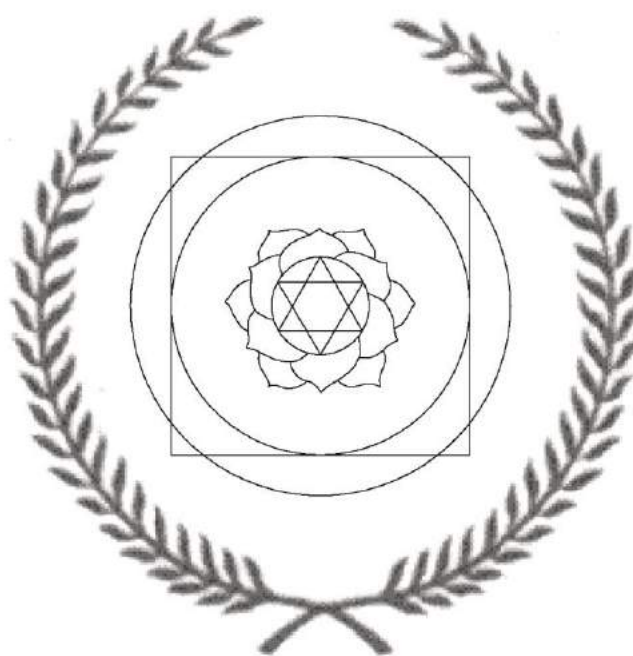


Institute of Interpersonal Hypnotherapy



Fundamentals of Hypnotism Styles of Trance Induction

HT106 - Styles of Trance Induction (5 clock hours)

Prepares students to develop the necessary skills to induce hypnotic trance with multiple styles including paternal, maternal, confusion and mechanical styles of hypnosis. Induction methods are also covered from each of these styles.

Student Learning Objectives

1. Verbally demonstrate language patterns that build belief, create expectation and excite the imagination
2. Discuss the 5 components of misdirected attention and how they form the trance ritual
3. Explain responsiveness exercises and why they are used
4. Demonstrate proficiency in the 4 major responsiveness exercises
5. Analyze the 5 major styles of induction and when to use them
6. Discuss semantics and the importance of language patterns
7. Demonstrate verbally the basic structure of an suggestibility test, such as eye catalepsy
8. Apply the 5 components of rapid and instantaneous inductions through demonstration

BEMAH (Traditional Model of Trance Induction)

B = Belief

- Build their confidence that they can go into a trance – they need to believe they can be hypnotized
- Build their confidence in you – they need to believe that you can hypnotize them
- Educate and tell success stories
- Can be increased by suggestion therapy
- Make the process incremental to make it more believable

E= Expectation

- Excite their imagination
- Tell inspiring stories about trance
- Educate – The subjective nature of trance
- May have developed before coming to you – keep that expectation going

MA = Misdirected Attention (5 Components)

- The Trance Ritual

1. Fixation

- Narrowing the field of attention
- Staring – Fixed-eye gaze, spot on ceiling, fingers, pendulum, your eye
- Mental fixation – repeated word or phrase
- Physical fixation – focus on any sensation

2. Distraction

- Distract them from what is distracting them from trance
- Use of hypnotic adjuncts – voice roll, music, tap of forehead, leg or arm, hypnotic patter, finger snap, hand clap
- Metronome – 45 to 50 bpm – speaking in rhythm

3. Relaxation

- Lulling the critical factor into a sense of safety and therefore bypassing it
- Both body and mind

4. Suggestion

- Giving instructions to be acted upon to help them to go into trance

5. Repetition

- Restating the same instructions

Reframing BEMAH

RA = Refocused Attention (The formal induction process)

(Not MA, but RA) – Misdirected Attention comes from magic. “Mis” relates to mistake. Refocused Attention moves from externalized to internalized subjective experience.

