



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

131 - Hand-Clasp

This is a good induction to use individually or in a group setting. If the group is sitting at desks or tables, then their hands will touch the table or desk. If they are sitting in lecture chairs, their hands will touch their lap. Make sure it is physically safe for your clients to hold their arms up in this position and allow their hands to close tightly. Some individuals with arthritis may have a problem with this.

Your client is in a sitting position. Ask the client to extend his arms straight out in front of him with his elbows stiff and his fingers interlocked, and tell him to stare at his thumb.

- *As you stare at your thumb, you find that your hands and fingers are becoming tighter and tighter together.*
- *Your hands are continuing to become tighter and tighter as if glued together. Your hands are very tight and still locking.*
- *You may notice your breathing becomes a little bit deeper or faster.*
- *Your hands continue to lock tighter and tighter together, as your arms become heavier and heavier.*
- *Your arms are continuing to draw down towards the table (desk or their lap). Becoming very heavy - so heavy - very heavy.*
- *The harder you try to hold your arms up the heavier they become as your hands continue to lock tighter and tighter together.*
- *Your eyes are becoming very heavy. It is difficult to keep them open but, no matter how heavy they become, you keep them open until your arms touch the table (desk or their lap).*
- *It feels so good as your arms continue to drop down.*
- *When your arms touch the table, relax your arms, close your eyes, and go deeper.*



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

- You may also say, *when your arms touch the table your hands are tightly locked together and* (drop your voice) *the harder you try to open them* (raise your voice) *the tighter they become locked.*
- *Now relax your hands and fingers allowing them to separate comfortably and go deeper.*

ANTI