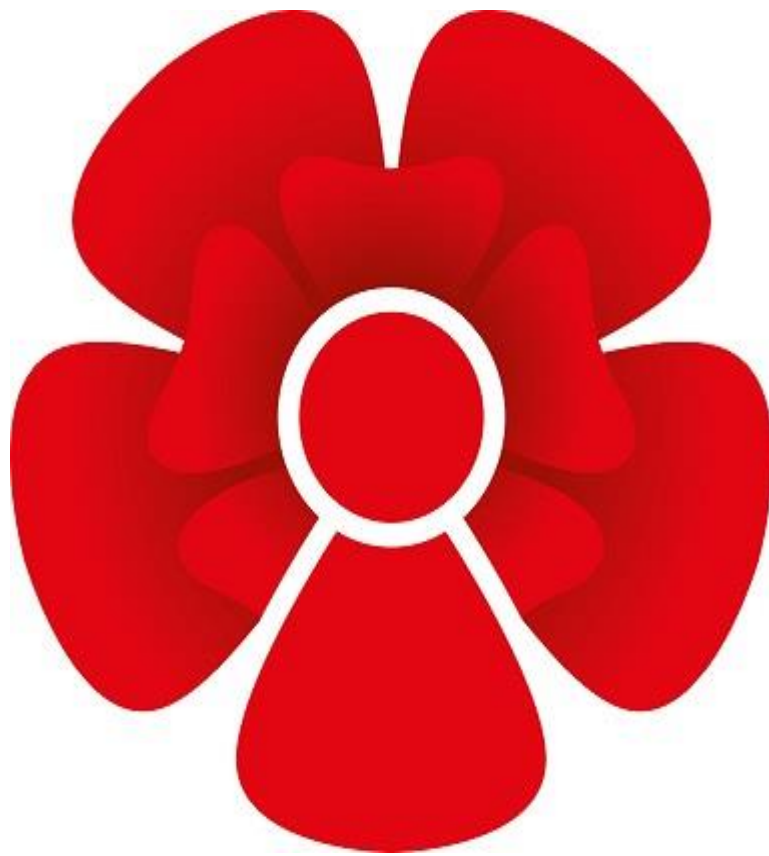


# HSOH School of Hypnotherapy



IMR & Regression Manual

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## Delivering the Induction – Guidelines

### The Keys to an Effective Induction

- You have to slow your speaking right down.
- Start the first sentence conversationally then begin to gradually slow down. Once you slow down you will notice you start to relax, once at a nice pace, maintain this. Do not speed up.
- Convey feeling/emotion in your voice.
- You are trying to guide them towards sleep. Your voice should carry that feeling.
- Diction. You should not make an effort to speak perfect English or change the way you talk. If you have an accent keep it, if you drop your 'H's continue to do so. Speak naturally. They will already be accustomed to your normal way of speaking; to change it would sound false.
- Ensure your voice is not monotone. Intonation, a rise and fall in your voice will help to induce trance.
- Lengthen certain words e.g. Hazier and hazier, more and more.
- Sit upright so that your diaphragm is open.

### Script Specific Guidelines

- It should take close to 2 minutes 45 seconds to reach the end of the first 4 paragraphs and the start of the first count.
- Take a full breath on both sides of each count e.g. (breath) – one – (breath)
- 9 minutes should have passed before you begin the minutes silence.
- During the minutes silence the client slips into their own mind as they relax so when you start to speak you must come in very quietly, take a full breath in, let out half a breath and then say, 'Okay' before continuing with 'As I slowly count.'
- On the count to five, increase the length of pauses as the count progresses; it may help to count in your mind between each number, increasing the count with each increment.
- The Induction should take around 12 minutes from start to finish.

## INDUCTION

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.

Now if you are nicely settled down in this way, 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.

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.....

## IDEOMOTOR RESPONSE

IMR What is it?

Ideomotor responses are a means of communicating with the subconscious mind.

The word ideo comes from the mind and motor from muscular movements, these responses are subconscious, involuntary movements akin to nodding or shaking the head.

Why do we use IMR?

IMR enables you as a therapist to identify causes and habits that underlie a problem, to facilitate change on a subconscious level.

This skill makes us totally unique as hypnotherapists as it is a technique that bypasses the conscious, analytical mind, allowing us to communicate directly with the subconscious mind.

## EXPLAINING IMR TO THE CLIENT

### HOW TO SUCCESSFULLY USE IMR

Explaining IMR to the Clients prior to hypnosis

It is important to briefly explain the use of IMR to the client so that they know what to expect and how to respond – this sets you up for success.

Explain that you will be asking them to choose a finger and lift it in the air and when you have lifted a finger in the air that's when I sound like a hypnotist because I will say "I want your subconscious mind to take control of that finger" and I will go on to ask the subconscious mind some questions.

