Demonstration
&
Small Group Practice #3

- Eye-Roll Induction
- Increase Experience of Support
- Ego-Strengthening
- Communication & Amplification
- Post-Hypnotic Suggestion
- Reorientation
- Realert

Small Group Practice #3

- **Elicitation: Eye-Roll Induction**
  - **One**: Roll the eyes up as if you're looking out the top of your head
  - **Two**: Slowly close the lids, take in a deep breath, & hold
  - **Three**: Relax the eyes, release the breath, and imagine yourself floating downward…there will be something warm and welcome about this sense of floating downward…
- **Elaboration: Increase Experience of Support**
  - And as the body settles into the chair, notice the sensations of the chair making contact with the body…
  - Notice how securely the chair holds and supports the body…
  - Notice how you can relax into that support as you come to experience the support more fully in some way…

Small Group Practice #3

- **Ego-Strengthening**
  - "And now as you continue to relax into that support, a scene will come to mind of a time when you felt particularly accomplished and good about yourself…and when that scene is clear to you, you can let me know with a nod of your head…"
- **Communication and Amplification**
  - Notice how that sense of accomplishment or pride feels to you…and as that becomes clear, words will come to mind to describe it and you can communicate to me what is appropriate to share in this group setting…
  - Yes, notice how good that feeling/sense of _____ is and how it fills your mind and body to your satisfaction as it grows stronger with each breath and exhale…

Small Group Practice #3

- **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 [sensation, or feeling, or belief established]…"
- **Reorientation**
  - And now as these welcome feelings of [sensation, or feeling, or belief established] remain with you, notice how securely the chair holds and supports your body as you focus on being in your home (the office) today…feeling your feet making contact with the floor…noticing the sounds around you…

Small Group Practice #3

- **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…