H = Hypnosis

RESPONSIVENESS EXERCISES

Pre-talk → Responsiveness Exercises → Induction → Deepening → Testing → Suggestions → De-Hypnotizing

(RESPONSIVENESS AND RESPONSIVENES EXERCISES)

Responsiveness (formerly known as susceptibility)

- Being susceptible to, or capable of receiving suggestions
- The ability to receive or be impressed by deep emotions or strong feelings
- Openness
- Evaluating a clients receptivity to hypnosis through understanding their willingness and ability to take suggestions
- Assessing the clients willingness to take or act on suggestions so they can go into hypnosis
- Helps to determine the style of hypnosis to use
- Refers to the pre-hypnotic stage – Tests done before inducing hypnosis

To Increase Responsiveness:

1. Be sure to develop rapport
2. Educate as to what is expected of the client
3. Educate to dispel myths and misconceptions and to resolve fears
4. Discover the cause of non-responsiveness through stem-sentence completion
5. Develop a Yes-Mindset – Ask questions that get you a “yes” answer

Types of Responsiveness Exercises (Susceptibility Tests)

1. **Lemon Responsiveness Exercise**
2. **Balloon/Bucket**
3. **Hand Clasp - Solid Block of Wood**
4. **Hand Clasp – Arms Overhead**
5. **Finger Clamp**
6. **Swing-Sway**

The word “Test” can be replaced with the word “Exercise,” when discussing this topic with a client.

The word “suggestible” is one baby step beyond “gullible”
Stupid -> Gullible -> Suggestible

Rather use the word “Responsive”

**Can your client teach his/her subconscious mind to be responsive to his/her own positive intention(s)?

Tell them often: “Notice how responsive your subconscious mind is becoming to your intention.”

They come to us because their problem has taken control of them. They consciously wish things would change but they do not. Their subconscious in that case is not being responsive to the conscious mind’s desires. We train them to allow their subconscious mind to become responsive to their positive intentions.

We are on their team and help them to reach their goals. They cannot do this wrong. They cannot fail. There is no “power-play.” They are always doing well.

Use the word “good.”

Tell Your Client, these Exercises will:

1. Teach you how to best respond to me
2. Teach me how to best work with you.

LEMON EXERCISE

As you allow your eyes to close and I would like for you to actively imagine, think about, sense or feel as if I just walked back into this room with a big, yellow, juicy lemon. Imagine that we cut a wedge out of that lemon and you take that lemon wedge up to your mouth and that you take a big bite out of a sour, yellow, tart, juicy lemon. Imagine that lemon juice washing over your lips, your tongue, your cheeks and your gums. Imagine as if you just bit into this very sour and tart, yellow, juicy lemon.

Whether you like the taste or not you can imagine as if you had just bitten into a very sour lemon.

Now, you can open your eyes and tell me what you experienced.

How was that?

What did you notice?

Transform ideas into biological actions

BALLOON/BUCKET RESPONSIVENESS EXERCISE

Allow your arms to extend in front of you, shoulder height, and then close your eyes down.

Imagine that on your left arm that I just tied 50 helium balloons around your left wrist and that your left arm is hollow and filled with helium gas. Imagine that your left arm is getting so light that it begins to float and lift, to lift and rise... getting lighter and lighter as if the balloons are pulling it up to the ceiling.

At the same time imagine that on your right arm that I just placed a very heavy bucket of water around your right wrist and that your right arm becomes very heavy as if it is filled with lead weight. You can imagine as if your right arm is being pulled down towards the floor.

As your left arm gets lighter, your right arms get heavier.

Left arm floating, rising and lifting.

Right arm getting heavier and heavier.

You can open your eyes and look at your hands.

Great, now you can rest your hands back down and return them to normal.

THE LANGUAGE PATTERN OF A HYPNOTIC TEST

- Can apply to arms, eyes, hands, fingers or even the whole body
1. Your hands are now locking down tight
 2. Any effort to pull them apart makes them lock down even tighter together
 3. You can try to pull them apart but find them locking down tighter
 4. When you are convinced that they are not going to pull apart, then nod you head yes.

