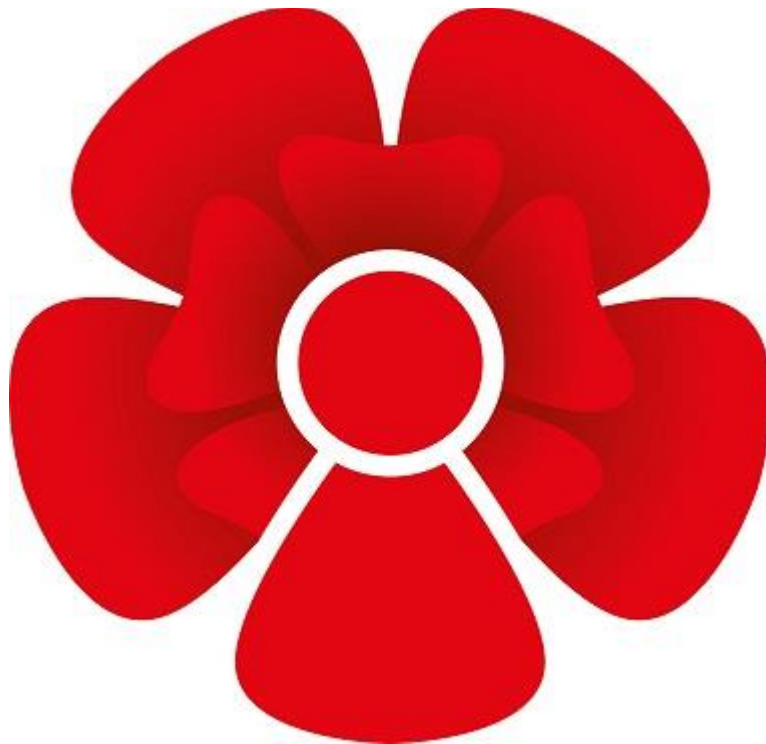


HSOH School of Hypnotherapy



Parts Therapy Manual

PARTS THERAPY

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What is parts therapy?

We are all made up of different parts; for example, there is part of us that is a cook, a driver, a parent or teacher. Then there is a part of us that likes to learn, or a part of us that is a child, another part of us can be serious or a little crazy. Parts can sometimes be referred to as ego states; I like to call them parts to keep it simple and easy to understand.

All parts of us are there to protect us and help us to cope with life. However, sometimes we are not happy with a particular part of us. For example, there may be a part of us that wants to promote our business and go out and give talks and another part of us doesn't want us to stand up and talk and be seen. Both parts are trying to protect us, but are in conflict with each other, this is when parts therapy can be a useful tool.

Six step reframe/Creating new behaviours

This is also parts therapy and is a great technique to help resolve inner conflict. It is very simple and can be enlightening and empowering for clients.

What is the difference between Parts Therapy and Creating New Behaviours (CNB)?

When you are facilitating parts therapy, the parts in conflict have the opportunity to communicate with each other and come to an agreement on how they can work together. Whereas CNB helps the conflicting part to use alternative choices in a more congruent way for the client to achieve what they want to achieve in a more positive way.

When to use Parts therapy.

We are all unique in the way we facilitate hypnotherapy and for me I will use parts therapy after we have dealt with the cause or habit and if there is still an inner conflict. It is paramount that you can use regression therapy confidently to facilitate parts, as sometimes during parts therapy, a client may regress automatically.

Parts can be very helpful if a client talks about a part of them that is sabotaging them. Or they say something like they want to stand up and give a talk, but a part of them stops them from doing this. Listen to what your clients are saying and if you feel a part of them is in conflict with what they want to achieve, then parts therapy could be useful.

Facilitating Parts

NOTE: We always refer to the parts as a conflicting part and a motivating part. Never lose rapport with parts and bear in mind that all parts are there for the good of your client.

Pre-talk

Before facilitating parts, it is important to explain what parts therapy is and below is an outline of how I explain parts to a client.

