



## COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

### 142 – Progressive

Student Number \_\_\_\_\_

Name: (Please Print) \_\_\_\_\_ Date: \_\_\_\_\_

#### **Create your own framework.**

1. Make and submit a recording of you doing the progressive using the framework you have created.
2. Is your framework consistent with light, medium, and deep depths?
3. In the session, record it just as if you have a client in the recliner.

#### **Client is in the recliner. Before you start the progressive, be sure to include:**

- Conditioning to ideo-motor responses
- Reassurance client can move for comfort during session
- Client can hear what you are saying to them
- How you will bring them up if they go deeper than you would like.

#### **In your progressive, include:**

- Drinking water
- Sleep
- Circulation
- Feeling Comfortable



## COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

### **You have completed the progressive.**

- Key in Rest Alert Key (Relaxation Key)
- Give suggestions reinforcing the Relaxation Key that deals with the issue they have come to you for. Do this without triggering any defense mechanisms.

### **Top of Steps Include:**

- Image
- Suggestions

### **10<sup>th</sup> step:**

- Reinforce Restful Alert Key
- Give at least 3 suggestions relating to the key word and the problem they have come to you for.

Continue to take your client through the framework and then wake them up properly at the end.

When you have finished making your recording, send the recording to ANHI. This will go into your file with the rest of your homework and all self-tests.

### **Water**

Research water and list 15 things water helps in the body. Explain why it is important. Send this along with your recording.

This is an assignment you can learn a lot and have a lot of fun. Enjoy. I know you will do great.

Thank you, have a great day. Laura