



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

131 – Dr. Larain’s Version of the Pre-Induction Talk

You have just moved your client to the recliner. Explain to your client that sometimes in hypnosis, the body temperature drops just a little and they may like a blanket. If they do become too warm, they may simply push it off.

- *Here in the office zero always represents Deep Hypnotic Sleep and 5 always represents completely wide awake.*
- *When you are in the hypnotic state, you may move around in the recliner for comfort. You may talk to me and if you wish to see where I am at in the room, you may open your eyes and then close them again.*
- *This is a conditioning session for all my future work with you and you will hear everything I say to you.*
- *Close your eyes now. As you listen to my voice, you may find all the tension beginning to leave your body. You may find your back muscles are beginning to relax and your mind becoming calm and quiet.*
- *You may drift deeper than my voice because it feels so good to relax and if that happens, I will touch your forehead, count up to 3, and lighten your hypnotic depth.*
- *In future sessions, I may take you to a very relaxing deeper level of hypnosis, but only if your very comfortable and then only for reinforcement of the suggestions I have already given you.*
- *You may become so relaxed that you may not wish to talk. So I am going to ask you to lift your right index finger for yes and your left index finger for no. Remember you may also talk to me verbally when you wish to.*
- *Focus your attention down to your feet.*
- *Continue the Progressive.*