

Notes from this Lesson

What a hypnotist shouldn't do

DON'T diagnose or analyze your clients
DON'T say anything negative

DO act as a guide or facilitator, help them make the changes they have chosen to make
Do make positive suggestions around what they want to learn

Things to think about during the client interview

- It's your responsibility to put the client at ease
- You don't have to accept a client
- Ask open-ended questions
- Be honest
- Relax
- Use the Health History Questionnaire and First Meeting Checklist
- Discuss hypnosis, your boundaries, the time needed, schedule and fees
- Consider having a paper copy of what you discuss

Creating a sacred space

Things to consider:

- The temperature of the room
- Provide a comfortable chair and a clean, non-itchy blanket
- Make sure the space is:
 - neutral, calming and clean
 - free from distracting sounds and smells
 - private
- Music should be gentle and generic
- Have everything you will need close at hand