

Adapted from Induction Hints of Karen Olness, MD

1. You are a guide, teacher, coach and facilitator during induction
2. Insure subject is comfortable - let him or her know he/she can move or talk
3. Match subjects breathing rate to verbal pacing
4. If touch is to be employed - check first with the subject
5. Build on his or her positive past experience
6. Ego strengthen whenever possible - confidence, competence, comfort, joy, satisfaction, peace, serenity, tranquility
7. Emphasize words like comfortable, easily, relaxed, slow
8. Build on physical changes: eye movement, smiles, breathing rate
9. Don't be reluctant to ask what subject is experiencing
10. Build on environmental sounds
11. Let subjects notice that they are in control
12. Ask if they can put other thoughts and questions in a safe place for awhile and come back to them later
13. Tell them that there is no right or wrong way to experience hypnosis - so they don't need to worry about "doing it right"
14. Use subject's language and images where possible
15. Tell subject to change your words to the words they want or need to hear
16. Don't be afraid of silence
17. Subjects do the changing - they have the ability and get the credit
18. For subjects who say they are unable to experience "hypnosis" - let them feel good about what they DO experience