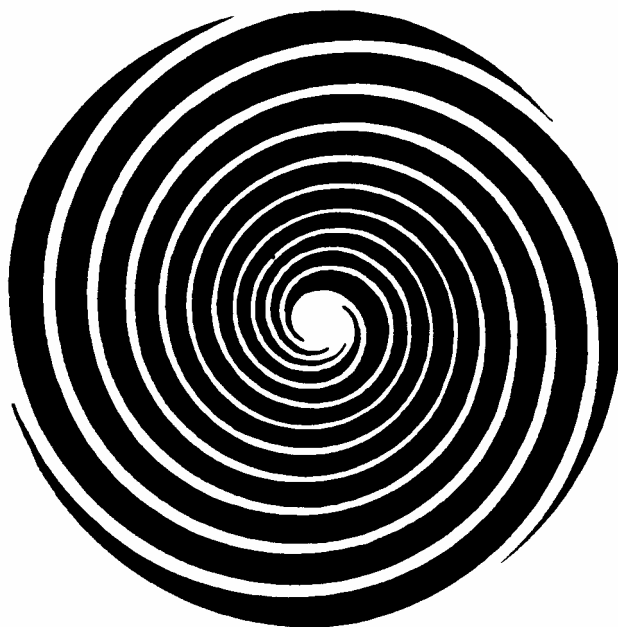
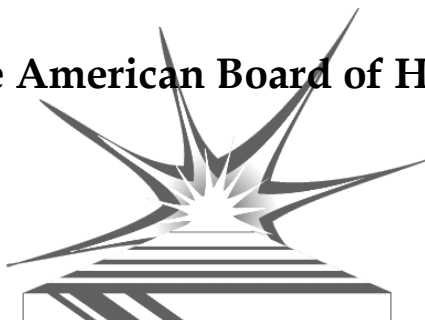


THE PRACTITIONER HYPNOTHERAPIST CERTIFICATION TRAINING



APPROVED BY: **The American Board of Hypnotherapy**



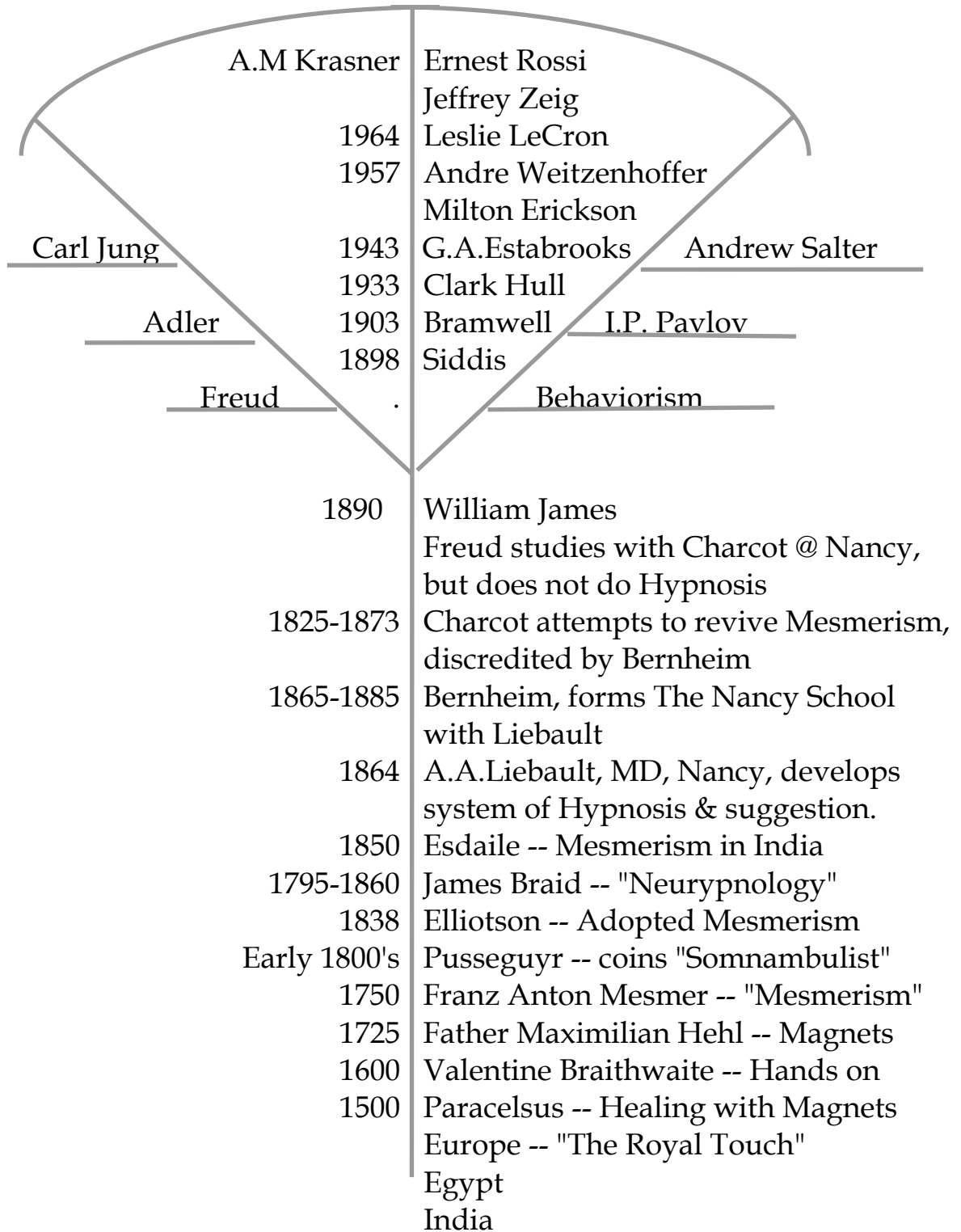
PRESENTED BY: **Tad & Adriana James, and
Advanced Neuro Dynamics**