HAND CLASP – SOLID BLOCK OF WOOD RESPONSIVENESS EXERCISE

Interlace your fingers together.

Place your arms out in front of you making your elbows straight, stiff and rigid.

Now squeeze your hands nice and tight together. [Non-verbal – squeeze hands and arms]

You can now close your eyes and imagine that your arms are carved from a solid block of wood. As if your hands are fused together as if they are carved out of a solid block of wood.

Now any effort to pull your hands apart makes them lock down tighter together. Any effort to pull your fingers apart makes them lock down tight.

You can try to pull your hands apart, but find them locking down tight.

When you are convinced that your hands simply will not pull apart, then you can nod your head yes.

Good. When I snap my fingers your hands release and return to normal.

HAND CLASP – ARMS OVERHEAD RESPONSIVENESS EXERCISE

- Better for Stage Hypnosis/Groups
- Can be used when someone fails the first hand clasp test and you educate and then want to test again.

Interlace your fingers together. Push your palms away from your body and now move your arms way up above your head. Good, now you can close your eyes.

Keep pushing your palms away from you and feel as if your fingers are fused together.

Now any effort to pull your hands apart makes them lock down tighter together. Any effort to pull your fingers apart makes them lock down tight.

You can try to pull your hands apart, but find them locking down tight.

When you are convinced that your hands simply will not pull apart, then you can nod your head yes.

Good. When I snap my fingers your hands release and return to normal.

FINGER CLAMP RESPONSIVENESS EXERCISE

With your index fingers pointed up, interlace your fingers together and place them here in front of your face.

You can keep your eyes open and keep staring at your hands.

Good, now squeeze your fingers tight together...[Non-verbal cues given]

And pull your index fingers apart.

Now imagine that I just took a metal screw clamp and placed it here over your fingers and I begin to turn the screws that begin to push your fingers closer and closer together.

(Keep turning screws until the fingers touch)

Now feel as if the clamp is locking your fingers down tighter and tighter together.

Any effort to pull your fingers apart now causes them to lock down tight. Any effort to pull your fingers apart now causes them to lock down tight.

You can try to pull your fingers apart, but find they are locked tight together.

When you are convinced that they are not going to pull apart, then just nod your head yes.

Good, I'll now remove the clamp and your fingers come apart easily.

Exercise #2 - Educating Clients about Hypnosis and Responsiveness Exercises - Building Belief and Expectation

Educate about Myths and Misconceptions using questions and explanations. Ensure the client's concerns are addressed and resolved.

Practice:

Lemon Test

Balloon/Bucket

Hand Clasp

Finger Clamp

Practice the basics of Building Belief, Exciting the Imagination and Building Positive Expectancy

HYPNOTIC ADJUNCTS

1. Lighting
2. Comfort of chair
3. Yes Mind-Set
4. Rapport
5. Headphones
6. Hypnotic Patter – continuous talking on and on and on
7. Voice Roll/Voice Modulation – emphasize or modulate – rolling or elongating
8. Hand Slap/Finger Snap – In a moment you will hear a sound and then you will go twice as deep
9. Music – engineered for trance
10. Waves – Sounds – Rhythm
11. Pattern Interrupt – Tapping forehead, leg or arm – snapping – Physical or audible misdirect
12. Metronome – 45 to 50 bpm – practice speaking to rhythm
13. Therapist Self-entrancement
14. Flashlights or candles

Non-verbal communications and tactile suggestions serve to intensify the verbal suggestions.

