



## COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

### 151 - Blocking Your Client

- You usually start the blocking process on the second session. You will continue to block your client every session along with their presenting problem.
- People are overwhelmed with message units coming into the brain. Information from around the other side of the world is instantly available to them.
- From the second session on, your client will move straight to the recliner. If your client did not go as deep as you wanted them to on the first session, or you did not get the arm rising with them, you may do the arm pull and perhaps the arm drop.
- *Close your eyes. Take two deep breaths and think your restful key word as your physical body relaxes. A wave of inner calm begins to flow over your emotions and your mind is becoming clear and quiet.*
- *From this time on you must never let me or anyone else hypnotize you without deliberately giving yourself permission to enter the state of hypnosis. I want you to repeat silently to yourself, "I will now enter the hypnotic state." Lift your right index finger letting me know you have done that.*
- *At all other times your mind is crystal clear. You only accept positive suggestions that are for your benefit and well-being, and those you love. You reject all negative suggestions or influences that are detrimental to you or those you love.*
- *From this time on you only enter the hypnotic state when you are here in the office with a Hypnotherapist on staff or when you deliberately give yourself permission to enter hypnosis.*
- You set the stage to block your client and keep them from going into the hypnotic state in their everyday life. You should do this with everyone. It also gives them the feeling that they are in control.

### General Suggestions for Blocking



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- *You would like everyone to be happy, but unless you deliberately set out to upset someone, you are not responsible for their bad manners, their words or behavior. They have a choice. They can understand or become upset. It comes from inside of them and it has nothing to do with you.*
- *You are always in complete control of your feelings and emotions choosing to feel happy even when others would say it is difficult.*
- *Because you are more calm and relaxed, you handle every situation, event, or person in your life in calm, relaxed, and levelheaded manner. You like that.*
- *You are going to become very aware (touch forehead and raise your voice a bit) anytime you start to become overly suggestible to anyone or anything that is not in your best interest or the interest of those you love. You pull back in your mind letting your own logic and reason guide you.*