



9 Essential Hypnotherapy Scripts for Beginners



Hypnotherapy Training Essentials



A Course in Hypnotherapy Training Essentials with Susan Wallace

Over 10 bite-sized video tutorials you will learn the following highlighted parts of the first hypnotherapy session with a new client. All the scripts that accompany the video tutorials are here to enhance your learning experience.

Pre Formal Hypnosis

-  Meet and Greet
-  Client Record Form
-  Case History
-  Previous Experience of Hypnosis
-  **SUGGESTIBILITY TESTS**

Formal Hypnosis

-  **EYE FIXATION**
-  **INDUCTION**
-  **THREE POWERS**
-  **DEEPENING TECHNIQUE**
-  Suggestions and Interventions (hypnotherapy)
-  **ANCHOR**
-  **VISUALISE SUCCESSFUL OUTCOME**
-  **EMERGING TECHNIQUE**

After Hypnosis

-  **DISCUSS HOW HYPNOTHERAPY WILL HAVE A POSITIVE IMPACT ON FUTURE EVENTS**



Suggestibility Test 1: Metal and Magnet Authoritative Test

“Please stand and put your two arms out straight in front of you.
Make sure that your palms are facing towards each other.
Place them at shoulder height and shoulders distance apart. That’s right.

Now close your eyes and take a nice deep breath in.
Hold it for a moment.... That’s right now slooooooohly exhale and just breathe normally.

I want you to imagine that your right hand has become a very powerful magnet and that your left hand is a bar of metal.

There is an irresistible force between the magnet and the metal...
Metal and magnet are naturally attracted to each other and
Soon, very soon they will touch and meet.
Metal and Magnet will touch and meet.

Perhaps you can see the metal and the magnet as they move closer and closer together...
Feel the pull now between the two. See the two move closer together.
Metal and magnet are naturally attracted to each other.
Moving closer and closer and closer and closer.
The closer they move together the stronger the force between the two.

You can really feel that pull now as the magnet draws the bar of metal towards it, closer and closer and closer and closer and closer.
Coming together now. That is right, coming together, tighter and tighter and tighter and tighter.
Just allow it to happen.
See the metal.
See the magnet.
Feel the force...
Between the two...
Metal and magnet naturally attracted to each other...
So close now that in a moment they will touch and meet....
Touch and meet...

Ok now, leave your hands exactly where they are.
Open your eyes and look at your hands...

Did that surprise you?

Get feedback on kinaesthetic response, visual response and audio response

You did great. Everyone has their own unique way to responding to hypnotic suggestion.”



Suggestibility Test 2: Heavy and Light Test Permissive Approach

“Please settle down into the chair as if you were about to have a nice comfortable nap. And place both arms out in front of you, with both hands again at shoulder height and shoulder distance apart. This time palms facing up towards the ceiling. Now turn your right hand so the palm is facing down and close your eyes and take a deep breath in. Hold it. That’s right now slooooooohly exhale and just breathe normally.

This time I want you to imagine that here in your left hand I am placing a very heavy bowling ball, a big bowling ball that is just too heavy for you to support. And the bowling ball can be any colour your subconscious mind finds heavy...

This ball is so heavy it is beginning to make your hand and arm feel tired and heavy.

So heavy with the weight of the ball balanced out there on your hand.

Meanwhile, here underneath the palm of your right hand, I am placing a helium balloon, which is full of helium gas, which is lighter than air. Because it is lighter than air it is gently supporting your hand and allowing your hand and arm to lift and rise, to lift and rise.

And here around your wrist I am tying a ribbon that is attached to a beautiful bunch of balloons and these balloons can be any colour your subconscious mind finds relaxing...

And that hand is lifting and rising, lifting and rising, higher and higher and higher and higher and as this hand and arm begin to feel lighter and lighter and lift higher and higher and higher and higher... While the other hand and arm are becoming heavier and heavier. One hand heavier and heavier...the other lighter and lighter. The lighter the one the heavier the other.”

End the test up as soon as there is a noticeable difference between the two. Avoid muscular aches in your client.



Lesson 3: Eye Fixation

“I’d like you to follow the movement of the pendulum with your eyes and as you do you’ll begin to notice some changes taking place...

The first thing you’ll notice is your attention is drawn towards your breathing... and your breathing begins to relax...

The next thing you’ll notice is you develop the need to swallow as all the muscles around your teeth, gums and throat relax...

And soon you’ll begin to feel a comfortable feeling of heaviness develop in your eyes...as all the muscles around your eyes begin to feel tired and heavy.. so tired and heavy that soon they just want to close down and rest in the gentle soothing darkness...”

Lesson 4: Candle of Relaxation Induction

“Imagine that you are staring into the light of a beautiful candle...
A candle of perfect relaxation...
Imagine that you can see a bright light dancing there...

And I wonder what colours can you see?
Can you see the oranges and the reds?
Or perhaps you can see the blues and the greens?
Or the yellows and the whites..
Bright lights burning there...

