



CLINICAL WORKSHOP RESOURCE CHIASSON'S INDUCTION TECHNIQUE

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Put your arm straight in front of you. Now bend your elbow and bring the back of your hand just above the level of your eyes.

Make sure that your fingers are together.

Now watch your hand, your fingers will begin to spread and as your fingers spread more and more, your hand will gradually float 1 to your face, and when your hand touches your faces, your eyelids will close and you can get completely relaxed.

Watch your hand and as your fingers spread more and more, your hand will get closer and closer to your face; and as your hand gets closer and closer, your eyelids get heavier and heavier.

Closer and closer - heavier and heavier. That's right - as your fingers spread more and more - your eyes get heavier and heavier, and when your hand touches your faces, your eyelids will close (if they are not already closed), and you can get deeply relaxed.

That's right! Your fingers are spreading more and more and your eyes are getting heavier and heavier and your hand is getting closer and closer, and it doesn't matter which part of your hand touches your face - it can be the back of your hand, your thumb or finger but when your hand touches your face, your eyelids can stay closed, and you can get deeply relaxed.

Variation of these are used until the hand touches the face and the subject is told:

O.K., as your hand gradually comes down on the arm of your chair or into your lap, you can go deeper and deeper-

Let -

- Your toes relax
- Your ankles relax
- Your feet relax
- Your knees relax
- Your thighs relax

- Your hips relax
- Your tummy - from the chest margin to the top of your thighs - inside and out - front and back.

Let—

- All your chest muscles relax, so that your breathing is slow and easy and with each breath you can go deeper ...
- All your back muscles
- Your shoulders and arms
- Your elbow and wrists
- Your hands and fingers All your neck muscles
- Every muscle in your face and even the muscles of your scalp and forehead.
Nice and loose and relaxed

From here a deepening technique with utilization of hypnosis for therapy is done. Each person should adapt his own verbalization to this so that he is completely comfortable and natural with it.