



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

152 – Deepening Techniques

Student Number: _____

Name: (Please Print) _____ Date: _____

Deepening Techniques

1. The established guidelines for hypnotic depth are somewhat misleading because they were limited to measuring _____.
2. It is the Hypnotherapists responsibility to build rapport and establish a relationship that is conducive to hypnotherapy sessions. How would you do this?

3. How could you remove some of the fear of loss of control on the first session?

4. When does resistance usually come up in the hypnotherapy session and why?



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5. Your client has difficulty expressing themselves, especially in their problem areas. What might be the best approach to encourage them to talk without forcing or leading them?

Challenges

1. Usually a challenge is used for what?

2. The arm rigidity challenge is the most effective with what kind of subject?

3. What is reactional hypnosis?



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4. What is misdirection?

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