Suggestion by observation

- You do what you want them to do or show them what to do first before they do it

STYLES OF TRANCE INDUCTION

Pre-talk → Responsiveness Exercises → Induction → Deepening → Testing → Suggestions → De-Hypnotizing

Direct/Paternal Inductions

1. Authoritarian style
2. Clear commands and instructions
 - You are now...
 - You will now...
3. Fatherly style – direct
4. People with a fear of authority figures may rebel against this style
5. However some people are used to taking orders
6. Works quite well for the overly intellectual
7. Good for left brained people or the very intellectual
8. Good for those with an expectation of what hypnosis should be

Indirect/Maternal Inductions

1. Permissive style – asking permission
 - Would it be okay if we...
 - Why don't we...
2. Very relaxing and lulling – gentle voice
3. Vocabulary indicates therapist is a companion – going together – You relax in your chair while I relax in mine
4. Use of inviting words – create an air of safety
5. NOTE; If you start with maternal and get no response and then shift to paternal the client will feel like they have done something wrong
 - So start with paternal and move to maternal
 - Or clearly explain your change in strategy and let them know you are not mad at them
6. Use the word “we”
7. I relax, you relax
8. Allow yourself
9. Sometimes a beneficial style for a more experienced client

Inferred Inductions

1. Indirect suggestions that elicit a response without telling the client what to do directly
2. Popularized by Milton Erickson
3. Use of NLP Language patterns can greatly contribute to this style
4. Story telling

Mechanical Inductions

1. Object of fixation
2. Spot on Ceiling
3. Watch
4. Pendulum
5. Revolving Disk
6. Flashlight
7. Candle
8. Metronome
9. Music designed for inducing hypnosis/altered states

Confusion Inductions

Two or more opposing suggestions given simultaneously results in conscious mind overload

1. Counting Numbers
2. Intersperse Letters
3. Hand Positions
4. Feet Positions
5. Pattern Interrupts
6. Hypnotist Distractions

DEHYPNOTIZE/TERMINATION OF HYPNOSIS

1. Counting down brings you into trance, counting up brings you out
2. Count one to five and say “wide awake” or “fully aware”
3. Use suggestions for being awake and refreshed
4. Suggest that they look forward to returning to hypnosis
5. Include powerful and positive suggestions
6. Use of the 4 R’s
 - Rested
 - Refreshed
 - You can Return to this state anytime you wish
 - And you Remember the entire experience
7. Use of “Sneaky Pete”
8. Self-releasing suggestions – especially for clients who exhibit fears or concerns

De-Hypnotizing Script

Pre-talk → Responsiveness Exercises → Induction → Deepening → Testing → Suggestions → **De-Hypnotizing**

“In just a moment I am going to begin helping you to come out of the hypnotic state. I will be counting from one to five and when I get to the number five you will be fully back here now, wide awake, and back to your full and regular waking consciousness.

Number One: Coming back more and more now to the sound of my voice.

Number Two: Feeling good about yourself, the world and everyone in it.

Number Three: Feeling Rested and Refreshed, you Remember this entire session and you can Return to this state anytime you wish.

On Number Four: Coming back more and more now beginning to breath and move and stretch... feeling as if cool spring water just rushed over your eyes and face.

One, Two, Three, Four and on Number Five: Wide Awake – Back right here now to your full and regular waking consciousness.”

PAVING THE WAY FOR SUCCESSFUL INDUCTION OF TRANCE

Excite the Imagination

- B of BEMAH
1. Tell them how well they did on Responsiveness Exercises
 2. Tell success Stories

Develop Mental Expectancy

- E of BEMAH
1. Through Responsiveness Exercises
 2. What we expect tends to be realized
 3. Tell/Show them what's going to happen before it does
 4. Describe the session to the client – step-by-step – continuing to excite the imagination and building expectation.

HYPNOTIC INDUCTONS

There are no poor clients, only poorly trained therapists; and I am not one of those...

1. Eye Fixation
2. Moon Gaze
3. Sequential Imagery
4. Breath Related
5. Two Finger Eye Closure
6. Hand Wave
7. Elman
8. Hand Press
9. Hand Shake
10. Confusion
11. Metal Plates
12. Modified Hand Press with Hand Wave

3 General Methods of Trance Induction (based upon the speed at which trance is induced)

1. Instantaneous (Trance induced within 1 minute)
2. Rapid Inductions (Trance induced within 1 to 3 minutes)
3. Relaxation Inductions (Trance induced within 5 to 15 minutes or more)

SEMANTICS

Semantics is the science of the meaning of words.

