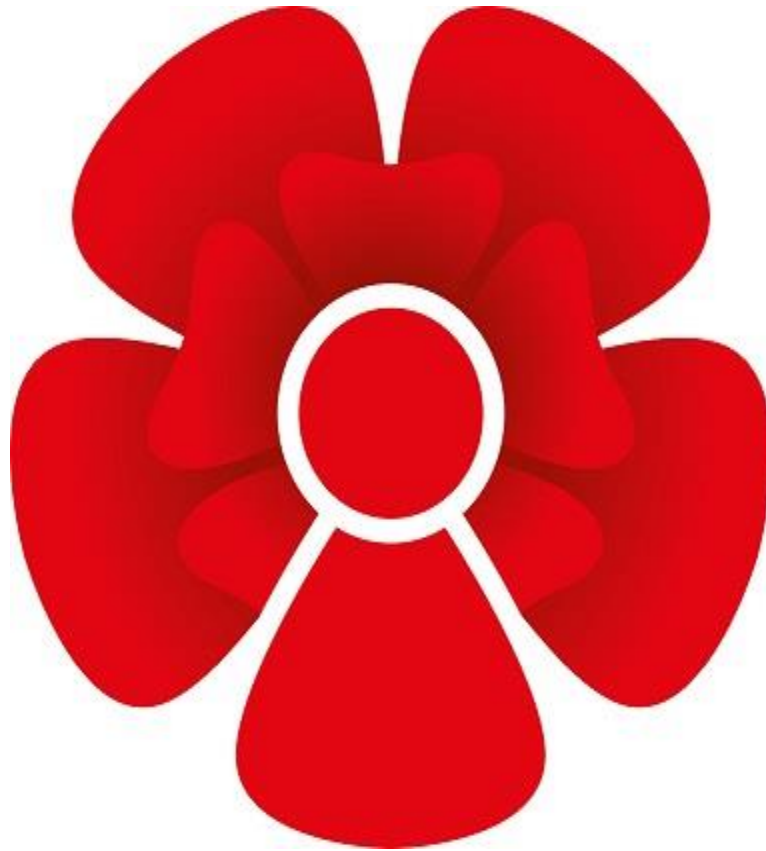


Hampshire School of Hypnotherapy



FACILITATING CHANGE MANUAL

Second Session



First Part – the talk through

Hi **(client's name)** how have you been?

(Write down what they are pleased with. Also, what has not changed. You as a hypnotherapist have to find at least one positive change. Usually it is where you created new behaviours on the first session).

Today I am going to take you into hypnosis and ask you to choose a finger, and lift that finger in the air. Last time your sub-conscious said that we needed to look at things, I will check that is the case and if so, you will be talking to me under hypnosis. You will hear me say I am going to count from one to seven and I want you to go on a journey in your mind. I want you to travel from this place to some pleasant place. When you hear me say “seven, where are you?” you know that you are in this room. But, I am interested in what you are thinking. If you are thinking of a nice beach, or a nice country walk, that’s what I want you to say.

Then I will count to seven again and ask you to go to the event you need to see. When you hear me say “seven, where are you?” If you don’t know, then say that you don’t know. Because I can work with don’t knows.

Are you ready to be hypnotised?

Second Session



PROGRESSIVE RELAXATION

Take a nice deep breath and just close your eyes.

Now I want you to notice your breathing. Notice how it feels to slow your breathing down **(Pause)**. Now notice your feet, toes, just allow them to relax **(Pause)**. Now allow that relaxation to flow; up your ankles, calves, thighs; just let your legs feel loose, limp, and relaxed **(Pause)**. Notice your stomach, and you may find a comfort, growing inside you, that's right. Now let that comfort flow, up your chest **(Pause)**, across your shoulders, down your arms, hands, fingers. Notice your neck; all those little muscles in the back of your neck, just allow your neck to feel comfortable and relaxed. Let that relaxation flow, to your head, forehead, eyes, mouth **(Pause)** and as you continue to relax in this way, I will count slowly up to seven and as this count progresses, you will find that you get tired and sleepy.

