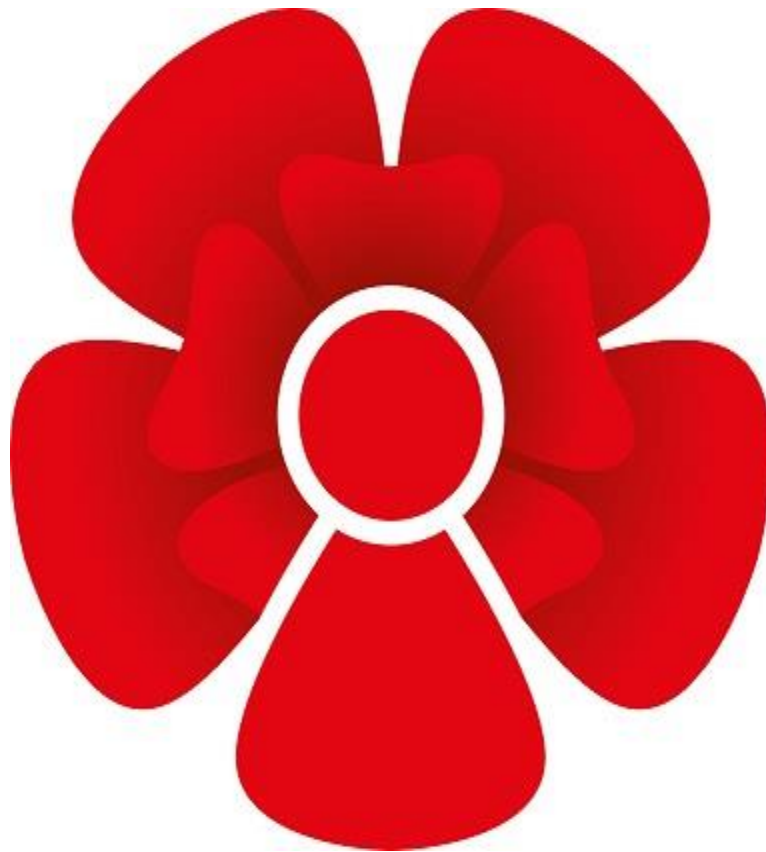


Hampshire School of Hypnotherapy



FIRST SESSION

First Session



First Part – the talk through

I explain what hypnosis is using the staircase and then I say

“Today I want you to just drop into hypnosis. **(I show them with my hands that they will just be very slightly in hypnosis)**. The reason for this is, that you have never met me before so there is a part of you that might think that I could turn you into a chicken yes!! And then you also want to know what is happening, because we are naturally curious. But as long as you follow my instructions you will find that you will be relaxing, so when I say take a nice deep breath and just allow yourself to relax; as long as you do this you will relax and then I start counting. However, you will be lying there with your eyes closed thinking; I am not in hypnosis, I can open my eyes if I want to, I can hear everything you are saying. So I do what is called an assurance procedure are you okay if I hold your arms in the air?”

(Wait you client to say yes). “Once you are relaxed I will lift your left arm in the air and ask you to imagine that you can feel some cushions, as long as you play and pretend that you can feel some cushions, your left arm will feel very very light. Then I will lift your right arm in the air and suggest that this arm feels very very heavy. What I want you to do is not help me or fight me, but when your arm feels heavy just allow it to come down. This is so that you can think well I can open my eyes if I want to, but my arms did feel different and it is to assure you that you are now relaxed enough to take suggestions. The assurance procedure is for your benefit to help you to know that you are in hypnosis.”