Words must be used carefully by the hypnotist because the client's understanding of a word may be different than the hypnotist.

1. Hypnotized persons respond with a literalness to the meaning of words – “Can you lift your hand?”
2. Avoid words that might cause fear – “Arm is like a dead weight” “Eyes glued shut”
3. Avoid words that might shock a client – “How is your pain?”
4. The client can be habituated to key words which will evoke responses – “Sleep” or “Relax”
5. The word “subject” as in “hypnotic subject” implies inferiority or that they are under your control
6. The word “susceptible” implies weakness or as if someone is prone to sickness – rather, use the word “responsive”
7. The concept of being “highly suggestible” can imply gullibility
8. Be mindful of the use of the word “try”
9. Be mindful of the use of the word “sorry”
10. Be mindful of the use of the phrase “Now I want you to”
11. Be mindful of the use of the word “but”
12. Never tell someone that they are “under” hypnosis



**"Under"
Hypnosis**

EYE FIXATION INDUCTION

- External simple point of fixation
- Good for basic hypnotic programming sessions and for groups

Allow your eyes to open and place all of your attention on one spot upon the ceiling.

Fixate all of your gaze at that one point as if nothing else matters.

Now take a big breath in, fill your lungs, and as you exhale, repeat in your mind “relax”.

Good.

Now take another big breath in, focus on that spot, and now as you exhale repeat in your mind “relax.”

One more time now, take another big breath in, fill your lungs completely...and now as you exhale, think to yourself, “relax”.

Good.

Now you can breathe normally.

I am going to count backwards from five down to one and when I get to the number one your eyes will close down and you will completely let go...beginning the process of entering into deep hypnosis.

Number Five: Eyelids now beginning to get heavy, droopy, drowsy and sleepy

Number Four: Keep staring at that spot as if nothing else matters

Number Three: Staying right here now in the present moment

Eyelids getting more and more heavy

Now on Number Two, take a big breath in and fill your lungs again

Now on Number One, let your eyes close down and just let go completely.

MOON GAZE INDUCTION

- Internal fixation with eyes closed
- Good for nighttime sleep programming sessions

With your eyes closed, gently roll your eyes up into your forehead and imagine a little window where the curtains are pulled closed. As you open the curtains you can imagine looking out through that window and into the night sky. There you will find a large full moon. Imagine gazing up, into that space in your forehead, and continue to stare at that large silver gray moon.

Now take a big breath in, fill your lungs, and as you exhale, repeat in your mind “relax”.

Good.

Now take another big breath in, focus on that moon, and now as you exhale repeat in your mind “relax.”

One more time now, take another big breath in, fill your lungs completely...and now as you exhale, think to yourself, “relax”.

Good.

Now you can breathe normally.

I am going to count backwards from five down to one and when I get to the number one your inner gaze will relax and you will completely let go.

Number Five: Focus all of your attention on that bright full moon

Number Four: Keep staring at that moon as if nothing else matters

Number Three: Staying right here now in the present moment

Keep gently rolling your eyes up and keep gazing at that moon

Now on Number Two, take a big breath in and fill your lungs again.

Now on Number One, let your inner gaze relax, let your eyelids be comfortably closed and just let go completely.

SEQUENTIAL IMAGERY AS AN INDUCTION

- Guiding the session with imagery to an inner journey
- Use the BEMAH formula to ensure it is actually an induction
- **Fixation** is the internal imagery – **Distraction** is the journey
- **Repeat Suggestions** for **Relaxation**
- Use Visual, Auditory and Kinesthetic Cues (VAK)
- Page 68 of Medical Hypnotherapy

Examples:

1. The colors of the chakras
2. Into a field or a meadow
3. Into a purple mist
4. Down a long corridor to a white light
5. Down a spiral staircase to a closed door
6. Into a special place where you fall asleep

