

HOW TO DO A HYPNOSIS SESSION WITH A CLIENT

Spend some time understanding the REAL problem, take notes, and write EXACTLY what the client says, you'll need that to re-use their words later on during the session.

Basically, the big picture is:

1. Pre-talk
2. Induction & deepeners
3. Suggestions
4. Out of trance

More detailed

1. **Pre-talk:** look at your manual; you have everything that you need to say there.
2. **Induction & deepeners:**
 - to put client in state of trance,
 - trance can be light (ericksonian) or deeper (use deepeners)
 - to deepen the trance : use progressive induction after ericksonian induction, then deepeners
 - remember: it is impossible to resist someone who is in a trance, so go into a trance yourself (plus it's nice!!)
3. **Suggestions** (the deeper the trance, the more direct they should be)
 - Use words that the client gave you for problem the client gave you
 - use positive suggestions (remember the unconscious mind does not process negatives)
 - use very direct suggestions
 - if you use already made scripts, make sure you include some of the words the client gave you and relate it to THEIR problem!
4. **Out of trance**
 - count from 5 to 1 (or 10 to 1), and come awake.
 - you have the exact wording in your manual.

My advice:

- go into a trance yourself!
- print out some scripts, try them out and see which ones work for you. After a while, you'll know them by heart
- vary your tone/speed of voice if you read from scripts
- have fun!