



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

131 - Eye Roll

- *I am going to count from 20 down to 0. On the even numbers, let your eyes roll upward. On the odd numbers, let your eyes float back down again. With each eye movement, with each count, going deeper, going down.*
- Make sure that you go with the rhythm of the eye movements. If you go too fast, your client will lighten their state. If you go too slowly, they will do the same thing and often feel irritation.
- The Eye Roll gives you an indication of the speed that you need to speak to your client. Write it down on their chart.
- After the first or second session, you may not want to do the eye roll any more with the Emotional. They often find the Eye Roll irritating.
- You may also use the Eye Roll as a deepening technique with the Physical. Tell them that each time they let their eyes drop down under the lids, as you count, they go deeper asleep.