BREATH RELATED INDUCTION

- Be sure to use the BEMAH formula
1. Every breath is now taking you deeper
 2. Start with deep breaths, holding at the top of the inhalation
 3. Use with Progressive Relaxation and/or Countdown

TWO FINGER EYE CLOSURE INDUCTION

- Dave Elman Technique
- Fixation on hand
- Slowly lower hand until “Eye Closure”
- “Eye Closure” is one of the signs of hypnosis. You do not close the eyelids. You are causing the eyelids to become strained and fatigued. As your hand goes down, wait for the eyelids to close.
- Press down gently on the outer lids giving a verbal and non-verbal cue: “Eyes Seal Down Closed”
- Use repetitive suggestions – Eyes get droopy, drowsy, heavy, sleepy
- Thumb and index fingers gently close the eyes and hold for a moment

Focus on my hand and as my hand starts to lower allow your eyelids to become heavy, droopy, drowsy and sleepy. [Begin lowering hand and repeat verbal cues]

Allow those eyelids to get heavier and heavier.

Closing.. Closing... Closing... Closing... and Sleep...

[After eye closure, move into Pretend or Real Eye Catalepsy]

HAND WAVE INDUCTION

- Hand as point fixation
- Three breaths with the hand moving as coordinated with the breathing
- At the top of the third inhalation, leave the hand up high as they exhale

Allow your eyes to open and place all of your attention on one spot on my hand.

Fixate all of your gaze at that one point as if nothing else matters.

Now take a big breath in, fill your lungs, and as you exhale, repeat in your mind “relax”.

Good.

Now take another big breath in, focus on that spot, and now as you exhale repeat in your mind “relax.”

One more time now, take another big breath in, fill your lungs completely...and now as you exhale, think to yourself, “relax”.

Good.

Now you can breathe normally. [Here the hand stays above the head and moves into 2-Finger Eye Closure]

I am going to count backwards from five down to one and when I get to the number one your eyes will close down and you will completely let go...

Number Five: Eyelids now beginning to get heavy, droopy, drowsy and sleepy

Number Four: Keep staring at my hand as if nothing else matters

Number Three: Staying right here now in the present moment

Eyelids getting more and more heavy

Now on Number Two, take a big breath in and fill your lungs again

Now on Number One, let your eyes close down and just let go completely.

[Seal eyelids down closed with a non-verbal cue as with 2-Finger Eye Closure]

MODIFIED DAVE ELMAN INDUCTION

Now take a long deep breath and hold it for a few seconds. As you exhale this breath, allow your eyes to close and let go of the surface tension in your body. Just let your body relax as much as possible right now.

Now, place your awareness on your eye muscles and relax the muscles around your eyes to the point they just won't work. When you're sure they're so relaxed that as long as you hold on to this relaxation, they just won't work, hold on to that relaxation and test them to make sure they won't work.

Now, this relaxation you have in your eyes is the same quality of relaxation that I want you to have throughout your whole body. So, just let this quality of relaxation flow through your whole body from the top of your head, to the tips of your toes.

Now, we can deepen this relaxation much more. In a moment, I'm going to have you open and close your eyes one more time. Again, when you close your eyes, double the relaxation you now have. Make it become twice as deep. Ok, now once more, open your eyes...close your eyes and double your relaxation...good. Let every muscle in your body become so relaxed that as long as you hold on to this quality of relaxation, every muscle of your body will not work.

In a moment, I'm going to have you open and close your eyes one more time. Again, when you close your eyes, double the relaxation you now have. Make it become twice as deep. Ok, now, once more, open your eyes...close your eyes and double your relaxation...good. Let every muscle, in your body become so relaxed that as long as you hold on to this quality of relaxation, every muscle of your body will not work.

In a moment, I'm going to lift your (right or left) hand by the wrist, just a few inches, and drop it. If you have followed my instructions up to this point, that hand will be so relaxed it will be just as loose and limp as a wet dish cloth, and will simply plop down. Now don't try to help me or you will have to remove relaxation. Let me do all the lifting so that when I release it, it just plops down and you'll allow yourself to go much deeper.