And the warmth from the light begins to soften and melt the wax around the wick...
And as the wax warms and softens... slowly but surely it begins to melt...
It begins to melt... and slowly flow down the sides of the candle...

Until soon the soft wax melts into the candle holder...
Until soon the soft wax moulds itself into the shape of the candle holder...

And in many ways you are like that candle...
A beautiful candle of relaxation...
And your subconscious mind is like that bright flame that dances through the ages...
Casting light into the darkness and helping you to find your way through doubt and uncertainty...

And in many ways your muscles are like that soft warm wax...
And the chair you are sitting in is your candle holder... and
Slowly but surely you too are beginning to melt into the chair...
Melt into deep state of profound relaxation and deep hypnosis.”



Lesson 5: The Three Powers

“There are three things I’ll always ask you to do whenever I hypnotise you.

The first thing I’ll ask you to do is to follow my voice...

And my voice will be a source of ongoing comfort and relaxation for you...

No matter where you go or what you do...

Another thing I’ll always ask you to do is to visualise or to imagine and this is something you’ll find really easy to do...

And today I’d like you to imagine a beautiful blue rose with a dew drop sparkling in the early morning sunshine...

And another thing I’ll always ask you to do is to get in touch with your feelings and your feelings will always come up easily and automatically...

Watch how well this works...

Today I’d like you to get in touch with the feeling of confidence...

I’d like you to remember a time when you felt... confident...

Sometime when you were very pleased with something you had done or achieved...

Some clients like to remember the first time they rode a bike... others remember a time when they won an award or passed an exam.. others like to remember the time they got married or had their first child...

And you can remember a time

And when you can remember some time where you felt confident then you can let me know by nodding your head...

And now I’d like to you to remember it fully...

See what you saw then...

Hear what you heard then...

And feel what you felt then...

Until those great old feelings come flooding back again....”



Lesson 6: Deepening Technique

“And I wonder if you’ve noticed just how relaxed your breathing has become?
It feels so good to just breathe easy and to just...

Let go...

To let go...of that old used up air...

And I wonder have you noticed the way your chest sinks down as you exhale?

Now sink down into that feeling...

Sink down and just let go...

And go deeper into the experience...

And if for any reason you should find yourself emerging from this state of deep hypnosis then all you have to do is focus on each breath that you breathe out and allow your breath to take you back down... right back down into hypnosis... right back down so your mind is open and receptive to all my positive suggestions...”

Lesson 7: Simple Anchor

“I’d like you to make a small circle with your thumb and middle finger... this circle is the international sign for OK, used by divers all over the world... to communicate that they are comfortable deep in the hidden depths of the ocean...

And you can use it too as a way to access the suggestions that are implanted deep in the hidden depths of your subconscious mind... because from this moment on, whenever you want to get in touch with those positive suggestions and those positive feelings all you have to do is to make that small circle with your thumb and index finger and you will easily and automatically feel a wave of calm relaxation spread through your body and mind, reconfirming that you are safe and that positive suggestions and feelings are just a breath away...”

Lesson 8: Visualise Success

“And imagine sometime in the future when you might need a timely reminder of the changes you made here today with me...

Imagine facing some situation that before would have left you feeling anxious or uncertain...

But in your mind go to that future time and imagine making that circle with your thumb and index finger and feeling a wave of calm relaxation spreading through your body and mind...

A wave of calm relaxation spreading through your body and mind... that reassures you that you have everything you need to be...

A total success...”



Lesson 9: Emerging Technique

Emerging a client from the hypnotic state is as simple as bring a person back to conscious awareness after they have been asleep. Remember to keep it simple. Keep it gentle and keep it respectful. How would you like to be woken up out of a deep state of profound relaxation?

“In a moment I will count to five, and at the count of five, you will be fully present. Your mind will be clear and alert yet relaxed. Soon you will feel refreshed, confident and rested. You will feel wonderful in every way...

1. You are starting to emerge from the hypnotic state
2. You feel wonderful in every way
3. Your mind is clear and alert
4. Your eyes are starting to open now
5. Right up, eyes wide open and back to every day suggestibility.
Welcome Back!”

In rare instances your client may show reluctance to come out of trance.

You may suggest to them that you are leaving the room now and they may come out of trance when they are ready.

Or in cases where it is difficult to communicate with your hypnotised client you could gently tap your client’s forehead and say firmly *“Awaken now!”* However, please do bear in mind that most clients like a few moments to come round so don’t rush into it.

Lesson 10: De-briefing

De-briefing is the time you spent with your client after hypnosis and before the session is concluded.

- Check that the experience has been an enjoyable one.
- Ask them how they can test and make sure that hypnotherapy is working for them.
- Ensure they feel wide-awake.

At the end of the session, when you have emerged them from the hypnotic state, they are still highly suggestible to everything you say and can remain highly suggestible for sometime after. This is an excellent time to ratify the work you have done together. It may seem difficult to do but if you can at all, ask the tough questions.

- *“How relaxed do you want to feel the next time you see a spider?”*

Avoid analysis or discussion of the session in detail. It is best to let the suggestions continue to filter through the unconscious without conscious interference.