



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

152- Misdirection

Misdirection Definition: Appearing to be guiding someone into one area with the intention of directing him into another. You can use it effectively as a deepening technique in hypnosis.

- When working with Emotionally Suggestible subjects, literal suggestions have very little value, so you should use inferred or misdirective suggestions.
- Erickson, in a very natural way, used a lot of misdirection.
- To affect the physical body of an Emotional subject for greater depth, you may tell him to count silently backwards from 100 to zero. Should he miscount, hesitate, or forget his count, he will go deeper, and at that time you will touch his forehead but you will not tell him to go deeper. He will infer that, simply because you touched his forehead.
- Watch the movement of his eyelids when he is counting. You may have conditioned him to move his eyes up on the even numbers and back down on the odd numbers even though you have only done the eye roll with him one time in the past. You may find that he does the same thing when he is doing the counting in hypnosis.
- As he drifts from the count, his eyes will move from side to side. At this time, touch his forehead again.
- Without saying anything, you have implied that he will go deeper. If you are unable to see his eyelids moving, your touch will usually throw off his count anyway, and the inference to go deeper will take effect.
- A large percent of the people who come into therapy are Emotionally Suggestible.



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Properly applied inferences and misdirective techniques with the Emotional will give you the same results in deepening, or in therapy, that you would have with the Physically Suggestible subjects using literal suggestions.

- Misdirection is also an important adjunct to achieving greater depth with a Physically Suggestible subject.
- The Arm Raising test is an example. You suggest that one arm grows light and the other heavy, thereby misdirecting the subject's attention from one to the other by saying. *Your left hand and arm are growing lighter as you right hand and arm are growing heavier. You are becoming even more aware of the weight of your right hand on your right leg as it grows heavier and heavier, as your left hand and arm are continuing to grow lighter, and lighter, light as a feather, lighter and lighter.* Continue this process, switching every so often.
- The suggestion of heaviness actually negates itself since the arm cannot go any further down than it already is, and it therefore causes the subject to become aware of his own resistance.
- The misdirection confuses the subject, who lets his guard down, allowing the power word lighter to become more dominant.