I am going to give the example of a part that is sabotaging a client in presentations. You as the therapist will need to adapt the wording accordingly and to keep it simple for you; I have notes where you need to make changes by putting **(adapt)** at the beginning of those sentences.

*Today we are going to do parts therapy, because there is a part of you that is **(adapt)** sabotaging you when you want to stand up and give a presentation **(end)**. We are made up of lots of different parts, for example, there is a part of you that helps you drive, a part of you that helps you to learn, another part of you is a child and likes to play, and a part of you that is helping to **(adapt)** sabotage you when you want to stand up and give a presentation **(end)**. Also **(adapt)** there is a part of you that wants you to be able to stand up confidently and give a presentation **(end)**. Believe it or not, what has happened is the conflicting part has just got a mixed message because all the parts of you are doing a job that they believe are protecting you.*

*What will happen is I will take you into hypnosis and ask your finger to come up and I will check with the sub-conscious that it is quite happy for the part of you that is helping to **(adapt)** sabotage you when you are giving a presentation to come forward and communicate with us **(end)**. If it is, I will then take you deeper into hypnosis than I usually do. Then you will hear me saying that there is a part of **(clients name here eg Jane)** that is helping to **(adapt)** sabotage you when you are giving a presentation. I'm talking to that part of you that is helping to sabotage you **(end)**. When you have the urge to say something, just say it, and you will be amazed at what you find yourself saying or thinking. It does feel odd, just don't analyse it, just say whatever comes to mind. I will then ask the part that **(adapt)** sabotages you **(end)** some questions and then ask it to stand back. I will then call the part of you forward that wants you **(adapt)** to be able to stand up and give presentations **(end)**. What I am trained to do, is to help mediate with the parts so that they can work together to help you **(adapt)** to give presentations **(end)**.*

Allow your client to ask questions and ensure that your client is ready to proceed with parts and then jump up and make your client comfortable as you usually do. Then induce hypnosis.

Facilitate the IMR

While you're resting in this very pleasant way, I want you to notice how it feels just to relax, notice your legs heavy and relaxed, your head comfortably resting in that chair, now notice your hands as I gently change positions of your hands

PLACE CLIENTS HANDS IN CORRECT POSITION

Now I want you to concentrate all your attention on those hands and as you do so, I want you to notice everything you can about those hands. Notice the position I have put them in. Whether your hands feel warm or cold. Whether they feel comfortable or not in that position. I want you to notice all of these things.

Now notice your fingers. Whether they are together or apart. Whether they are bent or straight. Whether they feel comfortable or not.

Now notice your fingertips. And as you notice your fingertips, notice just how sensitive they are; because through your very sensitive fingertips, you can pick up information about the surface they are resting on. You can tell whether that surface is rough or smooth. Whether it's hard or soft. Whether it's warm or cold. Whether it has a pleasant feel to it or not. All of these things you can pick up through those very sensitive fingertips.

As you notice these things, I want you now to choose just one finger. Any finger you like. And as you do this, just concentrate on that one finger that you have chosen. And as you concentrate on it, notice that one finger feels far more sensitive than all the rest. It feels different. It is beginning to feel lighter, much lighter. The more you concentrate on it, the lighter it becomes, feeling as though it wants to float up into the air. As though it is uncomfortable where it is and wants to find comfort by floating up into the air. It's getting lighter and lighter as it begins to float up into the air.

KEEP GOING UNTIL FINGER BEGINS TO LIFT

The higher it floats, the more comfortable it becomes. And it is so comfortable in that raised position, I want you to leave it floating there while I talk to you for a while.

I want the subconscious to keep control of that finger and I want to ask the subconscious mind some questions. If the answer to my question is yes, I want the subconscious mind to make that finger twitch so I can clearly see and if the answer to my question is no, I want that finger to stay still and comfortable in the air.

REPEAT I want the subconscious to keep control of that finger and I want to ask the subconscious mind some questions. If the answer to my question is yes, I want the subconscious mind to make that finger twitch so I can clearly see and if the answer to my question is no, I want that finger to stay still and comfortable in the air.

