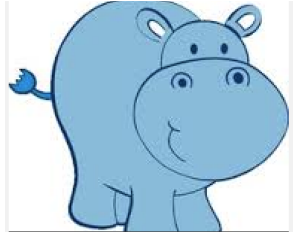


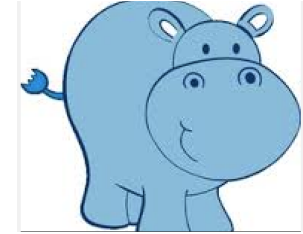
Self-Hypnosis: How and What to Teach Patients

Level 1

2026



Disclosures



I will not be discussing any off-label uses of drugs, nor am I paid by any drug company to promote their product.

I am the author of books and audio visual products which I certainly recommend but will not be promoted or sold during this program.

Learning Objectives

- ◆ Define self-hypnosis and explain the difference between self and hetero-hypnosis
- ◆ Describe three therapeutic applications of self-hypnosis in clinical practice
- ◆ Explain how to teach self-hypnosis to a patient



“All Hypnosis Is Self-Hypnosis”

Milton Erickson, 1948

Or is it ??????????

- ◆ Spontaneous Hypnosis
- ◆ Hetero-Hypnosis
- ◆ Self-Hypnosis

Definition of Self-Hypnosis

- Patient initiated private, internal, experience of hypnosis independent of therapist for the purpose of achieving the individual's goals of relaxation, self-control or self efficacy
- Includes
 - focused attention
 - inner absorption
 - communication between conscious and unconscious

Why Should You Learn Self-Hypnosis?

- Authenticity
- Developing a repertoire
- Sensitivity while “doing hypnosis”
 - _to our own states of awareness
 - _to patient/client’s states of awareness
- Help ourselves cope!

Helping Ourselves

- Getting back to sleep
- Coping with clinical schedules & problems
- Changing our own habits
- Alleviating symptoms of stress
- Remembering to do hypnosis
- Relaxation ~ self-care
- Rapport, rapport, rapport

Patient- Specific Goals for Self- Hypnosis:

- ◆ Psychoneuroimmunology
- ◆ Smoking Cessation
- ◆ Weight Loss
- ◆ Sports / Music / Acting Performance
- ◆ Test Taking
- ◆ Self-Confidence
- ◆ Self-Exploration
- ◆ Relaxation - Self-care

Patient- Specific Goals for Self- Hypnosis:

- ◆ Decrease:
- ◆ Stress / Tension
- ◆ Jaw Clenching / Teeth Grinding
- ◆ Fears / Anxieties / Phobias
- ◆ Pain
- ◆ Allergies / Asthma
- ◆ Skin Problems
- ◆ Sleeping Problems

Application

- ◆ Reinforcement of goals for change in behavior / cognition / emotion
- ◆ Amelioration of physical symptoms
- ◆ Stress reduction, Self-relaxation
- ◆ Self-control
- ◆ Self-efficacy

Teach Self Hypnosis

Separate
learning hypnosis
from the presenting problem.

Introduction of Self-Hypnosis

- ◆ After orientation to hypnosis
- ◆ After positive trance experience
- ◆ After exposure to hypnotic phenomena
- ◆ After development of induction/deepening skills

Operator/Coach can:

- Manage expectations
- Emphasize skill-building
- Be permissive
- Collaborate on suggestions
- Develop positive suggestions
- Give permission to correct suggestions as needed
- Elicit feedback about hypnosis experience

“ There is no such thing as a failure.”

Brown/Fromm, 1986

Types of Patients who do well with Self-Hypnosis

Internal Locus of Control vs External

Autonomous vs Therapist Dependent

Risk Takers vs Guidance Seekers

Enjoy Fantasy vs Enjoy Reality

Ego-Receptive vs Ego-Active

open to info from unconscious vs seeking structure

independent, self-reliant vs certainty & control

Hypnosis

Rapport

Input: determined
by suggestion

Concentration: increases

Memory: increases

Time: distortion,
pro/regression

Stress: reduction

Meditation

Independent

Focus deliberately on
meta-attention, let
everything pass by

Concentration: increases

Memory: inactive,
focus on present

Time: focus on here
and now

Stress: reduction

Teaching Self-Hypnosis

- Imagine doing it again

“In your mind, *imagine* yourself doing this later today, tomorrow, next Tuesday...”

“*When* you do this again for yourself where will you be the most comfortable?”

“*How* will you do this next time?”

With kids, I always start
with breathing

Teaching Self-Hypnosis

- Ask patient/client to “review” how to do it

“Before you finish imagining for now, replay in your mind how you did what you did to feel how you do now.”

Teaching Self-Hypnosis

- Explain that it “can be different”

“Of course, when *you* do this on your own and you don’t have to wait for me to talk and ask you questions, it *can* be different.”

“Since *you* are the boss of your imagination you can *decide* to imagine different stuff each time *you* do this at home and school.

Teaching Self-Hypnosis

- Offer to make a recording.

“If an audio recording of what we talked about today will help you get started, I can make one for you. Recordings are like training wheels. They are good to help you ride on your own, but eventually they slow you down. So you take them off...when you want to.”

Doing self-hypnosis at
home

IS AS EASY AS

1 - 2 - 3

Stages to Teaching Self-Hypnosis

Operator fully coaches all steps of hypnotic experience for patient

Operator only gives reminders of steps

No Operator involvement – Patient self-guides hypnotic experience

Teaching Self-Hypnosis

- Ask the patient to do it again...

“Go right back”

- Provide ego-strengthening suggestions

“You learn quickly.” “You are good at this.”

- Exude faith in the patient's ability

“I wonder what you will come up with on your own to tell me about when you come back next time?”

- Have FUN...or it won't be worth doing.

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