



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

131 - Arm Pull and Arm Drop

The Arm Pull and Arm Drop are secondary inductions done on the exhale. You use them:

- As a deepening technique. Your client is a Somnambulist. You may or may not have gotten the arm rising, but you feel that you need more depth with this client. After clients position themselves in the recliner, do the arm pull and the arm drop, and then move on to the progressive.
- To allow a high Emotional client to analyze themselves into the hypnotic state. Your client is an Emotional with a strong fear of loss of control. Once again, you may or may not have gotten the arm rising, but you would still like more depth with your client. Do the arm pull. As your client tries to determine whether his hand or arm is moving in first, the arm pull allows him to analyze himself in the hypnotic state.
- If you are unable to get an arm rising. Tell your client he is doing just fine and do the arm pull and the arm drop, once he is in the recliner, and then move on to the progressive.
- Your client has not been in for several months but now comes back for another problem. If your client comes back to see you after several years, you will need to do the arm rising again. However, if it has only been months, your client will still associate with the process well and you can just do the arm pull and move on to the progressive. If you need to, you can always do the arm pull and the arm drop.

The Arm Pull

- Position the arm just above eye level.
- *I want you to look just past your fingertips and focus on whether your hand or arm is moving in towards your face first. Most people will feel it in their hand or their arm.*
- *Drawing...Pulling ...closer and closer...pulling inward with every breath you exhale.*



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

- When you see your client blink tell him, *you may notice your eyes have a tendency to blink more often or become even heavier. No matter how heavy they may become or how good it would feel to close them, try to keep them open as you continue to notice whether your hand or arm is pulling in first towards your face.*
- If your client's hand does not pull in but moves further away, ask him if he can tell what his hand is doing. Usually they will not know. Tell him that his hand is actually pushing away. Tell him, *I do not know why, but when you close your eyes, the hand and arm move in more easily.* Your client picks up the inference. *Close your eyes now as your hand is pulling in ... continue with the patter.*
- When your client's hand is about midway, tell him to close his eyes. Then tell him, *when your eyes are closed it becomes even easier to tell whether your hand or arm is moving in towards your face first. Soon your hand will touch your face. When it does relax your hand and arm and then tell me whether you think it was your hand or arm that moved in first.*
- The moment your client touches his face, touch his forehead and say, *Each and every time I touch your forehead, suggest deep sleep, or snap my fingers, you go to sleep quickly, soundly, and deeply, and your physical body relaxes.*
- Tell them to lower his hand and relax. Then ask him whether it was his hand or arm that moved in first.

The Arm Drop

You do not always use this technique with the Arm Pull, but often you use them together as a deepening technique.

- Your client is a somnambulist and you need as much depth as you can get. You have already done the arm pull. Now you are ready to do the arm drop in an effort to take them deeper into the hypnotic state than they have gone before by themselves.
- If you were unable to get the arm pull. By now, your client's arm is getting tired. Tell your client they are doing just fine. Then do the arm drop and move on to the progressive.



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

- In combination with the arm pull. You do this combination anytime you need more depth than you think you will get with the arm pull.
- Your client has their eyes closed. Put your hand under your client's elbow and straighten the arm. Ask them to make a light fist.
- *I want you to just imagine or think about a weight on your arm and your arm is becoming very heavy.*
- *You will probably become very aware of the heaviness in your hand and arm. Can you tell by feeling whether your hand or arm is pulling down towards your body first.*
- *You might notice that your arm becomes heavier and heavier with each breath you exhale and it feel so good as your hand and arm moves down towards your body.*
- *When your hand or arm touches your body just relax your arm and hand completely.*
- The moment your client's hand or arm touches their body touch their forehead and say, *Each and every time I touch your forehead, suggest deep sleep, or snap my fingers, you go to sleep quickly, soundly, and deeply, and your physical body relaxes.*
- Then move on to the progressive.