



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

175 - Children - The Pencil Drop

- Have the child sit in a chair.
- The child should hold the end of a pencil between the tip of his thumb and finger with his arm outstretched slightly above eye level. Say to the child:
- *As you stare at the tip of the pencil, it is becoming very heavy. That is it. Keep your eyes on the tip of the pencil.*
- *The pencil is becoming heavier and heavier. Your arm is becoming heavier and heavier. Can you feel the pencil becoming heavy?*
- *The pencil is becoming very heavy and in a few minutes, it will be so heavy, it will be difficult to hold.*
- *Your eyes are getting heavy and you feel like blinking more. Soon your eyes will feel sleepy and you will want to close them.*
- *The pencil is getting heavier and heavier, and soon the pencil will be so heavy that you cannot hold on to it. You will drop the pencil and your eyes will feel very heavy. When the pencil drops, you may close your eyes and go deep asleep.*
- When the child drops the pencil, touch his forehead in a circular motion and tell him to go even deeper asleep.
- You may choose to use the pencil drop with children under the age of 12. Usually after 12 years old, they are mature enough to do the arm rising.
- Whenever hypnotizing children (under 18 years of age), make sure you have a signed parental consent form from their legal guardian. If the parents are divorced, you must see the divorce degree or something to verify this is the custodial parent who is signing the parental consent form. Verify their identification with a driver's license or other I.D.