(If subject helps to lift hand say,) "No, no let me do all the lifting, don't help me. Let it be heavy. Don't help me. You'll feel it when you have it."

"Now that you are physically relaxed, I want to show you how to mentally relax. You see, (person's name), when you relax your mind, you can do anything. We want your mind to be just as relaxed as your body. So, when I tell you to, I want you to start counting backward from 100 out loud. For each number, starting at 100, first say the number out loud. Then I want you to double your mental relaxation as you make the number disappear completely from your mind. You'll say the number, then relax it out, sending it out of your mind. Then, when that number is gone, say, 'More relaxed.' Then say the next number, and relax it out of your mind, and so on. By the time you reach 97, you will be so mentally relaxed that all numbers will have completely disappeared from your mind temporarily. Now at any point when you notice that all of the numbers are gone, simply say, "gone."

Alright, begin by saying, '100.' Then double your relaxation and send it out of your mind. When it's completely gone from your mind, say, 'More relaxed.'"

Client says, "100"

"Make it disappear as you double your mental relaxation. When it's completely gone from your mind, say, 'More relaxed.'"

Client says, "More relaxed."

“Now say the next number.”

Client says, “99.”

“Make it disappear as you double your mental relaxation. When it’s completely gone from your mind, say, ‘More relaxed.’”

Client says, “More relaxed.”

“Good, Say the next number.”

Client says, “98.”

“Send it out of your mind.”

Client says, “More relaxed.”

“Good. Just continue doubling your mental relaxation.”

Client says, “97.”

“Double your mental relaxation.”

Client says, “More relaxed.”

“Numbers faded away completely now... When all the numbers are gone from your mind, just say, ‘Gone.’”

Client says, “Gone.”

“Now let your mind be filled with nothingness.”

INSTANTANEOUS INDUCTIONS

1. Gaining instant access to the subconscious mind where suggestions for trance can be rapidly achieved
2. Can be quite good for overly intellectual people
3. At the time of shock, tribal animals look to a leader for direction and become highly suggestible
4. During times of trauma or when a pattern is interrupted from the norm, the subconscious is open to suggestions
5. The client must overcome their inhibitions for going into hypnosis beforehand, therefore a pre-talk may be necessary to dispel myths, educate and build rapport
6. If a client has already done hypnosis, then very little may be needed beforehand to create readiness
7. This method can be used with any other style of hypnosis including paternal, maternal, indirect, mechanical or confusion styles.

Rapid Inductions Involve Five Components:

1. Loss of Equilibrium
 - a. Partial Loss of Equilibrium
 1. Standing – Pulling the Body Forward
 2. Seated – Handshake and Drawing the Head Forward
 - b. Total Loss of Equilibrium
2. Startling Command - Psychic Shock
 - direct and forceful command to “sleep”
3. Misdirection – Physical or Mental (Mental Confusion)
4. Relaxation
5. Fulfillment of the trance ritual
 - “I am the hypnotist, you are the subject, you go into trance.”

TRAINING VIDEO - INSTANT INDUCTIONS

HAND PRESS INDUCTION – Rapid Induction

- Loss of equilibrium – Sense of disorientation
 - Startling command – Psychic shock
 - Fulfillment of the trance ritual
1. Client is sitting – adjust your body position accordingly
 2. Client pushes down on one of your hands – you pull your hand away – loss of equilibrium
 3. You ask them to stare into one of your eyes – you put your finger under that eye, telling them to look directly into your eye
 4. Send psychic messages from your eyes – “You are going into trance.”
 5. Use the language pattern for eye fixation – exchange the word “relax” with the word “sleep”
 6. On Number One – “SLEEP”
 7. Move into Head Roll

