get our mind ready for change. The induction is a formal ceremony devised to send a signal to your lover's subconscious mind that we are ready for change.

Induction - the hypnotherapist will then lead you into a state of deep physical and mental relaxation.

Once deeply relaxed, the hypnotherapist can then begin 'change work' using techniques and approaches discussed and agreed to help you towards your goals.

Once the 'change work' is complete, the hypnotherapist will begin the transition to wakefulness, in which you are gradually brought out of your trance.

Time for any questions you may have and a summary of the session and any progress made thus far.



How regularly will I see my hypnotherapist?

How regularly you see your hypnotherapist will be something you will decide on together. Initially, you may decide you wish to meet on a weekly basis, but depending on improvements and how you feel, you may choose to then see them more or less frequently.



How many sessions of hypnotherapy will I need?

The duration of therapy will really be dependant on your circumstances and the reason for which you are seeking hypnosis. If you are seeking hypnosis for a one off service such as smoking cessation for example, many hypnotherapists will deliver hypnotherapy in a single session of up to two hours. Other issues however, may better suit a longer-term approach with regular weekly sessions. Your hypnotherapist will let you know how many sessions they feel you might need when you start therapy, and will be flexible when it comes to decreasing or extending the number of sessions to correlate with your progress and needs.



Is hypnotherapy for children safe?

Hypnotherapy for children and young people is considered highly effective and is completely safe. Children tend to respond very well to hypnosis as they are naturally quite imaginative and use their subconscious minds a great deal more than adults do. Hypnotherapy can help to address a number of issues commonly experienced in childhood, including exam nerves, sleep problems, bed-wetting, fears, eating disorders and low self-esteem.



How does hypnosis feel?

Hypnosis is a natural state of mind; people are often surprised that they hear every word and could get up and walk out of the room at any moment. Unless you enter a deeper state, you may not seem any different, just very relaxed.

It's similar to drifting off to sleep at night, that stage when you are not quite awake and not quite asleep, you may feel a sense of weightlessness or you may feel heaviness as all your muscles relax. Everyone experiences it differently, and your therapist will be able to reassure you and help you relax and enjoy the experience.

Most people are surprised at just how relaxing it is.

If I'm hypnotised do I give up control?

Do we give up control of our mind to someone else when we are reading a book or watching a film? In situations like this you are in a hypnotic trance, although you still have the power to emerge from that state if wished. Whatever or whomever hypnotizes you; you always have the power to resist.

When you realize that you are the one in control, when you decide how deeply into hypnosis you wish to go, then you become aware of what hypnosis is. A hypnotherapist is a guide and helps you on a journey, but the change can only be made by you.

Often the realization that you are in control, and that you can make change yourself is very empowering. You'll find that the more often you going into hypnosis, aware that you doing it, the more you realize how easy it is to let go, secure in the knowledge that you can always stop a session if you feel uncomfortable.

Some hypnotherapists use the knowledge that actually we are always in hypnosis and will have an open discussion with you, just altering their language patters, using suggestions relating to your goal and the changes you wish to make, without taking you into a 'trance state' at all.



Will I tell any secrets under hypnosis?

No. Hypnosis is not a truth serum. You retain full control over what you say. Subjects in Hypnosis reveal no secrets in the Hypnotic State that they would not reveal (because they want to) in the Waking State.

Hypnosis CANNOT be used to find the truth, or make a person tell the truth. Hypnosis is NOT a truth serum. First of all, the hypnotized subject retains enough awareness and control to NOT say anything that he doesn't want to make known, or isn't ready to make known. Secondly, human memory is inherently inaccurate and unreliable both in and out of hypnosis (Brown, Schefflin, & Hammond, 1997). Hypnosis can help a willing patient get deeper in touch with his deepest and most heartfelt feelings. But feelings are NOT facts. Recollections that come to mind in hypnosis are colored by the patient's feelings. We use hypnosis to find the truth about how the patient feels about something, NOT the truth about what really happened. The hypnotist or therapist CANNOT make the patient find out, or talk about, how he feels about something, unless the patient feels comfortable and totally safe, and is ready.



Why is hypnotherapy so effective?

The communication with the unconscious that hypnosis facilitates is one of the reasons why hypnotherapy is so effective. The unconscious part of the mind is responsible for much of our behaviour and as a result, hypnotherapy can create lasting behavioural change with relatively short-term therapy. Hypnosis also facilitates learning and can therefore be used to improve memory or modify negative thought patterns, to learn new behaviours or improve performance.

What can I expect from a hypnotherapy session?



Your first session will initially involve a detailed case history so that therapy can be customized to your specific needs and goals. You will also have a thorough explanation of hypnosis and a discussion about the likely length of treatment. Techniques will be explained so you will know exactly what to expect from each session.

Each subsequent session is also tailored to your requirements; on session two, you will be taught self-hypnosis, giving you one of the most valuable tools with which you can not only heal yourself, but also take far greater control over your experience.

Cognitive Behavioural Therapy (CBT) and Neuro-Linguistic Programming (NLP), may be integrated with hypnotherapy when relevant. Hypnotherapy will tend to involve an eclectic approach tailored to each individual case, and can be applied to solve a whole range of physical, psychological and emotional conditions as well as enhance a greater sense of purpose and well-being.

What is the state of research on hypnotherapy?



As early as 1955, the Psychological Medicine Group of the BMA commissioned a report on hypnosis and its clinical use. More recently (1999), the British Medical Journal (BMJ) published a Clinical Review of current medical research on hypnotherapy and relaxation therapies. It concluded:

“There is strong evidence from randomised trials of the effectiveness of hypnosis and relaxation for cancer related anxiety, pain, nausea, and vomiting, (side effects of chemotherapy) particularly in children.”

“They are also effective for panic disorders and insomnia, particularly when integrated into a package of cognitive therapy (including, for example, sleep hygiene).”

“A systematic review has found that hypnosis enhances the effects of cognitive behavioural therapy for conditions such as phobia, obesity, and anxiety.”


“Randomised controlled trials support the use of various relaxation techniques for treating both acute and chronic pain”



“Randomised trials have shown hypnosis to be of value in asthma and in irritable bowel syndrome”

(Vickers & Zollman; Z (1999). “Clinical Review: Hypnosis & Relaxation Therapies”. British Medical Journal 319 (7221): 1346–1349)

In 2001, the Professional Affairs Board of the British Psychological Society (BPS) commissioned a report entitled The Nature of Hypnosis. The report provided a concise summary of the current scientific research on hypnosis. The most important contemporary research on the efficacy of clinical hypnotherapy, was reported as follows:

The logo for Vivid Retreat is located in the top right corner. It features a stylized, golden-brown laurel wreath encircling a central emblem. Below the wreath, the words "Vivid Retreat" are written in a matching golden-brown, serif font.


“There is convincing evidence that hypnotic procedures are effective in the management and relief of both acute and chronic pain and in assisting in the alleviation of pain, discomfort and distress due to medical and dental procedures and childbirth.”

“Hypnosis and the practice of self-hypnosis may significantly reduce general anxiety, tension and stress in a manner similar to other relaxation and self-regulation procedures.”

“Likewise, hypnotic treatment may assist in insomnia in the same way as other relaxation methods.”

“There is encouraging evidence demonstrating the beneficial effects of hypnotherapeutic procedures in alleviating the symptoms of a range of complaints that fall under the heading ‘psychosomatic illness’. These include tension headaches and migraine; asthma; gastro-intestinal complaints such as irritable bowel syndrome; warts; and possibly other skin complaints such as eczema, psoriasis and urticaria (hives).”

“There is evidence from several studies that its (hypnosis) inclusion in a weight reduction program may significantly enhance outcome.”
(“The Nature of Hypnosis”. The British Psychological Society. March 2001).

The logo for Vedya Retreat is located in the top right corner. It features a stylized illustration of two wheat stalks crossed in an 'X' shape, enclosed within a thin, light-colored oval border. Below the illustration, the words "Vedya Retreat" are written in a light, serif font.

In 2003, a meta-analysis of the efficacy of hypnotherapy was published by two researchers from the university of Konstanz in Germany, Flammer and Bongartz. The study examined data on the efficacy of hypnotherapy across the board, though the studies included mainly related to psychosomatic illness, test anxiety, smoking cessation and pain control during orthodox medical treatment.

When all 133 studies were analysed, providing data for over 6,000 patients, the findings suggested an average improvement in 27% of untreated patients over the term of the studies compared with a 74% success rate among those receiving hypnotherapy. This is a high success rate given the fact that many of the studies measured included the treatment of addictions and medical conditions. The outcome rates for anxiety disorders alone, traditionally hypnotherapy's strongest application, were higher still. (*Flammer & Bongartz, "On the efficacy of hypnosis: a meta-analytic study", Contemporary Hypnosis, 2003, pp179 – 197.*)

What if I cannot be hypnotised?

The vast majority of intelligent individuals are able to enter hypnosis; it merely requires concentration and the willingness to relax.

Contrary to what some may believe, more intelligent individuals are actually better hypnotic subjects.

How long will hypnotherapy sessions last?

Again this is really dependant on both your hypnotherapist and your circumstances. One off services such as smoking cessation or gastric band hypnotherapy can last around two hours, while a general hypnotherapy session will usually take 50 - 60 minutes.

What is self-hypnosis?



Performing self-hypnosis involves deliberately accessing a sustained state of relaxation and focused attention. It does take practice, but it is possible to create very deep states of self-hypnosis, the rewards of which can be monumental. Self-hypnosis is a similar exercise to meditation or deep visualisation. It is as easy to bring yourself out of the state of self-hypnosis as in the other examples.

By entering a state of deep relaxation, your body enters a restful state known to improve your immune system and your ability to heal and regenerate. Stress is reduced, digestion improves and your physical health improves. As hypnosis results in a calming of the mind, and in these respects the mental and physiological benefits of self-hypnosis are similar to those of meditation.

Self-hypnosis also allows you to explore your brain's potential. By using your brain in a more active way, you can improve performance and skill, enhance your memory, achieve goals, or manage pain or anxiety. You can modify your behaviour and habits, condition your own responses, and learn to access positive feelings of confidence, relaxation, or motivation 'on demand'. By using self-hypnosis you can become a more effective individual

HYPNOTHERAPY TERMINOLOGY

(GLOSSARY OF TERMS)



Amnesia: Total forgetting of a specific event or subject.

Anesthesia: Complete loss of sensation in a particular area of the body.

Analgesia: Loss of pain sensation, but retention of pressure and heat sensations

Auto-Hypnosis: Self-Hypnosis

AGE REGRESSION : A hypnotized subject is given suggestions that he or she is of a younger age so that the subject can relive certain experiences and/or re-experience events from a more resourceful state.

ALTERED STATES OF CONSCIOUSNESS: Hypnosis is an altered state of consciousness similar to relaxation, meditation, and prayer. Once in these altered states, access is provided to deeper levels of the psyche (expanded perspective, i.e., “the big picture”; spiritual experience; previously suppressed memories; conscious regulation of somatic functions).

Catalepsy: A perfect balance of the opposing muscles in the area of the body, keeping an appendage or the whole body rigid.

Cessation: The act of removing a habit, such as smoking cessation

Congruence: Behaving in a way that is in line with the words that you speak.

Direct Commands: Commands given to a subject in a direct manner, such as "stand up", or "you will quit smoking".

DISSOCIATION: Dissociation is a split in the mind in which there can be two independent streams of consciousness occurring at the same time, allowing some thoughts and behaviors to occur simultaneously with others. According to some, dissociation is the foundation of hypnosis - the hypnotized person is able to maintain awareness on one level while at the same time having access to the deeper unconscious.

Eye Fixation: Having the subject stare at a spot until the eyes become so tired that they close on their own.

Fractionation: Bringing the subject out-of and back in-to trance repeatedly to deepen their trance.



FUTURE PROJECTION

A hypnotic process of progression into the future rather than regression into the past. This can be useful for exploring the future outcome of a current decision, or for allowing access to a more general lifetime perspective for the client.

GESTALT THERAPY

Developed by Fritz Perls, this type of therapy combines the psychoanalytic perspective of bringing unconscious feelings to awareness with the humanistic emphasis of “getting in touch with oneself” in order to help people become more aware of and able to express their feelings. In addition, it is not enough to just become aware of these feelings, Gestalt Therapy also helps people realize the importance of taking responsibility for their feelings, projections, and actions.

These states can be quantitatively measured with biofeedback equipment.



Glove Anesthesia: Anesthesia that begins in the hand and can be transferred to any part of the body through the hand.

Intervention: The act of "curing" a person using suggestions and other modalities such as NLP.

Metaphor: A short story tailored to the situation of the subject.

NLP or Neuro Linguistic Programming: A modality for creating generative change in your subject using many techniques.

HYPNOSIS

Hypnosis is a temporary altered state of consciousness which results in an increased receptiveness and response to suggestion, and a state of heightened relaxation. One may become so focused that he/she experiences events stored in long-term memory as if they were happening in present time.



HYPNOTHERAPY

In the hypnotic state, with the facilitation of a clinically trained hypnotherapist, a client can resolve long-standing issues. He/she can regress to actually re-experience early traumas, inform the naïve inner child of the truth, install resource states for continued healing, and complete unresolved developmental tasks by establishing an internal loving nurturing parent.

HYPNOTIC PATTERN

The stream of words, including many repetitions, that the hypnotist maintains to create relaxation, age regression, and healing.

HYPNOTIC SUGGESTIONS

Form effective hypnotic suggestions by using present tense verbs, stating them as already accomplished facts, being positive (not “You are not a smoker anymore” or “You don’t lose your temper now”), using dramatic and colorful language, including a strong positive emotional charge, making them uniquely personal and exciting to the creative unconscious mind.



HYPNOTIST

A person skilled in the technique of inducing and managing the hypnotic state in others. Hypnotists are not necessarily trained mental health professionals, and may not be qualified to facilitate psychotherapy or hypnotherapy with the client who has been hypnotized.

HYPNOTHERAPIST

A psychotherapist who utilizes hypnosis as a primary tool for assisting clients to achieve their goals, to increase motivation, or to alter behavior patterns. A hypnotherapist often differs from other therapists by focusing on the role of subconscious behaviors and influences on the client's life.

INDUCTION

A technique used to hypnotize a person, utilizing eye fixation and verbal instructions. The verbal pattern used can be either maternal (indirect) or paternal (directive).

The logo for Vidya Retreat is located in the top right corner. It features a stylized golden laurel wreath encircling a central emblem, with the words "Vidya Retreat" written in a golden serif font below it.

INTEGRATIVE MEDICINE

A collaborative approach to medical care that utilizes mind-body approaches to preventing and treating chronic disease and promoting health and healing, integrating the highest quality academic medicine with complementary therapies.

NEURO LINGUISTIC PROGRAMMING

NLP maximizes patterns of effective human communication. This includes the way people take in information from the world, how they describe it to themselves with their senses, filter it with their beliefs and values, and act on the result.

POSTTRAUMATIC STRESS DISORDER

Posttraumatic stress disorder is an anxiety disorder in which a particularly stressful event, such as military combat, rape, or a natural disaster, brings in its aftermath intrusive mental images of experiencing a traumatic event, emotional numbness and detachment, estrangement from others, a tendency to be easily startled (hypervigilance), nightmares, recurrent dreams, and otherwise disturbed sleep.

Pace: Following your subject with your body language, movements, tonality, tempo, or choice of words.

Pattern Interruption: A technique whereby the hypnotist can interrupt a common movement in the subject to rapidly induce trance.

Post-Hypnotic Suggestion: Suggestions to be carried out after the subject has been awakened. Sometimes triggered by a specified event or word being spoken.

Rapid Induction: An induction which utilizes the five traits of good suggestions to rapidly induce trance in a subject.

Rapport: A feeling of comfort and trust shared between the hypnotist and the subject.

Suggestion: Words formed in a way such that the subject feels compelled to act out the command.





SELF-HYPNOSIS

A hypnotic state that is self-created, as contrasted with hetero-hypnosis.

Tempo:

The speed and rhythm of the words you speak.

Tonality:

The pitch, or relative high-ness or low-ness of your voice.

UNCONSCIOUS

The 90% of our mind that is mostly below the level of our awareness. The part of our mind responsible for reflexive action, ideomotor responses, and contains the positive and negative associations we've made throughout our life.

Yes Sets: Stacking realities, where each portion of the yes set requires the subject to answer yes, so that a yes outcome for the desired part is more likely.

Some of the limitation to hypnosis includes:

1. Mind control hypnosis does not exist, so when someone is hypnotized he does not become a slave to the hypnotist for example you can not force someone to commit crime like theft or murder by hypnotizing them if they are not willing to do them under normal circumstances.
2. Hypnosis is not sleep. You can use sleep to put one into hypnosis but it is not the kind of normal sleep you are thinking of. In hypnosis you are fully conscious and are aware of all that is happening around you but you are not fully awake the same way when you are fully walking around and you are also not the same as when you are fully asleep either.
3. Hypnosis is not memory loss because people think when you come out of hypnosis they'll have forgotten all that happened in between. Hypnosis is not sleep and hypnosis will not cause you to forget things unless it is suggested to you.
4. Another concern is related to sleep. People will always say what if you never wake up? What if you can not get back from the hypnosis? The worst scenario here is that the person may only fall into a real sleep only to wake up about half an hour or an hour latter and find out that he has lost some times that all.



How different people receive information



You can classify yourself as Visual, Auditory or Kinesthetic.

Visual refers to the sense of sight. Certain words are easier to understand for visual people as compared to other types of people. When a visual person thinks or speaks, his eyes will move up or stay softly defocused, looking straight ahead.

The visual conversation is usually dominated by visual words such as, “I see what you mean”, “I can see that” or “looks good”. They will give vivid descriptions of things in the way like how thoughts would paint a picture. They have a tendency to show you or point things out to you while they are talking. The eyes of the **auditory** person, on the other hand, stay level moving right and left, or move down and left. Auditory people use “sound” words. Their voices usually have an even, rhythmic tempo and a melodious, easy to listen to sound.

Auditory people will say things such as “Listen to what I have to say”, “that sounds good”, “I hear what you are saying”, “Did you hear that?”. They will laugh at a punch line of a joke and then repeat it.



A **Kinesthetic's** eyes move down and right when they are processing information.

They readily express feelings about anything. It's either they like it, or they hate.

You will hear "spaces" in a Kinesthetic's conversation while they take time to check out their feelings. Kinesthetic people talk in terms of **"I feel like a salad today" or "I can grasp that"**. They have a tendency to touch people a lot when they communicate and have a need to be touched back in return.

Just to make sure that you see the difference:

A visually-oriented person will say, "Am I painting a clear picture?"

An auditory dominant person will say, "Does this sound right to you?"

A kinesthetic-dominant person will say "Can you get a handle on this?"

Which type are you?

Let's take a small test to see. Give yourself one point for each of the following **descriptive phrases that fit you** – and if you are on the edge, consider if it fits you majority of the time.

✓ *A checklist to determine your dominant information processing system:*

Auditory

- Prefers to have someone read out instructions while putting something together
- Reviews for a test by reading notes aloud or by discussing with others
- Talks aloud when working on a math problem
- Prefers listening to a cassette rather than reading material
- Uses rhyming words to remember names
- Plans the upcoming week by talking it through with someone
- Prefers oral instructions from an employer
- Keeps up with the latest news by listening to the radio
- Able to concentrate deeply on what another person is saying

Visual

- Likes to keep written records
- Typically reads billboards while driving or walking
- Puts models together without instruction required
- Follows written recipes easily during cooking
- Reviews for a test by writing a summary
- Writes on napkins in a restaurant
- Commits things to memory by writing them down
- Prefers written directions
- Plans the upcoming week by making a list

Kinesthetic – touch/movement

- Likes to build things
- Utilizes sense of touch to put a model together
- Moves to the rhythm of music
- Learns touch system rapidly when learning to type
- Spends a large amount of time on crafts and handiwork
- Likes to feel textures- furniture, clothes
- Finds it fairly easy to keep physically fit
- One of the fastest in a group to learn a physical skill
- Doodles and draws on any type of paper within grasp



With this, you now know which section you received the most points for, and thus would be your most dominant section. Usually, there will be another section that you scored which comes close to your dominant section, and another section which does not relate to you at all.

You will know where you fit in by the examples above. **If you are torn between two, it is perfectly fine to utilize both.** When you are ready to begin with your script you will always keep this dominance in mind and compose your script according to your area of dominance.



Examples of scripts according to dominance are:

Visual - “You are walking on a white sandy beach. The water is a crystal blue and the sky is lined with a pinkish hue”.

Auditory - “You are walking on a white sandy beach. As you walk, you can hear the waves gently fall at your feet, and the seagulls humming”.

Kinesthetic – “You are walking on a white sandy beach. As you walk along the white powdered beach, you can feel the refreshing wind gently move across your face and through your hair”.

The Sound of Your Voice



This course is designed in such a way that upon completion you will have all the information required to **make your own self-hypnosis tape**.

The first lesson in doing this is **the sound of your voice**.

Practice speaking in a **low toned**, and in a very **calm manner**. In technical terms, this is called **“hypnotic patter”**. Hypnotic patter can be described as a monotonous, calm and continuous voice.

Using inflections on key words repetitively is also part of the “patter”. When thinking of patter, think of the sound of raindrops or the hum of a motor. For example, “Feel your muscles becoming soooo relaxed, looose and limp as you go deeeper and even deeeper”.

Self-hypnosis



Self-hypnosis is a technique designed to bring about desired change in our feelings or behavior. It involves thinking or listening to **positive messages**, known as auto-suggestions, while in a state of deep relaxation. In a deep state of relaxation, the mind is more open to change.

Self-hypnosis can also be useful for **performance enhancement** by helping you to feel calmer and more in control of stressful situations.

Benefits

Self-hypnosis has been found to be effective for reducing

- Insomnia
- Pain
- Headaches
- Muscular tension
- Anxiety
- Fatigue



Decide ahead which phrases or suggestions you will focus on. Find a comfortable place where you are not likely to be disturbed. Close your eyes and allow your body to relax. Breathe deeply, gently and slowly and each time you exhale let your body feel heavier and heavier like you are slowly sinking into the surface beneath you. Count slowly from 1 to 20, feeling yourself becoming more and more relaxed. You can also imagine being on an elevator or escalator as you count. When you feel very relaxed, mentally repeat your suggestions and phrases over and over, allowing them to sink deeply into your mind. It can help to visualize yourself thinking, feeling, or behaving that way. It is common to make a audio recording of your phrases to listen. A full self-hypnosis script with more suggestions can be found below or listened to in the audio files.

Possible Phrases:

"One thing at a time"

"Calm down"

"I'll survive"

"I can handle it"

"It's okay to make mistakes"

"I don't have to be perfect"

"I can do my best and not
compete with others"

"I am enough"

"I can feel angry without acting
on it"

"I have all the talents and abilities I need to
accomplish my goals"

"I am becoming more organized and disciplined"

"I am getting better at calming myself down"

"I am growing and changing as fast as I need to"

"I can be myself and not worry about what others
think"

"I am learning to balance caring for others with
self-care"

DIRECTIONS

Write one or more post-hypnotic suggestions or affirmations on the blank lines. Most of us respond very well to our own voices, so it can be effective to record this script in your own voice. Read at a slow, even pace, and pausing between phrases.

SCRIPT

Allow yourself to sit back or lay back and relax. . . Notice your breathing. . . Feeling the air coming in through your nose gently and slowly. . . Exhaling slowly as if breathing out through a straw. . . Breathing in relaxation . . . Exhaling tension. . . Feeling the tension flow down and out of your body each time you exhale . . as with the force of gravity. . . Letting go of the tension in your mind and body. . . Giving yourself permission to relax. . . Knowing it is safe to relax . . There is nothing more important to do right now than relax and let go. . . Breathing, Relaxing. . . Feeling the support of chair or bed or floor behind and beneath you. . . Sinking into it, almost becoming part of it. . . Arms and legs becoming heavy and warm or perhaps lighter and tingling. . . You may notice your eye-lids becoming heavier and heavier. . . and closing gently as you relax. . . Allowing yourself to relax as much as you want and need to for today . .



Going inside of yourself to the core of peace and calm that is always inside . .
.More and more relaxed. . .More and more comfortable with each passing
moment. . . .Breathing, relaxing, allowing, let-ting go. . . As much as you want and
need. . . Noticing how good it feels to be deeply, deeply relaxed

Allowing yourself to become even more relaxed if you choose as I count from one
to twenty. . .You might want to visualize a safe pathway or stairway or elevator
taking you to an even deeper state of relaxation. . . **1. . 2 . . 3. . 4. . .** More and
more relaxed, more and more comfortable . . . **5...6...7...8...**

Drifting deeper and deeper into a state of relaxation. **9. . . 10. . . 11. . . 12 . .**
.Noticing how good it feels to rest and relax. . **.13. . .14. . .15. . .16. .** .Going as
inside yourself as you want and need to today. . . **.17...18...19...20...**

This is a state and place where you can see and feel yourself for who you truly are,
the truth about yourself and your life. . . Allowing yourself to feel and understand
deeply your inner goodness and strength and power to change. . . Visualizing
yourself calm and capable. . . Reminding yourself that. . .



Repeating to yourself anything you want and need to hear today. . .And when you are ready counting back from 20 to 1. . .Feeling calm, but energized, alert, and fully awake at the number 1. **20. . .19. . .18. . .17. . .**Bringing back with you to the present the feelings of peace and confidence. . .**16. . .15. . .14. . .13. . .**Knowing you can re-gain this state of peace and relaxation whenever you choose. . .**12. . .11. . .10. . .9. . .**Feeling energy begin flowing through your body. . .**8. . .7. . .6. . .5. . .**More and more awake. . .**4. . .**Moving your fingers and toes. . .**3. . .**Calm and clear headed. . .**2... Wide awake. . .1.**

Writing Suggestions and Affirmations:

These are only examples. Phrases such as “I am learning,” “It is getting easier to” I am becoming” can be effective more effective than “I am,” “I will,” etc. They allow for the natural process of growth and are less likely to be resisted by our critical mind. Avoid negative statements like “I will stop wasting time.”



Do always keep in mind that hypnosis is not a treatment or cure for mental illness, and people suffering from psychosis, suicidal depression, or that are on medications for psychological stability should only be hypnotized by their doctors or psychiatrists or by an experienced hypnotherapist with the client's doctor or psychiatrist present.

Over the years, self improvement and personal growth using hypnosis has helped millions of people change their lives permanently because it is a safe and powerful tool for changing your thoughts, feelings and habits.

So, just give yourself a moment...

Is there something in your life you would like to change?

Achieve personal freedom and be happy now!

