

Notes from this Lesson

Signs of Hypnosis

- Rapid Eye Movement
- Eye Roll
- Eyelid Flutter
- Lacrimation
- Shifts in body temperature
- Changes in breathing
- Lethargic or limp state
- Dryness in the mouth
- Face flushes
- Pink eyes

4 Types of Trances and how / when they occur

WAKING HYPNOSIS

- Emotion, credibility of an authority figure, focus

SLEEPING HYPNOSIS

- The client is in a light sleep and receives hypnotic suggestions

NATURAL HYPNOSIS

- During daily activities (driving, daydreaming, exercising)

TRANCE HYPNOSIS

- Through the use of an induction during hypnosis

Tests for the 4 depths of hypnosis

1. HYPNOIDAL - Eye Challenge
2. CATALEPTIC - Arm Rigidity
3. SOMNAMBULISTIC - Recall before age 5
4. ESDAILE - Client does not respond to exit

In your own words...

Write a summary of the functions of the Conscious, Critical and Subconscious Minds. What is the role of the Hypnotist in this?