*I want to thank the subconscious mind for the perfect work it does for **(client's name)***

Now ask questions remembering to thank subconscious for the changes so far and check it understands that your client likes these changes.

*Subconscious mind there is a part of **(client's name)** that is causing **(adapt)** Jane to feel sabotaged when she gives presentations **(end)** are you happy for the part to come forward and communicate with us today? Yes or no?*

At this point, you may need to ask more questions.

Always treat the subconscious with respect.

When you have asked, all questions Thank the subconscious mind for the perfect work that it does for your client. And continue...

Scale Deepener

*I want you now **(client's name)** to use your imagination. I want you now to think of a scale with numbers. From 100 down to 1. So you can see numbers 100, 99, 98 further down the scale you can see the 80's, 70's 69, 68 and right down the bottom you can see 10,9, 3, 2, 1.*

*Now a 100 represents you're wide awake, with your eyes closed, resting comfortably in that chair and number 1 is as deep as you can go into hypnosis without falling asleep. 50 means you're half way there. Just so that I know that you are thinking of a scale with numbers from 100 down to one just let me know by moving that yes finger **(pause and wait for a yes)***

*I want you to look along that scale and notice what number you are at right now **(pause)**. If you are at 50 or deeper just let me know by moving that finger **(if no movement, ask are you at 60 or deeper? 70 or deeper? (Note to therapist I tend to find that most clients are at about 80) once you have an indication of what number they are at, proceed)***

*I want you to push those numbers down from **(adapt)** 50 to 49 **(fill in your own words here, i.e. the deeper you go the better you feel, pushing those number down, deeper and deeper)***

Take your time with your clients and when they are at 20 or deeper. You are then ready to proceed with calling the conflicting part forward.

Calling out the Parts

Taken from Roy Hunter Inner Conflict

I will be using the self-sabotaging part as the example, and you will need to adapt your wording accordingly.

Calling conflicting part

*There is a part of you that helps to **(adapt)** sabotage you when you are doing a presentation **(end)**, and it is doing a very good job. I am talking to that part of **(Clients name)** that is **(adapt)** sabotaging Jane when she is giving a presentation **(end)**. You are an important part of **(Clients name)** and there is probably a good reason for what you are doing. **(Clients name)** is willing to listen and I'm willing to listen to whatever you have to say. When you are willing to communicate, please let us know by saying the words "I am here", or by moving the YES finger.*

Wait, the key to calling a part forward successfully is patience. I will sit sometimes for a couple of minutes. In the past, I have noticed clients moving their heads from side to side. Sometimes they start to swallow. But just be patient and if, after a few good minutes, there is still no response proceed.....

*I'm sure that you are doing what you think is right for **(Clients name)**, but another part of **(Clients name)** is unhappy and better communication can enlighten both of you, with a few ideas that could make **(Clients name)** much happier. If you would like to gain more information and communicate, **(Clients name)** is willing to listen to whatever you have to say; when you are willing to communicate please let us know by either moving the YES finger or saying the words "I am here".*

Again, be patient and wait for at least a couple of minutes.

From experience, most of the time the YES finger indicates that the part is ready to communicate. When you see the IMR twitch, proceed.

Questioning and Maintaining Rapport

This is where mediation begins and I cannot give you a script; just guidance on how to proceed. You will need to ensure that you only use open questions and at no point do you lead, give your opinion or ideas.

When facilitating parts therapy, you have to be a mediator without judging or leading at all times. Respect the part. My belief is, that every part of us is there to protect us and look after us. It is just sometimes a part gets the wrong message and from experience I find that most conflicting parts are usually protecting us in some way.

Open Questions

*What job do you for **(clients name)**?*

How do you do that?

*What was happening in **(Clients name)** when you took this job on?*

How long have you been doing this job?

