

Hypnotherapy Quick Reference Guide

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Power Questions

What Worked this week ?

How will you KNOW when you're Successful?

What DO you want (to feel like, or do) ?

"Magical" Hypnosis Words

I Wonder, or I'm curious

Because

Now that

You are Feeling

Take your attention to, You begin to Notice

I want you to imagine or think

Describe it to me

In a moment (anticipation)

You (or their actual name)

Power of Incremental Success

What **CAN** You do ?

What's the next SMALLEST thing you can do?

Focus on getting a little bit better each and every day.

Metaphors

An Old Story and New Story

An Old Path and a New Path

Climbing out of a Pit/Hole

Taking off the Old Crappy "Glasses"

Fresh Eyes / Seeing things Clearly

Tuning into YOUR Station

Tuning OUT the Noise / Static

Types of Hypnosis

Direct Suggestion Hypnosis : Directly suggesting to your client what they should do, for example, "I stay calm when there's chaos all around me".

Insight Therapy Hypnosis : Using powerful techniques like Age Regression, Forgiveness and Parts Mediation Therapy to facilitate permanent change in your client, usually based on eliminating some underlying root cause or limiting belief.

Hypnosis Vocabulary

Hypnosis Pre-talk : When you explain what hypnosis is to your client and dispel common myths and fears about hypnosis.

Pre-Hypnosis Interview : When you ask your client to describe their issue to you.

Hypnotic Induction : A hypnosis script or technique that helps your client enter into a state of hypnosis, ideally a rapid or instant induction.

Anchor : A physical stimulus associated with a particular state of mind or mood. For example, touching your shoulder and feeling confident.

Hypnotic Suggestions

Simple

Measurable

Behaviorable

Believable

Reward

Always Tense

Positive

Model of the Mind

Conscious Mind :

Short-term memory.

Limited to 7-9 bits of information.

"Will Power"

Like a computer's RAM

Subconscious Mind :

Long-term memory

Unlimited!

Data - everything that ever has happened in your Habits - executable programs.

Beliefs - Things you keep thinking over and over.

Emotions

Like a Computers Hard Drive

Unconscious Mind :

Body's Consciousness - Instinctual

Feelings

Like Computer's ROM

Levels of Hypnosis

1 : **Hypnotoidal**

Eye catalepsy

2 : **Light Hypnosis**

Large muscle catalepsy

3 : **Medium Hypnosis**

Inability to get out of chair

Aphasia

4 : **Threshold of Somnambulism**

Positive hallucinations with eyes closed

Analgesia

5 : **Full Somnambulism**

Positive Hallucinations

Anesthesia

6. **Profound Somnambulism**

Negative Hallucinations

Client Rapport

1. Rapport begins the moment your client comes into contact with your business.

2. Have a comfortable, clean office and greet your client with genuine interest.

3. Smile, listen, and make sure you understand your client.

4. Know when to write things down, and when to just listen.

5. Most importantly - **Be Present.**

CascadeHypnosisTraining.com/rapport

What is Hypnosis?

Hypnosis is a normal and natural state of mind we go into nearly every day.

It is a state of focused awareness, and while in hypnosis you are conscious and alert the whole time. You will hear things and remember things just as you would during a normal conversation.

You only say and do in hypnosis what you would normally say and do (it's not a truth serum).

Your hypnotist serves as a trusted guide or a coach.

Hypnosis is a powerful tool you can use to empower your life and reach your goals and lead a successful and fulfilling life.

Principles of the Mind

The Brain is always moving toward pleasure and away from pain.

Whatever we focus on Grows. So focus on what you DO WANT.

The Brain wants to conserve energy and therefore creates Habits.

Time does not HEAL ANYTHING. Something must happen for us to heal, whether it's physical or emotional healing.

For example, the body heals after a wound, not because of time, but because of the body's healing processes.

Time is merely passing.

This is why it's so important not to AVOID anything - it will just get worse.

Hypnosis helps us to address these issues instead of avoiding and lead a successful and fulfilling life.



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