

Demonstration Script Hypnotherapy Year 1

1. Pre-Consultation Considerations
2. Consultation
3. Suggestibility Practical
4. Rapid Eye Induction and Initial Orientation to the Unconscious. Respect the subconscious mind. Countdown, the descending stairwell with Humility and the Desire to do good. Being the change as you descend into the great inner self. Every day in every way you are getting better. Love All Serve All. Approaching the Gate in the Wall at the bottom of the staircase. Building the Landscape. Gaining Access and Crossing the Threshold.
5. Orientation from conscious to unconscious (Hypnotherapy on the Still Lake – The Garden of the Self)
6. Reorientation out of unconscious to conscious

Suggestion Work inc. metaphor, imagery, symbolism, confronting the defences, burning the weeds/thorns, growing the plants, shrubs, flowers of peace, right thinking, self-compassion, growth and development. Ericksonian techniques – see demonstration document.

1. Pre-Consultation Considerations

Volunteers must:

- Be known to you
- Be aged 18 or over
- Be emotionally and physically fit and healthy with no contra-indications
- Be offered therapy free of charge
- Complete a consultation form and sign the contract/agreement

Suitable Presenting issues include:

- Mild self-confidence and self-esteem issues
- Mild fear of dentists, flying, driving on motorways, heights, etc
- Mild phobia – spiders, snakes, birds etc
- Realistic goals achievement
- Mild stress management
- Exam stress/nerves – driving test
- Mild social phobia – public speaking, blushing
- Mild weight control – weight loss, maintaining weight, healthy eating (normal BMI), not obese or underweight
- Mild habits - nail biting, chewing skin, snacking
- Quit smoking using the 11 step method
- Pain management (to be discussed)

Contra-indications to treatment:

- Epilepsy, seizures
- Pregnancy
- High/low blood pressure, heart disease
- Deep rooted complex issues (eating disorders, psychosis, OCD)
- Previous psychiatric diagnosis
- Diagnosis or undiagnosed presentation of depression (past or present), medicated or not
- Frailty and unwellness

2. Consultation

Therapist introduction:

- Building rapport, trust, relational depth and immediacy.
- Establishing Some Waking Hypnosis.
- Defining Hypnosis, the Trance and the Relaxed Conscious State to Initiate Change and Transformation and the Nature of the Unconscious (subconscious and superconscious)

Deeper consultation

- What is bringing you to hypnotherapy now?
- What triggers your anxiety, anger, fear?
- What needs are not being met in your life? Orientation in life, control needs; self-esteem enhancement and protection; desire for joy/pleasure and avoidance of distress/pain; positive attachment relationships
- Are you a thinker or feeler?
- How do you hold yourself back from achieving your goals?
- Hobbies, interests, lifestyle, pastimes?
- Experience of meditation, prayer, mindfulness, mental relaxation
- Relaxation activities – nature, environment
- Ideal special place, safe place, sacred place in real life or in your imagination
- When you think of a goal or want do affirm it within or do you visualise it in pictures?
- Modalities: VAKOG
- Dislikes/fears and loves/passions
- Permissive or authoritarian: in creative visualisation, imaginatively, do you like a directive or non-directive approach. Do you like something relaxing to be created by you or for you.
- Follow with the suggestibility test
- Follow with eye induction and a PMR, suggestions and reorientation

3. Suggestibility Practical

Use the phrase Suggestibility Practical, not test (avoid saying the word test, instead...)

I'm going to give you an opportunity to discover the power of your imagination...

After the Suggestibility test...

Your fingers or hands did not move because I told them to...instead...they moved because YOU imagined the {magnets, bucket or balloon}. The power of hypnosis is in what YOU imagined. I'm only a guide. I can say the right words, but it is up to you to follow my instructions.

Test

The magic fingers (magnets)



Eyes closed. 2 magnets on each finger getting stronger and stronger until they meet.

Arm levitation



Eyes closed. Arms out, palms up. Helium balloon getting fuller and fuller with helium and bucket being gradually filled with water.

Magnetic hands



Eyes closed. Place magnets in each hand and imagine the force gets stronger and stronger until they meet and when they do your hands drop in your lap.

Are you ready for hypnosis? All hypnosis is self-hypnosis. Just follow the simple instructions and you will enjoy a very pleasant, relaxing experience.

4. Rapid Eye Induction and Initial Unconscious Mind Orientation

Making yourself comfortable...settle yourself in this comfortable chair [anchoring]...you go deeper into relaxation [complex equivalence]...whenever you hear the word 'relax' you just sink into that state so much more deeply than ever before [anchoring, presupposition/double-bind]...relaxing your shoulders...allowing the arms and hands, palm upwards, to rest on your thighs...feet feeling flat on the ground...relaxing the jaw...releasing tension in the forehead...bringing your gaze to a point 45° towards a point at the wall/ceiling...just rest the gaze at that point...feeling relaxed...thoughts submerging within...only the point up above matters now...the more you concentrate on that point, the more you sink deeper and deeper into relaxation [anchoring]...relaxing into yourself, into being, into calm conscious awareness...just being...feeling drawn to that point above...thoughts disappearing...mindful mindfulness [convincers]...this time is just for you...just let all thoughts, feelings and sensations naturally ebb and flow...one with self...one with the environment...the point above only matters...feeling the eyelids blink...each time taking you into deeper interiority and relaxation...let the eyelids rest momentarily...then aware of the point above...allow the eyes to glaze as your focus softens...begin to allow your gaze to reach a point beyond the wall/ceiling...resting on a point invisible to the eyes...but visible to deeper states of perception [emphasis on goals]...see that point beyond the wall/ceiling that is actually outside the building...eye gaze softening...good...deeper and deeper relaxation...eyes blinking...feeling good...feeling relaxed...knowing you are safe and at one...being...just being...relaxed...calm...eyes blinking more slowly and deeply...resting...holding them open just makes them close more deeply...feeling so rested...so focused...so relaxed...so aware...so conscious of the voice...conscious of being...relaxed...deeply closing...closing the eyes makes you relax... closing eyes feeling so good...relaxing eyes takes you beyond the relaxation...holding eyes open makes them sink deeper [double-bind]...and deeper into calm awareness...within...until the eyes bring one's awareness into the self...closing the eyes with the exhalation [cause and affect]...into the sense of conscious awareness...eyes resting beyond wakefulness...into inner awareness of being...in control...in awareness of my voice...comfortable...aware...consciously aware...deeper and deeper into safe trance and internal focus...

Think of the number 4...3 times...on each outbreath...the number 4 symbolises withdrawal from the external world to the internal world...social withdrawal...

Affirm: Every day in every way I am getting better (x3) [seeding; activating positive mindset]

5. Orientation from the Conscious to Unconscious: Hypnotherapy on the Still Lake

Focus on the breathing...be aware of every inhalation and exhalation...allow the breath to deepen and lengthen...you are deepening the process of relaxation and it feels great [convincer] ...you are going to feel more relaxed than you have ever felt before as we come to a still lake [convincer]

Being...relaxing...floating...in the heart...Imagine a lake...an expansive...calm...clear...still...lake...breathing with the lake...connecting with the lake...the lake symbolises the conscious mind [metaphor]...the conscious mind is the waking mind...its nature is awareness...awareness of one's surroundings...perceptions...memories...sensations...feelings...it is rational and logical...it operates in the present...it experiences the now...it is present with everything...being now with the surroundings...the sky reflected in the lake...its colour and hue...sunrise...or sunset...birds flying in the distance perhaps...the sounds of the birds in the sky...the birds in the trees...nesting at the edge of the lake...the nature of the plants, trees, shrubs around the edges of the lake...the still lake represents the still mind [metaphor]...just being...free of thoughts...free of ripples on the surface of the still lake and the still mind...the still lake is like your stillness within [simile]...your peace and calmness that remains a constant even in the midst of distraction and despair...you remain still...be

aware of the smells around the still lake...the flowers...plants...trees...a scent being carried on the breeze...the cool breeze on your face...against your skin...the temperature...feeling the senses filled with a connection to the surroundings...no boundary or limit between you and the lake...being the lake...sky...surroundings...breathing with nature...being...just being...

Think of the number 3...3 times...on each outbreath...the number 3 symbolises physical relaxation...biological relaxation of brain and conscious awareness...body relaxation...

Affirm: Every day in every way I am getting better (x3) [seeding; activating positive mindset]

Concentrating on the breath...breathing with the lake...concentrate at the centre of the lake...as you breathe an island appears...every breath raises the island...an island covered with trees and plants...notice the ancient trees, standing for eons of time...an ancient symbol of strength and endurance [seeding, convincers]...lightly bordered with a beach...the island symbolises the unconscious mind...the protective part of the mind...the regulatory nature of the mind...automatic responses...beliefs...beliefs and behaviours to keep you safe [interspersing]...the unconscious mind also contains the things that the conscious mind wants to keep hidden...repressed...desires and fears...these are the things that occasionally spill out and emerge in our dreams...these hidden beliefs and behaviours about ourselves, people and the world may exert a great influence in our lives...what beliefs in your unconscious mind may be exerting a force in your life that might be creating conflict?...low self-esteem...grief or loss...a past experience...an event...a trigger of anxiety or fear...an addiction or phobia...just hold one of those forces...the strongest one in the unconscious mind living on the island for a moment and then let it go and return your awareness to the present...at the lake...

Insert the client's goals [presupposition]...the changes are made, are being made, sooner than sooner expected, the changes are made beyond all known doubts [double-bind] Visualise the colour gold permeating and radiating from the landscape, flowing through every cell of your brain and spine and into your body. See this hue of gold radiate throughout your mind and thoughts, feelings and whole being...

Being at the still lake...the still mind...free of ripples in the surface of the lake...free of thoughts in the mind...still lake...still mind...still mind...still lake...affirm in yourself at the edge of this sacred, safe and special lake, offer a gift to the unconscious mind requesting passage to help and heal...help and heal...to overcome obstacles and tests, challenges and trials [seeding, emphasis]...offer a gift to the lake...when you have the object in your hand offer it to the lake...when the unconscious is pleased it will give you a sign to cross...wait for the sign...waiting...register and acknowledge the sign for permission to cross [convincer]...then gradually imagine a bridge or stepping stones or boat appearing in the lake...connecting the edge of the lake to the island...the conscious mind to the unconscious mind...cross the lake to the island counting from 10 to 1... when you get to 1 you arrive at the island...10...9...

Think of the number 2...3 times...on each outbreath...the number 2 symbolises mental and emotional relaxation...

Affirm: Every day in every way I am getting better (x3) [seeding; activating positive mindset]

On the island feel your feet standing on the sandy beach...by coming here you are able to make changes [cause and affect]...be aware of the colours, sounds, smells, surroundings...breathe with the island...this is a good place...a safe place...the unconscious mind is keeps you safe...however some past experiences and events have formed unhelpful beliefs and perceptions about yourself, people and the world...now is the time to heal them...being here means you can change easily [complex equivalence]...enter your island with an open heart...an open mind...confident and positive...to heal those self-defeating thoughts and behaviours...to heal those thoughts and feelings of

failure...overcome low self-worth...conquer fears and unhelpful desires...replace reactions and responses that are no longer helpful...replacing behaviours like attachments, addictions and phobias, old distortions that serve ultimately to find happiness and avoid pain and sorrow...[interspersing]...enter the island with the rational mind...the logical mind...the loving-kindness...compassion and understanding...you realise how much of the way you feel is within your control [emphasise goals, convincer]...you may like to walk this journey into the subconscious with some...maybe with a divine incarnation to help you...an ancestor or relative you love...a wise old sage or spiritual master...enter with protection...wisdom and love...this is a safe place...find the garden at the centre of the island...what does it look like...what kinds of things grow there...see the weeds amongst the flowers...the thistles and nettles amongst the shrubs...the vines wrapping themselves around the trees...see the unwanted weeds and thistles, thorns and vines as self-defeating thinking and behaviours that are holding you back...the rumination...catastrophisation...doubt...lack of confidence and self-esteem in the subconscious all coming to an end as you pull them up...as begin to pull up and pull out the weeds, nettles, thorns, thistles and vines...place them on a pile ready for the fire...be aware of what you are pulling up...the beliefs and behaviours you want to pull up and pull out and burn...the self-defeating thoughts and behaviours...anger responses...unhelpful thought loops and beliefs that may have been created in childhood...pull them up like they're weeds [simile]...place them on the pile ready for burning...bring in tools to help...people...divine helpers...ancestors...relatives...have a few moments to spend some time pulling up the unhelpful beliefs and behaviours in your life, removing...destroying...returning...recognising what each plant symbolises...just clear the garden and improve the lay of the land...I'll leave you for a few moments to clear the way...(waiting)...when you are ready create a great fire to symbolise the old patterns leaving your life and making way...making space...for the new...have a few moments to make the fire and see everything turned to ashes...see the ashes blow away in the wind clearing the way for the new...(waiting) [interspersing]...feel the land radiate with blue light...bringing peace and connection to what you really want...feel the blue light flow through the mind...through the spine and through your body...

