

As you watch Leslie's child hypnosis session, notice when each of the following happens, and note down when they happen (minutes, seconds). If you hover over the timeline of the video, the counter will stay displayed. Print this out or save to desktop then write in the 'Time' fields.

Time	Observation	Time	Observation
Eg 0:02	Be sure the child wants the change		Induction
Eg 0:13	Confirm that you have exact symptoms. Listen!		Positive feedback
	Rapport! Support!		Put her into situation which normally causes the symptoms
	Get details		Reframe- change story so symptoms dissipate
	Tell child what will happen whenever possible		Positive suggestions
	Get info for a safe place		Compounding positive suggestions
	Can they imagine? If not sure ask them to close eyes and check.		Strengthen new feelings- bring them into classroom
	This is how it will go...		Focus on important things only
	Any questions?		Blending new feelings into situation
	Confirming it is her choice		Check with child for anything else they want to change
	Permission to hypnotize and to touch		Set anchor or trigger to reactivate good feelings
	Child confirms when she's ready		Positive suggestions
	Desensitize		Repetition is good in Hypnosis
	Centering- begin focus		Give them a skill they can take home
	Developing feeling of warmth, depth		Exit
	Notice how face has softened		Repeat positive suggestions in exit
	Creating path to safe, peaceful place she chose		Continue positive suggestions as client is still hyper-suggestible for 2-3 minutes