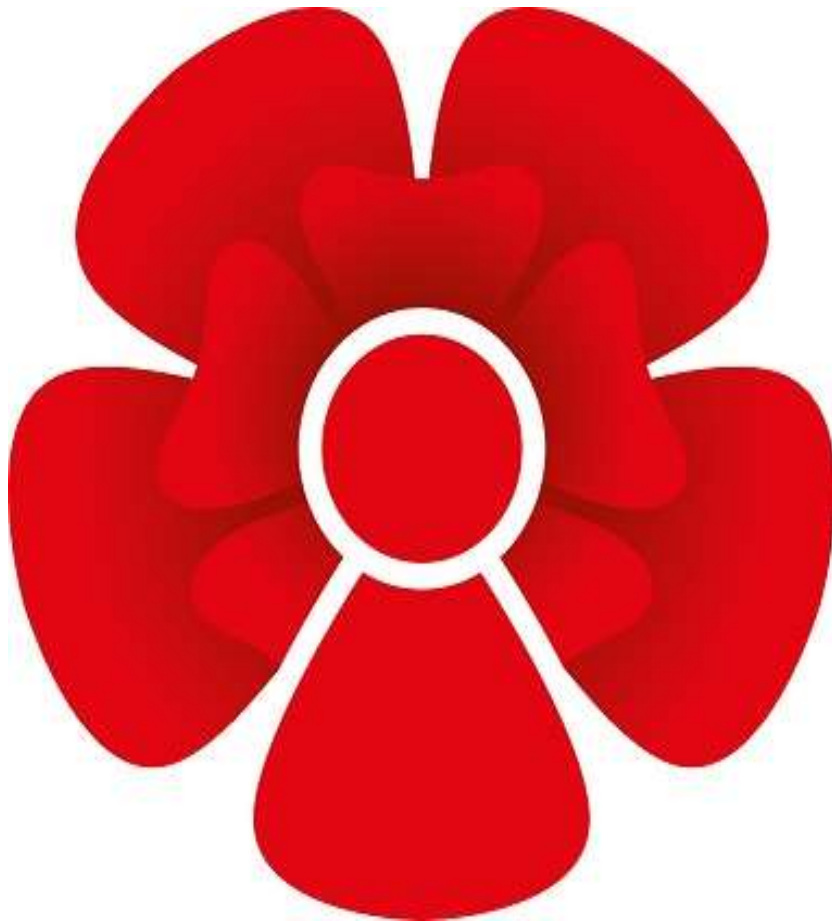


HSOH School of Hypnotherapy



FEARS AND PHOBIAS ONLINE TRAINING MANUAL



Fears and Phobias Online Training

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Taking control Script

Before inducing hypnosis, you need to establish a situation that your client needs help with.

While you're resting in this very pleasant way, I want you to imagine something, but I want you to imagine it in a very special way. I want you to imagine it as though you were watching it on television. In this way, you can watch it without being emotionally involved with it. You can watch it without any bad feeling of any kind.

Now describe the client in that situation, feeling calm and relaxed.

Notice how calm you are. You are showing no signs of anxiety. No signs of tension. No signs of fear. In fact, you are undertaking this situation exactly as you would wish to be able to. This film that you have been watching is not just a flight of fancy, nor is it dealing with something in the future. You have been watching yourself doing something exactly as you are going to be able to do it from this time on. And the reason for this is that this film contains a skill – a skill that I am going to explain to you now. Although you could not see it in that picture, you were in fact using a procedure to protect yourself against the fears and tensions that would normally bother you in a situation like this. You were using it like a weapon to defend yourself against these feelings. But, as you will notice, there was no sign that you were doing anything out of the ordinary. You looked completely natural. And this is how it is going to be, because now I am going to show you this procedure, and you will be able to use it very successfully from this time on. I call it a weapon, because it is something you can use to defend yourself and drive away bad feelings. But as you know, if I were to put a sword in your hand and ask you to defend yourself, you would not make a very good job of it. However, if you practised you would soon develop the skill and use it to much more advantage. This weapon is just like that. With practice, it will become more and more powerful in its effects, and I want you to understand this right from the start. Use it often, and it will defend you well. The main difference is, that from the start, you will be able to use it successfully. I will show this to you now. But first, let me describe this weapon to you. The first thing to say about it is that you should use it as early as possible. Whenever you feel those tensions or fears arise to difficult proportions, then use your weapon immediately. Do not wait for them to rise to difficult proportions. Use it immediately. And when you feel this happening, this is what you are going to do. First, you will take a deep breath, and then you will count backwards, very slowly, from three to one. As you say "three" you will immediately feel yourself calming down, becoming much calmer. On the count of "two" you will continue to become calmer and more relaxed. And when you reach the count of "one," you will be very calm, very relaxed, and comfortable. And that is all there is to it. Whenever you feel tensions beginning to rise, you will immediately take a deep breath, and then count backwards from three to one, very, very slowly. And as that count progresses, so you will feel yourself settling down once again to a very calm and

relaxed state. Perhaps a little later on, those tensions may begin to rise again. If this happens, so you will use your weapon again. And you'll use it on every occasion that unwanted feelings begin to appear in you. In this way, you will be able to do many things that have been impossible for you in the past. There may be occasions when you forget to use your weapon, with the result that those bad feelings have become stronger than they should. But even here, that weapon will work for you. If you use it under these circumstances, you may find that the count of three has reduced those tensions, but not completely. If such a thing were to occur, then you simply use your weapon a second time and this will complete the task. In very severe circumstance, you may even find that you need to use it three times, but after three times you will always find that you are completely relaxed and calm. This then is your weapon. A simple procedure that you can use. Whenever you encounter stress of any kind, and feel tension rising within you, you will immediately take that deep breath, and count backwards, slowly, 3, 2, 1; and then you will come back to being calm, relaxed, and in complete control. But I want to show you now that this weapon will work for you, and to do this, I want you to imagine a situation which I will describe to you. But this time I want you to imagine it as a reality. If, as I describe it to you, you feel any tensions or fears arise in you, then I want you to indicate this to me by raising your arm. The higher your arm gets, the more intense the feeling. If I see your arm rise, then I will know you are experiencing some kind of tension, and I will stop, and together we will take those feelings away by using your weapon. And even though this will be the first time you use it; you will be surprised at how successful you are.

Now describe a situation to your client using lots of feeling, hearing, and seeing words. Make sure your client experiences the panic of their unwanted feelings, and that their arm rises. Stop and do the count slowly, ensure their arm comes down. Then continue... (as a rule get the client to raise their arm about three times). When you feel the client has successfully used their weapon then continue

I want you to come away from that picture now and just relax. And as you rest there now, just consider what you have achieved. As you imagined a situation, you felt unwanted feelings arise in you, but this time you were able to control them, better than you ever thought possible. You did this by using this weapon successfully. And just as you were able to do this in your imagination, so too you are able to do it just as successfully in reality. From this time onwards, you are able to fight back. No longer do you need to experience those panic, tension, and anxieties. Now you can defend yourself and do it successfully. And the more you use this weapon, the more powerful it will become for you.

Now I am going to slowly awaken you and you will awaken feeling calm relaxed and happy. You'll awaken feeling that now you can do something yourself to make life so much easier

AWAKEN YOUR CLIENT

Fears and Phobias Technique

(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. This technique works well with the IMR technique. If you would like to learn the IMR technique you can find our training course online [here](#))

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



We hope you have enjoyed this short course and hope you will train with us again in the future. You can find out more about our training below.

Further Training

HSOH School of Hypnotherapy provides both online and classroom-based training.

Our Training Centre

Our training centre is located in Hampshire, U.K. We offer a full Diploma training course to become a fully qualified hypnotherapist as well as CPD (Continuing Professional Development) training.

Our CPD courses are also available as Live Online Training courses.

Accredited Diploma Course – [Click Here to Read More](#)

CPD Training – [Click Here to Read More](#)

Online Certification in Hypnotherapy – [Click Here to Read More](#)

Online CPD Training – [Click Here to Read More](#)

Further 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](https://www.amazon.co.uk)

[amazon.com](https://www.amazon.com)

Newsletter

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