#### **Troubleshooting – What if the fingers do not respond?**

The subconscious mind is not analytical, if you ask it for something the subconscious mind will do it.

Reasons why a finger does not respond:-

- You may not have explained it clearly to the client prior to hypnosis.
- The fingers may not physically be able to lift. – Check the positioning of the hand.
- They are too deep in hypnosis, may have fallen asleep.
- Their State is too light, not in hypnosis- use a deepener.
- They are just not playing.

#### **Too Deep in Hypnosis.**

The best way to deal with this is to 'wake them up'.

### **Just not Playing.**

**“Now I want** you to take a nice deep breath and relax deeper and deeper in that comfortable feeling of relaxation and in the next moment, when you’re ready you’ll just allow that finger to rise.”

**It doesn’t** matter if they consciously lift the finger because the subconscious mind does not know the difference between what’s real and what’s not, soon the subconscious mind will just take over control of that finger.

### **Using the scale deepener:**

Ask your client to think of a scale with numbers. Number 100 at the top and 1 at the bottom. Then say just “so that I know you are thinking of a scale with numbers just let me know by lifting a finger now.” **(If there is still no response then ask can you hear me just let me know by lifting a finger now).** **Once the client has lifted the finger then proceed.** Number 100 represents you are wide awake with your eyes closed and number 1 as deep as you can go into hypnosis without falling asleep 50 means your halfway there. I want you to look at that scale and notice what number you’re at right now. If you are fifty or deeper just let me know by moving that finger.

**Once you have the client deep enough then proceed to ask the yes/no questions.**



## Example Questions

### **To help get a response if there is none;**

I want to ask the subconscious mind some questions if the answer to my question is yes, I want that finger to twitch do you understand yes or no?

Just so that I know you can hear me I want you to twitch that finger now.

### **Some suggestions if no to “are you willing to work with me;”**

Subconscious mind do you understand that (clients’ name) has asked me to help her/him with this problem yes/no

**What other example can you think of and what other questions can be asked?**

## 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.

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 this ..... (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)...

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.

**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.....

Good. 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.

## Preparation Before next visit

A small amount of preparation for each client's visit is essential because every client is different. We don't fit the client to the therapy.

- You will have an idea if you will be dealing with causes or habits.
- You will have an idea if regression is necessary.
- If regression was indicated you will need to be prepared and have the rough regression script, the inner child/higher self and gestalt outline ready.

### **Pre-induction conversation.**

- Ask the client how they have got on.
- Explain to the client that they may be talking under hypnosis this time "last time your subconscious said there are things to look at and if there still is you will then be talking".
- **Explain 'Nice Place'**
- State – "It's your first thought I'm interested in."

### **Induce hypnosis.**

- **Use the short IMR**
- Check that it is still necessary to look at events.

## 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.

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 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. Then check if it is still necessary to regress to anything.**

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.**

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

Good. 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.

## 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)** to help you speak clearly when it is time to. I will begin counting now from 1 – 7 and your subconscious mind will take you to some pleasant place.

1. Let your journey begin.
2. Leaving this place and travelling (to ..... 1<sup>st</sup> regression a pleasant place  
2<sup>nd</sup> regression a happy event  
3<sup>rd</sup> regression to 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. (1<sup>st</sup> regression are you in a pleasant place?) (2<sup>nd</sup> regression are you at a happy event?) (3<sup>rd</sup> regression Where are you?) (ask other questions i.e. What are you doing? Is anyone there?)

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.



(same as above 1 – 7

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. (Ask them if they have done this?)

(PROTECTION)

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.

Good. Now 'quickly sleep' (test the protection)

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)

## 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, as 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 question where the client response verbally we should, in the main use open ended questions.

### **Examples:**

LEADING QUESTION – “Who is there?”

NON-LEADING 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?”

NON-LEADING 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."

**List some closed and open questions**

## Regression Guide

The key skill to successful regression is PATIENCE.

Following the count of 7, PAUSE for 4 seconds before asking, “Where are you?” Then wait. The client needs time.

If they say “DON'T KNOW” ask:-

- “Are you inside or outside?”
- “Is it light or dark?”
- “If you did know, where would you be?”
- Where do you think you are?
- How do you feel?
- Do you think you are inside or outside?

If they say “NOWHERE” ask:-

- “If you were somewhere, where would it be?”

You just need to get one word, then you're off; the minute they have a word they will have/tell you a story.

If you don't get a response, don't worry, you're new at this, simply move on and deliver a script. You can contact me later to discuss.

### **What to do once you get a response**

When you do get a response the next most important questions are:-

- “Do you understand where you are?”
- How is this all connected?
- “Is this where it all began, yes or no?”

NOTE – If they say, YES, keep an eye on their finger, it may twitch.

NOTE – You must get a yes, otherwise you will need to allow the client to let this event go and then continue with another regression.

From experience it almost always takes 3 regressions before you get a “yes”.

If the client says, “Don't know” or I'm not sure” then say:-

“Okay, take a nice deep breath, 1,2,3, and let all that go.”

## **Second Regression**

Then move on to a second regression saying:-

“I'm now going to count from 1 to 7 again and this time I want the subconscious mind to take you back to the event we need to see so that we may resolve it.”

Repeat count and questions.

If the answer is still 'no' or 'don't know' get them to let the event go and move on to the third regression.

## **Third Regression**

State:-

“I want to thank the subconscious for bringing forward the event – summarise event – but this time I want you to go back to the event that you need to see.”

On this third time almost 100% of the time they get there and give you a 'yes'.

## *FACILITATE GESTALT AND/OR INNER CHILD/HIGHER SELF*

## **Concluding the Session**

Once you have finished going through the inner child technique we need to ask the client:-

“Is there anything else we need to look at yes or no?”

If NO – we then say:-

“Subconscious mind I want you to just lift that finger back in the air again.”

Then ask:-

“Subconscious mind are you happy now to let X – describe successful outcome - e.g. fall asleep easily – yes or no?”

If YES – Thank subconscious mind for the perfect work they have done with the client.

If the answer is NO or there are OTHER EVENTS to look at state:-

“Is it okay if we deal with this next time as we are running short of time, will you help X to Y in the meantime?”

At the next appointment you would check progress (continue with investigating any events if necessary).

### **Regression Questioning - Example**

**Example to demonstrate the importance of using non-leading questions and avoiding making assumptions.**

I was working with a young man, 'Dave' on anger management. During regression he went back to a time when he was 2 years old. This is how the regression went.

Therapist – Where are you?

Dave – It's dark, I don't know.

Therapist – Are you inside or outside?

Dave – Inside.

Therapist - Do you know where inside?

Dave – I'm in a cupboard.

Therapist – What are you doing in the cupboard?

Dave – Don't know.

Therapist – How do you feel?

Dave – Scared.

Therapist – What are you scared of?

Dave – My mum.

Therapist - What happened?

Dave – My mum is leaving again.

Therapist – Is this where all your problems began, yes or no?

Dave – Yes.

**This example could have gone the wrong way had I assumed that the boy was locked in the cupboard.**

### **Tips for Questioning During Regression**

- Always ask short questions during regression as clients are processing lots of information, more than they can relate back with speech. Remember in hypnosis clients find it difficult to talk.
- Never assume. Use non-leading questions
- Remember, it's okay to take your time formulating questions before you ask them as the client in hypnosis is very much in their own head and won't be concerned with pauses.

## REGRESSION TOO PAINFUL / DISTANCE FEELINGS

*If your client finds the memory too painful during regression.*

*Say **QUICKLY SLEEP** assuming you have already installed a safe place. If not then ask your client to think of a nice thought if necessary ask them if they like the beach and direct them to a nice thought. Then proceed.*

*Clients name do you know why you're subconscious showed you that event yes or no.*

*Do you understand where your problem has come from yes or no.*

*Then ask your client if they are willing to go back and rescue that little girl/boy and take them away then proceed with the higher self. If necessary then cut negative ties.*

### **OR USE THIRD PERSON SCENARIO AND SUGGEST THEY ARE WATCHING A MOVIE**

*I want you to imagine you are sitting at home comfortably on the sofa and in moment I want you to see that event as if you are watching a film comfortably at home, so you can watch this movie without all the emotions you are safe and when you understand why your subconscious mind has shown this event let me know.*

*When your client has understanding then proceed with higher self, gestalt. Maybe rewrite history.*



## 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 her/him that everything is going to be fine (say appropriate things take your time when finished )

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 inners 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 homecoming 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.

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 he/she can play and be and do whatever he/she wishes. Have you done that? Good.

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

## GESTALT

See yourself (**client**) 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.....(**he/she/them could be feelings**) **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.....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**) WHEN THEY ARE FINISHED

Now on the count of three. I want you to switch and be....(**them**) They heard you, now you are going to be them and hear what you think they would say in reply.

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

.....WHEN THEY ARE FINISHED.

Switch now and be yourself. Do you have anything else to say to them? (if yes, then listen again to the dialogue, again be the other person).

Keep going until they are finished.

Then say;

Are you now ready to cut the negative ties that bind you to.....(if yes) (if no, then you have to find out why they are not willing to cut these ties that are so negative).

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.....Disappear in any way you wish. Letting them go with love and light (if appropriate).

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

## Guide on what to say First Session

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 for)** 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.

## Guide what to say at the Second Session

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.

Then say:

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-con said that we needed to look at things, I 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 know.

Are you ready to be hypnotised?

## Further Resources

Thank you for taking our course. If you are interested in our other online 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.

#### [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.

#### [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.

#### [Parts Therapy](#)

This CPD course will teach you how to facilitate parts therapy with your client to help resolve internal conflicts within 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](http://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](http://amazon.co.uk)

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