And it doesn't matter if your mind wanders onto more pleasant things. It doesn't even matter if you lose awareness altogether. All that matters now, is your own relaxation. So just be comfortable. Settle yourself right down, and just let yourself drift, gently and easily into that relaxation, as I count slowly up to seven. I will start that count for you now.

One relax...

And already you can feel yourself calming down. Becoming much more relaxed now. More and more relaxed. More and more relaxed.

Two relax...

You're feeling comfortable. Beginning to feel peaceful too. Just feel that relaxation working its way through your body. Bringing every part of you to rest. Settling yourself right down.

Three relax...

And now just breathe a little slower, and deeper now. And each deep breath you take is making you more and more relaxed. More and more relaxed.

Four relax...

Just feel your whole body getting heavier and heavier now. Almost as though you are sinking pleasantly down. Just sinking down into sheer comfort. As each deep breath you take relaxes you more and more and more.

Second Session



Five relax...

You are feeling drowsier and drowsier, tired and sleepy, heavy and relaxed, beautifully relaxed. Peaceful, sleepy, relaxed.

Six relax...

Every part of your body is coming to rest now. Just settling down now. Just settling down into sheer comfort. Feeling tired, sleepy, relaxed. Tired, sleepy, relaxed.

Seven relax...

Just continue drifting now, deeper and deeper into that relaxation. And I am going to leave you in silence now, just for a few moments, so you can settle yourself right down. And when I talk to you again in a few moments time, you will be much more relaxed, far more relaxed than you are now. So just rest quietly for the next few moments, until you hear my voice again.

But in the meantime, even the loudest of noises will not concern you, or disturb you in any way. Even the loudest of bangs will not have any importance for you. All that is important now is your own relaxation. So just rest quietly now, until you hear my voice again, in a few moments' time.

(You should be at about 9 minutes)
AT LEAST ONE MINUTE OF SILENCE HERE

Okay as I now slowly count from one to five, just let yourself drift, deeper and deeper, more and more, into that relaxation.

1.....2.....3.....4.....5 **(note increase time between counts)**

Just rest and relax now, that's right, just rest and relax.

Second Session



IMR

Subsequent Sessions With No Count

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.

Second Session



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 x1)**

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 are the events so important we need to revisit them yes or no?
- Subconscious mind is it a habit or skill that **(clients name)** has learnt yes or no?
- **(If a habit)** Subconscious mind is it necessary to look at where **(client’s name)** learnt this habit yes or no?
 - **(If yes to look at where this habit comes from)** Subconscious mind are you willing to show **(client’s name)** where this habit came from when I count from 1 – 7 yes or no?
- Do you understand that my role here is to help **(clients name)** yes or no?
- Subconscious mind are you willing to work with me yes or no?

(At this point you may need to ask more questions. Always treat the subconscious with respect).

Thank you Sub-conscious mind for all the perfect work you do for **(clients name)**.

Now I want you to let that finger become heavier now. Heavier and heavier, so that it comes back down to rest and joins the other fingers. That’s good. Now just relax those fingers and let them feel good. Relax the whole hand, and your arm. If you wish to change position to make yourself more comfortable, then you may do so, just let your whole arm feel good, comfortable and fine.

Second Session



If you need to look at events or habits. You will now need to install a safe place.

If you need to, you may be doing some more NLP techniques.

Second Session



REGRESSION OUTLINE

Now be comfortable and relaxed. In a few moments time, I am going to count to 7 and while I do so you will make a journey in your mind. I want you to travel from this place to somewhere you would like to be now, some pleasant place. Perhaps a place that you have actually been to where all was well with you, or to some place in your imagination that you know you would like to be. I want you to make this journey in your mind as I count up to 7. Your mind will easily take you back to somewhere very pleasant for you. And on the count of 7 you will be there and be able to talk to me, and tell me what you see, and what you are doing, without breaking your relaxation in any way; and you will be able to speak clearly and well.

So moisten your lips now **(pause, wait for client to lick lips)** to help you speak clearly when it is time to do so. I will begin counting now from 1 – 7 and your sub conscious mind will take you to some pleasant place.

