



# FLORIDA INSTITUTE OF HYPNOTHERAPY

## Parts Therapy Protocol

1. Pre-Talk
  - Establish Rapport
  - Determine Issue
  - Identify Parts
  - Determine Goal(s)
  - Educate about Hypnosis
  - Explain Sub-personalities
  - Determine Arena for Dialogue
2. Responsiveness Exercises
  - Exercise One \_\_\_\_\_
  - Exercise Two \_\_\_\_\_
  - Build Belief and Expectation
  - Excite the Imagination
3. Check for Comfort
  - Develop Yes-Mindset
4. Induction
  - Induction One (Simple) \_\_\_\_\_
  - Fractionation
  - Induction Two (Rapid) \_\_\_\_\_
5. Deepening with Compounding
  - Simple Deepening Technique(s) \_\_\_\_\_
  - Longer Deepening Technique \_\_\_\_\_
  - Compounding
6. Suggestibility Testing
  - Suggestibility Test One \_\_\_\_\_
  - Suggestibility Test Two \_\_\_\_\_
7. Establish Arena for Dialogue
  - Pre-Parts Education
  - Bring in One Part at a Time
  - Welcome Each Part
  - Interview Each Part
  - Reiterate Parts Present in Arena
8. Gestalt
  - Determine Part to Start Dialogue
  - Gestalt to Resolution of Conflict(s)  
*(use the following when needed)*
    - "What is Your Highest Intention?"
    - Regress a Part
    - Felt Sense on a Part
    - Let Transformed Parts Help Others
9. Rename Parts
  - New Name for Part
  - New Job for Part
10. Core Transformation
  - Check for Current Feelings
  - Elicit the Outcome Chain
  - Reverse the Outcome Chain
  - Integration
11. Suggestion Therapy/Future Pace Visualization
  - Suggestions Delivered
  - Visual Images Encouraged
12. Conclude Hypnosis Session
  - Check for Completion for Each Part
  - Body Scan
  - Check for Readiness to End Session
  - De-hypnotize with 4 R's
  - Relevant Sneaky Pete
13. Post-Talk
  - Discuss the Session
  - Ratify the Trance