

A Few Words About Hypnosis

If this is your first visit or experience with Hypnosis, please take a few moments to read this material. It will answer many questions you may have and we know you will find it informative.

Hypnosis, when mentioned in conversation, creates varied reactions in people. There are many misconceptions about hypnosis.

A simple definition of hypnosis is that it is a state of increased suggestibility and concentration. In this state, the Conscious critical mind becomes an observer, and allows direct communication with the Sub-conscious mind. This allows the Hypnotherapist to assist their clients to make changes at the deep Sub-conscious level needed for permanent change. Hypnosis is empowering.

Please do not expect to go to sleep or to feel as if you don't know what you are doing. When we use the word "sleep" we are referring to a deep body sleep while the mind remains aware. You won't do or say anything in hypnosis that you would not normally say or do. You are in control at all times. You will know everything that is going on around you, what your Hypnotherapist is saying and what you are thinking, doing or saying. In fact, some people will think they have not been in hypnosis because they are expecting something odd to be happening to them. Do not expect a lack of consciousness or amnesia. You may feel that you are unaffected by what is being said, but in fact; you will be directly affected because the Sub-conscious mind is listening and making changes at a very deep level.

Hypnosis is about imagination and creation. Together, you and your Hypnotherapist will work together to create new positive feelings, pictures, images, sights, sounds, smells, and emotions to replace specific negative ones that you might have gathered up, unknowingly, over the years. The brain cannot tell the difference between what it has actually seen and what your Hypnotherapist will help you to create for your Sub-conscious. Therefore, you can create and become anything you desire! Your professionally trained Hypnotherapist is your guide, your Facilitator and your partner.

The success of your hypnotherapy session will be enhanced by your willingness to use your imagination and by your desire to allow yourself to go into the deep state of calmness and focus that your Hypnotherapist will assist you to attain. Remember, all hypnosis is self-hypnosis and you and your Hypnotherapist are a team- each committing to contribute 100% towards the achievement of your goals.

Myths and Facts about Hypnosis

MYTH: Hypnotism is VODOO

FACT: Hypnotism is scientific. It is not supernatural nor of the occult, but a purely natural manifestation of the powers of the human mind. People enter hypnosis many times a day, awake or asleep, watching TV, driving, reading, daydreaming or engaging in hobbies. We call this waking hypnosis and natural hypnosis.

MYTH: A person can be hypnotized by a Hypnotherapist against their will.

FACT: A person must consent to be hypnotized before they can be induced to enter a trance state with a professional. Trance hypnosis is a deep state of hypnosis created by tailoring techniques to the client. Participants of Coastal Academy of Hypnotherapy sign an oath of human dignity and privacy and are required to ask permission to hypnotize. It is possible for people to be in natural and waking hypnosis without their knowledge or permission. This type of hypnosis is a light state of hypnosis that the person may not be aware that they are in. This can happen when there is a combination of focus, emotion and interaction with an authority figure or someone who the person feels is credible (e.g. a parent, teacher, doctor or peer). People do go in and out of hypnosis on their own several times a day.

MYTH: A Hypnotist can use some soothing words and soft music to simply lull his client to sleep.

FACT: In hypnosis, the conscious mind is completely relaxed and rested but not asleep. In sleep, the conscious mind is to some extent still tense and alert.

MYTH: Weak-willed people make the best clients.

FACT: The best hypnotic clients are individuals with a strong will, can focus well, and have average intelligence. Hypnotism actually has nothing to do with the will; it depends up on the imagination, a faculty which is vastly stronger than the will. Therefore, bright, imaginative people make, by far, the best clients.

MYTH: The Hypnotist's will "dominates" that of the client.

FACT: There is no "domination" and no "submission" in hypnotism. The Hypnotist helps clients to release and express their own latent or hidden abilities. For example, a man unaccustomed to public speaking can, when hypnotized, speak fluently and confidently to an audience of thousands. He already had the ability to do this, but suppressed it by his own doubts and fears. The Hypnotist can release that ability in an individual. A teacher of elocution could do the same, but would take months or years to achieve it. Hypnotism produces the desired result quickly.