1. Let your journey begin.
2. Leaving this place and travelling to
(If 1st regression, say “a pleasant place”;
if 2nd regression, say “a happy event”;
if 3rd regression, say “the event you need to see to resolve this problem)
3. Going in safety and security.
4. Well on the way now.
5. Getting closer and closer
6. Now you are almost there
7. **(If 1st regression, say “are you in a pleasant place?”;**
If 2nd regression, say “are you at a happy event?”;
If 3rd regression, say “Where are you?”, then ask other questions ie What are you doing? Is anyone there?)

(If 1st Regression) Just enjoy this place now and spend a few moments with the peace because I will now count up to 7 again and you will make another journey in your mind going back through time and space to a happy event in your life. **(back through the count for 2nd regression)**

Just enjoy this event now and spend a few moments with the peace. Come back now to sitting in the chair in my room. Comfortable and relaxed.

I want you to choose one of those places that you have just gone to as your safe place. Have you done this **(wait for a positive response)**

Second Session



I want you to take note of the phrase 'quickly sleep' because from this time onwards, no matter where you are or what you are thinking or imagining, whenever you hear those words 'quickly sleep' you will immediately leave that time and place and return to your safe place. **(REPEAT x1)**

Good. Now 'quickly sleep'. Are you in your Safe place? **(wait for confirmation)**

Now I shall count from 1 – 7 this time you will go back to **(either age or event)** which led to this problem that you have, so that we may resolve it. If you hear me say the words 'quickly sleep' you will leave it immediately and go back to your safe place.

(REPEAT FOR HOWEVER MANY INCIDENTS YOU NEED TO GO BACK TO. ALWAYS ASK WHEN YOU HAVE FINISHED THE WORK i.e. GESTALT, INNER CHILD ARE THERE ANY OTHER EVENTS WE NEED TO SEE YES OR NO DON'T KNOW MEANS NO. KEEP GOING UNTIL YOU GET NO. Sometimes you may need to continue on another appointment if you are running short on time)

Second Session



HIGHER SELF/INNER CHILD

When you have found out the time/event when the problem began.

I want you now as the adult you are to go back to that **(time/event)** and see that little **(girl/boy)** can you see **(her/him)? (wait for a yes)**

I want you to go over to **(him/her)** and look at **(him/her)** tell **(him/her)** that everything is going to be fine **(say appropriate things take your time).**

Tell **(him/her)** that you are sorry, tell **(him/her)** that they will never be alone again, tell them how glad you are that they were born and what a beautiful little **(girl/boy)** they are.

Tell **(him/her)** that you are going to take them away and they never need return to this place and have these feelings ever again.

Now take **(him/her)** by the hand and walk them away. Find yourself and that little **(girl/boy)** on a path maybe a path of your life the sun is shining down on you both. What does that little **(girl/boy)** want to do? **(wait for answer. If client says don't know, then suggest walk? Play? Hold your hand? Run)**

Fine. **(Pause)**

Now look up and see coming towards you a very special person. Some people call this person their higher self, their God like self, their inner Self. It doesn't matter what you call this person they are there for you and the child. **(WAIT)** Can you see your higher self coming towards you? **(If no, then encourage with "it maybe a light, a feeling, an older version of yourself". When the client sees or feels something then proceed)**

Now see the child run into those arms and just feel the love, safety and security that passes between them.

This is the home coming for the child.

Now you too go into those arms.

This is the perfect family. That fun loving beautiful child, you the wonderful adult and that very special person.

Second Session



Now see the child grow smaller and smaller until you can pick **(her/him)** up and place **(her/him)** in your heart where **(she/he)** will always be safe, secure and happy. Where **(she/he)** can play and be and do whatever **(she/he)** wishes. Have you done that? **(Wait for a positive response)**. Good.

(You may need to cut ties with the person or persons who caused the problem)

Second Session



GESTALT

See yourself **(client name)** in a circle of light. A very safe circle of light surrounding you. A place where you are at ease and feel safe.

A little way from you see another circle of light and in that circle is **(person/persons/feelings/event)** they are also very safe.

Coming from your circle and attaching itself to the other circle is a chord, a rope of light. So the two circles are attached by a rope of light.

