



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

131 - Eye Fascination – Hospital Setting - Group

In a hospital setting, there are tremendous message units entering the brain from the situation, as well as the body. The client is already in a deep state of Environmental Hypnosis so this technique works very well. The Eye Fascination is often the only comfortable way you can hypnotize a client in this setting.

However, this technique does not give the clinical hypnotherapist the ability to determine the subject's exact suggestibility, and therefore, the hypnotherapist may be unable to take the subject to the various depths desired. It may not be as effective because you do not have the client's suggestibility and you are unable to give suggestions in the way the client learns and processes. In this case, as in a group setting, you should give the same suggestion by inference and directly.

Adjust this induction to fit the health situation.

- *Pick out a spot on the ceiling and stare at that spot.*
- *You are going to notice some physiological changes, and the first one is your breathing.*
- *You will feel your breathing becoming deeper or faster. When you notice that, just nod your head. You will probably notice that with each breath your mind and body are beginning to relax.*
- *You are going to feel your eyes fluttering or a movement of your eyes under the lids. When you feel that, just nod your head. Begin to relax even more as your eyes become heavier and heavier.*
- *With each breath you exhale you are becoming even more deeply relaxed.*
- *Your eyes are becoming very heavy, so heavy it might be difficult to keep them open.*
- *Focus your attention on your feet as all those little muscles relax even more.*



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

- *This relaxation is flowing up through your legs now. It feels good to relax and let your mind become calm and quiet.*
- *You may already be aware of this relaxation moving into your stomach and hips. Your stomach muscles are relaxing. Your hips are relaxing. It feels so good to just relax as you drift into a calm peaceful state.*
- *Do not be surprised if your physical body is becoming more and more comfortable as you let your eyes close. It feels so good to rest your eyes.*
- *This relaxation is flowing up into your chest as your entire chest becomes completely saturated with relaxation.*
- *Key in the Restful Alert Key. Whenever you need more control or feel a sense of urgency or you become nervous or tense, you think your Restful Alert Key word and your physical body relaxes, an inner calm forms, and you are back in control. Reinforce the Restful Alert Key 3 or 4 times and tie it in with the problem.*
- *Your arms and legs are becoming very comfortable, very relaxed now.*
- *Focus your attention on the small of your back as this relaxation is flowing up through your spine and along the sides of your back, into the back of your neck, the back of your head and the upper part of your head, as all those little muscles and nerves just let go. Relaxing now. Deeply relaxing.*
- *Your breathing is becoming very deep, gentle, and rhythmic, and a drowsy, daydreaming, sleepy feeling of relaxation is flowing over you.*
- *Drifting down into this peaceful contentment. Drifting down deeper and deeper. Your hands and arms are very relaxed. Your feet, legs, and body very relaxed.*
- *All the little muscles in your scalp are completely relaxed. Your facial muscles and your entire body is completely relaxed as your comfort levels become higher and higher.*
- *As I count from five down to zero, each count will represent deep relaxation and you will feel your body relaxing even more and letting go – deeper and deeper. When I reach zero, you will go Deep Asleep.*



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

- *Five – going deeper. Four – It feels so good to relax. You are aware of this comfortable feeling spreading throughout your mind and body. Three – Going deeper. Two....One...Zero.... Touch their forehead. DEEP SLEEP*
- Give suggestions

Eye Fascination - Client has a Breathing Problem.

Be sure to take in consideration your client's health as well as the situation. If your client has lung cancer, you would not tell them their breathing is becoming faster or deeper. You would tell them their breathing is becoming comfortable and easy.

- *Pick out a spot on the ceiling and stare at that spot.*
- *You will notice your breathing becoming very comfortable and easy. Your mind and body are beginning to relax.*
- *You may notice your eyes fluttering or becoming very heavy. When you feel that, just nod your head. Beginning to relax even more.*
- *You notice that each time you exhale you are becoming even more deeply relaxed. It feels good to rest.*
- *As I count from 5 down to zero you become even more relaxed. On zero, you will go deep asleep.*
- *5 - Your body is becoming even more comfortable as you drift deeper into this peaceful, relaxed state.*
- *4 - Your eyes are becoming very heavy, so heavy it might be difficult to keep them open.*
- *3 - Your mind is becoming calm and quiet as you drift further and further, deeper and deeper into this restful state. Even more relaxed. Feels so good to completely relax as your eyes become heavier and heavier.*
- *2 - Let your eyes close now.*



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

- *1 - zero* - Touch their forehead. *Deep Sleep. Deeper and deeper asleep.*

If you notice that your client is already in a receptive state of hypnosis, you may wish to move a very short progressive through their body quickly and then give suggestions.

You may also give your client suggestions as you do a shortened progressive depending on the situation.

Eye Fascination - Very Quick

Do this very short version only if there is a definite indication that your client is in a very suggestible state and the eye fascination will work.

- Client is in an upright position in a chair or in a hospital bed.
- Ask him to stare ahead at a particular object with his eyes looking slightly upward or pick out a spot on the ceiling.
- Suggest rapidly and paternally that his eyelids are growing extremely heavy, and soon his eyes will become so heavy that it will be difficult to keep them open. Tell him that when his eyelids close, he will enter a deep hypnotic sleep.
- Continue to stimulate the heaviness of the eyelids until they begin to close or flutter.
- When they close, touch his forehead, and say in a very paternal voice, *Deep Sleep.*