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HISTORY OF HYPNOSIS

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HYPNOTIC PATTERNS

THE FUNDAMENTALS OF ERICKSONIAN HYPNOSIS

“Patients are patients because they are out of rapport with their own unconscious... Patients are people who have had too much programming - so much outside programming that they have lost touch with their Inner selves. - Milton Erickson, 1976

“My learning over the years was that I tried to direct the patient too much. It took me a long time to let things develop and make use of things as they developed.” - Milton Erickson, 1976

Letting things happen means Utilization.

The Utilization Approach has 3 stages:

1. **PREPARATION**
Explore the client’s repertory of life experiences and facilitate constructive frames of reference to orient them toward therapeutic change. This is the time to establish rapport.

2. **TRANCE WORK**
Activate and utilize the client’s own mental skills during the period of Trance. The Steps:
 - a. **Fixation of Attention**
Utilizing the client’s beliefs and behavior for focusing attention on Inner realities.

 - b. **Breaking Client’s Hold on Model of the World**
Distraction, shock, surprise, doubt, confusion, or any other process that interrupts the client’s model of the world.

 - c. **Unconscious Search**
Implications, questions, puns, and other indirect forms of hypnotic suggestion.-

 - d. **Unconscious Process**
Activation of personal associations and mental mechanisms by all of the above.

 - e. **Hypnotic Response**
An expression of behavioral potentials that are experienced as taking place, such as catalepsy, anesthesia, amnesia, hallucinations, age regression, and time distortion.

3. **EVALUATION OF RESULTS**
Recognize, evaluate and ratify the therapeutic change that takes place.

HYPNOTIC PATTERNS

PATTERNS OF INDIRECT SUGGESTION

1. DIRECT AND INDIRECT SUGGESTION

(The difference between Direct and Indirect)

A direct suggestion appeals to the conscious mind, which has the opportunity to evaluate:

"Please close the window."

Indirect suggestions go directly to the unconscious mind, and is not evaluated as much: "I'm wondering if you can close the window?"

