



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

131 - Initial Conditioning Hypnotherapy Session

- Always be aware of the approximate depth of your client. If your client has a serious heart condition or stops breathing for a period of time when they sleep, do not take them to a deep, deep level.
- Never use anything spinning, moving back and forth, or a pen light with a child or adult who has ever had or has seizures.
- You have already done the arm rising. Your client has moved to the recliner.
- Explain to your client that this initial session is a conditioning session for all your future work with them.

Ideomotor Response

- *Sometimes our clients become so relaxed that they really do not wish to talk, so I am going to ask you to use your fingers to talk to me. Your right index finger is yes. Your left index finger is no. Remember that you may also talk to me verbally.*
- *If I ask you to imagine or visualize something, lift your right index finger when you have done that so I know when to move on. Remember, it does not matter whether you visualize, imagine, or just think something. They all do the same thing. Explain to your client that this initial session is a conditioning session for all your future work with them.*
- *It is OK to move around in the recliner to get comfortable. Open your eyes and close them again if you need to see where I am in the room.*

Depth

- *On this first session, I would like you to hear everything I say to you.*



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- *In future sessions, when I know you are comfortable, I may take you to a deeper level. That deeper level is usually only good for reinforcing the suggestions I have already given in a lighter state.*

Counting Your Client into Hypnosis

- *Whenever you are here in the office having a hypnotherapy session and I count from 5 down to 0 – 0 always represents deep sleep. 5 - 4 – 3 – 2 – 1 - 0 - Touch your client's forehead as you say 0. Each and every time I touch your forehead or suggest deep sleep you go to sleep quickly, soundly, and deeply, and your physical body relaxes.*

Eye Roll

- *I am going to count from 20 down to 0. On the even numbers let your eyes roll upward under the lids. On the odd numbers let your eyes float back down again. With each eye movement, with each count, you are going deeper into relaxation.*
- *Make sure 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 feel irritation. The Eye Roll helps you gauge the speed of your speech when giving suggestions in the hypnotic state. You may only wish to do the eye roll on the initial session.*

Progressive

- *Focus your attention down to your feet as a gentle relaxation is flowing through your toes - up into the arch of your feet – your heels – flowing into your ankles - your legs. This relaxation is flowing into your thighs as your legs relax even more and you experience a sense of well-being.*
- *This relaxation is flowing into your stomach – your hips.*
- *Flowing into your chest. Your chest is becoming completely saturated with relaxation. An inner calmness is continuing to form, flowing down into your hands and fingers.*



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- *Focus your attention on the small of your back as this relaxation is flowing up your spinal column and around the sides of your back. All the tensions of the day just seem to dissipate. All the large and little muscles and nerves are just letting go. It feels good to just rest now, releasing the weight of your body completely to the surface beneath you.*
- *This relaxation is flowing up into your shoulders, the back of your neck, the back, and upper part of your head as millions of little muscles and nerves are just letting go. Even your mind is becoming clearer now. You find that you think more clearly. You concentrate and focus better than ever before. Even now, you focus on what I am saying to you.*
- *Flowing down over your forehead, across your eyes, deep and restful.*
- *Down across your facial muscles, your jaw, and down into your throat.*
- *This relaxation is continuing to flow throughout your body, as you continue to relax, going deeper and deeper as I count from 5 down 0.*
- *5 - Focus your attention on your breathing and take a deep breath.*
- *4 - Let your eyes roll upward under the lids.*
- *3 - Going deeper into relaxation.*
- *2 – 1- and 0. Deep Sleep - Each and every time I touch your forehead or suggest deep sleep you go to sleep quickly, soundly, and deeply, and your physical body relaxes.*

Key in the Restful Alert Key

- You never touch your client's forehead when you key in the "Restful Alert Key". While you instruct your client in the use of their Restful Alert Key, you do not want your client to associate their key word with the hypnotic state.
- Be sure the restful alert key word is congruent with that alert restful state you are trying to achieve in the waking state.



