



**CLINICAL HYPNOSIS
PARTICIPANT RESOURCE GUIDE**

**SMALL GROUP OBJECTIVES
&
WORDS, PHRASES, & NON-VERBAL COMMUNICATION
TO REINFORCE TRANCE**

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Educational Objectives for Each Small Group Session

SGP 1

Educational Objectives for this session:

At the conclusion of this session the participant will be able to:

- *Demonstrate one method to build attunement (rapport) with the subject.*
- *Facilitate at least one elicitation and reorientation method with a member of the group, describe his/her responses, and what they observed in the behavior of the participant: and*
- *Adapt the hypnotic process/procedures to the observed behavior of the subject in trance.*

SGP2

Educational Objectives for this session:

At the conclusion of this session the participant will be able to:

- *Demonstrate the ability to build attunement (rapport) with the subject different from previous practice session.*
- *Facilitate at least one elicitation method, one intensification method and reorientation method with a member of the group different from previous practice session, describe his/her responses, and what they observed in the behavior of the participant: and*
- *Adapt the hypnotic process/procedures to the observed behavior of the subject in trance.*

SPG3

Educational Objectives for this session:

At the conclusion of this session the participant will be able to:

- *Demonstrate the ability to build attunement (rapport) with the subject different from previous practice session.*
- *Facilitate at least one elicitation method, one intensification method, an ego strengthening suggestion and reorientation with a member of the group different from previous practice session, describe his/her responses, and what they observed in the behavior of the participant: and*
- *Adapt the hypnotic process/procedures to the observed behavior of the subject in trance.*

SPG4

Educational Objectives for this session:

At the conclusion of this session the participant will be able to:

- *Demonstrate the ability to build attunement (rapport) with the subject different from previous practice sessions by identifying ego strengthening suggestions of interest to subject to use in the treatment phase of the process.*
- *Facilitate at least one elicitation method, one intensification method, an ego strengthening suggestion, elicit hypnotic phenomenon and reorientation with a member of the group different from previous practice session, describe his/her responses, and what they observed in the behavior of the participant.*
- *Adapt the hypnotic process/procedures to the observed behavior of the subject in trance; and*
- *Clarify readiness for incorporating hypnosis into practice.*

Participant Resources

Words of encouragement

Yes...	Notice...
That's right...	When...
Good...	You may be surprised...
Hmmmm...	You may be curious...
You're doing great...	Just right for you...
I wonder...	

Words to introduce a suggestion

Notice...	When...
Allow...	Soon...
Imagine...	I wonder...
Perhaps...	

Phrases to reinforce trance

- *Perhaps you are beginning to recognize all those comfortable hypnotic sensations in your arms or legs – perhaps a heaviness, or maybe a lightness...those comfortable hypnotic sensations in your arms or legs that allow you to know that you are in a comfortable hypnotic trance where you can enjoy the gentle rhythm of your breathing and the depth of your comfort....where you can tap into your inner resources and strengths. Strengths you may never have realized you had*
- *As you do this more and more for yourself, you will probably be very proud of what you are learning and accomplishing.*
- *You have discovered a place inside of you, a place of inner strength and resources, a place that you can return to whenever and wherever you want for your own benefit*

Nonverbal Communication

- Clinician places hand on patient's shoulder and applies gentle downward pressure on exhalation When patient's eyes are open, the clinician may purposely have heavy, drooping eyelids
- A long audible exhalation
- Head nod with exhalation

Examples of Ego Strengthening Language /Reminders

Isn't reassuring to know that there is such a peaceful place in YOU

you can be pleasantly surprised by the strengths that you were not aware you possessed

... and as you begin to return to a fully wakeful state . . . back to this time and this place . . . when you're ready . . . and only when you're ready . . . in the next few moments . . . just begin to allow your eyes to slowly re-open . . re-orient yourself . . . feeling relaxed. . . refreshed. . . rested. . . alert. . . awake
.....

. calm. . . comfortable. . . confident. . . secure . . . knowing that you have within yourself.the ability to control all that you think. . . and all that you feel.....and all that you do. This is a marvelous, natural ability that you already have. All you need to do is gently. . . in whatever way is right for you.remind yourself that you already have this marvelous, natural ability that knows just how to work. .. in just the right way. . .for you. . . all you have to do is allow your own ability to work just as you know how.

