



## COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

### **152 - Arm Pull**

The Arm Pull may be used as a secondary induction, but it may also be used as a deepening technique and is done on the exhale.

#### Arm Pull is Used:

- As a Deepening Technique.

Your client is a Somnambulist. You may or may not have gotten the arm rising but you feel that you need more depth with this client. After your client is positioned in the recliner do the arm pull and the arm drop and then move on to the progressive.

- With a High Emotional Subject.

Your client is an Emotional with a strong fear of loss of control. Once again you may or may not have gotten the arm rising, but you would still like more depth with your client. Do the arm pull. As your client is trying to analyze whether it is his hand or arm that is moving in first, it allows him to analyze himself into deeper hypnotic.

- If Your Client Has Not Been in For Several Months and Then Comes Back for Another Problem.

If your client comes back to see you after several years, you will need to do the arm rising again. However, if it has only been months, your client will still associate with the process well and you can just do the arm pull and move on to the progressive. If you need to, you can always do the arm pull and then the arm drop to deepen the depth.

#### Arm Pull

- Position the arm just above eye level.



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- *I want you to look just past your fingertips and focus on whether it is your hand or arm that is moving in towards your face first. Most people feel a sensation of heaviness and they will feel it stronger in the hand or arm. Notice where you feel it the most.*
- *Drawing...Pulling ...closer and closer...pulling inward with every breath you exhale. You may feel your breathing become a bit faster or deeper. If you feel that, then nod your head.*
- *When you see your client blink say, you may notice your eyes have a tendency to perhaps blink more often or even feel heavy. No matter how heavy they may become or how good it would feel to close them try to keep them open as you continue to notice whether it is your hand or arm that is pulling in first towards your face.*
- *If your client's hand does not pull in, but moves further away, then ask them if they can tell what their hand is doing. Usually they will not know. Tell them that their hand is actually pushing away. Then say, *I don't know why, but when you close your eyes, the hand and arm move in more easily. Close your eyes now as your hand is pulling in ... continue with the patter.**
- *If you have not already told your client to close their eyes, then when client's hand is about mid-way, tell them to close their eyes. Then tell them, *when your eyes are closed it becomes even easier to tell whether it is your hand or arm that is moving in towards your face first.**
- *Soon your hand will touch your face and when it does just relax your hand and arm, feeling deeply relaxed. Then tell me whether you think it was your hand or arm that moved in first.*
- *The moment your client touches their face, 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. You're going deeper now. Deeply relaxed. Deep sleep.**
- *Ask if it was it was the hand or arm that pulled in first.*