*What do you do to **(adapt)** sabotage Jane when she is giving a presentation **(end)**?*

Open questions begin with How, What, When, Where, Who.

Make sure that you keep good notes. Write down every word that the client says and repeat back to the part.

When I have an IMR response I usually proceed and say

*Thank you for coming forward today what job do you do for **(Clients name)**?*

I wait and again it can take a long time for your client to speak. I write down exactly what they have said. I repeat it back. For example, the client may say "I stop her from standing up and giving presentations". I will say "so your job is to stop (Clients name) from giving presentation how do you do that?" The part may say that it makes her panic. I repeat that back and say "your job is to stop (clients name) from standing up and giving a presentation and to do this you help her to panic. What do you do this for?" Usually, it is to protect the client in some way. Maybe so that they don't look stupid. It can be different reasons. Your goal is to find out what the part is doing and why it is doing it. Once you have found this out, I ask the part if it is willing to stand back whilst I call another part forward. Usually, it is and then I ask the part what name it would like to be called by so that I know when that part is forward. I sometimes will suggest a name if the part is a protector I will suggest "would you like to be called protector?" You do have some odd names sometimes they want to be called by a colour or another name and other times I have clients want to be called by their own name but little Jane for example. Just be sure that you have a point of reference to know that you are talking to the correct part.

REMEMBER NEVER JUDGE A PART, ALWAYS BE DETACHED.

Sometimes the conflicting part is reluctant to stand back. If the part says, “no it will not stand back”, you will need to negotiate with the part. In the past, I have suggested that the part stands to one side and listens to the other part. This tends to work, however, if it doesn’t it is down to you to come up with a solution. One thing that nearly always works is if you say, “are you aware that **(adapt)** sabotaging Jane from standing up and giving a presentation **(end)** is making **(Clients name)** unhappy?” From experience, this upsets the conflicting part, as all parts are there to protect us and make us happy. The part is then usually very willing to stand back.

Once you have found out enough information from the conflicting part and the conflicting part has agreed to stand back. You are now ready to call the motivating part forward.

Calling out the Motivating Part

*There is a part of you motivating you to **(adapt)** give presentations **(end)**, and it is doing a very good job. I’m talking to that part of **(adapt)** Jane that wants her to stand up and give presentations **(end)**. You are an important part of **(clients name)**, and there is probably a good reason for what you are doing. You motivated **(clients name)** to invest time and energy to accomplish this goal. **(Clients name)** is willing to listen and I’m willing to listen. I’m sure that you are doing what you think is right for **(clients name)**. However, another part of **(clients name)** wants to prevent you from achieving this goal. Better communication can enlighten both of you with a few ideas that could make **(clients name)** much happier. If you would like to gain more information and communicate, **(clients name)** is willing to listen to whatever you have to say. When you are willing to communicate, please let us know by saying the words “I am here” or by moving the YES finger.*

Again, patience is required here and most times it is the YES finger that moves. Once you have a response proceed...

*Thank you for coming forward today, what job do you do for **(clients name)**?*

Listen and write down what the part says. I find that you do not need much prompting here and it is quite easy to find out what the part is responsible for. Once you have written down what the part says, repeat it back to make sure you have written it down correctly.

For example, you would say “your job is to motivate (clients name) to feel confident to move her business forward? And to do this you tell her you can do it? Is that right?”

As long as you have that right then proceed.....

*Did you hear what **(conflicting parts name (for this example I am going to call the conflicting part protector))** protector had to say?*

Wait for a yes. Proceed....

(adapt) Protector **(end)** helps **(adapt)** Jane panic when she stands up to give a presentation to help her to not look stupid **(end)**. What would you like **(adapt)** protector **(end)** to do instead?

This is where the fun begins, as you cannot predict what a client is going to say. You need to be very relaxed and remember the open words, do not lead or suggest anything; you are a mediator. To give you an idea of what has happened, I am going to run through some of the things that have been said in my therapy room.

A lot of times the motivating part wants the conflicting part to go.

