



**COURSE MATERIAL FOR THE
CERTIFIED HYPNOTHERAPIST PROGRAM**

143 – Stages of Hypnotherapy

Student Number: _____

Name: (Please Print) _____ Date: _____

1. How many areas of the mind must be affected before your client can enter a hyper-suggestible state?

2. The conscious mind retains and remembers the events and feelings of approximately how long?

3. What is critical mind? What does it do?



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4. Critical mind contains memories of approximately how long?

5. If you give your client a suggestion that is in opposition to his way of thinking, how will he/she respond?

6. Modern memory area of mind holds memory from?

7. What is primitive area of mind? What does it do?



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8. Your client is extremely overwhelmed from trauma and everyday living. She is not sleeping well. Explain to her:
- Where message units come from
 - The critical mind
 - What happens when too many message units accumulate in critical area and the individual is unable to sleep?
 - Why sleep is so important
 - How a hyper-suggestible state affects their body and thinking.
 - What happens to message units when your client is asleep and when your client is in the hypnotic state?



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9. Your client is in hypnosis and as you have made suggestions and you notice small abreactions. What might cause this?

10. Why is it not a good idea to leave the television or radio playing all night as you sleep?

11. Your client is in a hyper-suggestible state and critical area becomes less critical because?

12. What happens to those message units that critical mind drops in the hyper-suggestible state and what can be the result of this?



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13. The strength and longevity of any suggestion depends on what?

14. Once a suggestion is accepted in modern memory area, it returns to _____ and then to the _____ for final acceptance and acting upon.

15. Why is a suggestion given in the hypnotic state much stronger than one given in the conscious state?

16. Why is it important to go over the Mind Model with your client?



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17. Why is it important to understand message units?

18. Your client has been doing well and has been pleased with his progress. He comes in for his fourth session and does not understand why he is not doing as well as he has been? You ask his about his week. He tells you they had company for the week and he was not able to sleep well. He feels very tired. How will you explain what has happened?



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