Second Part – Talking through the IMR

“Once I have done the assurance procedure. I will then ask you to choose a finger and lift a finger in the air. Once you have lifted a finger in the air, then I will sound like a hypnotist. Because I will then say I now want your subconscious mind to take control of that finger and I will count backwards from **(Now look at your client’s age and put in their age)** to zero to find out if anything is causing you to **(Now mention what they have come for ie. Panic attacks, weight loss, confidence)** to find out if it is a habit or events. I then go on to ask your subconscious some questions and use some techniques to help you with **(this time say their goal)**. Then I ask you to bring your finger back down and relax. I will then go onto give you some very positive suggestions, this is clinical hypnosis to help you to reach your goal. Are you ready to be hypnotized?” **(Look for the Non Verbal queues. Then jump up and make a fuss of your client to make them comfortable. Proceed with your induction).**

First Session



Induction

Now if you are nicely settled down, I'd like you to look up and find a spot to fix your gaze on, that's right. And from this moment on, just fix your gaze on that spot and on that spot alone. And as you do this, you will find, very quickly, that your vision will get hazier and hazier as your eyes get tired and sleepy; until soon they will be closed and you will be drifting into a very pleasant, relaxed condition.

And while you are doing this, I will count slowly up to seven, and as this count progresses, you will find your vision is getting hazier and hazier, as your eyes get tired and sleepy. Soon they will be closed and you will just drift into a very pleasant relaxation.

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.

(therapist should be at about 3mins)

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.

First 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...

First Session



(NOW DO AN ASSURANCE PROCEDURE)

(AND IF YOU WANT, YOU COULD DO SOME DEEPENERS)

(NB for recording an Induction for your client to take away, you could add this paragraph at the beginning):

Before settling down to listen to this recording, you should, to the best of your ability, have tried to make sure that you won't be disturbed for about the next half an hour. You should not be driving or operating any machinery. You should be settled down somewhere; somewhere you can be comfortable and warm; somewhere you can just relax for a while and enjoy a few moments' peace.

First Session



IMR

(BEFORE SESSION NOTE AGE OF CLIENT)

While you're resting in this very pleasant way, I'm going to gently take your hands and change their positions a little, this will not concern you or disturb in any way. Nor will it break your relaxation in any way, as I just take your hands and change their positions.

(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, because, in a few moments, I am going to count backwards from **(clients age)** to zero. Each number that I call out will represent an age in your life, so that when I call the number 20, that will represent the year in your life when you were 20 years old. When I call the number 12, that will represent the year in your life when you were 12 years old. And so on, right back to the year of your birth.

First Session



Now as I count through these ages of your life, I may mention an age at which something happened to you. An event took place. And as a result of this, you now suffer with **(describe clients' problem)**. Now, should I mention an age at which such an event took place, I want your subconscious mind to take control of that finger and make it twitch, so I can clearly see that at this age an event took place which gave you this problem.

Now it may be that several events have taken place in your life, and that each one of these has contributed to this problem in some way. Should this be the case, I want your subconscious to indicate each one of these to me by making that finger twitch at each of the relevant ages, so that I know which ages are relevant to your problem. I'll begin counting for you now.

(MAKE THE COUNT)

That's good. Now once again I am going to count, forwards this time. I am going to count forwards from zero to **(client's age)**, and just to make sure that I have made no mistakes, I want your subconscious to repeat the same procedure. I want that finger to twitch at each of the relevant ages, just to make sure that I have made no mistakes.

(MAKE COUNT)

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)**

- Subconscious mind **(client's name)** has come here today to deal with **(client's problem)** do you understand yes or no?
- 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?
- 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?

First Session



At this point you may need to ask more questions

When you have asked all questions; thank the subconscious mind for the perfect work that it does for your client. And continue with an NLP technique of your choice.

First 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 **(to snack eat chocolate bread etc.)** and when you have found that part just let me know **(PAUSE and 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 and 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 that will help you to achieve your goal **(state clients' goal here)**. When you have your first 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 to **(describe what 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 ask all the parts if they are happy working together to help **(your client's name)** achieve your goal. **(Pause. Wait for IMR)**. Subconscious mind, are you happy with the new alternative choices and that it will help **(client's name)** to be in control and achieve their goal? **(Pause, wait for a response.)** Thank you parts, please now all go back knowing that you are working together to help **(clients name)** to achieve their goal.

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

First 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.)

First Session



Choice Rose

While you're resting in this very pleasant way, I'm going to give you some instructions and suggestions. But first of all, I want to make you aware of something. I want you to be aware of the fact that you are able to make a choice, a very important choice.