Now you are going to speak to **(person/persons/feelings/event)** and tell them whatever you need to say, or ask any questions you may need to ask. Remember you are safe and they are listening. So take your time. Either speak out loud or say it to yourself. But when you are finished just let me know.

(WAIT for a response)

Now on the count of three. I want you to switch and be **(person/persons/feelings/event)**. They heard you, now you are going to be them and hear what you think they would say in reply, let me know when they have finished.

1...2...3.... What do they reply?

(WAIT for confirmation that they have finished)

Switch now and be yourself. Do you have anything else to say to them? **(if yes, then listen again to the dialogue, then switch again to be the other person. Keep going until they are finished)**.

Are you now ready to cut the negative ties that bind you to **(person/persons/feelings/event)**?

(if no, then you have to find out why they are not willing to cut these ties that are so negative).

(if/when yes). I want you to see a pair of scissors **(or sword)** of light in your hand, and when I tell you to, I want you to take a deep breath, and as I count to 3, I want you to cut that tie and see **(person/persons/feelings/event)** disappear in any way you wish. Letting them go with love and light **(if appropriate)**.

Second Session



Take a nice deep breath, 1, 2, 3 and cut.

Have they gone?

(Wait for response. If no then ask what they need to be able to cut the tie?).

Second Session



Creating New Alternative Choices / Six Steps to Reframing

(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 **(describe issue client wants to change)** 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 achieve your goal **(describe clients' goal)**.

When you have 1 new choice, let me know. **(PAUSE. When you have a response proceed)**.

Now a second alternative choice **(PAUSE. When you have a response proceed)**

and now a third. **(PAUSE. When you have a response proceed)**

I want you now to go to that part of you that runs the behaviour of helping you **(describe the behaviour 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 achieve your goal 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 using your new and alternative choices whenever you need to and just as you see it now that's how it will be.

Run that movie now and just let me know when you have finished **(PAUSE, wait for response)**.

Now bring all the parts around the chair of your higher self and check that all the parts are happy working together to help **(Client name)** to achieve your goal. **(PAUSE, wait for IMR)**.

Sub-conscious mind, are you happy with these alternative choices? Are you happy that it will help **(client's name)** to be in control and achieve their goal? **(Wait for confirmation)**.

Second Session



I would like to thank all the parts and ask them now to all go back knowing that they are working together to help **(clients name)** to achieve their goal of **(describe clients goal)**.

(Thank the subconscious and suggest that the finger is feeling comfortable relaxed and fine).

Second Session



CAN BE USED FOR PAIN MANAGEMENT/FEELINGS/FEARS etc.

(Ask client to go inside and describe the pain using following ideas:

- **Ask how it feels i.e. thudding, constant pain**
- **Ask where it is in the body**

When you establish where it is you can find out

- **What shape is it**
- **What colour is it**
- **Ask the client to change the shape. How does it feel that shape?**
- **Ask the client to change the colour. How does it feel that colour?**
 - **Change the shape and colour until it becomes more comfortable.**
- **Ask the client to move it about their body.**
- **Ask the client to make it smaller, or bigger.**
- **You can ask the client to move it to their hand and pop it out and ask what they want to do with it?**

You can ask them to imagine a dial with numbers on it numbers 1 – 5. 5 is the most painful it gets 1 there is no pain. Turn the dial up and down.

When you are helping clients with pain management always confirm that they have been checked by a doctor. Pain can be the mind telling the client they have a tumour or something that needs to be looked at.)

Second Session



SWISH

Bring up a picture of how you like to be (**i.e. happy, confident, feeling good, cheerful anything you wish to add, all positive**), let me know when you have that picture by moving your Yes finger. (**Pause, when you have a response, proceed**). Now make that picture brighter and brighter, turn the volume up (**keep going until you feel sure they have a really good picture then proceed**).

