



**COURSE MATERIAL FOR THE
CERTIFIED HYPNOTHERAPIST PROGRAM**

123 - Somnambulism

Student Number _____

Name: (Please Print) _____ Date: _____

1. Why are the Natural Somnambulist and the Physical Somnambulist the best subject for stage hypnosis?

2. There are Natural Somnambulists, Physical Somnambulist and Emotional Somnambulist. How do they differ in the way they respond to suggestions?
Emotional Somnambulist

Physical Somnambulist



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Natural Somnambulist

3. Why might you want to raise or lower your client's suggestibility?

4. Suggestibility is a person's hypnotic personality, what determines it?

5. Why does an individual become suggestible to one extreme or the other?

6. Why is the concept of hypnotic depth somewhat misleading?



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9. What is fear of loss of control and when is it usually experienced?

10. What is the purpose of the eye roll?

11. Your client has a very fast thought pattern. How will it affect your client if you speak considerably slower than your client processes information?



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Testing suggestibility - Arm rising

SITUATION: You tell your client, "I am going to test your suggestibility. You cannot pass it or fail the test, so please do not help me or hinder me. The test results tell me if I am going to run into fear of loss of control or resistance".

13. If I run into fear of loss of control it is usually the _____ session because

14. By the second session, your subconscious mind knows what is going to happen so the _____ disappears.

15. If I run into resistance, it is usually the second or third session because the subconscious mind _____