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- Left-brain dominant individuals often pick out the word Free or Calm. If the Emotional picks out the word Relax, it often will not work for them because they are unable to relate to the word relax.
- Physicals often pick out the word Relax. If they pick out the word Free, it will often not work for them.
- Once you key in their key word, it becomes set in their mind. If you try to change the key word several sessions later, then neither word will do as well as it would otherwise. Do not change your client's original key word; just add their new word onto the original one, such as Calm and Relaxed.
- Remember that you will reinforce the key word differently for Emotionals and Physicals.
- *I am going to teach you a breathing exercise. Once you learn it, you will use it the rest of your life.*
- *The Restful Alert Key Word is more effective when done in the hypnotic state than in the conscious state. Each time I work with you I will reinforce your key word on the subconscious level. You will practice it during the week. If, by the second session, when you think your restful alert key your physical body relaxes and your emotions become calm, I will reduce it to one deep breath. The goal is for your parasympathetic nervous system to step in and bring you back into balance automatically before you become stressed.*
- If your client is a Physical, replace the word Free with another word such as, Confident. If your client is an Emotional, replace Relax with another word such as, Comfort. *I am going to give these words to you again and this time I want you to tell me the word that you relate to the most.*
- *I am going to give you five words and I want you to think each word over and over. Try to feel it and experience it.*
- *The first word is **Relax** – think it over and over. Try to feel it. The next word is **Calm - Free – Peaceful – Quiet***
- *Whenever you feel a sense of urgency, anxiety, or you feel nervous or tense, you take two deep breaths, doing it now, and after each breath you think your key word. Say their Key Word for them as they think it in their mind. Your physical body relaxes immediately and an inner calmness forms and you are back in control.*



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- Then give some suggestions that you know your client would like. This will help reduce their fear of loss of control or resistance.
- *Because you are so calm and relaxed, your mind moves easily from one thought to the next and you find that you think more clearly and you concentrate better than ever before.*
- *Things that once upset you no longer do. Probably because you already know you can handle everything better now because you are so calm and relaxed.*

The Stairs

- Ask your client if they are comfortable with steps. If your client is uncomfortable with steps, ask if they are comfortable with the escalator. If they say no, take them down a small slanting hill. Make sure their hand is resting on a handrail.

The Stairs - The Image

- This is a good place for building self-image because there is still a lot of logic and reason present.
- *As you come down the steps, with each step you find you are more calm, relaxed, and in control every day, evening, and night. You handle everything in your life better than ever before because you are so relaxed and calm and clear minded.*
- Continue to give suggestions. When you have finished giving suggestions, take your client down the steps to the 10th step. Touch their forehead and tell them to hold their depth right there. You are teaching your client to stay at a certain depth so you can reinforce the restful alert key and give suggestions.
- Take your client down the steps to 0. Then touch their forehead and reinforce the conditioned response, ***Deep Sleep***. *Each and every time I touch your forehead or suggest deep sleep you go to sleep quickly, soundly, and deeply and your physical body relaxes.*



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Elevator 20-0

- Ask your client if they are comfortable with the elevator.
- *This is a very special elevator. It has a recliner in it just like the one you are in now. You are getting into the recliner and pushing back.*
- Touch your client's forehead and say, *let your eyes float upward under the lids to where my finger is and imagine a window there with the number 20 in it. Each time that number changes, you go 50 - 60 -70 – or perhaps a 100 times deeper to get from one floor to the next. With each floor you pass, you find your ability to be calm and relaxed grows stronger.* Give suggestions.
- Stop at the 10th floor. Touch their forehead and tell them to hold their depth right there. Reinforce the restful alert key and give suggestions. When you have finished giving suggestions, take your client down the steps to 0. Then touch their forehead and reinforce the conditioned response, *Deep Sleep. Each and every time I touch your forehead or suggest deep sleep you go to sleep quickly, soundly, and deeply and your physical body relaxes.*
- Give Suggestions.

Garden

- You use the garden to reinforce all the suggestions you have given above. The suggestions should be gentle. From this point on you are going for depth and reinforcement before bringing your client out of hypnosis.
- *The elevator door has opened and you find yourself standing on a path in a very peaceful and beautiful place. You can use the path for peaceful and positive suggestions.*
- *You notice a big beautiful tree and beneath the branches is a lawn chair. You are lying down in the lawn chair and pushing back almost to a laying down position.*
- Touch their forehead. *Let your eyes float upward under the lids. You notice the sunlight flowing down through the branches onto your body. The sunlight is gentle and kind and*



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you are becoming even more comfortable, drifting deeper and deeper into this peaceful contentment. It feels good to rest and release the weight of your body completely to the surface beneath you as you go deeper and deeper, further and further into this comfortable deep state of relaxation.

