Small Group Practice #2

- **Elicitation: Eye-Fixation**
  - Just allow yourself to find a comfortable position in the chair
  - Now, keeping your head looking forward, find a spot above your eye level and focus your attention on it… that's right…
  - And as you look more closely at it, notice how it begins to change in some way, perhaps the size or color…
  - As you continue to look at this spot, soon you'll notice that the eyelids begin to move…begin to get heavy and want to close…and when they do, the eyes and the body will relax, and you'll enter a safe and comfortable state of trance…
  - There…notice how comfortable that is as you settle into a safe and welcome state of trance…

Small Group Practice #2

- **Elaboration: Breath Focus**
  - And as the body and mind continue to relax…just allow the body to breathe on its own as you observe the rise of the breath as the body breathes in…and the fall of the breath as the body breathes out…
  - And as the breath switches over from the inhalation to the exhalation… notice the welcome sense of release that occurs and how the body relaxes in ways just right for you…

Small Group Practice #2

- **Establish Communication**
  - And as the sensations of relaxation in the body become clear to you…words will come to mind to describe them, and you'll be able to give voice to them and communicate them to me…
  - That's right _____(restate the description the client provided)… notice how relaxing and comfortable the sensation(s) of _____ feels as it grows stronger and clearer with each exhale…
- **Post-hypnotic Suggestion for Generalization & Maintenance**
  - "And now you'll find that you no longer need to focus on anything in particular to maintain these feelings of relaxation (or other state, sensation, or feeling, or belief established.)…"

Small Group Practice #2

- **Reorientation**
  - And now as these welcome feelings of __[client's descriptors]__ remain with you, notice how securely the chair holds and supports your body as you focus on being at home (in the office here today)…feeling your feet making contact with the floor…noticing the sounds around you…
- **Realert**
  - **And now you'll find that you can return yourself to your fully alert state at a pace that's right for you…and when your eyes open, that will be your way of indicating that you're fully alert…the mind refreshed and clear…all healthy feelings remaining with you** and ready to learn…