

EEG BRAIN WAVES AND TRANCE

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SEAVIEW HYPNOTHERAPY

WHAT DO BRAIN WAVES FEEL LIKE?

- Talk to your neighbour: “what's been good about your week?”
- how do you now feel?



PAT-A-CAKE WITH YOUR NEIGHBOUR!

Pat-a-cake, pat-a-cake
Baker's man
Bake me a cake
As fast as you can.
Roll it and pat it
And mark it with a **B**
And throw it in the oven
For baby and me.

Energised? Excited? Confused? Lost?!

Beta is energising and fun but can get out of control and you
feel anxious and bewildered



THE HOT AIR BALLOON TASK

**Mother Teresa
Mao Tse-tung
Mahatma Gandhi
Florence Nightingale
Nelson Mandela
Mikael Gorbachev
Charles Darwin
William Shakespeare**

**Cristiano Ronaldo
Albert Einstein
Leonardo da Vinci
Abraham Lincoln
Beethoven
Vincent Van Gogh
Jane Austen**

You are in a hot air balloon which is losing height rapidly and will soon crash because it is too heavy

You have to get rid of seven of the passengers! Who will you choose?

AFTER ALL THAT HARD WORK

1

it's time to sit back

2

take yourself into
trance for a few
minutes

3

when you are back in
the room, how do you
feel?

Hold on to that feeling
and explore the
sensation

WHY DID WE DO THIS?

Think about the different brain states, the energy, the calm, the power, the control.

When your clients come to see you they may be in a predominately beta state.

The IC can help move them into theta where they can begin to analyse their concerns calmly and logically.

Our work is to help our clients identify good beta state and not as good beta, help them to learn to use theta to problem solve and find solutions.

Password to Access Handouts for
Introduction to EEG & Hypnotherapy CPD

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