



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

152 - Arm Drop

The Arm Drop may be used as a secondary induction, but it may also be used as a deepening technique. This technique may or may not be used with the Arm Pull and is done on the exhale.

Arm Drop is Used:

- As a Deepening Technique at the Beginning of the Session

Your client is a somnambulist and you need as much depth as you can get. You have already done the arm pull and now you're ready to do the arm drop in an effort to take them deeper into the hypnotic state than they have gone by themselves.

- As a Deepening Technique During the Session

Take your client's arm and hold it straight out in front of them. *Your arm is straight and strong. I want you to just imagine I have placed a huge weight on your arm and it is very heavy. It is so heavy, your arm is being pulled downward and when your hand and arm touch your body or the arm of the recliner, just relax your hand and arm completely and go deeper asleep.*

The harder you try to hold your arm up, the heavier it becomes. It is very heavy now, drawing your hand and arm downward, becoming heavier and heavier. As your arm is dropping down toward your body, it feels so good as you drop deeper into relaxation - deeper and deeper down and when your hand or arm touch your body or the arm of the recliner, just relax completely going deeper and deeper into relaxation.

When there is contact, just touch their forehead and tell them to go deeper asleep. Deep sleep.

- In Combination with the Arm Pull.



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This is done in combination anytime you need more depth than you think you will get with the arm pull.

Arm Drop

- Used at the Beginning of a Session

Your client has their eyes closed. Put your hand under your client's elbow and straighten the arm. Ask them to make a light and easy fist.

I want you to just imagine or think about a weight on your arm and your arm is becoming very heavy.

You will probably become very aware of the heaviness in your hand and arm. Can you tell by feeling whether it is your hand or arm that is pulling down towards your body first?

You might notice that your arm becomes heavier and heavier with each breath you exhale and it feels so good as your hand and arm moves down toward your body.

When your hand or arm touches your body, just relax your arm and hand completely.

The moment your client's hand or arm touches their body, touch their forehead and say, *Each and every time I touch your forehead, suggest deep sleep or snap my fingers, you go to sleep quickly, soundly and deeply and your physical body relaxes.*

Then move on to the progressive.