



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

131 - Dr. Kappa's Version of Pre-induction Talk

You will enjoy the smooth way Dr. Kappas moves the Physical from the pre-induction talk into the hypnotic state.

Pre-induction talk

Hypnosis allows an individual to rid himself of those things that held him back in life. Hypnosis allows the individual to relax. In the process, tensions and pressure of the day will start to disappear. Through hypnosis, concentration and mental alertness are heightened. You are never unconscious or in a sleep state when you are hypnotized. Instead, you are more alert mentally, and your senses are more acute. The sounds around you may seem louder than usual because your hearing becomes hypersensitive in the state of hypnosis.

Hypnosis is created by words. Words affect us to the point where they can make us angry or sleepy, or they can stimulate ego sensations in our body. We can feel heaviness or lightness, or extremes of heat or cold. Drowsiness and relaxation will often take place.

Up to this point, you should be watching to see if the rhythm of your voice and the words you are using are affecting your subject in any way. If the eyelids waver every time you describe heaviness, drowsiness, or sleepiness, you can convert to hypnosis very rapidly. Also, try to recognize the significance of any physical movements the client makes. If, for instance, he is following your eyes or subconsciously imitating your physical movements (nodding your head, etc.) this is an indication of physical suggestibility. With this knowledge, you can proceed to talk your subject into hypnosis in the following way:



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As a person enters hypnosis, certain physical changes begin to take place. You will notice your breathing becoming deep, gentle, and rhythmic. Your lips and throat will become dry, and you will have the urge to swallow.

If these two changes take place, continue by saying:

Your arms, legs, and entire body will begin to feel heavier, your head will begin to jerk down slightly, and your eyelids will begin to flutter or blink as you feel the drowsy pulsation of approaching sleep.

If the physical reactions are present as you talk, the client is ready to enter hypnosis. Your tone of voice should then change to a more direct and commanding tone as you say:

I will now count from five backwards to zero, and with each count your eyelids will grow heavier and you will go deep asleep. Five - four - three - two - one - zero.

Snap your fingers and say in a commanding voice, *Deep Sleep!*