

Rapid Induction Techniques in the Therapy Room

Scenario 1:

The Hypnotist walks out onto the stage and, placing one hand on his volunteers shoulder, proceeds to ask her to look at his outstretched palm and nod her head if she understands that in a moment he will click his fingers and she can close her eyes and fall into a wonderful, deep sleep.

In a matter of seconds we witness his volunteer slumped back in her chair, visually sinking into a deep state of calm and focused concentration.

Scenario 2:

The Hypnotherapist welcomes a new client into their consulting room and begins their speech about trance by stating that:

- It is NOT sleep
- That it is NOT mind control
- That you CANNOT make someone do something they don't want to do
- That it is NOT how it looks on TV
- That the hypnotist is NOT all powerful
- That you CANNOT get stuck in trance
- That you WONT lose consciousness
- That you WONT forget what's been said
- That you WONT actually do anything ...

... and so on and so forth, until any intellectually attentive client may well sensibly begin to wonder quite how hypnosis could help anyone with anything at all!

Observation:

Rapid Induction Techniques might seem very alien to us and are uncommon in the consulting room because therapists are taught to generate trance via reassurances

and relaxing words, rather than by utilising the more direct approaches of a stage hypnotist.

How does this observation help us?

We can note that the stage hypnotist is using **suggestion** in a far more *hypnotically encouraging* way than many hypnotherapists do. We may be *reassuringly encouraging*, but this could in fact result in a (slightly) diminished response from our client during their trance - especially if we are not aware of those negative implications.

So it is our aim today to take a look at how we can utilise the forceful approach alongside the reassuring.

Tidying up the attitude

It is not my intention to encourage hypnotherapists to approach their sessions like Paul McKenna or Derren Brown (*I wouldn't dream of such an outrageous thing!*) nor is it my intention to argue for or against comfortable rapport building verses hypnotic shock tactics; what I hope to highlight is the *subtlety behind this unsubtle* approach: because when understood, it clarifies what Rapid Inductions are and how they can be utilised in many different situations.

In The Beginning

Hypnosis has, on some level, always been associated with the notion of a *mesmerised* person **fixated** upon either: an object, *such as waving hands, a swinging pocket watch or crystal pendulum*, and/or a sound – *a ticking clock, a voice, or repetitive music* and although we might still utilise some of these techniques in our consulting room we may well have put aside others as seemingly hackneyed or irrelevant to our requirements.

However it is worth remembering that ALL the techniques are designed to create that one crucial response of FIXATION and could still be used effectively in accordance with our client's personal beliefs and/or our *presentation* of the approach.

NOTE: This is an important consideration because although we usually tailor our approaches to the client, a rapid induction will require you to believe that YOUR approach is going to directly & instantly take your client into a “*deep state of profound hypnosis*”.

Therefore your *presentation* of this approach is going to have to be that of an all-powerful HYPNOTIST – complete with goatee beard and flowing cape - otherwise it won't work.

OK. Don't worry, that bit wasn't true. However, to understand how a stage hypnotist might be able to seemingly lock a volunteer into an almost instant trance state you may have to revise certain aspects of what you have been taught about hypnosis.

Back to Basics

When we reconsider that the principal goal of all trance is to simply focus attention – or *Fixate* – we can now see that *anything* we might say or do can become the start point for our induction.

To understand just how powerful a consideration this might be, all you really need to do is get your mind behind this simple statement:

HYPNOSIS ISN'T ABOUT RELAXATION. IT IS ABOUT FOCUS.

Remember to Forget

We may well have read during our studies (perhaps even told people) that hypnosis is just a form of deep relaxation, or something similar, but although that may be a comforting thought for the nervous client, it's now time to review that idea.

Because put simply: to a HYPNOTIST, *hypnosis is whatever s/he says it is*, or to be more specific: *It focuses on whatever s/he says it does*.

So it can be relaxing on a beach, or it could be running a marathon, passing a driving exam, quitting smoking, speaking in public, learning to swim, flying on holiday, or attaining one of the many and varied goals that people successfully achieve after a course of hypnotherapy.

IT IS ABOUT FOCUS

Understanding Rapid Inductions

Of course we can recognise that relaxation plays a great part in all of the above situations and aids our ability to overcome an anxiety and move forward in our life, BUT to understand rapid inductions is to understand that the hypnotist bypasses the critical faculty by direct suggestion – that is to say s/he will mix observable facts with anticipated responses, just as we might use a ‘yes set’ approach in our consulting room.

If we go back to our start point:

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In a matter of seconds we witness our volunteer slumped back in her chair, visually sinking into a deep state of calm and focused concentration.

We can now see that the simple commands & suggestions imbedding in this framework are:

To achieve eye closure:

- Look at the palm of my hand
- In a moment, when I click my fingers you can close your eyes
- Nod your head if you understand

The response (as witnessed by the audience) involves the volunteer slumping down into their chair and seemingly drifting into an increasing state of hypnotic slumber - whatever that is!

Note that it is not an instant state of deep trance – it is a continuing **process**. It is simply the start point for the deepening focus - a state that is ushered and encouraged by further suggestions from the hypnotist:

Every muscle relaxing, every fibre loosening, floating, sinking, drifting as you drop gently down into that comfortable, easy place of deeeep sleep...etc

Notice how this framework could be utilised in the consulting room:

First stage of eye closure

- Just relax back on the couch and concentrate on your breathing
- In a moment, when you are ready, you can close your eyes
- You can do that ... now

To continue the focusing process:

Every muscle relaxing, every fibre loosening, floating, sinking, drifting as you drop gently down into that comfortable, easy place of quiet relaxation...etc

Trust in the process

So, a Rapid Induction isn't really anything too far from the norm after all!

It really is all about approach and belief – for both client & therapist.

Trust that you don't need lengthy inductions and long deepeners in order to achieve trance, **YOU JUST NEED FOCUS**, and if from the very moment your client arrives you are approaching the session with this in mind, then you will be able to channel that focus long before you ever mention trance or click your fingers and shout **SLEEP!**

Not that you ever will.

Conclusion

Hopefully you will now feel more confident with the parallels between the hypnotist and the hypnotherapist and enjoy utilising a more direct approach to those early stages of trance with your clients.

You don't have to be forceful, or bossy, or loud with your commands, you just have to adopt a greater **intent** behind your words – **KNOW** that they will close their eyes, rather than **ASK** if they could etc.

I appreciate that this sort of **presentation** isn't for everyone and may not be something you would ever even wish to try, but I do hope that the observations laid out here may, if nothing else, convince a few hypnotherapists to reconsider the limitations they might be placing on their therapy when *well meaning or not*, they begin to describe well known aspects of hypnosis as stage antics or parlour tricks.

Remember, people are fascinated by trance phenomena and stage hypnotism, which is often their first (and only) contact with the subject. I find that by providing my clients with a more familiar experience of hypnosis, with direct suggestions that take them into a (seemingly) instant place of *altered perception* I can encourage them to feel a greater worth behind the process, a stronger acceptance from the critical faculty and therefore a more solid subconscious response.

So have fun experimenting with this new approach - I hope you too find it of use.
Please contact me if you have any questions,

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