



## COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

### **131 - Auto Dual Induction**

The primary induction you use is the Arm Raising. The other inductions you use are secondary ones.

The Auto Dual induction works well with the analytical, Intellectual Suggestible, who is a very high Emotional Suggestible with a strong fear of loss of control. This individual must have a reason for everything. You may only reach this person through inferred suggestions. You must always give him a reason for the suggestion and why it will work. Ask him to repeat everything after you. Assure him that he is really conducting the session himself. He will usually respond more readily than if you intellectualize every statement you make to him. Your client will experience less loss of control if you use the Auto Dual method.

The Auto Dual method eliminates some of the resistance, allowing the hypnotherapist to reach this client more effectively.

- Have the subject repeat everything you are saying to him.
- This keeps the Intellectual Suggestible subject from analyzing what is happening.
- You may use this as a primary induction with an Intellectual Suggestible, but it may also be used as a secondary induction with other Emotional Suggestible subjects.
- *Sit up straight in chair with your feet flat on the floor.*
- Place right index finger on the pulse of left wrist and stare at fingernail of right index finger.
- Ask him to repeat after you the following:
- *I will now enter the state of hypnosis for the reasons of relaxation and .....*



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- *I will count from 20 down to zero and with each count I become even more relaxed.*
- *When I reach zero, I will go into a deep, comfortable hypnotic state. 20 - 19 - 18 - 17 - 16 - 15 - going even deeper into relaxation - 14 - 13 - 12 - 11 - 10 - I am becoming aware of my breathing growing deep, gentle and rhythmic - 9 - I am beginning to feel even more heaviness in my eyelids, sleepier and very drowsy.*

If you see his head drop forward, suggest that his head is growing even heavier and beginning to drop forward.

- *8 - I am beginning to feel all my muscles and nerves in my body relaxing, and becoming very comfortable.*
- *7 - My mind is becoming even more still and quiet.*
- *6 - My arms, legs, and my entire body are very relaxed and becoming even more comfortable.*
- *5 - My eyelids grow even heavier and sleepier. It feels so good to close my eyes.*
- *4 - My breathing is very comfortable, deep and becoming even more rhythmic.*
- *3 - I am very deeply relaxed.*
- *2 - 1 - 0 - Deep Asleep.*
- Touch his forehead and tell him Deep Asleep.

By the time you reach zero, your client is psychologically and physically prepared to enter the state of hypnosis.