

ERICKSONIAN HYPNOTIC COMMUNICATION

MULTI-LEVEL COMMUNICATION

"I was explaining to a class how to use accelerative learning techniques and I only had 10 minutes of time for them to learn now. I knew if they were going to really learn then it would be best for them to learn when they didn't even know that they were learning. I explained that your unconscious is very powerful, and can learn things easily, even if there were only 9... or 8 minutes to really begin to make new connections.

As I was looking at the students and they were looking at me, I noticed that they were kind of entranced by what I was saying... and they seemed to be very relaxed. So I explained to them, 'you can remember everything easily, and can recall information even easier,' I noticed that I only had 7... or...6 minutes left. The students sat in their chairs so relaxed they looked as though they were daydreaming, but I knew they were listening unconsciously to every word I said. I could see that at some level they understood what I was really communicating, and maybe it wasn't even what they thought I was saying consciously. I only had 5, 4 and then 3 minutes left, or maybe it was only 2 or 1 so I used it to say "Your unconscious can continue to make all of the connections you need to make that will allow you to move powerfully forward NOW".

IMPLICATION AND IMPLIED CAUSITIVE ("As you...then you..." statements)

a. *"As you relax, you can learn easily."*

b. *"As you listen carefully to the sound of my voice, you can go deeper and deeper into a trance."*

"Do you want to feel really good? Take a look at this suit here."

COMPOUND SUGGESTIONS

a. Yes Set

"You can make new connections as you sit there, and you are sitting there are you not?"

b. Opposites

"As your feet get heavier and heavier, your hands can feel lighter and lighter..."

c. Shock, Surprise

"When you have sex..."

d. Negative Tag Question

“And you can’t stop your hands from moving, can you?”

“You can’t do it now, can you?”

“You won’t even know consciously how your unconscious mind has made that change now, hasn’t it?”

e. Associations

“As you inhale, imagine taking in relaxation and healing, and as you exhale, imagine letting go of all stress and negativity.”

f. Negative Until

“You won’t change until you’ve begun to look at your life in new ways now.”

BINDS AND DOUBLE BINDS

a. Bind

“Now does that totally mess things up or does it free you up to make new choices?”

b. Double Bind

“I don’t know if you’ll make the connections you need to make immediately or if you’ll relax even more first. However you make those connections now is fine.”

DIRECT AND INDIRECTION SUGGESTION

a. Direct suggestions appeal to the conscious mind

“Please take a deep breath.”

b. Indirect suggestion appeals to the unconscious mind

“Is it possible for you to take a deep breath?”

COVERING ALL POSSIBILITIES OF RESPONSES

“Tonight you may dream... you may have mild dreams, wild dreams, or those kinds of dreams, or you may not dream at all. In any case, let that be a sign that all of this material is integrating at the unconscious level.”

EMBEDDED COMMANDS (commands hidden within a sentence)

“I am wondering how soon you’ll begin to have even more fun now and learn even more quickly.”

TRUISMS UTILIZING TIME

“In a moment you’re going to blink.”

“Sooner or later your eyes will grow tired and close.”

TRUISMS ABOUT SENSATIONS

“Most people feel more relaxed as they begin to breathe deeply.”

“Many people feel like their body becomes heavier and heavier when they are really relaxed.”

OPEN-ENDED SUGGESTIONS

“I don’t know how quickly the changes will begin to take place...or even how soon you’ll notice yourself behaving differently in life....”

NOT KNOWING, NOT DOING

“You don’t have to try to relax; you don’t even have to keep your eyes open.”

“You don’t have to know what I am saying consciously, and your unconscious can make connections even while you sleep.”

QUESTIONS THAT FACILITATE NEW RESPONSE POSSIBILITIES

“What would be the best way to begin healing? Will you just simply decide to always pay attention to the needs, wants, and desires of the body? Will you make decisions from now on by asking what would be the healthiest choice for your body?”

TRANCE PREFRAME

Before we do any trance work we should talk a little bit about trance. First off ...

Don't expect to feel hypnotized.

Many people come into my office expecting to feel hypnotized, and while I do work with trance, the trance state may not feel markedly different from the waking state.

Sometimes people get false expectations or ideas because they've seen stage shows or movies that make trance out to look like something other than what it actually is.

Do expect to feel relaxed.

Most people will actually describe the trance state as being a relaxed state ranging somewhere between relaxation and profound or deep relaxation. It all depends on the individual. So you can expect to feel relaxed. It's also important for you to know that...

You will be in total control the entire time.

In fact I look at trance as being the ultimate state of self-control. Because when you can control your mind to the point where you can master your finances, your relationships, or physical health... that's control!

So you're the one in control. I'm just the tour guide. I can't control people's minds, but I can teach them to control their own... and finally it's important to understand that...

All trance is about learning how to go into a trance.

Anybody can attain the deepest depths of trance once you learn how. So today I'll be teaching you how to utilize trance to make changes in your life."

SUGGESTIBILITY TESTS

The following three demonstrations establish confidence in their ability to go into trance and your ability to lead them:

“Now we’re going to do some suggestibility tests to determine your level of suggestibility. There is no pass/fail. Everybody does wonderfully. I’m sure, you’ll do fine.”

POSTURAL SWAY

“Here (ANALOGICAL MARKING DEMONSTRATE - BRING FEET TOGETHER) stand up nice and tall, turn your head so that you’re looking all the way up at the ceiling and close your eyes. Now feel your body beginning to sway, back and forth, back and forth.

Excellent you’re an excellent subject! “

BOOK AND BALLOON

“Now I want you place your hands out in front of you like you’re sleep walking. Close your eyes. Turn one hand over so that it’s palm up. Now in that hand, I’d like you to imagine a heavy, heavy dictionary... weighing that hand down. And imagine it getting heavier and heavier, heavier and heavier... and at the same time I want you to imagine a helium balloon tied around the wrist of your other hand, lifting that hand higher and higher, higher and higher... while the other hand gets heavier and heavier.

Good. Now open your eyes. Now how long did we do that for? 30 seconds? If your thoughts had that much effect on your body in just 30 seconds, can you imagine the effect of all of your thoughts streaming from your conscious mind to your unconscious mind for say over 30 YEARS? Do you think that has any effect? You’re great at this! You’ll do wonderfully...”

FINGER VISE

“Okay, now I want you to clasp your hands nice and tight together. Place your forefingers out so that they are touching. Now in a moment, not yet, but in a moment, I’m going to have you open your fingers like this (DEMONSTRATE) and then I want you to watch the space between your fingers and imagine that I put a vise clamp on them and watch as they magically draw together.

Okay open them now... (Make Clamping Motion) and allow the fingers to come together... tighter and tighter, closer and closer all the way together now... Great!”

HYPNOTIC INDUCTION I

1. *"Have you ever experienced trance before... right now?"*

If yes, go to 2.

Can you remember the last moment before the last time you fell asleep?

And as you think of that state...

2. *Did you experience trance to be similar to the waking state, or different from the waking state?*
3. *I wonder if you... can just find a spot to look at comfortably*
4. *And as you continue to look at the spot, I wonder if your eyes will begin to grow heavy or if they will just begin to blink...*
5. *Do your eyes want to continue blinking slowly, or will those eyes to begin to blink more quickly... perhaps they want to flutter a little before they close... your eyes... and begin to dream?*
6. *Will you begin to dream now, or will you wait until you are deeper... relaxed to dream?*
7. *That's right. And can you notice how heavy your eyes feel... the relaxation?*
8. *Could you imagine the feeling of being so relaxed right now, that your unconscious begins to drift...dreaming, drifting, dropping, falling... dreaming, and drifting...*

SUGGESTIONS

Count them back up...

In a moment I'm going to count from 1-5. As I count from 1-5 you will awaken 20% with each count.

One... locking these suggestions deep at the unconscious level.

Two... feeling a sense of vibrancy and alertness returning to your body.

Three... wondering what it will be like to look at the world through new eyes.

Four... coming all the way up now... and

Five... wide awake, wonderfully refreshed, wide awake!

HYPNOTIC INDUCTION II

Pace speech to client's breathing

Set Up: *"Perhaps you would be more comfortable with your feet flat on the ground and your finger tips lightly on your lap"* (demonstrate)

QUESTIONS 1-2 ON THE EXHALATION

1. *Have you ever experienced trance before... right now?*

If yes, go to 2.

Can you remember the last moment before the last time you fell asleep?

And as you think of that state...

2. *Did you experience trance to be similar to the waking state, or different from the waking state?*

QUESTIONS 3-5 ON INHALATION

3. *I wonder if you... can just find a spot to look at comfortably*

4. *And as you continue to look at the spot, I wonder if your eyes will begin to grow heavy or if they will just begin to blink...*

5. *Do your eyes want to continue blinking slowly, or will those eyes to begin to blink more quickly... perhaps they want to flutter a little before they close... your eyes... and begin to dream?*

QUESTIONS 6-8 ON THE EXHALATION

6. *Will you begin to dream now, or will you wait until you are deeper... relaxed to dream?*

7. *That's right. And can you notice how heavy your eyes feel... the relaxation?*

8. *Could you imagine the feeling of being so relaxed right now, that your unconscious begins to drift...dreaming, drifting, dropping, falling... dreaming, and drifting...*

QUESTIONS 9-16 ON INHALATION

9. *Now I don't know if you've noticed this yet, but have you noticed that one of your hands is beginning to feel differently than the other?*
10. *And I wonder if that difference in feeling could cause that hand to begin to twitch?*
11. *And I wonder if that twitching could begin to escalate... and I wonder if you could imagine what it would feel like if that entire hand and arm were filled with helium air, from the tips of the fingers all the way to the shoulder?*
12. *And as your body gets more and more relaxed, can your hand feel lighter and lighter causing it to begin to lift ?*
13. *And as your hand begins to lift, do just one or both hands want to continue lifting, lifting, higher and higher?*
14. *That's right. And does the hand (or hands) continue lifting, lifting, lifting as it is, or will the lifting get smoother or less smooth as the hand continues upward toward your face?*
15. *Now does it slow down or does it get faster and faster as it moves toward your face and touches your face... deepening your relaxation?*
16. *And... will the hand to touch your face gently taking your body further into relaxation?*

QUESTIONS 17-18 ON THE EXHALATION

17. *That's right. Perhaps you won't even notice how much deeper your relaxation becomes as you slowly rest your hand(s) back on your lap.*
18. *Perhaps your unconscious now... knows... here... that you can hear yourself dream of everything you know...*

SUGGESTIONS

Count them back up...

In a moment I'm going to count from 1-5. As I count from 1-5 you will awaken 20% with each count.

One... locking these suggestions deep at the unconscious level.

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