



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

152- Reactional hypnosis

- Reactional hypnosis is taking the subject out of the state and back in rapidly many times with a post-suggestion to re-hypnosis. Five represents awake.
- *Now I am going to count from 0 to 5 and you will open your eyes, and then I will touch your forehead and say deep sleep. Each and every time I say deep sleep you will go deeper than the time before.*
- *Soon you will notice that it seems like too much trouble to keep opening your eyes on the count of 5. You are becoming more and more comfortable and it becomes even more of an effort to open your eyes just because you feel so relaxed.* Soon you will notice that when you say 5, they will not bother to open their eyes. When that happens - touch their forehead and say, *going deeper and deeper.* If the person has a strong fear of loss of control then say, *you will hear every word I say to you as you drift deeper into this comfortable relaxation.*
- This causes disorientation and confusion, and is a very effective means of achieving greater depth.