Now, collapse that picture down. Have you done that? (**wait for a response, then proceed**). Now bring up a picture (**now describe their negative picture, i.e. depressed, no confidence.**). Let me know when you have that picture by moving your Yes finger. (**Wait for a response, then proceed**) Now turn that picture black and white; have you done that? (**Pause and wait for a response**). In a moment, I am going to count from 1 to 3 and say SWISH and I want you to collapse that negative picture down and bring up the positive picture. READY; one, two, three SWISH (**now you have to be creative positive and up beat**). Make that picture brighter and brighter and turn it up. In a moment, I am going to say one, two, three, swish and I want you to collapse that positive picture and bring up the black and white picture. Ready? One, two, three, SWISH, now bring that black and white picture up and let it fade away, further and further. Now I am going to say one, two, three, swish; and I want you to collapse that picture and bring up the positive picture. Ready? One, two, three, SWISH, bring up the positive picture make it brighter, louder (**add glitter or sparkles or whatever you need, to make this picture stand out**).

(Keep swishing and encouraging your client to fade that black and white picture until they can no longer bring it up. Be creative with this turn it up make them smile. This needs to be fun not serious. People are very quick to learn. You are the mediator to help them to choose good feelings. You can then get your client to spin those feeling all around their bodies, turn it up, be imaginative.)

Second Session



CHANGE PERSONAL HISTORY (OR PHOBIA)

(Before taking the client into hypnosis, establish that they can picture the situation i.e. if dealing with a fear of spiders check they can remember the last time they saw a spider and have a clear picture of it in their minds.)

INDUCE HYPNOSIS

I want you now to imagine yourself walking into a cinema, **(pause)** are you there? **(wait for a positive response)**. I want you find somewhere comfortable to sit down and notice that the cinema is empty and as you sit down, you look up and see a still black and white picture of the last time you saw a spider on the screen in front of you, can you see that? **(wait for a positive response)**. I want you now to imagine that you are floating up out of your body into the projection room. As you look down you can see yourself sat in the cinema, and out in front of you is the still black and white picture.

In a moment, I am going to ask you to run that movie in your mind in full colour, normal speed, hearing what you hear, seeing what you see, and feeling what you feel, and let me know when you have finished by moving that finger. Run that movie in your mind.

(When they have finished, proceed). Now I want you to run that movie backwards really fast “ziiippppp”. **(WAIT)**. Have you done that? **(wait for a positive response)**. Now blank that screen.

Now I want you to run that movie forwards this time, but this time I want you to add **(circus/laughing policeman/okey kokey)** music to it. Run that movie again now **(sing along with/for them)**.

(When they have finished proceed). Now I want you to run that movie backwards really fast “ziiippppp”. **(WAIT)**. Have you done that? **(wait for a positive response)**. Now blank that screen.

(Now you can add funny images. Add, for example pink boots on the spider or whatever they have a fear of. Be creative.)

KEEP GOING UNTIL YOUR CLIENT EXPERIENCES CHANGE AND ALL THE NON VERBALS ARE VISIBLE TO YOU

Second Session



TIMELINE

Future Pacing

(Run a Movie in Your Mind)

The importance of using future pacing.

Future pacing is a form of mental rehearsal, a practice in the imagination, and since the mind and body form one system, it prepares and primes the mind/body for the actual situation. Future pacing tests if your work is effective. It is the nearest you can get to being in the real situation.

How it works

Giving the brain strong positive images of success, programs it to think in those terms, and makes success more likely. Expectations are self-fulfilling prophecies. You step into the future in imagination with the new resources you have, and experience in advance how you wish to be.

How to use future pacing in hypnotherapy.

Asking your client to experience their desired state or outcome in hypnosis is very powerful. Asking them to run a movie in their mind of themselves (dissociated), or seeing themselves in a certain situation, i.e. in a mirror, will prepare them to mentally experience their outcome before they meet it in real life.

By using all the modalities, VAK (OG) we can enhance their experience, and make it even more powerful for them, but we can go even further by enhancing the sub modalities.

Second Session



DELIVER APPROPRIATE SCRIPT IF NECESSARY

Second Session



Awakening Outline

Now I am going to count from one up to five and slowly awaken you. You will awake feeling **(put suggestion connected with their therapy i.e. feeling positive determined non-smoker)**.

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. Take a good deep breath and stretch.