



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

143 – Stages of Hypnotherapy

Student Number: _____

Name: (Please Print) _____ Date: _____

Communication

1. Our first language usually develops on what side of the brain?

2. The left side of the brain is usually responsible for what?

3. The right side of the brain recognizes and is usually responsible for what?

4. Clients often pull up a memory and remember the sounds, perhaps the tone of a voice and the emotions that accompany that memory. Why is that?



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5. Is it the Emotional or Physical that does not like confrontation and would chose to perhaps run away? How would you see this in their body language?

6. The Physical will move right towards the confrontation and get it over with. How would you see this in their behavior?

7. When you meet someone, in what way are you subconsciously reading information and absorbing information from them.

8. Perhaps as much as _____ of our communication is non verbal.

9. Language is so much more than communicating. It shapes our thoughts, our belief systems and the way we perceive the world. Words give us a way to identify objects, to place those labeled objects in order in our brain and it helps us make sense of our world, create new ideas. Words motivate us. They trigger emotions. They give us ways to communicate ideas and interact with others. Our clients are constantly absorbing information from us and this is especially true in the hypnotic state. It is obvious why it is so important to talk to clients in the way they learn and process information. Clients can receive our words and respond to them more comfortably, naturally and more effectively if spoken in the natural way they learn. In view of this, how could a hypnotherapist



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make sessions more effective? What would help clients open their subconscious mind to you?

10. Physicals take message units in _____ as a thought. It then becomes an _____, then _____ and finally an _____.

11. When giving suggestions to a Physical, work on the conflict _____.

12. Emotional takes in message units as a thought. The thought then becomes an _____, then an _____.



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and finally a _____

13. With an Emotional work on what they are _____
by the conflict. The clue to suggestions with an Emotional is how they

14. Your client is 80 percent Physical suggestible. Describe how your client might visualize
or imagine.

15. Your client is 80 percent Emotional suggestible. Describe how you're client might
visualize or imagine.

16. Your client is a high Emotional suggestible and needs to feel more confident giving
lectures. What is the first thing you need to find out from your client for suggestion
success?

17. Your Emotional Suggestible client is in the hypnotic state. The conscious mind is in
abeyance and does not have the desire to fight the suggestion and therefore the



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conscious mind allows the suggestion to go into the _____
and drop through without any analysis into the _____
area of the subconscious mind. The next day the Emotional Subject may be in the same
situation that made him feel inadequate, only this time the suggestion is triggered from
the _____
through the _____, and into
the _____ mind and now the subject reacts.

Bridge together different thoughts

Remember, when you drop in a suggestion about something your client already loves and identifies with and then you smoothly tie in another suggestion that is new – it also drops into the sub-conscious mind along with the first suggestion, unless it is something your client strongly objects too.

Tie together:

1. It is a beautiful day - Confidence

2. Riding a bike – Creativity in business

3. Dog, Rover – Comfortable



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4. Walking down the beach – Driving in traffic

5. Visiting with friends – Storms