



# Hypnosis with Children

CLINICAL WORKSHOP  
LEVEL 1

**January 31, February 1, February 28, and March 1, 2026**

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I have no significant financial relationships or conflict of interest from the past 24 months to disclose.

I have not used AI in the development of this program/materials.

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**INTENSIFICATION**

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PEDGI level 1 Hypnosis Training

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**Objectives**

- Describe 3 methods of trance intensification.
- Demonstrate the ability to intensify the hypnotic experience in ways best tailored to their patient/client
- Identify how fractionation can be used to intensify trance.

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**Depth**

- “The ‘trance’ state is regarded as having the property of ‘depth’ and can be measured by subjective report using simple numerical scales (Tart) and more qualitatively by self report questionnaires (Pekala & Kumar)”...or we can “infer depth from the subject’s response to different suggestions”

■ M. Hess, p. 119, AJCH, 48, Oct. 2005/Jan.2006

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### STAGES AND DEPTHS OF HYPNOSIS

- LIGHT TRANCE  
Slower breathing, eyelid and limb catalepsy, observable relaxation, feelings of lethargy.
- MEDIUM TRANCE.  
Partial and glove anesthesia, partial age regression, good mental imagery, time distortion.
- DEEP TRANCE. (SOMNAMBULISM)  
Full age regression, positive and negative hallucinations, extensive anesthesia, spontaneous amnesia. Smell and taste changes.
- PLENARY TRANCE. (STUPOROUS)  
No awareness of physical body, timelessness, great decrease in pulse and respiration, being one with the universe.

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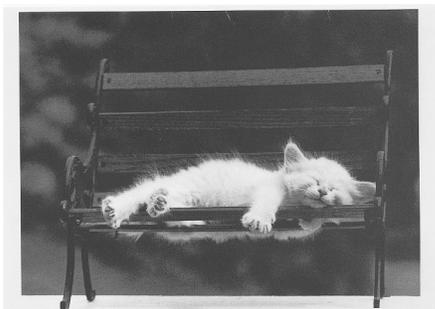
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### Ways to Intensify/Deepen

- Pace, emphasize, lead (How you use your voice), Repeat
- Breathing, relaxation (comfort to "let go"; feel safe)
- Visual imagery- happy place/ laughing place
- Walking down steps; elevator/escalator descent
- Adding another induction (absorption increases)
- Observations & Utilization of what is occurring, Reinforce success
- Fractionation
- Use of Different types of Suggestions- *Direct for intensifying, Yes-Set/Truisms/ contingent (pair inevitable with desirable)*

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UTILIZATION



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**Law of Concentrated Attention**

The principle of repetition  
When attention is concentrated on an idea, it  
tends to realize itself.

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**Law of Dominant Effect**

A strong emotion counteracts and takes  
precedence over a weaker one.

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**Law of Reversed Effect**

The harder one tries,  
the less chance of success.

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**Laws of Suggestion**

Law of Parsimony. Keep it simple

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**FRACTIONATION**

- A deepening method in which one experiences trance, emerges from trance, and returns to trance.
- Can be done with eyes opening, then closing. Asking subject to alert, then return to trance experience.
- Typically, this deepens the experience for the subject.

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### Hallmarks of Hypnotic Phenomena

- Experience of involuntariness, automaticity
- Things happen by themselves
- Responses appear independent of any conscious effort or reasoning
- Often used as criterion for 'real hypnotic' experiences (subjective)
- Neodissociation theory (Hilgard):
  - Inhibition of planning function
  - Alteration in underlying control process by which hypnotic response is generated

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### FINGER MAGNETS TECHNIQUE

- Describe and demonstrate an elicitation of trance using finger magnets

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17

### How to set up this induction

- 1. Develop **curiosity**
  - Would you like to see how your mind can influence your body? We are going to use our imagination to feel what it is like to be a magnet.
  - Do you have any magnet toys/tools that you play with/use? **Resources**
- 2. Explain the steps to develop **expectancy**
  - You can imagine your fingers are magnets, really strong magnets, and they can come together all by themselves.
- 3. Demonstrate with your own hands and fingers. **Mirroring**
  - Hold your magnets in front of you like this.
  - Stare at the space between your magnets and watch how those magnets come together.
- 4. Invite closed eyes, Suggestions for X, PHS
- 5. Praise, reinforce, repeat

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