

HOW CAN STAGE HYPNOSIS HELP THE HYPNOTHERAPIST?

Explaining & Utilising Hypnosis in a Clinical Setting

1. Creating the trance from the start of each session

Trance is focused concentration – channel that focus immediately

2. Breaking existing patterns – handshake induction v positive conversation

The mind searching for a known pattern match will grasp at your suggestion

3. Encouraging the belief in believing

Explaining what hypnosis can do rather than what it can't

4. Explaining the Critical Faculty and how it can be lead to respond

Instant responses and imaginative involvement in the unlikely

5. You don't have to believe it – you only have to think it

Focusing concentrated effort on your suggestions

6. Utilising therapeutic routine as subconscious suggestion

Remember your hocus pocus! – e.g. moving to couch

7. Start in a solid place

Observations and suggestions that can easily be followed (compliance!)

8. Words as subconscious suggestion

Double binds/ Yes Set / 3 step observations etc

9. Be interesting to generate interest!

Consider your client's personality and build deepeners around their interests

10. Be interested - curiosity is your friend

I wonder what you would do if ...?

11. Children build Sandcastles

Psychological responses v physical responses

Any questions please feel free to call and ask:

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