

The Eight Step Hypnosis Process

In your own words, describe the eight steps in the spaces below.

Step 1: Build Rapport

Step 2: Create a Safe Space

Step 3: Desensitize

Step 4: Center



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In your own words, describe the eight steps in the spaces below.

Step 5: Induction

Step 6: Progressive Relaxation

Step 7: Therapy

Step 8: Exit