



**COURSE MATERIAL FOR THE
CERTIFIED HYPNOTHERAPIST PROGRAM**

142 – Progressive

Student Number _____

Name: (Please Print) _____ Date: _____

1. Why is the progressive important?

2. Name 3 things that will make the progressive more effective.

3. What is different about the initial session from future sessions?

4. The Emotional holds a lot of tension in their body and it is often hard for them to let go. Why would it be important to start with the small muscles first when doing the progressive?



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5. If you were going to mention exercise, at what point would you do that in the progressive and what would your suggestion be?

6. If your client has a circulation problem, at what point would you do that in the progressive and what would your suggestion be?

7. How would you tie water in with smoking?