HAND SHAKE INDUCTION – Rapid Induction

- Loss of equilibrium – Sense of disorientation
 - Startling command – Psychic shock
 - Fulfillment of the trance ritual
 - Be sure this induction is safe to use on the client
1. Client is sitting – adjust your body position accordingly
 2. Client holds one of your hands – you pull their arm – loss of equilibrium
 3. You ask them to stare into one of your eyes – you put your finger under that eye, telling them to look directly into your eye
 4. Send psychic messages from your eyes – “You are going into trance.”
 5. Use the language pattern for eye fixation – exchange the word “relax” with the word “sleep”
 6. On Number One – “SLEEP”
 7. Move into Head Roll and Arm Drop

CONFUSION INDUCTIONS

- Incorporates all of the components of BEMAH and Rapid Inductions
- Takes longer than a rapid induction
- Useful for difficult clients who are overly analytical

Tell them what is going to happen: “We are going to do a very powerful induction, which will cause you to go very quickly into a deep hypnotic state. There will be a moment when I say the word “SLEEP.” when that happens, your eyes will close, you turn loose and relaxed and you will drop into a deep hypnotic state.”

Elements to Utilize:

1. Counting backwards
2. Interspersing letters
3. Body posture – hands, feet, arms, legs
4. Keep changing things and readjusting

Wait for a moment of hesitation on their part, when they are overwhelmed and having trouble trying to keep up, then pull an arm, say “SLEEP” and move into a Head Roll. Say “Turn loose and completely let go.”

Consider continuing with slightly rapid arm drops, followed by rapid eye open and closure, and gradually slowing down and pacing them into trance.

METAL PLATES INDUCTION

- Incorporates all of the components of BEMAH and Rapid Inductions
- Useful for difficult clients who are overly analytical or clients who are proving difficult to hypnotize
- Be sure this induction is safe to use on the client

Tell them what is going to happen: “We are going to do a very powerful induction, which will cause you to go very quickly into a deep hypnotic state. There will be a moment when I say the word “SLEEP.” when that happens, your eyes will close, you will turn loose and relaxed and you will drop into a deep hypnotic state.”

1. My hand is an electromagnet
2. Your hands are metal plates
3. When I turn the magnet on your hands start moving together. When they touch they drop to your lap and you completely turn loose and let go.
4. Snap fingers. Magnet is on. “Your hands move closer and closer. The magnet gets stronger and stronger.”

Repeat this cycle twice. On the second cycle, as the hands get close together, grab the arms and say “3...2...1...and...SLEEP NOW.”

Turn into two arm drops – one arm, then the other.

MODIFIED HAND PRESS WITH HAND WAVE

- Hand Press Induction with Hand Wave without eye contact
- Three breaths with the hand moving on coordination with the breathing
- At the top of the third inhalation, leave the hand up high as they exhale

Allow your eyes to open and place all of your attention on one spot on my hand while pushing down on my other hand.

Fixate all of your gaze at that one point as if nothing else matters.

Now take a big breath in, fill your lungs, and as you exhale, repeat in your mind “sleep”.

Good.

Now take another big breath in, focus on my hand, and now as you exhale repeat in your mind “sleep.”

One more time now, take another big breath in, fill your lungs completely...and now as you exhale, think to yourself, “sleep”.

Good.

Now you can breathe normally. [Here the hand stays above the head and moves into a snap and a Head Roll]

I am going to count backwards from five down to one and when I get to the number one your eyes will close down and you will completely let go....

Number Five: Eyelids now beginning to get heavy, droopy, drowsy and sleepy

Number Four: Keep staring at that my hand as if nothing else matters

Number Three: Staying right here now in the present moment

Eyelids getting more and more heavy [Start moving hand in towards face]

On Number Two, take a big breath in and fill your lungs again

Now on Number One and “SLEEP NOW” – Head Roll

Course HT106 - Review

1. What is B & E of BEMAH?
2. What is MA of BEMAH?
3. What are Responsiveness Exercises and why do we use them?
4. Name Five Responsiveness Exercises:
5. List the Five Major Styles of Induction:
6. Semantics is:
7. Review the basic language pattern of a simple induction like Eye Fixation:
8. Rapid and Instantaneous Inductions involve Five Components, these are: