



# Environmental Checklist

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## Prepare the Physical Environment for the Client

Both the client's body position and yours are important in setting the stage for relaxation. Watch for the following:

- Encourage a bathroom break before beginning.
- Have tissues on hand.
- Encourage client to remove glasses or restrictive jewelry if they are comfortable doing so.
- Tell client if they are uncomfortable they may tell you, or if they wish to speak they may do so.
- Client may require a prompt to disregard the voice of the Hypnotherapist, for instance if they are a relative or a friend and are distracted by this.
- Everything uncrossed (legs, arms).
- Respect the client's personal space (i.e. don't be nose to nose).
- Use voice variance: softer/louder, faster/slower, pauses/semantics).
- Watch the client's physical movements.

### Always remain in the room with client.

- Watch the client at all times to monitor signs of fear or abreactions.
- Client cannot go to sleep (snoring may occur as throat relaxes).
- Client is being held in that "five-second twilight state"