MYTH: Only a small proportion of the population can be hypnotized

FACT: 90-95% of adults can be hypnotized to some degree. Some will respond more rapidly than others. In the average group, enjoying their first experience with hypnotism, about one in five will promptly enter a deep enough trance to get used on stage. There are two classes of people who cannot be hypnotized at all: those

Myths and Facts about Hypnosis

mentally incapable of focusing and infants too young to understand the words of the Hypnotherapist.

MYTH: Very few people can hypnotize others.

FACT: Any intelligent person can learn to hypnotize others. But this does not mean that everyone should. Just as some people make better doctors than others, or better golfers, so some make better hypnotists. Moreover, success in this skill, as in any other, demands intense study and years of practice.

MYTH: The Hypnotist has absolute control over a client's mind and body.

FACT: This is the most injurious of all myths concerning hypnotism. No Hypnotist can make a person say or do anything contrary to their deep-rooted principles. A girl who perhaps would not normally be seen on a dance floor, in hypnosis might cast off her inhibitions and boogie. But a normally modest girl certainly could not be made to disrobe in front of a person, including the Hypnotist. Any suggestions that arouse sincere moral indignation or repugnance immediately cause the client to break the trance, either by coming out of it or by lapsing into ordinary sleep. Thus, as we have shown before, hypnosis is not an anesthetic that renders the person helpless; it is a means of releasing and intensifying his or her own personal power and ability. Ensure this myth is cleared in the pre-talk.

MYTH: Hypnotherapy requires a deep trance.

FACT: Hypnosis has many therapeutic uses, but results do not depend upon the depth of trance. Some nervous disorders can be completely cured in the lightest trance while another client with the same complaint may receive little benefit from anything but the deepest hypnosis.

MYTH: A client may not wake up after hypnosis.

FACT: There is not the slightest danger of this. The client, left to oneself, will fall into ordinary sleep and wake normally. How soon depends on the time of day. A client hypnotized soon after breakfast would probably wake within the hour; hypnotized late at night, they would probably sleep through to their normal waking hour the next morning.

Myths and Facts about Hypnosis

MYTH: Hypnotism is dangerous.

FACT: An automobile is not in itself dangerous, food is not dangerous, tranquilizers are not dangerous, but all of these things if misused can cause harm. Hypnotism practiced by unqualified Hypnotherapists can be dangerous. It is perfectly safe when used properly by an experienced practitioner who has proper training.

MYTH: A person knows nothing when they are hypnotized.

FACT: In light and medium stages of hypnosis, the client is fully aware of what is being said or done. When they come out of hypnosis they will remember every detail. They may actually deny that they were hypnotized at all. Even in deep trance most people hear and know all that is going on.

MYTH: The medical community condemns hypnotism.

FACT: The American Medical Association accepted the therapeutic value of hypnotism in June, 1958, as long as done by Medical Professionals. Canadian and British medical associations agreed on April 23, 1995. Hypnotism is used in many dentist offices to produce drugless anesthesia without suffering or anxiety to the patient. Hypnosis is being used by many surgeons for all kinds of operations. Many psychologists and psychiatrists use hypnosis with their patients.

MYTH: Hypnotherapy, like psychoanalysis requires ongoing, lengthy sessions.

FACT: With many clients, complete relief can be obtained in comparatively short time. On some occasions a couple of treatments are all that is required. Most require a series of treatments over several sessions.

MYTH: Hypnotherapy doesn't work as well as 'traditional therapies'.

FACT: Recovery Rates for Various Treatments:

Psychoanalysis: 38% recovery after 600 sessions

Behavior Therapy: 72% recovery after 22 sessions

Hypnotherapy: 93% recovery after 6 sessions

Source: American Health Magazine

August 2006 - <http://www.hypnosis101.com/training.htm>

Suggestibility Questionnaire 1

The following is a conditioned response test designed to help your Hypnotherapist assist you more rapidly with your program. It is important that you answer these questions truthfully, keeping in mind there are no "right" or "wrong" answers. Go with the first answer that comes to mind after you read the question. Try not to dwell on any question. Simply check "Yes" or "No" beside each question.

QUESTION		YES	NO
1	Have you ever walked in your sleep during your adult life?		
2	As a teenager, did you feel comfortable expressing your feelings to one or both of your Maternal and Paternal figures?		
3	Do you have a tendency to look directly into people's eyes and/or move close to them when discussing an interesting subject?		
4	Do you feel that most people you meet for the first time are uncritical of your appearance?		
5	In a group situation with people you have just met, would you feel comfortable drawing attention to yourself by initiating a conversation?		
6	Do you feel comfortable holding hands or hugging someone you are in a relationship with while other people are present?		
7	When someone talks about feeling warm physically, do you begin to feel warm also?		
8	Do you occasionally have a tendency to tune out when someone is talking to you, and at times not even hear what the other person is saying, because you are anxious to come up with your side of it?		
9	Do you feel that you learn and comprehend better by seeing and/or reading than by hearing?		
10	In a new class or lecture situation, do you usually feel comfortable asking questions in front of the group?		
11	When expressing your ideas, do you find it important to relate all the details leading up to the subject so the other person can understand it completely?		
12	Do you enjoy relating to children?		
13	Do you find it easy to be at ease and comfortable with your body movements, even when faced with unfamiliar people and circumstances?		
14	Do you prefer reading fiction rather than non-fiction?		
15	If you were to imagine sucking on a sour, juicy, yellow lemon, would your mouth water?		
16	If you feel that you deserve to be complemented for something well done, do you feel comfortable if the compliment is given to you in front of other people?		
17	Do you feel that you are a good conversationalist?		
18	Do you feel comfortable when complimentary attention is drawn to your physical body or appearance?		
TOTAL			

Suggestibility Questionnaire 2

The following is a conditioned response test designed to help your Hypnotherapist assist you more rapidly with your program. It is important that you answer these questions truthfully, keeping in mind there are no "right" or "wrong" answers. Go with the first answer that comes to mind after you read the question. Try not to dwell on any question. Simply check "Yes" or "No" beside each question.

QUESTION	YES	NO
1 Have you ever awakened in the middle of the night and felt you could not move your body and/or could not talk?		
2 As a child, did you feel that you were more affected by the tone of voice of your Maternal and Paternal figures than by what they actually said?		
3 If someone you are associated with talks about a fear that you too have experienced, do you have a tendency to have an apprehensive or fearful feeling also?		
4 If you are involved in an argument with someone, after the argument is over do you have a tendency to dwell on what you could or should have said?		
5 Do you have a tendency to tune out occasionally when someone is talking to you, perhaps not even hear what was said, because your mind has drifted to something totally unrelated?		
6 Do you sometimes desire to be complemented for a job well done, but feel embarrassed or uncomfortable when complemented?		
7 Do you often have a fear or dread of not being able to carry on a conversation with someone you have just met?		
8 Do you feel self-conscious when attention is drawn to your physical body or appearance?		
9 If you have your choice, would you rather avoid being around children most of the time?		
10 Do you feel that you are not relaxed or loose in body movements, especially when faced with unfamiliar people or circumstances?		
11 Do you prefer reading non-fiction rather than fiction?		
12 If someone describes a very bitter taste, do you have difficulty experiencing the physical feeling of it?		
13 Do you generally feel that you see yourself less favorably than others see you?		
14 Do you tend to feel awkward or self-conscious initiating touch (holding hands, kissing, etc...) with someone you are in a relationship with while other people are present?		
15 In a new class or lecture situation, do you usually feel uncomfortable asking questions in front of the group even though you may desire further explanation?		
16 Do you feel uneasy if someone you have just met looks you directly in the eyes when talking to you, especially if the conversation is about you?		
17 In a group situation with people you have just met, would you feel uncomfortable drawing attention to yourself by initiating a conversation?		

Suggestibility Questionnaire 2

18	If you are in a relationship or are very close to someone, do you find it difficult or embarrassing to verbalize your love for him or her?		
TOTAL			

Coastal Academy of Hypnotherapy's Scoring Chart for BOTH Suggestibility & Sexuality

Note: All suggestibility material is based on the work of Dr John Kappas

Q1 + Q2 = COMBINED TOTAL - Horizontal Axis

Q 1 T O T A L - V e r t i c a l A x i s		50	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200
	100											100	95	91	87	83	80	77	74	71	69	67	64	63	61	59	57	56	54	53	51	50
V e r t i c a l A x i s	95										100	95	90	86	83	79	76	73	70	68	66	63	61	59	58	56	54	53	51	50	49	48
	90									100	95	90	86	82	78	75	72	69	67	64	62	60	58	56	55	53	51	50	49	47	46	45
	85								100	94	89	85	81	77	78	71	70	65	63	61	59	57	55	53	51	50	49	47	46	45	44	43
	80							100	94	89	84	80	76	73	70	67	67	61	59	57	55	53	52	50	48	47	46	44	43	42	41	40
	75						100	94	88	83	79	75	71	68	65	63	62	58	56	54	52	50	48	47	45	44	43	42	40	39	38	38
	70					100	93	88	82	78	74	70	67	64	61	58	56	54	52	50	48	47	45	44	42	41	40	39	38	37	36	35
	65				100	93	87	81	76	72	68	65	62	59	56	54	52	50	48	46	45	43	42	41	39	38	37	36	35	34	33	33
	60			100	92	86	80	75	71	67	63	60	57	54	52	50	48	46	44	43	41	40	39	38	36	35	34	33	32	32	31	30
	55		100	91	85	79	73	69	65	61	58	55	52	50	48	46	44	42	41	39	38	37	35	34	33	32	31	31	30	29	28	28
	50	100	91	83	77	71	67	63	59	56	53	50	48	45	43	42	40	38	37	36	34	33	32	31	30	29	29	28	27	26	26	25
	45	90	82	75	69	64	60	56	53	50	47	45	43	41	39	38	36	35	33	32	31	30	29	28	27	26	26	25	24	24	23	23
	40	80	73	67	61	57	53	50	47	44	42	40	38	36	35	33	32	31	30	28	28	27	26	25	24	23	23	22	22	22	20	20
	35	70	64	58	54	50	47	44	41	39	37	35	33	32	30	29	28	27	26	25	24	23	23	22	21	21	20	19	19	19	18	18
	30	60	54	50	46	43	40	38	35	33	32	30	29	27	26	25	24	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15
	25	50	45	42	38	36	33	31	29	28	26	25	24	23	22	21	20	19	18	18	17	17	16	16	15	15	14	14	13	13	13	13
	20	40	36	33	31	29	27	25	23	22	21	20	19	18	17	17	16	16	16	15	15	13	13	13	12	12	11	11	11	11	10	10
	15	30	27	25	23	21	20	19	18	17	16	15	14	14	13	13	12	11	11	11	10	10	10	9	9	9	9	8	8	8	8	8
	10	20	18	17	15	14	13	13	12	11	10	10	9	9	9	8	8	8	7	7	7	7	6	6	6	6	6	5	5	5	5	5
	5	10	9	8	8	7	7	6	6	6	5	5	5	5	4	4	4	4	4	4	3	3	3	3	3	3	3	3	3	3	3	3
	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

SCORING INSTRUCTIONS - Count only YES answers on all Questionnaires

- SUGGESTIBILITY:** the FIRST 2 questions score 10 points each if answered YES, on both Questionnaires. Each remaining YES scores 5 points.
- SEXUALITY:** the 1st question ONLY scores 10 points if answered YES, on both Questionnaires. Each remaining YES scores 5 points.
- Total each Questionnaire separately for both the applicable '10' and '5' YES scores.
- Add the totals of both Questionnaires to find the COMBINED Total.
- Go to Chart to find suggestibility, locating Questionnaire 1's Total on the Vertical axis, and the Combined Total on the Horizontal axis.
- Follow chart to where the two Totals INTERSECT to find the client's suggestibility score.

Examples:

SUGGESTIBILITY Questionnaires

Q-1's total is 70, Q-2's total is 40, so Combined Total = 110

Intersection point on chart is at 64

Therefore, suggestibility is expressed as a 64% PHYSICAL SUGGESTIBLE.

Examples:

SEXUALITY Questionnaires

Q-1's total is 70, Q-2's total is 40, so Combined Total = 110

Intersection point on chart is at 64

Therefore, suggestibility is expressed as a 64% PHYSICAL SEXUAL.

Coastal Academy 8 Step Hypnosis Process

Basic Steps of a Hypnotherapy session with a PR

1. Build Rapport
2. Create a safe space/ask permission
3. Desensitize
4. Center
5. Induction
6. Progressive Relaxation (PR) script
7. Therapy
8. Exit

1. Build Rapport	<p>You are a team with the client</p> <p>Confidence in yourself and techniques</p> <p>Listening to the client, asking questions</p>
2. Safe Space/Ask Permission	<p>Private, quiet, client comfortable</p> <p>Ask to hypnotize and/or use touch</p>
3. Desensitize	<p>Familiarize client with common noises</p>
4. Center	<p>Focus client and re-associate (connect) them with their body.</p>
5. Induction	<p>Key Phrase to allow conscious mind to go.</p>
6. Progressive Relaxation (PR) Script	<p>Calming, relaxing script to create peace in mind, body and spirit.</p>
7. Therapy	<p>Suggestion to the sub-conscious to make a change.</p>
8. Exit	<p>Statement to end session and leave state of hypnosis.</p>

Basic Steps of a Hypnotherapy session with a PR

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1. Build Rapport	<p>You are a team with the client</p> <p>Confidence in yourself and techniques</p> <p>Listening to the client, asking questions</p>
2. Safe Space/Ask Permission	<p>Private, quiet, client comfortable</p> <p>Ask to hypnotize and/or use touch</p>
3. Desensitize	<p>Familiarize client with common noises</p>
<p><i>Now, if you will, please close your eyes, and begin to listen to all of the sounds that you can hear in the room. Perhaps you can hear the computer humming, the fax machine may beep, you will hear cars driving by on the road, you may hear planes overhead, or children next door. Just know, that each time you hear any of these noises, <u>or any other noises</u>, they will neither distract nor deter you from your session. In fact, each time you hear one of these sounds, or any other sound, it will help you to go deeper and deeper down into that peaceful calmness that you have chosen to experience today. You can actually use those sounds as a trigger to let yourself go even deeper into the calmness.</i></p>	
4. Center	<p>Focus client and re-associate (connect) them with their body. Do not rush this process</p>
<p><i>"Now, in your imagination, in your 'mind's eye' or pretend; I'd like you to find, in your physical body, that center core -A place you feel that you could pull all of your energy into. It's different for everyone. For some, it's in the chest, for others it is in their belly. There is no right or wrong place. Wherever that is for you, please pull all of your energy into that place now. (Give your client a moment to find that place and pull their energy in. For first time clients you can ask for a nod of confirmation that they have found it.)"</i></p>	

Now pull into that center core any of your energy that you have left anywhere else today; your car, your office, the traffic, your phone. Pull it all back into your core. That is your energy and belongs in your being.

Now, in your imagination, in your "mind's eye", drift out of your body, and go and move to the wall in front of you.....And then drift back into your body, into that center core. Deep into that Center core. Each time we do this and you come back in, you can go deeper and deeper in.

Come out of your body again, and go and touch the wall behind you.....And come back into your body now, deeper into that center core... Deep in...

Now, if you will, come out of your body and move to the wall on your right.....And then come back into your bodythat deep center core becoming a place that feels good to be in now. Sinking deep into that center core.....

Now please drift out of your body and go to the wall on your left.....and then come back in, deeper this time than you've been before.....deeper in, deeeeep down, to where it's beginning to feel familiar, and you are beginning to realize this is a safe place to be.

This time, come out of your body and check the chair beneath you, the floor supporting you.... And come back into your body, deep.... into that deep center core.

And now, see if you can float up out of your body and go all the way to the ceiling, way up, and float around up there, on your stomach, or your back, Feeling the weightlessness. And gently, slowly, drift down, like a (bubble, butterfly, leaf) floating gently and slowly down back into that wonderful, warm, deep center core of your physical body. Deep down now, snuggled deep into that center core where you can rest...

Now, gather up any little bits of energy you may have left anywhere in the room..... Bring them all back into your center core, where they belong. It's your energy; it belongs in your center core... And now rest for a moment.....

OPTIONAL-depending on your client

Now, imagine that you have a cord from the very base of your tailbone down to the center core of Mother Earth. All the way down, through the floor, through the earth. Wrap that cord around the crystal core of Mother Earth, free to move anywhere, and still grounded and strong. (You may also use the analogy of roots from the bottoms of their feet throughout the whole planet.)

5. Induction	Key Phrase or action to allow conscious mind to go.
6. Progressive Relaxation (PR) Script	Calming, relaxing script to create peace in

Coastal Academy 8 Steps + Scripts

	mind, body and spirit.
7. Therapy	Suggestions to the sub-conscious to make a change.
8. Exit	Statement to end session and leave state of hypnosis. Count UP out of hypnosis.
<p><i>I am going to count from one up to five and when I get to five you will be fully aware, totally emerged, and v notice how wonderful you feel.</i></p> <p><i>One: Slowly, calmly now, easily, you are beginning to return to full awareness.</i></p> <p><i>Two: Each muscle and nerve in your body is loose and limp and very calm, and you feel wonderfully good.</i></p> <p><i>Three: From head to toe, you are feeling perfect in every way- Physically perfect, mentally perfect, emotionally calm and serene.</i></p> <p><i>Four: Your eyes begin to feel sparkling and clear, as if you bathed them in a cool brook. Feeling calm, rested, refreshed, invigorated and full of energy.</i></p> <p><i>Five: You are fully aware now, fully emerged, open your eyes please. Take a good deep breath, a big stretch and notice how wonderful you feel.</i></p>	

Physical Progressive Relaxation Script

Step. 6 in the Coastal Academy 8 Step Hypnosis Process is the Progressive Relaxation. This is standard “physical” PR script designed to help the client achieve a state of calmness. On this first page is suggested vocabulary to help the client achieve calmness without telling them to “relax”. Try these phrases as appropriate and record you own.

Phrases:

Sense the stress and tension washing or melting away (use before the diaphragm only)

Sense of harmony flowing down through

Take a deep healing breath

Take a deep cleansing breath

Enjoying a sense of well-being

Perhaps you may feel total harmony and unity within you

Feel the calmness flowing through your muscles.

Words:

calmer

cosy

feel

float

harmonious

let go

limper

looser

mellow

peaceful

rest

restful

slack off

slow down

soften

soothing

still

tranquil

unwind

warm

watch

Physical Progressive Relaxation Script

1 - Eyelid muscles:

These are the smallest exterior muscles in the body and often carry a lot of tension. (Expand on how loose, limp and calm they are becoming.)

- Picture those tiny little muscles around the eyes
- Eyelids feeling so heavy
- All the muscles in and around the eyelids are becoming looser, limper and calmer

2 - Cheek muscles

Rest, Calmness flowing down into the muscles in the cheeks – notice how it drifts across the cheek muscles.... loosening them, they are beginning to feel slack and limp...

3 - Mouth

Calmness continues to flow down further into the muscles in and around the mouth letting the mouth become soft and serene.

4 - Jaw Muscles

Rest flowing up both sides of the jaw towards the ears
Softening those jaw muscles so that those muscles just hang completely loose
Breathe through the mouth if it's more comfortable

5 - Tongue

Allow the tongue to float to the roof of the mouth – that's where it rests when the body is asleep

6 - Neck muscles (but not the throat)

Allow the calmness to now progress down through the neck muscles

7 - Chest Muscles

Allow the muscles in and around the chest to simply go limp and calm

8 - Diaphragm (beneath the lungs)

The diaphragm has a very important job to do – it brings air into the lungs and exhales air out of the lungs.

Now you'll notice that every time you inhale you are inhaling calmness and every time you exhale you are exhaling any last little bits of tension left anywhere in your body (last mention of tension is here during this section of the body!)

Breathe in calmness, breath out those last little bits of tension or stress (Repeat twice)

Calmness and stress cannot co-exist so every time you breathe in calmness the body is filling with it and replacing the tensions that used to be there.

9 - Stomach Muscles:

Some people, especially women, tend to want to hold in their stomach. Encourage them to release the tummy for full breaths. Release muscles, let them go.

10 - Thighs:

These are strongest voluntary muscle in the human body as it has to support the body when it walks, so you'll ask the client to take an extra minute here.

Visualize or imagine that these very strong muscles are becoming calm and loose along with the tendons and ligaments... Just let go.

Physical Progressive Relaxation Script

11 - Knees

This calmness now moves down through the knees allowing calmness to flow down through the body

12 - Shins

13 - Ankles

14 - Feet

15 - Toes

You may feel a pulse or a tingling sensation - it's OK if you feel one, both or nothing; all of those choices are perfect.

16 - Bottom of feet

17 - Heels

18 - Calves

19 - Back of Knees

20 - Back of Thighs

21 - Lower Back

Take extra time here; feel that calm relaxation soothing through every part of your back

22 - Spine

Calmness moves up the spine, vertebra by vertebra

23 - Top of spine

24 - Bottom of neck

25 - Back of head

26 - Top of head

Loosen scalp muscles

Blood is flowing freely and naturally through all blood vessels, perfect circulations

All is calm and natural, the way nature intended it to be

27 - Forehead

28 - Sides of Neck

29 - Shoulder Muscles

30 - Shoulder Blades (beneath and around)

31 - Upper arms

32 - Elbows

33 - Lower arms

34 - Wrists

35 - Hands

36 - Fingers

Physical Progressive Relaxation Script

Step 7. Therapy

This is where you will insert any desired appropriate Therapy script- either written or creative free flow.

Step 8. Exit

"I am going to count from one up to five and when I get to five you will be fully aware, totally emerged, and will notice how wonderful you feel.

One: Slowly, calmly now, easily, you are beginning to return to full awareness.

Two: Each muscle and nerve in your body is loose and limp and very calm, and you feel wonderfully good.

Three: From head to toe, you are feeling perfect in every way- Physically perfect, mentally perfect, emotionally calm and serene.

Four: Your eyes begin to feel sparkling and clear, as if you bathed them in a cool brook. Feeling calm, rested, refreshed, invigorated and full of energy.

Five: You are fully aware now, fully emerged, open your eyes please. Take a good deep breath, a big stretch and notice how wonderful you feel.

NOTE: Count *"up out of"* hypnosis, the reverse of when you counted the client *"down into"* hypnosis.

First Meeting Quick Reference

Build Rapport

- Build trust by projecting a professional attitude and a confidential environment
- Room is professional, calm, free of clutter, smells good, private
- Be objective and non-judgmental
- Be a good listener
- Ask open-ended questions
- Resist temptation to give advice or “diagnose” client
- Acknowledge the client’s comments
- Make the client feel comfortable.
- Laughter is a great tension breaker
- Be honest about what you are willing to deal with.
- Relax and enjoy meeting your new client.

✓ Health History Questionnaire	Fill out Health History Questionnaire Privacy - Discuss privacy and confidentiality
✓ Discuss Hypnosis	Review Health History Questionnaire Ask about hypnosis knowledge or experience Explain about hypnosis
✓ How my practice operates	Capability Statement – Why and how I can help Fees & schedule: Provide handout including ,fees, packages, cancellation costs, business hours Number of appointments required to treat the client
✓ Ask Permission	Permission to hypnotize Permission: to take notes or record sessions (audio, video). Client signs waiver on Health History Questionnaire

Original Date:
Dates Revised:
Suggestibility Score
/ = %

HEALTH HISTORY QUESTIONNAIRE

All questions contained in this questionnaire are strictly confidential and will become part of your personal treatment record. This information cannot be shared without your expressed consent.

Name <i>(Last, First, M.I.)</i>		<input type="checkbox"/> M <input type="checkbox"/> F	DOB:
Home Address			
Phone	Home: Mobile:	Work:	Can we leave personal messages on phone? <input type="checkbox"/> Yes <input type="checkbox"/> No
Email		What is the best way to contact you?	
Marital status	<input type="checkbox"/> Single <input type="checkbox"/> Partnered <input type="checkbox"/> Married <input type="checkbox"/> Separated <input type="checkbox"/> Divorced <input type="checkbox"/> Widowed		
Who referred you or how did you hear about us?			
Have you ever been hypnotized? <input type="checkbox"/> Yes <input type="checkbox"/> No Date last hypnotized: Hypnotherapist: Reasons for hypnosis: Results from your perspective:			
Please list your CURRENT goals for hypnotherapy:			
PERSONAL HEALTH HISTORY			
Any problems that other health care practitioners (doctors, healers, etc.) have diagnosed?			

Have you ever had serious accidents, injuries or illnesses? Please include surgeries or hospitalizations.					
Year	Details				
What other traumas are you aware of experiencing in your lifetime?					
Year	Details				
Do you have any specific fears or phobias that you are aware of? (e.g. flying, heights, water, etc.) Please include any recurring bad dreams.					
Issue	Details				
List any prescribed drugs, over-the-counter drugs, vitamins, remedies or inhalers that you are using.					
Name of Product	Strength	Frequency Prescribed	Taken	and	Reason

Alcohol/Drugs	Are you concerned about the amount you drink?			<input type="checkbox"/> Yes	<input type="checkbox"/> No
	Are you concerned about drug use, pharmaceutical or street?			<input type="checkbox"/> Yes	<input type="checkbox"/> No
	Would you like to discuss alcohol or drug use during your treatment?			<input type="checkbox"/> Yes	<input type="checkbox"/> No
Tobacco	Do you use tobacco?			<input type="checkbox"/> Yes	<input type="checkbox"/> No
	<input type="checkbox"/> Cigarettes # day	<input type="checkbox"/> Chew #/day:	<input type="checkbox"/> Pipe #/day:	<input type="checkbox"/> Cigars #/day:	
	How many years?		Year stopped smoking?		
	Would you like to discuss tobacco use during your treatment?			<input type="checkbox"/> Yes	<input type="checkbox"/> No
	Are there any other personal safety concerns you wish to highlight? If so, please describe below			<input type="checkbox"/> Yes	<input type="checkbox"/> No

GENERAL WELLNESS

Assisting me to understand your current emotional and mental state can help considerably with your treatment. Please consider answering the following questions:

Is stress a major problem for you?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you feel depressed?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have anxiety or panic when stressed?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have problems with eating, or with your appetite?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have trouble sleeping?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have you ever been to a counselor? If yes, please describe.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Was the counseling of assistance to you?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

WOMEN

Are you pregnant?

Would you like information about Hypnosis for Birth?

OTHER

CHECK IF YOU HAVE, OR HAVE HAD, ANY SYMPTOMS IN THE FOLLOWING AREAS TO A SIGNIFICANT DEGREE AND BRIEFLY EXPLAIN.

<input type="checkbox"/> Skin	<input type="checkbox"/> Chest/Heart	Recent changes in:
<input type="checkbox"/> Head/Neck	<input type="checkbox"/> Back	<input type="checkbox"/> Weight
<input type="checkbox"/> Ears	<input type="checkbox"/> Intestinal	<input type="checkbox"/> Energy level
<input type="checkbox"/> Nose	<input type="checkbox"/> Bladder	<input type="checkbox"/> Ability to sleep
<input type="checkbox"/> Throat	<input type="checkbox"/> Bowel	<input type="checkbox"/> Other pain/discomfort:
<input type="checkbox"/> Lungs	<input type="checkbox"/> Circulation	

Would you like to share any other information that you feel is relevant to your treatment?

Thank you for sharing this information. This information will assist the practitioner to tailor your treatment appropriately. By signing this health record you agree that you have provided this information voluntarily and are undertaking hypnotherapy with this office voluntarily. You agree to release this practitioner from all liability and will not hold the practitioner responsible in any way for outcomes resulting from methods, instructions and programs used in the course of your treatment.

Signed

Date

Practitioner Notes: