

Week 1 – Practise Session

Different Stages of a Hypnosis Session & Practising Inductions

PROFESSIONAL HYPNOTHERAPY TRAINING

The Typical Stages of a Hypnosis Session

Hypnotic Induction – The process that induces hypnosis. Usually involves some form of physical or mental relaxation. You will learn a range of these.

Deepener – Deepening the initial stage of relaxation to help further disassociate from external world and **build compliance**.

Therapy – The work (Not today)

Release – Bringing back to everyday awareness.

Brain States

- Gamma - Highly focused
- Beta - Every day waking state when all unconscious thought patterns running on autopilot
- Alpha - Day dreaming in a more relaxed and creative state
- Theta - Brain waves are slower as the mind is more relaxed - this is where meditation and hypnosis occurs
- Delta - Sleep

PRACTICAL TIP

There are many, many ways to guide someone into hypnosis.

Experiment with as many as possible and find a way that feels natural to you ...

Different Types of Hypnotic Induction

Many different ways to guide someone into this state. We will go over them all in more detail throughout the course.

PROGRESSIVE RELAXATION - BY MUSCLE TENSING & RELAXING

The client is asked to tense and release each of the main muscles of their body in turn. This can take a long time but is useful for people who find it difficult to relax.

PROGRESSIVE MUSCLE RELAXATION - BY SUGGESTION

The client is asked to imagine the muscles of the body progressively relaxing (or told that they are), just as if they're preparing for sleep. The client will usually give off signs of the various muscles relaxing.

PRACTICAL TIP

How you speak, is often more important than *what* you are saying ...

Think of the feeling you are wanting to convey as you are speaking.

As you focus on that feeling yourself, you will subconsciously transmit that to the client.

What Is A Deepener?

The traditional purpose of a 'deepener' has always been to take the client 'deeper' into hypnosis, but a deepener can serve two purposes:

1. To help the client become more inwardly focused and relaxed
 2. A useful tool for the therapist to gauge the depth of relaxation the client is experiencing.
- It is important to **gauge depth** because it is great if the client is very deep for **suggestion therapy** but not always for analysis (as typically more conversational) we may need them to be more **aware and interactive**.
 - **The most effective way of getting a client into a deep trance is a staircase visualisation.**

This involves asking your client to use their imagination to walk down some stairs as you count down from 10 to 1.

Releasing From Trance

- When you have **finished the hypnotic process** the way you bring the subject out of hypnosis is called the "**Release**" - we release the client from hypnosis or trance. There are many ways of doing this.
- An easy way is to ask your client to imagine walking back up the stairs into every day life.

PRACTICAL TIP

*Studies have shown that we are often **most suggestible** in the moments just before we return to normal awareness.*

*On a count to three, or three breaths type release, therefore, on the second breath it's good to repeat **any new ideas, suggestions or mantras** that we have been creating.*

Practising Inductions

Module 1 - P.24 Onwards

- **EXERCISE:** Simple Induction, Deepener & Release
- Duration: 20 – 30 minutes
- Equipment: Induction, deepener & release scripts
- Practice Partner: Work in 2's or 3's. (Therapist/Client/Observer)

Background

- There are many ways to guide someone into the state we call hypnosis. In this exercise you will learn and practice one of the basic methods used. Although as you progress you will be able to work script-free. For the purposes of this exercise you will be reading from a script.

Instructions

- Find a quiet, comfortable place and have your subject sit or recline in a way that they can relax completely
- When you are ready, have them close their eyes.
- Read them one of the simple induction scripts provided for this exercise.
- Try a deepener technique.
- Release from the trance.
- Have a brief chat about the experience.
- Write it up in your **Reflective Practice Journal**.

BY NEXT WEEK

- **Practise, Practise, Practise** Inductions, Deepeners and Releases, on anyone who will let you!
- **Week 2 - Module 1 – (Part 1) What is Hypnosis, Models of the Mind and The Stress Response.**