

Practice Objectives:

- Practice the Coastal 8 Step Hypnosis process you just learned to perform a Hypnosis session with a Progressive Relaxation (PR).
- Use some of the vocabulary and positive phrasing that has been recommended.
- Test out your PR Session script.
- Gather constructive feedback from your practice subject about your style.

Instructions:

In this activity you will use the Physical PR Script to do a Hypnosis session on your practice partner. Please ask your practice partner to think of a reason they are coming in for hypnosis. *Some examples: feeling depressed, trouble sleeping, recent trauma, wants increased confidence, etc.*

- Use the Coastal Academy 8 Step Hypnosis Process
- When you get to the PR step, use the “Physical PR” script from the Scripts Pack.
- Focus on being yourself.
- Use a new Health History Questionnaire for each client.
- Use the First Meeting Quick Reference with each client.
- Ask your practice partner for feedback on how they felt during the practice session.
- Make notes so you know what to work on next time.

You Will Need:

- ✓ A partner to practice with, preferably someone that is comfortable giving you feedback
- ✓ This instruction sheet
- ✓ Health History Questionnaire
- ✓ First Meeting Quick Reference
- ✓ Coastal Academy 8 Step Hypnosis Process With Scripts
- ✓ “Physical PR” Progressive Relaxation Script
- ✓ Session Notes
- ✓ Pen and paper

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

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:

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

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<p>1. Build Rapport</p>	<p>You are a team with the client</p> <p>Confidence in yourself and techniques</p> <p>Listening to the client, asking questions</p>
<p>2. Safe Space/Ask Permission</p>	<p>Private, quiet, client comfortable</p> <p>Ask to hypnotize and/or use touch</p>
<p>3. Desensitize</p>	<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>	
<p>4. Center</p>	<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, deeeeeep 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.)

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

	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 you will 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>	

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

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
Soften 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.

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

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.

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

Session Notes

Client:

Date:

Suggestibility:

Session #

Sexuality:

Key observations from last session:

Goals for this session:

	STEPS	Type or Name of Script	Effective?
	Desensitize		
	Center		
	Induction (s)		
	Deepeners		

Session Notes

Client:

	Challenges/Tests		
	PR's		
	Therapy Scripts		
	Interactive Therapy Approach		

OBSERVATIONS