2. EMBEDDED COMMANDS

They are interspersed in the middle of the conversation so as to bypass the conscious mind:

"And I want you to tell me only the things **you want to tell me everything**. You can describe it as **freely** as you want."

3. TRUISMS ABOUT SENSATIONS

"Most people can experience **one hand as being lighter than another**."

"Most people **enjoy** the **refreshing coolness** of a light breeze."

"Some people **blush easily** when they **recognize certain feelings** about themselves."

4. TRUISMS UTILIZING TIME

"**Sooner or later**, your eyes are going to close."

"Your headache (or other symptom) can **now** leave **as soon as** your system is ready for it to leave."

5. NOT KNOWING, NOT DOING

"You don't have to talk or move or make any sort of effort."

"You don't even have to hold your eyes open."

"People can sleep and not know they're asleep. They can dream and not remember the dream. You don't know when the eyelids will close all by themselves. You may not know just which hand will lift first."

6. OPEN-ENDED SUGGESTIONS

"We all have potential we are unaware of, and we usually don't know how it will be expressed."

"He doesn't know what he is learning, but he is learning. And it isn't right for me to tell him, 'You learn this or you learn that!' let him learn whatever he wishes, in what ever order he wishes."

7. COVERING ALL POSSIBILITIES OF RESPONSES

"Soon you will find a finger or a thumb moving a bit, perhaps by itself. It can move up or down, to the side or press down. It can be slow or quick or perhaps not move at all. The really important thing is to sense fully whatever feelings develop."

HYPNOTIC PATTERNS

PATTERNS OF INDIRECT SUGGESTION (cont.)

8. QUESTIONS THAT FACILITATE NEW RESPONSE POSSIBILITIES (TDS)
- a. To Focus Attention:**
“Did you experience the hypnotic state as basically similar to the waking state, or different from the waking state?”
- b. Facilitating Internal Change**
“And what will be the effective means of losing weight? Will it be because you simply forget to eat and have little patience with heavy meals because they prevent you from doing more interesting things?”
9. COMPOUND SUGGESTIONS
- a. Yes Set:**
“It is such a beautiful day, let’s go swimming.”
- b. Associations:**
“With each breath you take you can become more aware of the natural rhythms of your body and feelings of comfort that develop.”
- c. Opposites:**
“As one hand lifts the other can press down.”
- d. Negative - Tag Questions:**
“And you can, can you not?” “You can try, can’t you?” “You can’t stop it, can you?” “Why not let that happen?”
- e. Negative - Until:**
“You don’t have to go into a trance until you are ready.” “You won’t do it until your unconscious is ready.”
- f. Shock, Surprise:**
“Your sex life (pause) just what you need to know and understand about it.
(Pause) Secretly what you want (pause) is more important to you.”
10. IMPLICATION AND IMPLIED DIRECTIVE (“If... then” statements)
- a.** If you sit down then you can go into a trance.
- b.** Now, if you uncross your legs and place your hands comfortably on your lap, then you will be ready to enter a trance.
- c.** As that comfort deepens, your unconscious mind can relax while your conscious reviews the nature of the problem. And when a relevant and interesting thought reaches your conscious mind, your eyes can open as you carefully consider it.

HYPNOTIC PATTERNS

PATTERNS OF INDIRECT SUGGESTION (cont.)

11. BIND AND DOUBLE BINDS

a. Approach - Avoidance:

Would you like to enter trance now or later?

b. Conscious - unconscious:

I think that your unconscious mind knows more about that than your conscious mind does, and if your unconscious mind knows more about it than your conscious mind does, then you probably know more about it than you think you do.

c. Double Disassociation:

You can as a person awaken, but you do not need to awaken as a body. (Pause) You can awaken when your body awakens but without a recognition of your body. (Pause) Just awaken from the neck up.

12. MULTI-LEVEL COMMUNICATION

(What's a Metaphor?)

"Now the next thing I want to stress is the tremendous need for each... of you to ...work out a method of suggestion for himself. In developing my own technique, I worked out what I felt was a good hypnotic technique. It was 30 typewritten pages, single-spaced, of the various types of suggestions necessary to induce a deep trance. And then I slowly cut it down from 30 typewritten pages, single-spaced to 25, to 20, to 15, to 10, to 5 and so on, so that I could use the whole 30 pages or I could just use one page or one paragraph. But I learned how to thoroughly graduate my suggestions, and how to lead from one suggestion to another. When one does that sort of thing, one learns how to follow the leads given by his patient."

- Milton Erickson, 1981

" I want you to go back to a time when you were a little, little girl, and my voice will go with you. My voice will become the voices of your parents, your friends, your teachers, and anyone else it needs to be so that it remains consistent with your experience. My voice will become the whispering wind as it tells you the secrets of the trees, the secrets of Nature, the secrets of Life itself. You may hear my voice in the wind, in the rustle of the leaves, or the tinkling of a wind chime, or the sounds around you as you go about your daily life. And when you hear it, listen! You're learning. And you're going to keep right on learning and making the connections that will allow your unconscious mind the freedom to assist you in all those things ... that's right, you're learning."

-Tad James, adapted from Milton Erickson.

THE PREPARATION FOR TRANCE

What to Say Before you say, "Have you ever been..."

Much is done before the induction begins. In fact, it is safe to say that this may be the most important time to create success by speaking to the client's fears and misconceptions, and discussing what to expect.

1. "Don't expect to feel Hypnotized."

Many people come to the Hypnotherapist thinking that there is something about trance which is markedly different from their "normal" state of consciousness. This is definitely not the case. A Light Trance will likely feel no different from relaxation. Since trance is a normal, natural state, then clients will likely feel a feeling of familiarity, no matter how deep in trance they go. You can say, "Don't expect to feel hypnotized. Trance is not about feeling "zoned out;" it is a normal natural state.

2. "Do expect to feel relaxed."

"Hypnosis is a natural state where you feel increasing levels of relaxation."

3. "You ARE in control."

"During the trance induction, you need to know that you are in charge. For example, if I told you to stand up, and it was OK, you would, right? But if I told you to rob a bank you wouldn't do that. Well it's the same in Hypnosis. You are in charge. You only accept the suggestions that are given that are consistent with your own internal values and beliefs.

4. "Trance is about learning how to go into trance."

"So the process we are about to learn is just that, a learning process. Each step of the way there are several tests, and we will see how many tests you succeed at. The more successful you are the deeper you can go."

STAGES OF HYPNOSIS

1.
 - Lethargy
 - Relaxation
 - Eye Catalepsy

ARM CATALEPSY

2.
 - Catalepsy Of Isolated Muscle Groups
 - Heavy Or Floating Feelings

COMPLETE MUSCLE GROUPS

3.
 - Rapport
 - Smell And Taste Changes
 - Number Block

PARTIAL AMNESIA/ GLOVE ANESTHESIA

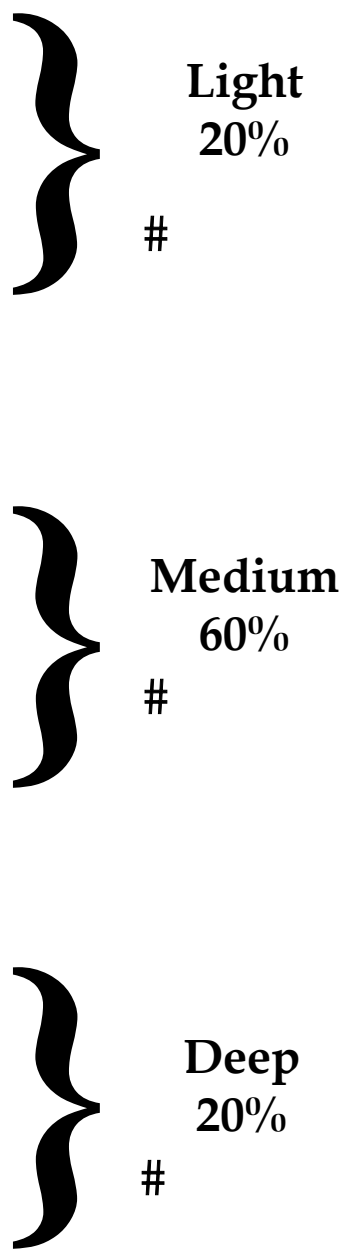
4.
 - Amnesia
 - Analgesia (No Pain)
 - Automatic Movement

PARTIAL HALLUCINATIONS

5.
 - Hallucinations (Positive)
 Visual And Auditory
 - Bizarre Post-Hypnotic Suggestions

ANESTHESIA (NO FEELINGS)

6.
 - Negative Hallucinations
 - Comatose
 - Somnambulism



SUGGESTIBILITY TESTS

1. THE DICTIONARY/BALLOON

“Please hold both hands outstretched and close your eyes. Now turn your right (or your left) hand over and imagine as clearly as you can, a large balloon tied to your hand which is palm down and an unabridged dictionary in your other hand. Now open your eyes.”

2. THE FINGER VICE

“Please take your hands and clasp them together, with your index fingers outstretched, and close your eyes. Now, imagine a vice squeezing your fingers together and notice your fingers are becoming more and more tightly clasped together. Tighter and tighter. (etc.) Now try to open them. Try to pull your fingers apart. Try and find you cannot. The harder you try the harder they clasp themselves together.”

3. THE POSTURAL SWAY

“Please close your eyes and look straight up. Turn your face straight up to the ceiling. Now you’re falling backward; falling, falling, falling. I will catch you. You are falling, falling, falling.”

ERICKSONIAN INDUCTIONS

QUESTIONS for INDUCTION I

1. Have you ever been in a trance before... right now?
2. Did you experience that state as being similar to the waking state, or different from the waking state?
3. Can you find a spot that you would like to look at comfortably?
4. As you continue comfortably looking at that spot for awhile, do your eyelids want to blink?
5. Will those lids to begin to blink one at a time... twice or three times before they close all together?
6. Rapidly or more slowly?
7. Will they just close, now, or will they flutter all by themselves first?
8. Will the eyes closed more and more as you get more and more relaxed?
9. That's right. Can those eyes just stay closed as your comfort ... able to go deeper, just like when you go to sleep?
10. Can your comfort go more and more deeply, inside, so that you'd rather not even try to open your eyes?
11. Or would you rather really try in vain and find you cannot?
12. And just when will you soon forget about them altogether because you're unconscious ... wants you to dream!

If #1 is "no" then, "What is the relationship between the state you are in right now, and the state you were in just before you woke up this morning?"

Suggestions

Bring them out of trance: "In a moment, I am going to count backwards from 10 to 1, and I want you to awaken 1/10th of the way with each number until you are fully awake. 10 ... 9 ... 8 ... etc."

ERICKSONIAN INDUCTIONS

QUESTIONS for INDUCTION II

(In this section we add to the questions in the previous section, now including arm levitation. Whereas the relaxation sections are spoken on the out-breath, the arm levitation sections are spoken on the in-breath.)

Out

1. Have you ever been in a trance before... right now?
2. Did you experience that state as being similar to the waking state, or different from the waking state?

If #1 is "no" then, "What is the relationship between the state you are in right now, and the state you were in just before you woke up this morning?"

In

3. You can feel comfortable resting your hands gently on your thighs, can you not? (Demonstrate) That's right, don't let them touch each other.
4. Can you let those hands rest sooo lightly so that the tips just touch your thighs?
5. Can you make sure the hands and fingertips barely touch the thighs?
6. That's right. As they rest there just so lightly, have you noticed yet, how they tend to lift up a bit all by themselves (Hypnotherapist take a deep breath in here) with each breath you take? Good. Now we will just wait and see.

Out

7. Now, can you find a spot that you would like to look at comfortably?
8. As you continue comfortably looking at that spot for awhile, do your eyelids want to blink?
9. Will those lids to begin to blink one at a time.... twice or three times before they close all together?
10. Rapidly or more slowly?
11. Will they just close, now, or will they flutter all by themselves first?
12. Will the eyes closed more and more as you get more and more relaxed?
13. That's right. Can those eyes just stay closed as your comfort ... able to go deeper, just like when you go to sleep?
14. Can your comfort go more and more deeply, inside, so that you'd rather not even try to open your eyes?
15. Or would you rather really try in vain and find you cannot?

ERICKSONIAN INDUCTIONS

QUESTIONS for INDUCTION II (Cont.)

Out

16. And just when will you soon forget about them altogether because you're unconscious ... wants you to dream! ... of lifting, lifting, lifting

In

17. Have you noticed your hands lifting, lifting, lifting even more lightly, even more easily ... and by themselves as the rest of your body relaxes more and more?

18. And as you do, does one of the hands or the other or maybe both continue lifting, lifting, lifting even more?

19. And does the hand stay up and continue lifting, lifting, lifting even higher and higher and higher, all by itself? Does the other hand want to catch up and go up too, or will the other hand just relax in your lap?

20. That's right. And does the hand continue lifting, lifting, lifting as it is, or will the lifting get smoother or less smooth as the hand continues upward toward your face?

21. Now ... does it slow down, or go faster and faster as it approaches your face deepening your comfort? Will it ... pause a bit before it touches your face so you'll know you are really going into a trance? And it won't touch until your Unconscious ... is really, really ready to let you go deeper ... will it!

Out

22. And ... will your body to automatically take a deeper breath when that hand just touches your face and you automatically relax and experience yourself going deeper and deeper?

23. That's right. Perhaps you won't even bother to notice your deepening the comfortable feeling as that hand slowly goes back to your lap all by itself? Perhaps you're unconscious ... will be in a dream by the time that hand really comes to rest?

Suggestions

In

Bring them out of trance: "In a moment, I am going to count backwards from 10 to 1, and I want you to awaken 1/10th of the way with each number until you are fully awake. 10 ... 9 ... 8 ... etc."

GENERAL PENDULUM PARADIGM

For use with Clients

(For calibration of the pendulum, the client must see the pendulum.)

SETTING UP THE PENDULUM: “Sometimes unconscious minds like to give me a signal for ‘yes’ that looks like this. (Take the pendulum and pull it out till horizontal. Then let it go.) And sometimes, unconscious minds like to give me a signal for ‘yes’ that looks like this. (Pull out the pendulum in a 90 degree opposite direction, and let it go.) Now, let’s ask the Unconscious Mind to give us a signal for ‘yes’. And now, a signal for ‘no’”.

CHANGE WORK:



1. Do you know what to do to solve this problem?

2. Is it possible?

(Limiting Decision?)

3. Is it OK?

(Secondary Gain?)

4. Are there any other Problems the UM would like to work on? (If yes, “OK, all the problems ...” (go to #1)

5. “OK, go ahead and solve the problem. Give me a signal for ‘yes’ when you know you have permission.”

6. “How quickly will you start and finish?”

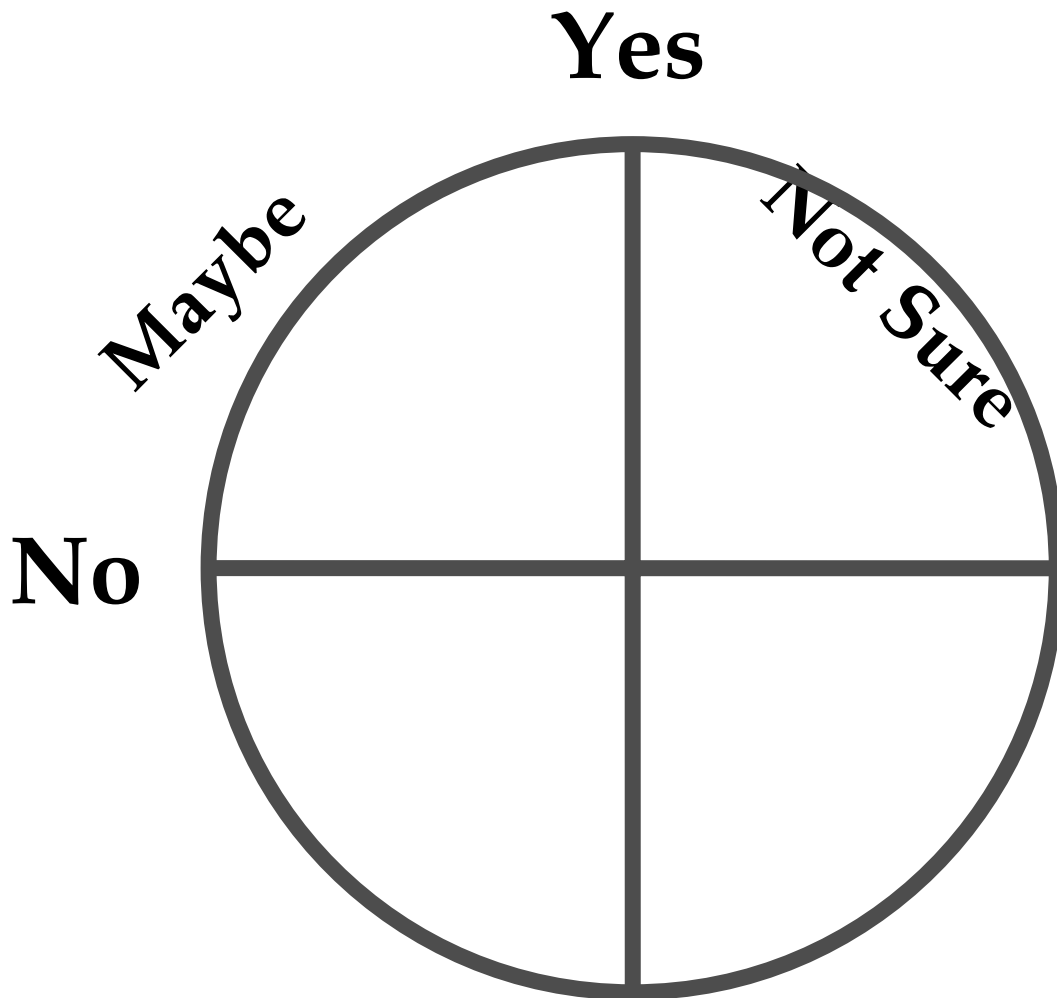
Start: “Sometimes unconscious minds like to start to solve a problem like this in as little as _____ and sometimes unconscious minds like to take a long, long time to start solving a problem like this, as long as _____. So, how quickly will you start?”

Finish: “Sometimes unconscious minds like to finish solving a problem like this in as little as _____ and sometimes unconscious minds like to take a long, long time to finish

If the answer is “no” to 1 or 2: “Can the Unconscious Mind get in touch with the blueprint of perfect health and healing that exists in the deepest part of the Unconscious Mind (in an area that some people call the Higher Self) and transfer it to the blueprint that the Unconscious Mind uses to create the body?”

solving a problem like this, as long as _____. So, how quickly will you finish?"

PENDULUM CHART



DEEPENING TECHNIQUES

Direct & Indirect

Keep in mind that any suggestions that successfully produce trance phenomena will, of their own accord, deepen the trance and the responsiveness of the client.

1. BY DIRECT OR INDIRECT SUGGESTION:

“(Each time I touch your forehead) notice that you can go even deeper. Go even deeper now.” “With every breath you take, you may find a sense of the deepening relaxation that allows for deep trance to occur.” “Can you imagine walking down a flight of stairs that goes down ten steps for each of ten floors, and as you do go deeper in trance. With each step you take go deeper. 1...2...3...4...5...6...7...8...9...and now you are at the first floor landing,” etc.

2. BY REPEATED INDUCTION:

Repeating the induction of trance, often called “fractionation,” deepens the trance. Typically, the more times a client is hypnotized, the deeper the client will go. If trance is induced several times in succession in a short period of time without allowing the client to fully wake up each time, the client will go deeper.

3. BY USING EMBEDDED METAPHOR:

Using embedded metaphor will deepen the client’s trance. In fact, the more levels of embedded metaphor used, the deeper the trance which follows. (There seems to be a point of diminishing returns which happens after 12 or so embedded metaphors.)

CONTRAINDICATIONS FOR HYPNOSIS

When not to Hypnotize, or be careful

1. WHEN CLIENT IS DANGEROUS TO SELF OR OTHERS:

If the presenting problem or the personal history that you gather from the client indicates to you that the client is dangerous to self or others, then the client is beyond the scope of treatment by an unlicensed Hypnotherapist. Someone of this kind is best referred to a practitioner who is trained to handle clinical issues.

2. WHEN CLIENT IS DEALING WITH HIGHLY REPRESSED OR TRAUMATIC MATERIAL

Under certain circumstances, highly traumatic or highly repressed material could indicate that Hypnosis alone would not be appropriate to use. If you are not trained in interventions that deal in this area, it would be best to refer the client to a practitioner who is trained to handle these issues. (Time Line Therapy® may be indicated.)

3. WHEN CLIENT IS DEALING WITH A LIFE-THREATENING DISEASE:

A client who seeks treatment by Hypnosis for a physiological and/or a life-threatening disease should be advised that such treatment is “controversial” and should be encouraged to get a diagnosis or referral from a Medical Doctor before proceeding. NOTE: It is not illegal to use hypnosis for, say, helping to alleviate an ulcer or its symptoms. It is, however, illegal to claim to use Hypnosis to cure any physical condition.

4. WHEN A CLIENT IS DEALING WITH CERTAIN PSYCHIATRIC OR NEUROLOGICAL DISORDERS:

If a client is dealing with certain disorders which are Psychiatric in nature, such as Multiple Personality, Schizophrenia, Bipolar Disorder, Hysteria, and others, as well as Epileptic Seizures, it would be appropriate to seek a referral from an MD or Psychiatrist before proceeding.

5. MEMBERS OF THE OPPOSITE SEX:

Members of the opposite sex should only be Hypnotized when there is a reliable witness present.

POST-HYPNOTIC SUGGESTIONS

Creating Suggestions that Operate at a later time

A Post-Hypnotic Suggestion is a suggestion that activates and operates at a time after the induction of trance. The time of the activation of the suggestion can be minutes later or months later.

1. Requires Medium to Deep Trance:

A Post-Hypnotic Suggestion generally requires a trance which is at a medium to deep level. One key element is a state of amnesia for the suggestion.

2. Make the Suggestion Direct and to the Point:

While suggestions should, at first, be given in an indirect way, Post-Hypnotic Suggestions should be direct and to the point. This is true for any suggestions given while the client is in deep trance.

3. Tell the Client what the trigger for the Post-Hypnotic Suggestion will be:

Tell the Client what will set off the activation of the Post-Hypnotic Suggestion. E.G.: "When I rub my hand across my upper lip..."

4. Tell the Client what to do:

Be specific about what you tell the client want to do. E.G.: "...you will feel an undeniable urge to stand up, and you will stand up, and walk to the front of the room..."

5. Tell the Client when to do it:

This tells the Client when to do the Post-Hypnotic Suggestion. E.G.: "...and you will do it immediately."

6. Embed the Suggestions:

Make sure that you lead up to the suggestions and lead out of the suggestions in the same way that you would treat embedded metaphors.



NOTE: Any Post-Hypnotic Suggestions created for experimental purposes must be removed at the end of the session. E.G.: "...Come fully awake. Good. Any and all Hypnotic Suggestions relating to producing Hypnotic Phenomena are hereby removed."