Within all of us, there are two opposing forces at work. One of these forces drives us towards feeling good. It is a constructive force. The other force is destructive. It drives us towards feeling unhappy, both physically and mentally. It is this destructive force that makes us feel stressed, unhappy, and also opens the way for other ailments to be inflicted upon us.

But we have a choice. We can all choose which of these forces to go along with, while we oppose, or obstruct the other. This choice is real. This choice exists. And from this moment on, you are aware that, at all times, you can choose between feeling good and feeling stressed. This fact will be firmly registered and remembered and be a part of your consciousness at all times. So make that choice now. **YOU CHOOSE TO FEEL GOOD.**

And your choice matters. From this time onwards, it will have its positive effect on your very being. Your choice to feel good will show itself in the way you eat, move, relate to others; in every aspect of your life. It will show in your attitude to whatever happens to you. And you are, from this moment, starting to feel the beneficial effects of your choice to feel good. You can clearly see that the way you feel depends largely on your attitude, and that you can, and do, choose your attitudes. **YOU CHOOSE TO FEEL GOOD.**

And having made this choice, from this moment on, you are going to become fully committed to it. You are going to become determined, very determined, that anything that stands between you feeling good must be swept out of the way. No matter what it is. And this determination must grow and grow, as you become more and more committed to your choice to feel good to feel happy.

And as you become more and more committed to your choice to feel good, so you will increase your opposition to stress, it will increase each and every day. Nothing will be allowed to stand in the way of you feeling good, feeling calm, relaxed. You are determined about this. More determined about this than you have ever been about anything in your life before. And even now, as you think about your own determination, you are beginning to feel better, because even now, you are beginning to fight your problem. And you will fight well, because of your determination and your commitment.

First Session



These two forces that lie within us need food, in order to be strong. They feed on our thoughts. If we think in a positive way, then this feeds the constructive force within us. If we think in a negative way, this feeds the negative force. So if we are in the habit of constantly thinking and acting negatively, then the destructive force within us becomes stronger than the positive force, and we become ill in some way. And of course, the reverse is also true. If we think and act positively, we become healthier, because now, the positive force is the strongest.

You have chosen to be well, and you are determined to succeed in this. You are committed to that choice. And these are positive things. That's good, because you are now feeding that positive, healthy force inside you. But not only are you feeding that positive force, but you are now starving the destructive force and making it weaker. And the more you do this, the healthier and happier you become. So let us now do something to help you become even more successful with this.

I want you now you use your imagination. I want you imagine that you can see, in front of you, a rose. A flower. A thing of beauty. Just imagine that you are now looking at a beautiful rose, a perfect rose, with a beautiful fragrance. And as you look at that rose, notice just how perfect that flower is.

But as you look at that rose, I want you imagine that it has a special magnetic quality. It seems to have the power to draw from you, into itself, all your bad feelings. All your negativity. All the problems and difficulties that have been intruding on your consciousness. You can feel these things being drawn from you. You can feel yourself being purified as that rose takes into itself all your bad feelings. And this leaves you feeling good. You feel calm, relaxed and happy. You are feeling very peaceful inside, and it feels good. You can feel an inner quietness that wasn't there before, deep down inside you, and it feels good.

But this rose also seems to have another power, because as it draws into itself all your bad feelings, it seems to have the ability to absorb them and transform them, so that they add to the beauty of that flower. So that rose appears more and more beautiful as it absorbs all those bad feelings it has drawn from you. Even as you look at it now, it appears to become more and more beautiful.

First Session



So this rose is transforming something bad into something good. And this means that the bad feelings cannot return to you. Those feelings are now gone and all you are left with is peace, calmness and relaxation. And these will remain with you. And the reason they will remain with you is because of your choice to be well. You are happy with that choice. It is the right choice. And you are committed to it. So you feel calm, and relaxed, and content with that choice. And from this day onwards, you are going to notice a change in how you feel. Now, you are going to fight all forms of stress, worry, and as each day goes by, you'll notice that in every way, you're feeling better and better. Day by day, in every way, you're going to feel better and better. Happier, more in control day by day.

First 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.