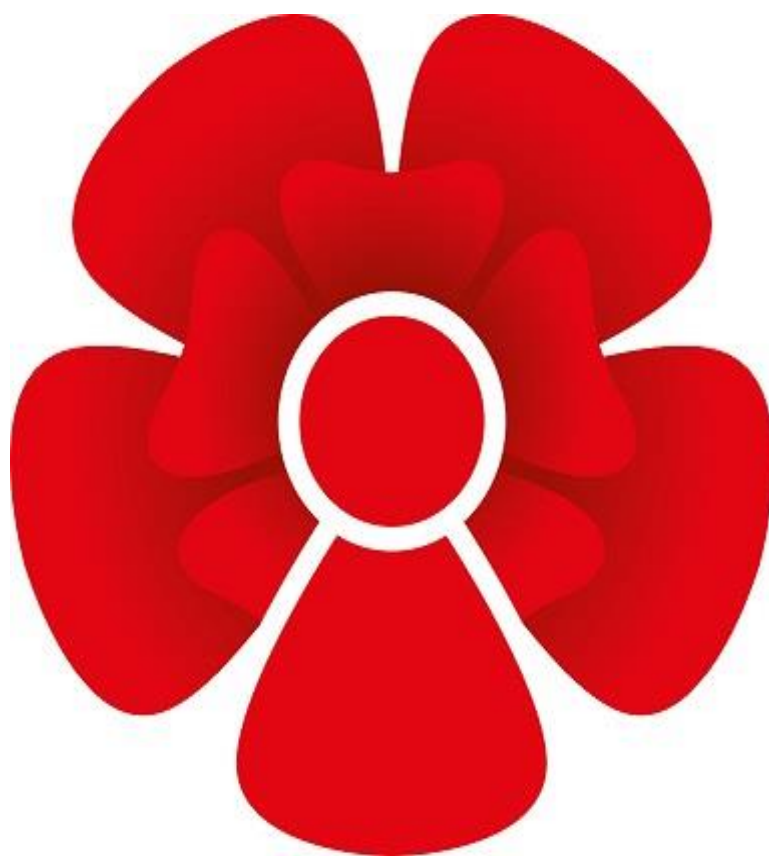


Hampshire School of Hypnotherapy



Hypno-Gastric Band Manual



HAMPSHIRE SCHOOL
OF HYPNOTHERAPY

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This system is designed to be used over four sessions.

SESSION ONE OVERVIEW

Initial consultation

Gathering information; How the client is eating and any form of exercise. Discuss how the client would like to eat and introduce exercise into their life. What size they would wish to be, make sure it is an achievable goal and that the client can picture themselves and how they would feel and look at their ideal goal. (Add any of your own knowledge). Identify where they need to make changes i.e. snacking, sweet tooth, binge eating, comfort eating etc.

Before inducing hypnosis confirm that the client is happy with their eating and exercising routine and that they believe if they followed the plan, they would lose weight.

Induce hypnosis. Assurance procedure. Do IMR check subconscious understands client wants to lose weight. Find out if causes need to be dealt with, habits etc. Then create new behaviours and positive alternative choices. Deliver direct suggestions. Bring the client back to full awareness.

Arrange the next 2 appointments. Give the gastric band recording 1 and explain they need to play their cd every day to reinforce the therapy.

SESSION TWO OVERVIEW

Take time to find out how the client is and that their new alternative choices are working.

Look at notes, make sure you are aware they have made changes. Explain what will happen and that if necessary you will be dealing with causes. Show DVD of gastric band so that the client knows what to imagine, explain that when you have dealt with causes you will then ask them to imagine they are arriving at the surgeons clinic and the surgeon will be explaining about the hypno gastric band procedure.



Induce hypnosis, do IMR to check the sub-conscious is happy with new behaviours; then double check if they need to deal with causes or habits. Deal with it appropriately and then deliver the pre op script.

Bring out of hypnosis. Discuss how they felt and confirm they have met their surgeon. Remind your client to continue playing their cd.

SESSION THREE OVERVIEW

Show them the picture of the gastric band to remind the client that after today, they will feel full much more quickly. Confirm that everything is going well.

Induce hypnosis, do the IMR, thank the sub conscious and confirm that the sub conscious is happy for them to have the band and that they will now feel full much more quickly; also ask the subconscious if it will indicate when the band is tight enough for the client to feel full quickly and eat healthy to continue losing weight. Proceed to deliver the operation script.