. . . and I wonder . . . how interesting it might be . . . to discover . . . how your mind . . . and body . . . find just the right way to

. . . as you learn . . . the skills . . . of creating this comfort . . . it will help you . . . calmly..... comfortably . . . easily . . . through your upcoming procedure . . . and rapid recovery afterwards to restore optimal function . . . and balance . . . and comfort

. . . and every day . . . you will find yourself . . . better able to (include relevant suggestions)and achieve for yourself . . . that picture of yourself . . . you have in your mind's eye . . . as you want to be . . . as you can be . . . as you will be . . .

. . . and you will find it much easier . . . to tolerate . . . the persons . . . and places . . . and things that in the past . . . would disturb . . . or annoy you..... yourself . . . and you will be able.....to adjust yourself . . . and your responses . . . to your environment . . . even though you cannot change it . . .

“... and I wonder how interesting it will be . . . to discover . . . just how your mind and body find just the right way . . . to rebalance . . . and find just the right way . . . to

Gentle Reminders

- Invite and be curious
- Rapport
- Individualize suggestions
- Can be Direct or Indirect (can use either or both)
- Observe
- Be supportive
- Positive language
- Positive reinforcement
- Timing
- Repetition
- Reinforce partial responses
- Encourage Dissociation and involuntary response
 - Shift to dissociative language
 - Encourage sense of involuntariness
 - Build anticipation and expectation
 - Adjust to the patient's rhythm and response

Diaphragmatic Breathing

Linda Thomson, MSN, APRN, ABMH, ABNH

Gently place your palms on your belly near your navel. Begin noticing your breathing. Not breathing up in your shoulders, but rather way deep down in your belly. Feel the rise and fall of your abdomen with each breath you take. That's right. Breathing way down deep in your belly.

Breathe in comfort. And breathe out stress. . . .

(Time your words with the patient's breath. Go slow and pause frequently. Accentuate words like "down" and "deeper".)

Breathe in relaxation. And let go of tension. . .

(Pause for several cycles of breathing.)

Allowing your breath to take you down, deeper and deeper relaxed.

Strong with the breath in and calm with the breath out.

Perhaps you are beginning to notice that each time you let go of a breath, you let go of a little muscle tightness.

(Pause and wait for the next exhalation.)

You let go of a little muscle tension. That's right.

Good. Allow your breath to take you deeper and deeper relaxed. As you breathe in – think RE
..... and as you exhale – think LAX

RE. . . . LAX. . . .

(Pause for several cycles of breathing.)

Breathing in to the count of 3, ... and breathing out to the count of 5

Going deeper and deeper relaxed. . . . That's right you are doing this very well Sinking into comfort with each breath that you take More and more relaxed. . . . More and more comfortable Just breathing will do that . . . Something that you already know how to do . . . Something you already do so well. . . .

You have learned something very important here today . . . *(Pause, to arouse curiosity.)* . . . And that's . . . that you have the ability to give yourself a gift, . . . a gift of this experience. . . whenever and wherever you want or need to. . . no matter where you are or who you are with Anytime in the future that you would like relief from stress or tension, anytime you would like to feel a greater sense of control . . . of calm, . . . or of comfort. . . . All you need to do, is to focus on your breathing.

Begin breathing way down deep in your belly. Strong with the breath in and calm with the breath out Slow and deep. Breathing in comfort and exhaling stress. Breathing in confidence and letting go of tension. Allowing your breath to take you deeper into relaxation.

It is a gift that you give yourself because you deserve it. And you may be surprised to notice that each time you practice doing this, it becomes easier and easier and you can find that inner place of calm and comfort even more quickly. It is a gift that you give yourself.

Eye Fixation

David Reid, PhD

2018

I invite you to take a moment and allow your eyes to find a spot that you can focus on.... It can be anywhere....

Maybe a part of your unconscious mind can help you settle and focus and be absorbed on that spot....

