

Deep & Simple Hypnosis

01

Pre Pre-talk

Top three thoughts, quotes or mindset to center yourself (*your favorites – those that move you!*) and place your clients best interests first:

Examples:

- “Deep & Simple is far more essential than shallow and complex”
- “The best things we can do for each other is to listen with our ears and our hearts”
- “Make your client feel important, worthwhile and appreciated”

02

Pre-talk and assessment:

- Assessment: Heart not Head
 - What *moves them?* – Deeply!
 - What is *most important to them?*
 - *When* the change happens, what is most impactful and beneficial to them? **Pleasure**
 - Why change? Why now?
 - What changes have they made in the past? (past successes we'll use in session)
 - What happens if they don't change? **Pain**
- Ask for their favorite relaxing place outdoors – can they see, hear or feel it? One or each of these?

03

Induction

- Simple, Favorite Induction - Eye Fixation, Eye Roll, PMR
- Guided Imagery – *Their* favorite relaxing, safe place

04

Suggestive therapy

- Their Future Home (1, 5, 10 years?) – See Future Self – Changes Made – “Notice what you notice about them, their presence, their essence, their body, their life”(whatever is appropriate for desired change – incorporating *their* benefits (pleasure)
- Future self take them along path – garden shed – inside are reminders of past successes – cloak, jacket, necklace, emblem, plaque, released and changed in past – *feel those successes*
- *Feel* current pain, burden – backpack, cloak, bubbles, blob – their creative wise mind is about to release it
- *So soon* – Joy, Pleasure – *Their “Why”*
- Release! Leave in shed with other successful changes
- Leave shed – close door – it's all safe and secure inside.
- Can return at any time to add, change.
- *Now you can really feel the deep impact of this change!* – Future Pace and build up change!
- Back Home
- Thank future self – embrace, high five, fist bump
- Can return at anytime for any reason

05

Awaken

06

Post Awakening Suggestions

- Reinforce changes made
- Remind client to “Catch Yourself Succeeding”

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