My response is to remind the motivating part that the conflicting part is there to help (I tend to use what it is there for protection, to take care of, etc.) protect the client.

Using open questions can help the parts to come up with ideas of a more congruent job to achieve your client's goal. For example, the motivating part could suggest that the conflicting part stopped Jane from panicking when standing up to give presentations. I would then ask what could protector do instead of helping Jane to panic? The motivating part may suggest that protector helped Jane to feel relaxed. Once the motivating part has suggested a new positive response. I then say to the motivating part "if protector took on this new job of helping Jane to feel relaxed when she is giving a presentation. What would you be prepared to do in return for protector?" Usually the motivating part will say that it will help. I ask how it would help, for example, "what would you do to help?"

When you have a positive suggestion from the motivating part on how both parts can work together. Then ask the motivating part what name it would like to be called by.

Then ask the motivating part to stand back and call the conflicting part forward by saying...

*I would like **(adapt)** protector **(end)** to come forward and when you are forward, please let me know by moving the YES finger.*

Once the conflicting part indicates that it is forward proceed...

*Did you hear what **(adapt)** motivator **(end)** had to say"? wait for the yes.*

I then repeat to the conflicting part...

***(adapt)** Motivator would like you to help Jane to stand up and give presentations by helping her to feel relaxed and if you would be prepared to take on this new job for Jane; Motivator would be willing to help you to help Jane to feel relaxed **(end)**. Would you be willing to take on this new job?*

You need to get an agreement that the conflicting part is happy to take on a new job. Again every client is different and you cannot have a script for this. Remember open questions, do not lead at this point. Sometimes it is easy to get an agreement, other times you need to ask the conflicting part to stand back and call the motivating part forward. Other times you may need to ask the conflicting part, what job it would like to do. Another time you may need to ask the conflicting part if it understands that making Jane panic when she is giving a presentation is making her unhappy. Ask what job would protector be able to do instead, as it is an important part of Jane and remind the part that it is important to protect Jane and keep her safe. Once the conflicting part is happy to take on the new job, ask the conflicting part to stand back whilst you call motivator forward.

*I would like **(adapt)** motivator **(end)** to come forward and when **(adapt)** motivator **(end)** is forward, please let me know by moving the YES finger.*

When motivator is, forward proceed..

*Did you hear what **(adapt)** protector **(end)** had to say?*

Confirm that motivator is happy to work with protector and then proceed.

***(adapt)** Motivator **(end)** are you quite happy to work with **(adapt)** protector **(end)** and help **(adapt)** protector to help Jane to stand up and give presentations confidently **(end)**?*

Motivating part agrees.

*Will you go inside and communicate with **(adapt)** protector **(end)** on how you are both going to work together, to help **(adapt)** Jane to stand up and give presentations in a calm, relaxed, confident manner **(end)**? When you have both done that let me know by moving the yes finger”.*

Now wait until you get an IMR response. Then proceed.

*Are both parts now happy to work together and help **(adapt)** Jane to stand up and give presentations in a calm, confident manner **(end)**?*

Again wait for the IMR response, proceed...

*Subconscious mind, are you happy with **(adapt)** motivator **(end)** and **(adapt)** protector **(end)** working together to help **(adapt)** Jane to stand up and give presentations in a confident and relaxed manner? **(end)***

Wait for IMR response.

*I want to thank both **(adapt)** motivator and protector **(end)** for coming forward today and communicating with us and I would like both parts to go back knowing that they are working together to help **(adapt)** Jane to stand up and give presentations in a confident and relaxed manner **(end)**. When both parts are back, please let me know, by moving the yes finger.*

Wait for IMR response.

*Subconscious mind, are you now willing to make all the adjustments necessary, sending the right thoughts, pictures, and feelings for **(adapt)** Jane to be able to stand up and give presentations in a calm, confident manner? **(end)***

Wait for IMR response.

Can you go inside now and make all the necessary adjustments and when you have done that just let me know, by moving the YES finger?