- *The sunlight is filtering down onto your left arm, flowing from your fingertips to your shoulder with its relaxing, comforting power. You already know, the right side of the brain controls the left side of your body, which is where your emotions and feelings reside the most. So, I am going to give you some suggestions dealing with emotions.*
- *Give suggestions such as, you are in complete control of your emotions at all times.*
- *The sunlight is flowing down onto your right hand now, from the tip of your fingers to your shoulder, penetrating your arm with its relaxing, comforting power as your drift deeper and deeper into this comfortable place. The right side of the body is controlled by the left side of the brain, which is where you're reason and logic reside the most.*
- *Give Suggestions such as, because you are so calm and relaxed now, you think more clearly, making wise decisions based on sound logic and reason.*
- *The physical, especially the high physical, will be able to feel or visualize the warmth of the sunlight. The emotional will only be able to imagine, remember, or think the sunlight on their hand. Be sure to use the correct word – feel or imagine.*
- *The sunlight is flowing down onto your feet, flowing up your legs from the tip of your toes up through your legs as you drift down deeper and deeper.*
- *Flowing into your stomach and hips.*
- *The sunlight is flowing into your chest now with its relaxing, comforting power. Your breathing is very comfortable.*
- *Your arms and legs are very relaxed.*
- *Very comfortable, as all the muscles and nerves in your back continue to completely relax. It feels so good to rest now.*
- *The sunlight is flowing up into your shoulders, your neck, the back of your head, and the upper part of your head as millions of little muscles and nerves just let go.*



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- *Down across your forehead, flowing over your eyes, deep and restful, across your facial muscles, your jaw and into your throat and down throughout your body as every muscle and nerve continues to relax.*
- *Your mind and body are deeply resting now, renewing, replenishing, and revitalizing itself as your drift deeper and deeper into this restful, contented, and very comfortable state. The overload has left your mind so when I wake you up, you will probably notice how clear your mind is.*

Counting your client out of the Hypnotic State

- *In a moment, I am going to count from 0 up to 5. 0 - always represents **Deep Sleep** when you are here in the office with me.*
- *5 - always represents completely wide awake when you are here in the office with me.*
- *0 – Touch their forehead. Each and every time I touch your forehead or suggest deep sleep you go to sleep quickly, soundly, and deeply, and your physical body relaxes.*
- *1 – Beginning to move from the hypnotic state to the waking state.*
- *From this time on it is easy to say NO to negative influences and suggestions that are detrimental to your well-being and those you love. At all other times your mind is clear and you only accept positive suggestions that are for your well-being and those you love.*
- *2 – Here you may reinforce the restful alert key, if you feel you need to.*
- *3 – Eyes fluttering*
- *4 – Moving Up*
- *Raise your voice. 5 – Wide-awake. Refreshed, alert, completely wide-awake and feeling good with a sense of well-being. Always repeat the waking up process.*



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Homework – Get Your Client Involved

- Remind your client – *Today was a conditioning session.* If your client did not go deep, tell them that on their next session you will take them deeper if they are comfortable.
- If your client says, *I do not think I was hypnotized. I heard everything you said to me.* Remind them that you told them they would hear everything you said to them.
- *You have some homework to do. Remember when I was telling you how suggestions depreciate. You are the only one who can tell me what your depreciation rate is.*
- *The breathing exercise is a conditioned response. What makes it so powerful is that every time I work with you, I key it in on the subconscious level.*
- *Practice your restful alert key often. Whenever you feel stressed, uptight, or nervous, just take two deep breaths and think your key word. Physicals and Emotionals feel the restful alert key differently. When Physicals think their key word, they will often feel it in their body immediately. Their physical body relaxes and their emotions calm down and they are more in control. Emotionals will often just notice that they are handling situations better and they are more comfortable. But with practice, they also begin to feel it in their body.*
- *Next week if you have done well with two deep breaths, I will cut the breathing exercise down to one deep breath. When you feel the breathing exercise with one deep breath, then we will start to tie your restful alert key in with your normal breathing. That is when it becomes wonderful and you can use it in your everyday life. Once your subconscious mind begins to associate restful relaxation with every breath, you find you handle everything in your life better than ever before.*