Think of the number 1...3 times...on each outbreak...the number 1 symbolises the state of awareness where you can make the changes you need to make in the unconscious and where the unconscious can make the changes within you...sense a connection in deep relaxation of mutual love, compassion and connection between conscious and the unconscious, container of the subconscious and superconscious, one [convincer]...

Now spend some moments planting new seeds, new plants, new trees, new shrubs...be aware of what they symbolise...new thoughts...new beliefs...new ideas...new projects...see these new experiences in pictures or symbols...see a mandala of light on the ground...a four sided shape of light, images, symbols, pictures, symbolising the wise self within...like the great images of symbolic meaning for the true complete self...where joy and bliss exist within...where wisdom permeates your mind...balancing masculine and feminine...thinking and feeling...introversion and extroversion...growth and awareness...service and love...sense a wisdom flow through the mandala...listen to any messages from your deepest levels of superconsciousness...new ways of being...new ways of seeing...new ways of behaving...new ways of being...just being...imagine yourself thinking, acting and being the way you want to be...like a video on Youtube or a big screen at home or at the cinema...see yourself thinking, speaking, doing the things you want to do...feel the neurons in the brain reconfiguring to build this reality [interspersing]...see the seeds sprout from the ground symbolising the changes, transformations...with full support of the unconscious mind...build in seats, chairs, tables if you like to make a comfortable space in your garden...install statues of respected beings, respected loved ones if you want to...hang pictures, symbols and have animals share the space of you feel drawn to...perhaps leave some token of your own being like significant objects...be aware of what they symbolise...have a few moments to create this garden anew...rebuilding...refurbishing...returning...fill the garden with light...casting away the shadows...full of light [metaphor]...feeling relaxed...feeling peaceful...feeling safe...feeling protected...

Now just feel what it is like in your island...ask for complete support and cooperation from the unconscious mind...ask for happiness and the peace you need in your life [activating positive mindset]...request that old patterns need to be let go of...be sure you really want these old patterns to change...see those weeds and thorns of old patterns withering away...see these new plants growing before your eyes...see the changes in your relationships with people [seeding]...see greater listening...greater understanding...greater harmony between self and others...between conscious self and unconscious self...be sure you want to let the old go...and bring in the new...see the colours of the unconscious mind...the sky...the garden...the trees, shrubs, flowers...feel the breeze and temperature on your face...the sounds of the birds and any animals...be aware of a message coming from your unconscious mind to your conscious mind...knowledge, advice, a gift perhaps, an object [seeding]...we are coming to the end of this stage of your journey...bring completion to this moment before we depart...know you can come back to this place whenever you like...it is part of you...it is a real centre of yourself...your treasure house...send gratitude to this place and know you can come back here to do more work whenever you like...

Think of the number 2...3 times...on each outbreath...the number 2 symbolises mental and emotional relaxation...awareness of thoughts and feelings...bringing peace once more, overcoming obstacles...

Affirm: Every day in every way I am getting better (x3) [seeding; activating positive mindset]

6. Reorientation from the Unconscious to Conscious

Prepare yourself to leave this place, knowing you can return whenever you please...it is your place...(wait for the signal)...walking from the inner sanctum of the island back to the sandy beach, feel the breeze on your face, the smell of the air...the sounds of the water lapping on the beach...the sounds of birds, the breeze in the trees...take the journey across the lake from the unconscious mind to the conscious...count from 1 to 10...when you get to 10 arrive at the edge of the lake and sit or lie down there, completely relaxed, at peace, at one with yourself...1...2...

Sitting or lying down by the still lake...still mind...calm...peaceful...imagine the island disappearing beneath the lake...waiting to be called again when you are ready to...see the expansiveness of the lake return...the sky...colours...sounds...temperature on your skin...your feelings...at peace with the mind and the body [interspersing]...holding a feeling of peace with life...a feeling of acceptance about what needs to be done...what needs to be said...being compassionate for your life...your being...