Wait for IMR response

(adapt) Jane (end), I want you now to imagine that you are floating up out of your body, and you can see your timeline. I want you to imagine yourself walking along your timeline. Imagine that you see yourself (adapt) preparing for your next presentation; notice how relaxed you feel, how positive you are thinking, feeling confident, knowing that protector and motivator are working together to help you to stand up and give a presentation (end). See that picture now, notice how you look, feel and sound. Notice how your words are calm and confident. (adapt) See the people in the room listening to you and notice how interested they are in what you have to say (end). See that picture clearly and when you have seen it just let me know by moving the YES finger.

Wait for the IMR response.

I want to thank all the parts for coming forward today and the subconscious mind for helping. I now want that finger to feel heavier and heavier and come back down to rest to join the other fingers. If you wish to change positions you may do so, but I just want you to feel comfortable relaxed and fine.

PLEASE NOTE WHEN YOU HAVE FINISHED WITH PARTS THERAPY REMEMBER TO ALWAYS ASK THE PARTS TO GO BACK TO THE PLACE THEY BELONG KNOWING THAT THEY ARE WORKING TOGETHER.

You can proceed with a script of your choice or simply count your client up from hypnosis.

Discuss with your client what had happened and ask how they feel. I also suggest to the client that now that they know where that part is, to talk to it. Ask it to help them.

Make the next appointment if necessary. At the next appointment, find out how they have got on and I usually ask the parts to come forward again when the client is in hypnosis.

I check that they are happy with their new job. If the parts aren't happy, you will then have to proceed, finding out what they need to do, etc.

Notes and Suggestions

Sometimes a conflicting part can have a negative name; for example, a conflicting part could be called greedy or nasty. If that is the case when the part has agreed to take on a more positive job, ask it if it would like to change its name?

Other times a motivating part will be quite aggressive about the conflicting part and will want it to go and leave. I always, remind the motivating part that all parts are there for a positive reason and that it is an important part of the client and that it has an important job of protecting, keeping the client safe, etc.

Case Studies

Sharon and a part that was sabotaging her.

One of my clients had a part that was sabotaging her, we were working with weight loss. At her first session, she was obsessed with cakes and I used the technique CNB to create new behaviours. When she came back she was chuffed as she had not even thought about cakes, in fact she found that she didn't even like the taste of the cakes.

A few weeks later she found that she suddenly started eating loads of popcorn and chocolate. Sharon said that she had been thinking about it and she felt that there was a part of her that sabotaged her and not only with weight loss but, with everything that she wanted to achieve.

On facilitation parts, the part that was sabotaging her was called Pete and Pete hated my client. When I suggested that sabotaging her was making her unhappy. Pete replied it knew that and found it funny making Sharon unhappy. The motivating part was called Maria and they did come to an agreement that they would work together and I received a text a week later from Sharon saying that she was losing weight.

At the next session, I called Pete forward and asked if it was happy with the new job. Pete said that it wasn't and that there was no need for Pete to stay anymore. Pete said that it wanted to go. I called Maria forward and asked Maria for help. Maria confirmed that Pete wanted to leave. I also checked with the subconscious mind using the IMR and the subconscious mind agreed that Pete would be happy to leave.

I just asked Pete if it knew how to leave and it did and Pete left.

When Sharon came up from hypnosis, she said that it felt amazing when Pete left. She said that it felt like a weight was lifted from her chest.

Amy and a part of her stopping her from running a marathon

I had worked with Amy in the past for her wanting to eat more vegetables. When she found herself struggling with the up and coming marathon, she booked in for an appointment. Amy sat in my chair and started saying "There is part of me that keeps saying that I am rubbish, and I will not be able to run the marathon. Then another part that keeps saying that I can". Amy was showing me the parts with her hands and as she continued to explain how it was making her panic. I was certain that parts therapy was the way forward. I explained parts to Amy induced hypnosis and established the IMR.

"Sub-conscious do you understand that Amy has come here today as she wants to feel confident that she can run in this marathon?" the sub-con indicated yes.

