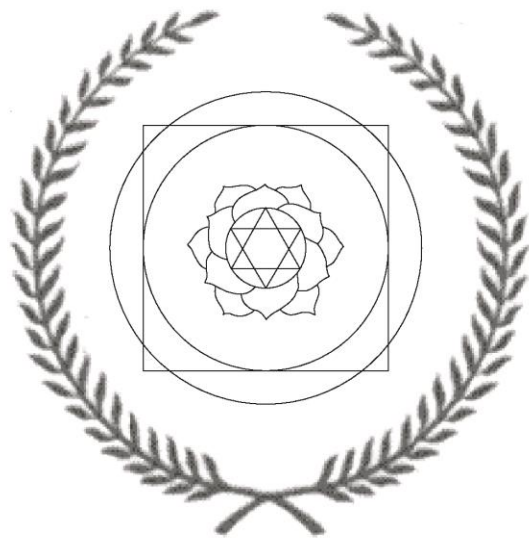


Institute of Interpersonal Hypnotherapy



Fundamentals of Hypnotism Exercises #s 1 to 7

Exercise #1 – Rapport Building and Listening Skills

Round 1 – Listening without any validation

Round 2 – Listening with only head nods and “mm-hms”

Round 3 – Only Reflective Listening

Round 4 – Only Reflective/Empathic Listening

Round 5 – Reflective/Empathic Listening with Mirroring and Matching

Round 6 – Authentic Listening utilizing all methods from Rounds 1 through 5

Exercise #2 - Educating Clients about Hypnosis and Responsiveness Exercises – Building Belief and Expectation

Educate about Myths and Misconceptions using questions and explanations. Ensure the client’s concerns are addressed and resolved.

Practice:

Lemon Test

Balloon/Bucket

Hand Clasp

Finger Clamp

Practice the basics of Building Belief, Exciting the Imagination and Building Positive Expectancy

Exercise #3 - Basic Inductions, Deepening and De-Hypnotizing

Eye Fixation

Pretend Eye Catalepsy

Eye Open and Closure with Compounding

Progressive Relaxation or Countdown

De-Hypnotize

Exercise #4 - Induction, Deepening, Testing, Basic Suggestion Delivery, De-Hypnotize

2-Finger Eye Closure or Hand-Wave Induction

Pretend Eye Catalepsy

Eye Open and Closure with Compounding

Progressive Relaxation or Countdown

Eye Catalepsy

Arm Catalepsy

Deliver Basic Positive Suggestions

De-Hypnotize

Exercise #5 - Rapid Inductions – Seated and Standing

Hand Press

Hand Shake

Modified Hand Press with Hand Wave

Confusion Induction

Metal Plates Induction

Standing Instantaneous Inductions

Exercise #6 - Synthesis of Modalities

Simple Induction (Eye Fixation, Hand Wave, or 2-Finger Eye Closure or equivalent)

Fractionation

Seated Rapid Induction

Deepening

Eye Catalepsy

Arm Catalepsy

Elman Numeric Amnesia

Basement of Relaxation

Suggestion Delivery

Check for Closure

De-Hypnotize

Post-Talk

Exercise #7 - Hypnotic Programming

Column A – Symptom(s), Emotions, Beliefs

Column B – Positive Reframes with Keywords and Suggestions

Programming Session Including:

Setting an Intention

Induction

Deepening

Special Place

Bridging to Suggestions

Delivery of Suggestions

Visualization

De-Hypnotize