



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

131 - Framework

Whatever framework you use, you need to continue to use that framework with your client. Your client will associate a certain depth with each step in the framework. The steps, the elevator, and the garden serve as a framework.

- **The steps** – Your client associates a light state with the steps. The client actually sees themselves stepping down – they are doing something physical. Here you can use logic and reason. Your client begins to identify with that process.
- **The Elevator** - Your client does nothing. The elevator does the work carrying your client from one floor to the next. It is more conducive to depth than the steps.

Your client associates this with a medium depth and sometimes a deep depth. If your client goes too deep in the elevator, touch their forehead and count them up to the number 3 or tell them they will hear everything you are saying to them. You can also keep their depth where you want it by using the ideomotor movements.

Ask them to lift their finger every time you ask them to visualize or imagine. Ask them to lift their finger to let you know every time they pass a floor. When you stop at the 10th floor, you can also talk about something that will automatically lighten the depth a bit. Be sure not to confuse lighten with raising their defenses.

- **The Garden** – The garden is associated with deep depth. The person is lying down in a very relaxed position. There is nothing they need to do. Often in the past, someone can remember a scene like this when they were very relaxed.

Now your client associates depth at different levels with the framework. Associating with a depth, your client will automatically go to that depth.

Suppose your client is extremely overwhelmed. Something happened and they cannot sleep and rid the overload of message units coming into the brain. You need to unload them before you can even start giving suggestions. They now associate with the process, so take your client to the garden for deep depth, and let them unload so they are able to think more clearly. Now reverse the process. Take your client next to the elevator and then the steps. Now you will be able to use some logic and reason because your client has unloaded some of the message units allowing him to think more clearly. Now you may want to have your client look at their options.



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Once your client identifies with the framework, you can hang all kinds of things on that framework. You could have the steps going down a sandy bank to the beach. Then you could do the seashell exercise or others such as adapting and adjusting. Then you can have your client moving further up on the beach to a big shade tree and the lawn chair. Take them deeper and reinforce all the suggestions you have given them.