I proceeded to ask the sub-con did it understand that there was a part of Amy that was making her panic and feel that she will not be able to run in the marathon. The IMR again indicated yes. However, when I asked "Sub-conscious mind are you quite happy for me to call the part of Amy that is helping her to panic to come forward and communicate with us today?" The IMR indicated no. I then asked "sub-conscious mind is there anything that we need to look at so that Amy can run confidently in the marathon?" the IMR indicated yes.

I then proceeded with regression, and we needed to go back to when Amy was taking her A levels. Apparently Amy started panicking when she was sitting her A-levels. We did inner child and gestalt. Amy not only ran confidently in the marathon but set herself a goal to run 13 marathons in 13 months.

DON'T ASSUME AND JUST PROCEED WITH PARTS; ASK THE SUB-CONSCIOUS.

Questioning and Maintaining Rapport

During hypnosis, we ask questions in two different ways:

1. Speaking directly to the subconscious, eliciting answers via the IMR 'Yes' or 'No' response.
2. During regression and hypnosis, where we require a verbal response from the client.

The way in which we ask these questions is important, as we must not offend either the subconscious or the client. This can break our rapport and lead to resistance, frustration or even anger; all of which can have lasting effects following hypnosis.

To maintain rapport, we must always ensure we use non-leading question and when asking questions where the client respond verbally we should, in the main, use open-ended questions.

Examples:

- LEADING QUESTION – "Who is there?"
- NONLEADING QUESTION – "Is anybody there?"

Be careful as leading a client can suggest that someone was there. If you establish that someone is there. It is then okay to follow with, "Who is there?"

- LEADING QUESTION – "Are you scared?"
- NONLEADING QUESTION – "How do you feel?"

Open Questions and Closed Questions.

Open questions generally begin with:

- Who
- What
- Where
- When
- How
- Why (Try and avoid using why if possible it can make your client feel defensive)

Closed Questions begin with.

- Is
- Can
- Do
- Will
- Are

We tend to use closed questions during the IMR as we require a 'Yes' or 'No' response from the subconscious via the finger.

SHOULD – This is another word to avoid. It can be a command word and can also promote feelings of guilt.

COULD – This word 'could' is best avoided during hypnosis. It is a word that suggests 'choice' and puts the client in control. Depending on what you are working with.

- e.g. "I could eat those chocolate bars".
- e.g. "I could give up smoking."

The Language of Hypnosis

FIND

Use of the word 'find' in hypnosis produces a direct suggestion. It's a really positive word, because the child inside us loves to find things. e.g. "You will now find that your eyes are getting heavier and heavier."

MORE

Use of the word 'more' is effective because the mind naturally likes to grow things. e.g. "You become more and more relaxed."

NOTICE

When we use the word 'notice', it is a direct suggestion; when you tell someone to notice something they will automatically pay attention to it. e.g. "Notice your breathing."

NOW

The word 'now' is used often in hypnosis, it is effective because it is a direct instruction; it gets your attention. e.g. "Now, take a nice deep breath."

TRY

The word 'try' implies failure to the subconscious, so when you precede a suggestion with 'try' the implication is that it will be difficult or impossible.

THAT'S RIGHT

This is a very powerful phrase. People love to do things right. It's a form of praise and people love to be praised; it makes them feel good. When a behaviour is praised, it encourages more of the same. e.g. "That's right, you're doing that beautifully."

REPETITION OF WORDS

Repetition of words in this way is effective because it makes you focus on the word and action, simply because it is said twice. e.g. "more and more, heavier and heavier, hazier and hazier."

USE SEEING, HEARING, AND FEELING WORDS

When you are giving suggestions, ensure that you use the above words; along with "seeing yourself...", "hear what you are saying...", "notice how good it feels to..."