Think of the number 3...3 times...on each outbreath...the number 3 symbolises physical relaxation...biological relaxation in the brain, spine and body...

Affirm: Every day in every way I am getting better (x3) [seeding; activating positive mindset]

Final Summary of Suggestions and goal-focused outcomes...

Being in the heart...by the still lake...being in full acceptance of your experience...your needs...your life changes...your being...your existence...your life...just being...just awareness...just bliss...being in the heart...being...being in the heart...awareness [interspersing]...awareness in the heart...I am...I am...I am...I am that...That I am...I am...Be still and know that I am [truisms]...Be still and know that I...Be still and know that...Be still and know...be still...be...be...be...

Think of the number 4...3 times on the outbreath...the number 4 symbolises return to social and external awareness...the number of completion...

Affirm: Every day in every way I am getting better (x3) [seeding; activating positive mindset]

Being aware of the sounds...aware of you sitting on that comfortable chair...counting down from 5 to 1...when you get to one you will be awake and refreshed...aware of who you are...aware of your tasks and purpose...5...aware of peaceful awareness in your being...in your purpose and orientation...4...awareness of the feelings of being in this body...connecting with this healed body...in your rich and purposeful life...3...being aware of the colours around you...your feet on the floor...2...coming back to this world of growth and opportunity...1...love this moment...love this life...

END

Just give yourself some time to ground again...I am going to summarise some of those changes in your being...

Insert the client's goals and changes here...

Ask client to repeat back to you the goals, seeding, positive mindset, similes, metaphors, symbols, images...

Ask the client to journal those goals and remembrances of the script across the 4 levels:

Social – work, family, relationships, interpersonal, community, now and in the future, support network, libido/life force energy, hobbies, interests, music

Physical – relaxation, energisation, sleeping right, sunshine, oxygen, recharging, diet, exercise, eating right, nature, sport.

Mental-Emotional – regulation, approach motivation, psychological expression, art, painting, journaling, music, meditation, positive, affirmative, visual abstract, intellect

Unconscious (subconscious/superconscious) – wisdom, truth, love, meditation, visualisation, completion, wholeness, permeating all other levels of being (mental, emotional, social, physical)

Listen to the script at least once and day, maybe twice for 2 weeks.

Draw/Paint the mandala from the visualisation

Follow-up sessions may include:

- Check-in on progress goals, symptomology, social life, relationships, relaxation, new beginnings
- New inductions – staircase, PMR revisit, energisation, open eye, body relaxation
- Deeper seed planting work using the Mountain recording (7 stones) or the Garden recording

The Suggestion Zone

Seeding and activating positive mindset 'you know how easy it is to take control of your life...' 'now you are growing as a confident student of hypnotherapy and counselling',

Pacing and leading matching body language, breath and speech to subject,

Convincers 'I can see how relaxed you are' 'your special safe and sacred place is just right for this moment';

Integrate external noises into the induction, smells, and reinforce how they induce a deeper state of relaxation and connection to the depth of self-being;

Interspersing such as confidence, positivity, life purpose, communication in relationships, compassionate assertiveness in all relationships, self-understanding and self-counselling alongside the depth of relaxation ('your confidence in relationships and self-belief deepens as you relaxation deepens in this moment');

Emphasis, repeating phrases focussed on goals;

Truisms are clichés that are true but don't say anything new, 'yes, it feels wonderful to relax';

Anchoring is where a response is elicited from stimulus, for example, 'sitting in this chair just brings you deeper into relaxation and hypnosis, that meditative state of conscious awareness', 'the feel of both feet on the ground brings you into a conscious awareness of who you are and what you are here to do,' 'when you touch the back of your hand you sense a deepening of relaxation and conscious awareness of every part of your being', 'when you hear the word 'relax' you immediately connect to that state of natural and calm being that is who you really are';

Presupposition/double-binds intentionally assumes the subject has achieved the goal or it is already underway, 'just how soon you achieve your goals it has already started', 'whether the new changes begin now or sooner you already have begun', 'your confidence already shines but in the next moment';

Common experiences point to other people reinforcing personal goals, 'most people at this point will just want to go further and further';

Similes reinforce goals, 'like the tallest tree in the forest your work ideas and plans show ingenuity and creativity';

Metaphor can present powerful states of relaxation/trance, 'your oceanic consciousness' 'you are an abundant fruitful vine'.