

# Principles of Inductions and Re-Alerting

Hypnovations Basic Workshop III

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# Objectives

- Observe and identify steps in facilitating hypnotic induction
- Describe at least one method for re-alerting

# Preinduction

- History Gathering
- Rapport Building
- Psychoeducation about hypnosis
  - Dispelling myths and misperceptions
- Mind – Body – Spirit Connection
- Power of Imagination
- Empathic Communication
- Reframe
- Join with the patient as a team
  - Captain & Coach

# Hypnotherapist must possess:

- Flexibility
- Creativity
- Adaptability

# Steps in Clinical Hypnosis

- Induction
- Intensification or Deepening
- Trancework - (therapy in trance)
- Re-alerting
- Ratification/ Reflection
- Follow-up – Tune-up

# INDUCTION

Process of narrowing attention and of facilitating an inward absorption

# Induction

Simply as much as the patient needs.

- Narrowing focus of attention
- Intensifying self-awareness
- Permission to imagine
- Creating positive self-expectancy

# Induction Techniques

- Breathing
  - YoYo
  - Belly Breathing
  - Diaphragmatic Breathing

# Induction Techniques

- Eye Roll
- Eye Fixation
- Naturalistic Induction

# Induction Techniques

- Ideomotor Techniques
  - Magnets
  - Levitation
  - Reverse levitation

# Observation

- Breathing Patterns
- Body Movements
- Expressions

# Pacing

- Soothing, calming, quieting with both verbal and non-verbal cues
- Verbal
  - Speed, cadence, inflection, timbre
- Non-verbal
  - Facial expression, tactile, kinesthetic

# Leading

- Uses the language of possibilities
- Inviting, offering, suggesting a therapeutic direction for change

# Leading

- “You may be curious to notice that ...”
- “I wonder which will be the first thing you begin to be aware of first.”
- “It will be interesting for you to pay attention to ....”
- “I wonder if you will decide too ....”

**There is no correct or right  
way to experience hypnosis**

**Allow patient to feel good  
and okay about whatever  
they do experience**

**Let patients notice that  
they are in control**

**“Relaxing at the speed that is right for you.”**

# Re-Alerting

- Store away useful suggestions in your unconscious (your inside brain) where they will always be available.
- Discard and leave behind any suggestions or feelings that are not useful at this time to bring back.

# Re-Alerting

- I wonder how wonderful it will be for you to discover what fun and useful ways you will be able to use what you have learned and experienced here today.
- Remember to use only for your own benefit by yourself or with a qualified clinician. The skills that you possess are too powerful to

# Re-alerting

- You have learned something very important here today . . . . you have the ability to give yourself an incredible gift . . . . a gift of this experience. You can return to this inner place of calm and comfort anytime you want or need to. It is a gift. Give it to yourself . . . . because you deserve it.

# Re-alerting

- Each time you practice doing this, it becomes easier and easier and you can return to that place of inner calm and comfort even more quickly. It is a gift you give yourself - - because - - - you deserve it

# Re-alerting

- Let that energy flow back into hands.
- Your muscles may begin to move
- You may be curious in when that will begin to happen, now

# Re-Alerting

- You may discover that at this depth of trance, you have more access to knowledge, creativity and energy – bring that energy back with you.
- Notice how that energy will cause you to move, flex and stretch.
- Splash water from crystal clear mountain stream on your face.

# Re-alerting by Reversing the Deepening

- Be more Directive
- Counting up
- Going up the stairs
- Riding up the escalator
- Coming up on the elevator
- Swimming up through water

# Re-Alerting

And when you are done you  
will be done!

Kohen

# Reflecting / Processing

- Assess reaction to trance
- Ask about experience: imagery, sensations
  - ratification of trance experience
- Motivate
- Encourage practice
- Plan for follow-up