Summary

1. Prior to hypnosis explain parts.
2. Remember all parts are there for a good reason. We call the parts the conflicting part and the motivating part.
3. Always treat the parts with respect. Do not judge.
4. Use open questions and do not lead.
5. Check that the sub-conscious is happy for the part to come forward.
6. Call out the conflicting part.
 - a. If the conflicting part has a negative name, before putting the part back ask if it would like to change its name?
7. Call out the motivating part.
8. Mediate carefully for a resolution.
9. Remember to ask the parts to go back knowing they are now working together.
10. Check with the sub-conscious that it is happy for the new jobs.
11. Forward pace.

Scripts

Calling conflicting part

*There is a part of you that helps **(adapt)** x to do y **(end)**, and it is doing a very good job. I am talking to that part of **(Clients name)** that is **(adapt)** doing y **(end)** when she **(adapt)**. You are an important part of **(Clients name)**, and there is probably a good reason for what you are doing. **(Clients name)** is willing to listen and I'm willing to listen to whatever you have to say, when you are willing to communicate please, let us know by saying the words "I am here", or by moving the YES finger.*

Wait, the key to calling a part forward successfully is patience. I will sit sometimes for a couple of minutes. In the past, I have seen clients moving their heads from side to side. Sometimes they start to swallow. But just be patient and if after a few good minutes there is still no response proceed.....

*I'm sure that you are doing what you think is right for **(Clients name)**, but another part of **(Clients name)** is unhappy and better communication can enlighten both of you with a few ideas that could make **(Clients name)** much happier. If you would like to gain more information and communicate, **(Clients name)** is willing to listen to whatever you have to say; when you are willing to communicate please let us know by either moving the YES finger or saying the words "I am here".*

Calling motivating part

*There is a part of you motivating you to **(adapt)**, and it is doing a very good job. I'm talking to that part of **(client's name)** that wants **(adapt)**. You are an important part of **(clients name)**, and there is probably a good reason for what you are doing. You motivated **(clients name)** to invest time and energy to accomplish this goal. **(clients name)** is willing to listen and I'm willing to listen. I'm sure that you are doing what you think is right for **(clients name)**. However, another part of **(clients name)** wants to prevent you from achieving this goal. Better communication can enlighten both of you with a few ideas that could make **(clients name)** much happier. If you would like to gain more information and communicate, **(clients name)** is willing to listen to whatever you have to say. When you are willing to communicate, please let us know by saying the words "I am here" or by moving the YES finger.*

Recommended Reading

- Roy Hunter – Hypnosis for Inner Conflict
- G. Emmerson – Ego State Therapy

Further Resources

Thank you for taking our course. If you are interested in our other training courses and resources, we've provided links below for you.

Our Courses

HSOH School Of Hypnotherapy has the following online courses.

[Certificate in Hypnotherapy](#)

This intensive course will teach you everything you need to know to be a hypnotherapist. Includes a full manual and script book for you to download.

[IMR & Regression](#)

This CPD course will teach you how to facilitate IMR, Regression, Inner Child and Gestalt within your hypnotherapy session. Includes a full manual and scripts for you to download.

[Hypno-Gastric Band](#)

This CPD course will teach you the complete Hypno-Gastric band therapy. This therapy delivered in 4 sessions to your client has proven successful to help with weight loss. Includes a full manual and scripts to download.

[Past Life Regression](#)

This CPD course will teach you how to facilitate past life regression in groups and one to one with your client. Includes a full manual and scripts for you to download.

Classroom Training

HSOH School Of Hypnotherapy offers classroom training in our school located in Hampshire, U.K. The benefit of classroom training includes live practice with a qualified trainer and hypnotherapist to guide you. Visit our website hsoh.co.uk to find out more.

Other Resources

How To Be A Hypnotherapist

Written by Lorraine Gleeson to accompany her accredited Diploma course this book is available in paperback and eBook formats. You can purchase your copy from:

amazon.co.uk

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Newsletter

[Subscribe](#) to our newsletter and download Lorraine's free eBook A Career In Hypnotherapy, this eBook includes a free sample of **How To Be A Hypnotherapist**.