Great.....As you focus on that spot.... notice how clearly you can see it,... as areas around it become a little blurry..... It may even seem like it moves a little. ...And with each breath you release . . . becoming even more and more focused and absorbed..... And at anytime if it seems you could see even better with those eyes closed,... you are welcome to close them.... And isn't it interesting.... that as I'm speaking to you ...and as you're staring out in the distance at that spot,... that one part of your mind can hear and understand words I'm saying... and another part of your mind can allow you to be somewhere else . . . (if eyes are still open you can say this) I wonder... if your experience would be different if those eyes were closed. ..You are welcome to just see which seems more helpful for your trance..... Still noticing with each breath you release... how much more comfortable you can be... and how much deeper into trance you can go.

If eyes remain open you can say: "And right now as you focus on that spot,... seeing it however you see it, ... also notice what you can see that isn't there... Perhaps a place your unconscious mind can create for you now...A place that's familiar... or a place you've never been too,... or a place you can create in your own way.... Just allowing the unconscious mind that opportunity. ...Notice how clearly you can see things. . .

Eye Roll Elicitation: As Easy As 1-2-3 Version

Explain to the patient first:

It's as easy as 1 - 2 - 3 -

On **1** you do one thing:

(1.) Look up, up, up!

On **2** you do two things:

(1.) Close the eyelids, keeping the eyes looking way up

(2.) Take a really deep breath in and hold...

On **3** you do three things!

(1.) Relax the eyes

(2.) Release the breath and

(3.) Float down (*allow your voice to go down*) to a comfortable space where something wonderful is waiting for you.

So if you are ready to get comfortable...It's as easy as 1 - 2 - 3!

On **1** you do one thing: Look up, up, up!

On **2** you do two things: Close the lids ... Take a deep breath in and hold... On **3** you do three things:

Relax the eyes... Release the breath and float down to a comfortable space where something wonderful is waiting for you.

Notice the easy, rhythm of your breathing... Strong as you breathe in... (*mirror breath*)

Calm as you breathe out...(*mirror breath & allow your voice to go down*)

Strong..... Calm.....(*timed with their breathing*)!

Notice the calm and comfort in your body... As you allow your breathing to make you even more comfortable...Even more relaxed.

Breathing in calm and comfort... Exhaling stress... Becoming more, and more comfortable...

Now go somewhere wonderful in your imagination on a glorious day.

Levitation and Reverse Levitation

Linda Thomson, MSN, APRN, ABMH, ABNH
2018

I invite you to get comfortable and extend both arms out in front of you. Position one with the palm down and the other with the palm up.

Imagine that on this hand (the one with the palm facing up) I am placing a very large, **heavy** book. It has a lot of **weight** to it. (*Using your hand send the ideomotor signal that the weight is going down*) On the other hand, I am tying around the wrist a big beautiful helium balloon. (*Using your thumb and finger on the side of their wrist send the ideomotor signal that the hand is going up.*) You know about helium balloons they just want to go **up**. Just focus on the difference in those two sensations. One arm **trying** to support the **weight** of that **very heavy** book and the other **comfortably supported** by that big helium balloon that is just holding it **up** in a very comfortable position.

*(Comment on whatever you observe happening. For example: That's right, feeling the **weight** of that **heavy** book. Or alternatively: Yes, that balloon is **lifting**, that arm **lighter** and **lighter, higher** and **higher**.*

And now imagine that I am placing a second book, an even **heavier** book on this hand (the one with the palm facing up). And you may notice how that hand and arm just got twice as **heavy** as it was just a moment ago. While the arm with the balloon continues to feel **comfortably supported** by that helium balloon.

(Comment on whatever you observe happening. If you are not observing much change in the position of the arms, don't assume they are not feeling it. Ask them -) Tell me what you are experiencing.....

Would it be alright with you to allow those eyes to close so that you can experience the incredible power of your imagination even more deeply.

As you allow the books to slip away, that arm can now drift down into a comfortable position. I am not sure whether you will decide to release the balloon or just allow it to continue to support that other arm there in space as you go deeper and deeper inside - inside to that place of inner strength, strength you may have never not know you had. That place inside you that has the power to change the sensations in your body just by tapping into those inner resources.

Sand Bucket Elicitation Technique*

- "I'D LIKE YOU TO HOLD BOTH ARMS OUT IN FRONT OF YOU, LIKE THIS."
- "THAT'S FINE!"
- "NOW, TO ELIMINATE VISUAL DISTRACTIONS, AND TO HELP YOU USE YOUR IMAGINATION MORE EASILY, PLEASE CLOSE YOUR EYES."
- "ALL RIGHT, I WOULD LIKE YOU TO IMAGINE THAT I HAVE AN EMPTY SANDPAIL, AND I AM GOING TO ASK YOU TO LET ME HANG THIS PAIL BY THE HANDLE OVER ONE OF YOUR WRISTS. O.K.? GOOD!"
- "I ALSO HAVE A BIG PILE OF SAND, AND I AM GOING TO SHOVEL SAND INTO THE BUCKET WITH MY SHOVEL."
- "AS I TAKE THE FIRST SHOVELFUL OF SAND AND DUMP IT INTO THE BUCKET, YOU CAN HEAR THE SOUND OF THE SAND AS IT HITS BOTTOM AND BOUNCES OVER TO THE SIDES. AND, OF COURSE, YOU CAN BEGIN TO FEEL THE WEIGHT."
- "AND THE NEXT SHOVELFUL HAS A DIFFERENT SOUND, NOT SO LOUD. AND AS I CONTINUE TO SHOVEL MORE AND MORE SAND INTO THE BUCKET, IT BEGINS TO FEEL **HEAVIER** AND **HEAVIER** ON YOUR WRIST."
- "AND AS THE BUCKET GETS **EVEN HEAVIER** YOUR WHOLE ARM GETS VERY, VERY TIRED WITH THE STRAIN OF HOLDING THAT **HEAVY** BUCKET. AND GRADUALLY YOUR ARM BEGINS TO DROP A LITTLE."
- "AND I CAN CHEAT AND ADD SOME WET SAND, BECAUSE WET SAND IS ALWAYS HEAVIER THAN DRY SAND, AND THE WEIGHT OF THE BUCKET PULLS DOWN MORE AND MORE ON YOUR ARM."
- "YOU TRY TO KEEP HOLDING THAT PAIL UP."
- "YOU CAN LOOK FORWARD TO THE TIME WHEN YOUR ARM TOUCHES YOUR LAP AND ALLOWS THE STRAIN AND TENSION TO DRIP OUT OF YOUR FINGERTIPS."
- "ANOTHER SCOOP OF SAND, AND YOUR ARM IS SO TIRED THAT YOU CAN WONDER JUST HOW SOON IT WILL GET TIRED ENOUGH TO REACH YOUR LAP THAT'S THE WAY."

(CONTINUE IN THIS WAY UNTIL THE ARM IS CLOSE TO TOUCHING)

- "AND AS THE BUCKET BEGINS TO TOUCH, YOU CAN GET READY TO LET IT GO."
- "THAT'S RIGHT JUST LET THE BUCKET DISOLVE."
- "AND LET ALL THE TENSION, ALL THE STRAIN IN THAT ARM DRAIN RIGHT OUT THE ENDS OF YOUR FINGERS"
- "TAKE A BIG BREATH AND AS YOU EXHALE, RELAX ALL OVER."
- "ENJOY YOUR WELL-EARNED REST."
- THANK YOU SO MUCH FOR COOPERATING AND THAT'S REALLY ALL THERE IS TO IT."
(IF THE OTHER ARM HASN'T DROPPED, SAY "LET YOUR OTHER ARM RELAX IN YOUR LAP".)

- "I'D LIKE YOU TO HOLD BOTH ARMS OUT IN FRONT OF YOU, LIKE THIS."
- "THAT'S FINE!"
- "NOW, TO ELIMINATE VISUAL DISTRACTIONS, AND TO HELP YOU USE YOUR IMAGINATION MORE EASILY, PLEASE CLOSE YOUR EYES."
- "ALL RIGHT, I WOULD LIKE YOU TO IMAGINE THAT I HAVE AN EMPTY SANDPAIL, AND I AM GOING TO ASK YOU TO LET ME HANG THIS PAIL BY THE HANDLE OVER ONE OF YOUR WRISTS. O.K.? GOOD!"
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- "AND THE NEXT SHOVELFUL HAS A DIFFERENT SOUND, NOT SO LOUD. AND AS I CONTINUE TO SHOVEL MORE AND MORE SAND INTO THE BUCKET, IT BEGINS TO FEEL **HEAVIER** AND **HEAVIER** ON YOUR WRIST."
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- "TAKE A BIG BREATH AND AS YOU EXHALE, RELAX ALL OVER."
- "ENJOY YOUR WELL-EARNED REST."
- THANK YOU SO MUCH FOR COOPERATING AND THAT'S REALLY ALL THERE IS TO IT."
(IF THE OTHER ARM HASN'T DROPPED, SAY "LET YOUR OTHER ARM RELAX IN YOUR LAP".)

*Resource: The "Art" of the Science of Healing, West Virginia University Annual Hypnosis Workshop, Morgantown, WV, Modified, 2002.

Diagnosis and Treatment Plan Form (Anxiety) for Treatment Planning Session

(1) Utilizing the intake history and assessment for this patient, complete this form.

Case history - *onset, duration, severity, areas of life interference, etc. patient goal. Situational, characterological. Patient/client strengths (subjectively perceived or patient reported, sensory strengths)*

Sensory Strengths (Primary, Secondary, Tertiary):

Auditory____Visual____Kinesthetic____

(2) Focal Problem: Anxiety (future oriented, disorder of anticipation)

(3) Physiological/Psychological Manifestations/Symptoms (check all that apply).

Tachycardia Shortness of breath Tremors/Shaking/Sweating

GI Upset Racing thoughts Sleep disturbance

Headache Future orientation Fatigue

Cognitive slowing Concentration difficulties Akathisia (Restlessness)

Muscle tension Hypervigilant Rumination

Cognitive distortions (*catastrophizing, all-or-nothing*)

Did the patient come to you specifically for hypnotic treatment? Whose idea was it? Are they voluntary, involuntary (referred and by whom)? Did you do informed consent as it applies to your professional discipline? Have you proposed hypnosis as an effective, adjunctive treatment strategy?

(4) Elicitation: (e.g. Focused breathing)

(5) Intensification

(6) Trancework may include

Always a good idea to utilize patient's language, strengths, motivation and goals; Use what the patient brings to the situation; and

Repeat of suggestions.

(A) Ego strengthening (check all that you might use) Helping them access resources
You are worthy of self-care; Building positive expectancy; Resilience
Building capacity, mastery and self-efficacy Envisioning a positive future self-Imagining positive outcomes

(B) Hypnotic phenomena that may serve as trance ratification/validation
In the assessment of the client and throughout the hypnotic experience you should be noticing, eliciting, and utilizing physiological/psychological characteristics or hypnotic phenomena seen in trance.

Age progression imaging the future successful self

Include in plan based upon the patient, case, and treatment priorities:

(A) Anchoring image/object/cue - place of calm and comfort (why not “relax”)

(B) Breathing techniques

(C) Progressive muscle relaxation

(D) Cognitive restructuring and reframing (*slowing things down, stop sign, whiteboard and eraser*)

(E) Age regression/progression

(7) Post-hypnotic suggestion (use if the patient/case/situation warrant it)

- Ownership of the experience (*You have given yourselves the gift of this experience. Can return at anytime to this place of calm because they did this for themselves.*)
- When working with a patient with anxiety it is important that they have homework outside of their visit, practicing their breathing, using their anchor, etc. (*Imagining practicing and using the strategies both in calm states and anxiety-provoking situations.*)
- Include a somatic, ideodynamic or grounding cue/object to return to this state
- Ease of returning to hypnotic state

(8) Reorient

(9) Process the experience with the patient.

(10) Ideas for subsequent sessions: Is this client/patient ready to learn self-hypnosis?

Other treatment strategies that can be used in conjunction with hypnosis:

CBT

Biofeedback

Psychoeducation

Anxiolytic (anxiety with agitation)

Diagnosis and Treatment Plan

Utilizing the intake history and assessment for this patient, complete this form.

(1) Focal Problem:

(2) Physiological/Psychological Manifestations/Symptoms

Did the patient come to you specifically for hypnotic treatment? Whose idea was it? Are they voluntary, involuntary (referred and by whom)? Did you do informed consent as it applies to your professional discipline? Have you proposed hypnosis as an effective, adjunctive treatment strategy?

(3) Elicitation:

(4) Intensification

(5) Trancework may include

(A) Ego strengthening

(B) Hypnotic phenomena that may serve as trance ratification/validation

In the assessment of the client and throughout the hypnotic experience you should be noticing, eliciting, and utilizing physiological/psychological characteristics or hypnotic phenomena seen in trance.

Include in plan based upon the patient, case, and treatment priorities:

(A) Anchoring image/object/cue - place of calm and comfort (why not "relax")

(B) Breathing techniques

(C) Progressive muscle relaxation

(D) Cognitive restructuring and reframing (*slowing things down, stop sign, whiteboard and eraser*)

(E) Age regression/progression

(6) Post-hypnotic suggestion (use if the patient/case/situation warrant it)

(7) Reorient

(8) Process the experience with the patient.

(9) Ideas for subsequent sessions: Is this client/patient ready to learn self-hypnosis? Other treatment strategies that can be used in conjunction with hypnosis:

Informed Consent for Clinical Hypnosis

This statement is a disclosure of certain information regarding the use of clinical hypnosis. It details certain rights and responsibilities that you have in this process and provides you with relevant information about my professional training and expertise.

My Training and Licensure

I have a Doctorate in Clinical Psychology, which I earned in 1992 from Wright State University in Dayton, Ohio. I am licensed as a psychologist (#0810001997) in the Commonwealth of Virginia. I have completed all certification requirements established by the American Society of Clinical Hypnosis (ASCH) and have also met or exceeded all ASCH requirements for Approved Consultant Status.

Clinical Hypnosis

Clinical hypnosis involves a set of skills that facilitate a natural, altered state of consciousness called trance. During therapeutic trance experiences the conscious, critical mind, is usually relaxed and relatively inactive, while the subconscious mind is able to access resources, skills, and abilities that are otherwise unavailable to the conscious mind. During trance, facilitated by hypnosis, openness to suggestibility can be enhanced, senses heightened, mental absorption increased, and imagination activated in controlled manners that promote insight, ego strengthening, and activation of solution-focused skills.

Hypnosis is only effective with a willing and voluntary participant. Hypnosis, therefore, involves a collaborative and cooperative relationship between a therapist and client and cannot be used against someone's will or voluntary consent. Hypnosis does not involve asleep or unconscious state and generally involves a state of relaxation. When in trance, individuals are usually aware of their surroundings, the sound of the clinician's voice, and able to remember more or less what was said during the session.

At times, during trance, individuals experience time distortion, alterations in feeling states including analgesia, physical heaviness and/or lightness, and heightened or diminished sensations involving multiple sensory modalities. Most clinical hypnosis professionals maintain that all hypnosis is self-hypnosis, therefore trance states are generally under the control of the person in trance, and trance can be terminated at will if necessary.

Potential Legal Issues with Hypnosis

In many jurisdictions, courts have maintained that a person who has participated in hypnosis cannot testify in court about anything remembered during or after the hypnosis. Whether this court ruling would apply to a therapy session has not yet been definitively decided. Consequently, there is a possibility that anything remembered once the hypnosis begins, may not be admissible in a court of law. The only way to fully protect the potential right to testify is to forego the use of hypnosis.

Statement of Choices

Dr. Reid has explained to me the reasons why hypnosis is recommended in my therapy. He has also explained that there are other options available to me should I decline to give my informed consent for hypnosis. He has provided me with an explanation about the nature of hypnosis, the myths associated with hypnosis, the fact that sometimes exploratory hypnotic procedures may create emotional distress, and answered all questions I have about hypnosis.

Release from Liability

I hereby freely and voluntarily agree to engage in hypnosis for treatment of my medical and/or behavioral health concerns.

Complaints

If you have any reason to believe that I have acted in an unethical or unprofessional manner, I encourage you to please discuss this with me first. If you do not feel that I have been responsive to your complaints, you can register a formal complaint with the following:

Virginia Department of Health Professions
Perimeter Center
9960 Mayland Drive, Suite 300
Henrico, VA 23233-1463

Client Consent to Treatment

My signature below indicates that I have read the above disclosure statement and understand its terms. I have discussed any questions I have with Dr. Reid and they have been answered to my satisfaction.

Signature:

Date: _____

Printed Name:

Legal Guardian Signature (if any): _____

Date: _____

Printed Name: _____

2 Consent for Clinical Hypnosis

Address:

Telephone: _____

Witness:

SAMPLE