Count up from hypnosis. Discuss and confirm that they felt it. Make appointment for approximately 4 weeks after the operation. Give the 2nd recording to reinforce that they now feel full much more quickly. Explain that the recordings reinforce the therapy.

SESSION FOUR OVERVIEW

Confirm that they are happy and whether they need the band tightening or loosening?

Induce hypnosis do IMR and check everything is fine. Deliver script and tighten the band.



SESSION ONE

Initial consultation

Gathering information; How the client is eating and any form of exercise. Discuss how the client would like to eat and introduce exercise into their life. What size they would wish to be, make sure it is an achievable goal and that the client can picture themselves and how they would feel and look at their ideal goal. (Add any of your own knowledge). Identify where they need to make changes i.e. snacking, sweet tooth, binge eating, comfort eating etc.

Before inducing hypnosis confirm that the client is happy with their eating and exercising routine and that they believe if they followed the plan, they would lose weight.

Induce hypnosis. Assurance procedure. Do IMR check subconscious understands client wants to lose weight. Find out if causes need to be dealt with, habits etc. Then create new behaviours and positive alternative choices. Deliver direct suggestions. Bring the client back to full awareness.

Arrange the next 2 appointments. Give the gastric band recording 1 and explain they need to play their cd every day to reinforce the therapy.



CREATING NEW ALTERNATIVE CHOICES

When you are ready to create new alternative choices and have asked all the questions with the IMR proceed:

“I want you now, to go inside and find the part of you that helps you **(to snack, eat chocolate, bread etc.)** and when you have found that part just let me know”
...PAUSE...WAIT for a response

“Now I want that part to let you know what it is genuinely trying to do for you and when you know just let me know” ...PAUSE...WAIT for a response

“Now I want you to go to your higher self and have your higher self produce 3 new alternative choices that are readily available, practical and sensible for you to use and will help you to get slimmer, fitter and healthier; when you have one new alternative choice just let me know” ...PAUSE **(when you have a response proceed)** “Now a second alternative choice” ...WAIT “and now a third” ...WAIT

“I want you now, to go to that part of you that runs the behaviour of helping you to” **(snack, binge whatever it is that the client wants to change)** “and ask that part if it is willing to take responsibility for these new alternative choices, which will help you to get slim fit and healthy and just let me know” ...PAUSE **(Make sure that the part is willing and then proceed)**

“I want you now, to run a movie in your mind and in that movie I want you to see yourself going about a normal daily routine; see yourself eating healthily, using your new and alternative choices, whenever you need to and just as you see it now, that is how it will be” ...PAUSE “run that movie now and just let me know when you have finished”
...PAUSE...WAIT for a response



“Now bring all the parts round the chair of your higher self and check that all the parts are happy working together to help **(your client’s name)** get slim fit and healthy”...PAUSE **(wait for IMR)** and then check that the subconscious is also happy with the new alternative choices and that it will help **(client’s name)** to be in control and get slim fit and healthy. Thank the parts and ask them to all go back knowing that they are working together to help **(clients name)** to get slim fit and healthy.

Thank the subconscious and suggest that the finger is feeling comfortable relaxed and fine. Then proceed to deliver the weight loss script and then bring your client out of hypnosis.



WEIGHT LOSS RECORDING

TO BE PRE-RECORDED AS FIRST TAKE AWAY RECORDING

ALSO DELIVER AT THE FIRST APPOINTMENT AFTER IMR AND CREATING NEW POSITIVE CHOICES

“Whilst you are resting in this very pleasant way, I want you to imagine that you are standing in front of a full length mirror the size and shape you want to be”...PAUSE “First of all look at your face, slimmer, happier, more confident; notice how good you look and feel”...PAUSE “now look at your shoulders, slimmer, fitter and healthier; just the size and shape you want to be”...PAUSE

“arms fitter more toned”...PAUSE “now look at your stomach, slimmer, fitter, healthier”...PAUSE “legs they are slimmer too”... PAUSE “you feel so good, notice how it feels to be slimmer, fitter and healthier”... PAUSE “now turn to the side, notice your shape from the side”...PAUSE “if you choose, you can see yourself from behind, slimmer, fitter, healthier” ... PAUSE

“this is your goal, your target; you have made up your mind to let go of your excess weight”...PAUSE “you have made up your mind to take control of your own eating habits”... PAUSE “you are in control of your own eating habits, you have your own alternative choices to help you to eat a healthy nutritional diet and you will find, the more you use your own alternative choices, the more you want to eat a healthy nutritional food. Your body knows what it needs by sending you clear signals when you are hungry and you will find that you listen to your body and the food you want to eat, is the food your body needs; the food you want to eat, is the food your body needs”...PAUSE

“your body also lets you know when you have had enough, by sending you signals to stop eating”...PAUSE “you will find that you will stop eating easily, even if there is food on your plate” ... PAUSE “you will notice that you eat slowly, chewing every mouthful before swallowing; food tastes better when you eat slowly, chewing every mouthful before swallowing” ... PAUSE



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“you will feel full much more quickly, chewing slowly, tasting every mouthful before swallowing” ... PAUSE “and it feels so good being in control of your own eating habits, feeling full more quickly, finding the food you want to eat is the food your body needs to help you to be slimmer, fitter and healthier; nearer to your goal, your target” ...PAUSE “you will find that you exercise more and more, as you find yourself getting fitter, slimmer, healthier much more alive” ... PAUSE “you may notice that you are walking more, breathing more deeply, walking faster, feeling much more alive, much more energy”... PAUSE “feeling full more quickly” ... PAUSE “keen to exercise” ... PAUSE “enjoying your healthy life style, exercising regularly, walking more, feeling much more active” ...PAUSE

“eating smaller portions, feeling full until your next small meal” ... PAUSE “finding it so easy to stop eating, even if there is food left on your plate; you are going to change your habits” ...PAUSE “by changing your habits”... PAUSE “you can reduce your weight and be slimmer” ...PAUSE “fitter”...PAUSE “healthier”...PAUSE “you will be in control of your weight and feel better” ...PAUSE “more confident” ...PAUSE “new positive behaviours will help you shed any excess weight” ...PAUSE “reducing your weight will make you feel better” ...PAUSE “healthier and with more energy” ...PAUSE

“now I want you to think about what and when you eat”... PAUSE “because you want to become slimmer and healthier”...PAUSE “you will find that you eat smaller amounts” ...PAUSE “smaller portions”...PAUSE “at regular intervals” ...PAUSE “feeling full much more quickly” ...PAUSE “you will eat smaller portions of healthier, more nutritional food” ... PAUSE “eating slowly” ...PAUSE “enjoying the healthier, more nutritional food” ...PAUSE “and getting slimmer and slimmer” ...PAUSE “and as you eat healthier and more nutritious foods, you will find you are in control of your eating” ...PAUSE “you will find that you can stop eating when you are full” ...PAUSE “and you do”...PAUSE



“even before all your food has been eaten” ...PAUSE “you can leave some food on your plate” ...PAUSE “you are in control and you feel comfortable about leaving food on your plate” ...PAUSE “you realise you are in total control and that slowly, but surely you are getting nearer and nearer to your goal, your target because you are in control” ...PAUSE “you will reach your goal and be more happy and comfortable” ...PAUSE “you will find it easy to maintain your weight” ... PAUSE “you find the food you want to eat, is the food your body needs, to keep you fit healthy, keen to take exercise” ...PAUSE

“I want you now, to see that image at last being the way you know you want to be” ...PAUSE “slim, fit, healthy; notice how it feels to be happy, more confident, much more alive” ...PAUSE “notice how it feels right now, feel that feeling right now” ...PAUSE “and just as you feel it now, you will allow that feeling to grow and grow as you take control of your own eating habits; feel that feeling now, it has already begun. You know how it feels, as you see it now; that is how it is going to be. You are in control; and in a moment, I am going to count from one up to five and slowly awaken you. You will awaken feeling in control and determined to get slim, fit and healthy.

ONE. Slowly, calmly, easily and gently, you are returning to your full awareness once again. TWO. Every muscle nerve in your body feels loose, limp and relaxed; and you feel wonderfully good. THREE. You feel perfect in every way, physically perfect, mentally alert and emotionally serene; and when you awaken from this trance state you are perfect in every way, responding appropriately to every and all situations. FOUR. Eyes sparkling, just as though they have been bathed in spring water. On the next number now, let your eyelids open. FIVE. Eyelids open, you are fully aware once again”



SESSION TWO

Take time to find out how the client is and that their new alternative choices are working.

Look at notes, make sure you are aware they have made changes. Explain what will happen; that if necessary, you will be dealing with causes. Show film of gastric band so that the client knows what to imagine. Explain that when you have dealt with causes, you will then ask them to imagine that they are arriving at the surgeons clinic and the surgeon will be explaining about the hypno gastric band procedure.

Induce hypnosis, do IMR, check the sub-conscious is happy with new behaviours. Double check if they need to deal with causes or habits. Deal with it appropriately and then deliver the pre op script.

Bring out of hypnosis. Discuss how they felt and confirm they have met their surgeon.

Remind your client to continue playing their recording.



PRE OP SESSION TWO

Check everything is ok and explain to the client that you will be taking them into hypnosis and asking them to lift a finger (IMR) to check to see if we still need to deal with causes habits etc. Explain that once we have dealt with the causes or habits, they will then imagine that they are arriving at their surgeons clinic and will be meeting their anaesthetist and surgeon; who will be explaining the hypno gastric band procedure. Show client the film and picture and check that they understand the procedure.

When you have explained everything, induce hypnosis. **(Use your favourite induction)** Deal with whatever you need to and then proceed to pre op script.

“I want you now to go deep into your mind and see yourself arriving at your surgeons clinic and when you see yourself there, just let me know by moving a finger...PAUSE ...WAIT FOR A RESPONSE “You have already changed your eating habits and you are fully committed to the hypno-gastric band. As you knock on your surgeons office door and enter his room, you clearly see his smiling, reassuring face, as he asks you sit down and make yourself comfortable” ...PAUSE “there is another doctor in the room, your surgeon explains that the other doctor is your anaesthetist; who will be looking after you during your operation”...PAUSE “your anaesthetist smiles and you feel safe”...PAUSE “safe knowing this person is highly trained and skilled” ...PAUSE “you feel safe, confident and secure”PAUSE “confident that the procedure you have agreed to is safe and will work well for you and help you to achieve your goal” ...PAUSE

“your goal to be slim, fit and healthy” ...PAUSE “You listen carefully as the doctor provides you with all the facts. You will have your operation by keyhole surgery and this will only take about forty five minutes and after a short rest, you will be free, free to go home. Your surgeon explains that after the anaesthetist has given you the anaesthetic, he will make four or five small incisions; through which he will pass the camera and instruments which will allow him to fit the hypno gastric band” ...PAUSE “it will be a short and simple operation. Your surgeon explains that he will fit the hypno-gastric band around the top part of your stomach, to form a small pouch called a STOMA” ...PAUSE



“once the hypno gastric band is in place, your surgeon will gently tighten the hypno gastric band to allow only small amounts to be eaten. Your surgeon will then place a reservoir tube under the skin of your stomach” ... PAUSE “this will allow for adjustments to be made later” ... PAUSE “and once the hypno-gastric band is fitted, your surgeon will close the small incisions with two or three stitches. From there you will be taken back to your room where you will rest for a while” ...PAUSE “before long, you will be released and will be free to go home” ... PAUSE

“there will be a follow up appointment made, to see if your band needs to be adjusted” ...PAUSE “your surgeon explains, he sees many people who successfully have the hypno gastric band procedure and become thinner, fitter and healthier” ...PAUSE “you feel so confident that this procedure will work and will work well for you” ...PAUSE “you realise you are ready for this procedure and you have total confidence in the ability of your surgeon and his team” ...PAUSE “your surgeon is happy for you to have the hypno gastric band procedure and that the operation will be totally successful” ...PAUSE “now feeling assured, happy” ... PAUSE “confident”...PAUSE

“you cannot wait to have the hypno-gastric band fitted and you leave your surgeons office feeling happy, confident; knowing that this procedure will work and will work well for you and help you to feel full much more quickly” ...PAUSE “feel all the wonderful feelings flow through your body, knowing that you are in control of your own eating habits and you will lose weight” ...PAUSE “enjoy this feeling for a few moments” ...PAUSE “you will notice that you remember everything your surgeon has told you and you feel totally confident that the procedure will work and that you will reach your goal, slim, fit and healthy” ...PAUSE “now I am going to count from one up to five and slowly awaken you” **count your client up.**

Check your client is happy and that you have made the next appointment for the operation



SESSION THREE

Show picture of the gastric band to remind the client that after today they will feel full much more quickly. Confirm that everything is going well.

Induce hypnosis. Do the IMR. Thank the sub conscious and confirm that the sub conscious is happy for them to have the band and that they will now feel full much more quickly and ask the subconscious if it will indicate when the band is tight enough for the client to feel full quickly and eat healthy to continue losing weight. Proceed to deliver the operation script.

Count up from hypnosis. Discuss and confirm they felt it. Make appointment for approximately 4 weeks after the operation. Give the second recording to reinforce they now feel full much more quickly. Explain that the recordings reinforce the therapy.



AFTER OP RECORDING

TO BE GIVEN TO THE CLIENT TO REINFORCE THE HYPNO-GASTRIC BAND

Use your induction and then proceed...

"Whilst you are resting in this very pleasant way" ...PAUSE "I want you to think back to the time when you had your hypno-gastric band surgery" ... PAUSE "Remember your surgeon and your anaesthetist" ...PAUSE "see the hospital and remember the reassuring words of your surgeon" ...PAUSE "and now" ...PAUSE "in your mind see your stomach" ...PAUSE "see the hypno-gastric band around the top part of your stomach" ...PAUSE "become aware of your hypno-gastric band right now"... PAUSE "notice the tightness in your stomach"... PAUSE "notice how it feels"... PAUSE "notice how it feels to feel full and comfortable"... PAUSE "notice it right now"... PAUSE "you have had your hypno-gastric band surgery"... PAUSE "your hunger is satisfied more quickly and with less food"... PAUSE "you become aware that the excess weight you carried is dropping away"... PAUSE "every day"... PAUSE "you notice that you eat healthier food"... PAUSE "more nutritional food"... PAUSE "you eat less often"... PAUSE "feeling full very, very, quickly"... PAUSE "you eat smaller portions and feel satisfied"... PAUSE "your hypno gastric band helps you every moment of every day to eat less and less often"... PAUSE "allowing you to get slimmer and slimmer"... PAUSE "and although sometimes you may not even be aware of your hypno-gastric band" ... PAUSE "you know it is there"... PAUSE "you can feel it right now"... PAUSE "that's right"... PAUSE "you know it is there"... PAUSE "helping you everyday"... PAUSE "to feel full"... PAUSE "see yourself now in that mirror"... PAUSE "slim"... PAUSE "fit"... PAUSE "healthy"... PAUSE "it feels so good"... PAUSE "you are in control you have changed your eating habits"... PAUSE "you have healthy choices"... PAUSE "just see that image now"... PAUSE "exactly the way you wish to be"... PAUSE "knowing that your operation was a great success"... PAUSE "and that the hypno-gastric band is perfectly safe and helping you every day to feel full"... PAUSE notice how it feels to be slim fit and healthy"... PAUSE "and in a moment I am going to count from one up to five and slowly awaken you; and you will awaken feeling confident that you are getting nearer and nearer to your goal"... PAUSE

count up and slowly awaken



THE OPERATION

Again, check how everything is going and re-cap on the hypno gastric band that will fit around the top of your clients stomach. Maybe show the picture to remind them and explain that when they are in the operating theatre, you will ask the IMR to let you know that the band is tight enough and then you will ask them to confirm that they can feel the band and that it is the correct size for them to feel full much more quickly, to be able to eat small portions and feel healthy and fit.

Induce hypnosis (**USE YOUR INDUCTION**) and the IMR, thank the subconscious and check that it is happy for the client to have the band fitted and confirm that the subconscious will let you know when the band is tight enough for them to feel full very quickly. (then proceed).

“Whilst you are resting in this very pleasant way, I want you to see that image of yourself in the mirror; slim, fit and healthy. You have already changed your eating habits and now you are ready to have the hypno gastric band fitted to help you to feel full much more quickly”... PAUSE

“I want you to see yourself arriving at the hospital”... PAUSE “and just let me know when you are there by moving that finger”... PAUSE ...WAIT “you are taken to your room and given a hospital gown to change into”... PAUSE “you climb into bed; you feel so calm, so relaxed, knowing that you are going to have your hypno gastric band fitted”... PAUSE “A nurse arrives, takes your temperature and blood pressure and writes some notes; chatting away before leaving your room”... PAUSE “you look around your room and notice how clean and fresh everything is, you feel so relaxed”... PAUSE “calm”... PAUSE “confident”

“After a short time the door opens and a man in a green gown enters your room”... PAUSE “you recognise your anaesthetist”... PAUSE “he asks you a few questions and explains what is going to happen”... PAUSE “his visit is followed by your doctor who explains what to expect after your operation. Your doctor explains that once the hypno gastric band is fitted, you will find it difficult to eat too much”... PAUSE “you will eat less and less often and your hunger will be satisfied more quickly”... PAUSE



“you will not need to snack, as you will feel full until your next small meal”... PAUSE “Your doctor tells you that after your operation, you may be aware of the hypno gastric band which is fitted to your stomach”... PAUSE “you may feel a slight tightness”... PAUSE “but you may not be aware of the band at all”... PAUSE “this is all perfectly normal”... PAUSE “Your doctor shakes your hand and says “see you in theatre”; the nurse arrives and prepares to take you to the operating theatre”... PAUSE “she asks you to swallow a couple of small tablets, which make you feel drowsier and drowsier”... PAUSE “tired and sleepy”... PAUSE “comfortable and relaxed”... PAUSE “before long, a trolley arrives and you are gently eased onto the trolley and covered with a sheet and wheeled through the corridor to the operating theatre”... PAUSE

(at this point turn on the sound effect)

“You arrive in the theatre so calm, so relaxed, you become aware of the monitors beeping away to keep you safe”... PAUSE “your anaesthetist greets you”... PAUSE “part of his face is covered, but you recognise those reassuring eyes”... PAUSE “as he prepares your injection”... PAUSE “he swabs a small area on your arm with alcohol”... PAUSE “a nurse holds your hand and you feel completely at ease and very, very safe and relaxed”... PAUSE “your anaesthetist inserts the needle painlessly into your arm”... PAUSE “you feel drowsier and drowsier”... PAUSE “tired”... PAUSE “and sleepy”... PAUSE “as you drift deeper and deeper”... PAUSE “you look around, as another figure in a hospital gown and mask enters your theatre”... PAUSE

“your surgeon greets you and reassures you that the procedure is simple and will be over in no time at all”... PAUSE “you are vaguely aware of what he is saying, but now you are feeling more and more sleepy”... PAUSE “as you drift deeper and deeper”... PAUSE “Your surgeon is now ready to perform the keyhole surgery and explains that your stomach is to be fitted with a special hypno gastric band, to produce a small golf sized pouch”... PAUSE



“he is using a special instrument called a “Laparoscope” which will allow him to see inside your stomach”... PAUSE “and he will fit the hypno gastric band around the top part of your stomach”... PAUSE “you feel so safe, so comfortable, you can hear the chatter of the theatre team as they professionally and efficiently go about their business”... PAUSE

“your surgeon is now ready to perform your surgery”... PAUSE “he makes four small incisions in your stomach”... PAUSE “and inserts the camera and the instruments”... PAUSE “the nurse tells you everything is going fine”... PAUSE “just as it should and you are vaguely aware of the operating theatre team talking as they go about their work”... PAUSE “your surgeon is very skilled and knows exactly what he’s doing, you just drift deeper and deeper”... PAUSE

“the hypno gastric band is inserted through one of the small incisions and is now fitted around the top part of your stomach”... PAUSE “you can almost feel what he is doing”... PAUSE “but there is no discomfort at all”... PAUSE “just a distant awareness that something is happening in your body, but by now, you are too sleepy to care”... PAUSE “You are aware that someone”... PAUSE “probably the nice nurse, is telling you that the procedure is almost over; all they need to do now is to tighten the gastric band, to make sure the small stomach pouch is just the right size, to help you feel full much more quickly. You can now feel it getting tighter and tighter, soon it will be just the right size for you to feel full very, very quickly. Tighter and tighter; and I want the subconscious mind to let me know when it is just the right size”... PAUSE

“tighter and tighter” **(keep going until you get a clear subconscious response)** “tighter and tighter” **(when you get the response you will then proceed)** “is that now just the right size so that **(clients name)** will feel full very quickly and be able to eat a healthy nutritional diet?” **(when the subconscious confirms this you then proceed)** “can you feel the band”...WAIT “are you happy that the band is tight enough” **(make sure your client is happy if not continue until your client feels the band)**



“that’s good, now your surgeon positions the reservoir tube under the skin of your stomach” ... PAUSE “this will allow for adjustments to made later” ... PAUSE “the surgeon starts to remove the instruments” ... PAUSE “and your operation is nearly over” ... PAUSE “your surgeon starts to insert a couple of stitches in the small incisions and very soon he has completed your operation” ... PAUSE “the nurses dress the small incisions with gauze” ... PAUSE “somewhere deep inside, you are aware that you are gently being moved out of theatre and on the way back to your room” ... PAUSE **(play the trolley moving sounds again)**

“On arriving in your room, you are gently eased onto your bed” ... PAUSE “You just relax for a moment” ... PAUSE “knowing that your operation is over and has been a great success” ... PAUSE “you can feel the hypno gastric band inside you” ... PAUSE “and you feel so good, so calm, knowing that you will now feel full very, very quickly” ... PAUSE “You clearly remember your hypno gastric band surgery” ... PAUSE “it is so clear in your mind” ... PAUSE “every detail of your hypno gastric band surgery” ... PAUSE “and as the anaesthetic wears off, you may be aware of a slight discomfort” ... PAUSE “but you know that this will ease in a short time” ... PAUSE

“the nurse arrives, takes your temperature and blood pressure again. Chatting away about how your operation was a great success, just as you knew it would be” ... PAUSE “soon it will be time for you to be discharged” ... PAUSE “you get dressed ready for home” ... PAUSE “Knowing the operation was a complete success” ... PAUSE “see yourself arriving home feeling calm and relaxed” ... PAUSE “that’s right” ... PAUSE

(allow time for client to arrive home)

“Just see yourself now, sitting down to a small meal. You look at the food on your plate, the portions look very small, not as much as you would usually eat” ... PAUSE “as you begin to eat, you realise that you are beginning to feel full” ... PAUSE “very quickly you begin to feel as if your stomach is full” ... PAUSE “and you realise you feel satisfied” ... PAUSE “and do not need any more to eat” ... PAUSE



“and from now on it’s the same with every small meal”... PAUSE “you eat smaller and smaller portions; finding that you are so easily satisfied, that you just don’t want any more food. You are eating more slowly and noticing that your food tastes better”... PAUSE “eating more slowly”... PAUSE “chewing every mouthful before swallowing”... PAUSE “you find that every day you eat less and less often”... PAUSE “eating just enough to stay healthy and fit”... PAUSE “and you eat slowly”... PAUSE “listening to your body and you clearly receive the signal to stop eating”... PAUSE

“even if there is food left on your plate”... PAUSE “you eat slowly”... PAUSE “enjoying good healthy nutritional food”... PAUSE “finding it so easy to stop eating when you are full”... PAUSE “And in the days and weeks to come, you will realise that you are eating less and less often”... PAUSE “enjoying smaller portions”... PAUSE

“and as you eat less and less often”... PAUSE “you will notice that you are losing weight”... PAUSE “getting nearer and nearer to your goal”... PAUSE “you are in control of your own eating habits”... PAUSE “you find that even after a small amount of food, you feel full and can easily stop eating”... PAUSE “as you get slimmer and slimmer”... PAUSE “fitter and healthier every day”... PAUSE “finding that you exercise regularly”... PAUSE “feeling much more alive”... PAUSE “eating healthily, exercising regularly”... PAUSE “you realise that as well as changing your eating habits”... PAUSE

“you actually only eat the food your body needs”... PAUSE “you clearly receive the signal to stop eating and eat less”... PAUSE “smaller portions and less often”... PAUSE “and now”... PAUSE “just enjoy this wonderful feeling of being in control”... PAUSE “in control”... PAUSE “of your own eating habits”... PAUSE “knowing the hypno gastric band inside you, is helping you every moment of every day”... PAUSE “helping you to eat less and less often”... PAUSE “just enjoy this wonderful feeling”... PAUSE “knowing your operation was a complete success”... PAUSE



“you will clearly remember every part of your operation and you will have confidence that the hypno gastric band inside you, is perfectly safe and working well”... PAUSE “and now I will count up to five and slowly awaken you, feeling calm, relaxed and perfect in every way”

(count your client up)

Check everything went well and make an appointment for about a month’s time to adjust the band and to make sure they are happy with everything.

SESSION FOUR

Confirm they are happy and whether they need the band tightening or loosening?

Induce hypnosis do IMR and check everything is fine. Deliver script to tighten the band. If the client wants the band loosened, instead of adding fluid to the band, you would suggest that fluid is being drained off and they can feel it getting looser and looser.

HYPNO GASTRIC BAND ADJUSTMENT

Ask client how they have been and check if they want the band adjusted. If there are any problems with the client, discuss them and talk about how you will proceed to help them overcome any difficulties.

Induce hypnosis **(Use your favourite induction)**

Use the IMR. Thank the subconscious and check that the subconscious is happy with the new eating habits and that it is okay to adjust the band (whether to loosen the band or tighten it). Also, find out if there is anything else that has to be looked at **(if there is at this point deal with it)** now proceed with the adjustment script.

“I want you now just to drift deeper and deeper into that relaxation”... PAUSE “that’s right”... PAUSE “you are ready for your hypno gastric band to be adjusted”... PAUSE “I want



you now to see yourself arriving at your surgeons clinic”... PAUSE “and when you are there just let me know”... PAUSE ...**WAIT for the IMR to confirm that your client is at the clinic** “now just see yourself knocking the door and as you enter the room, you see your surgeons smiling face, as he welcomes you and you wander across the room”... PAUSE “feeling so calm, so relaxed”... PAUSE “you notice a screen in the room, with an examination couch, your surgeon asks you to sit down”... PAUSE “you explain that you would like the band adjusted”... PAUSE “your surgeon explains that the adjustment procedure is very simple”... PAUSE “he asks you to go behind the screen and lie on the couch”... PAUSE “very shortly a nurse enters and asks you to raise your clothes above your stomach”... PAUSE “she swabs the area around your stomach where previously the adjustment reservoir was placed by your surgeon”... PAUSE “it feels a little cold on your skin. The nurse then rubs a local anaesthetic onto your skin and immediately it feels numb”... PAUSE “your surgeon enters and explains that he will make the adjustment by using a thin needle and syringe to change the size of the band around your stomach”... PAUSE **at this point if the band is to be tightened, fluid will be injected or if the band were to be loosened fluid would be removed. You will need to alter your wording accordingly and the next part of this script is for tightening; if your client needs the band to be loosened make sure they feel it getting looser and looser** “the surgeon inserts the needle painlessly through your skin and into the reservoir”... PAUSE “now your surgeon is adding fluid to your band; you can feel it getting tighter and tighter now”... PAUSE “tighter and tighter now”... PAUSE “soon it will be just the right size to help you to feel full much more quickly”... PAUSE “tighter and tighter”... PAUSE “and I want the subconscious mind to let me know when it is just the right size”... PAUSE “tighter and tighter” **(wait for the IMR to be happy, then check that the client is happy and that now the client will be able to feel full and eat a healthy diet. When everything is done)** “your surgeon removes the needle and the area is swabbed”... PAUSE “a small dressing is taped onto the area”... PAUSE “your surgeon says brightly “all done”, your band is perfect now”... PAUSE “he wishes you well and tells you to keep up the good work and enjoy being slimmer”... PAUSE “fitter”... PAUSE “and healthier”... PAUSE “The nurse says that you can get dressed and go home happy and healthy... PAUSE confident that you will eat less and less often”... PAUSE “with the procedure over”... PAUSE “you leave



knowing that from now on your eating habits will change"... PAUSE "you will feel fuller much more quickly"... PAUSE "and eat smaller portions... PAUSE "every day you will slowly but surely lose that excess weight"... PAUSE "getting nearer and nearer to your goal"... PAUSE "keen to take exercise and live a new enjoyable healthy lifestyle"... PAUSE "feeling more attractive every day, as your weight goes down to a healthy level"... PAUSE "now just relax and see yourself in the mirror. at last being the way you want to be"... PAUSE "your eating habits have permanently changed"... PAUSE "now you eat healthy nutritious food"... PAUSE "and you eat less and less often"... PAUSE "and even after a small amount of food you feel full"... PAUSE "and in a few moments. I am going to count from one up to five and slowly awaken you; and you will awaken remembering everything about the adjustment procedure"... PAUSE "knowing that your hypno gastric band is fitted perfectly and helping you every day to feel full"... PAUSE **count your client up**



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