



## COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

### 212 - Modality

**Modality Definition – Anything that attempts to control or influence human behavior by modifying the belief systems.**

Every modality works in the same way, just a different style.

Theory of mind taught you that an overload of message units is necessary to enter the hypnotic state and this can happen in a lot of places. There are countless modalities. People are always trying to get us to do things, to buy things and change our beliefs. Calling environmental hypnosis by another name does not mean that it is not hypnosis.

The religious modality is the most powerful modality on earth.

1. There must be a **Perception of Authority**.
  - We must perceive the person delivering the message as someone more knowledgeable or an authority in that particular field.
2. A modality must have a **doctrine**.
  - It could be a book in black and white that supports how and why it works.
  - A paradigm – A theory or model that tells you how and why it is going to work.
  - Translogic – That stands for temporary logic. It is constantly moving. Fast talk.
3. A Modality must have an **overload of message units**.
  - The overload of message units allows the subconscious mind to open and receive.
  - You must create an internal experience, meaning the person must feel something.

If you do all those three things together, you create the hypnotic modality. The purpose of a hypnotic modality is to influence belief systems that will affect behavior.