



Clear Thinking Issue 094

Complimentary hypnosis download for readers



Join our new Facebook group and get the hypnosis download 'First Time Hypnosis' as a welcome gift. [Get your download here.](#)

In this month's issue;

- How to help first timers relax about hypnosis
- Learn hypnosis online

How to help first timers relax about hypnosis

3 ways to reassure first time hypnosis clients they are 'doing it right'

Someone going to a hypnotherapist for the first time knows they are a newbie and can feel under pressure to 'do it right'. They may worry that they are not responding to the hypnosis as they 'should'. This may be, at least in part, because they have swallowed lots of cultural notions about what hypnosis is *supposed* to be like.

As we know, hypnosis isn't always a state of complete unawareness. Sometimes people do reach such states, of course, and we all do so when we dream. But clinical therapeutic work often benefits from the contribution of the conscious part of the mind. So hypnosis is more like a *parallel* or 'split' awareness than a state of coma.

You can't always be sure that your new client has a good understanding of what hypnosis is, so you can smooth their path by reassuring them about what is going to happen.

1 Describe what hypnosis will be like

The first thing you can do is explain all this to your client. Tell them hypnosis is not the same as slow-wave sleep. Explain that it can happen at times when they are to all intents and purposes fully alert. In fact, this is exactly what happens in sports, for instance, when a player or athlete gets into what they call a 'flow state' or 'in the zone'.

Paradoxically, thinking about this can help your client relax about what they think they are supposed to experience.

Next...

2 Give them permission to do hypnosis their 'own way'

I like to pre-empt any niggling doubts about whether what *is* happening is what is *supposed* to be happening by suggesting that the client may experience all kinds of things and that can *still* be part of the hypnotic experience. It's okay. This is partly why so-called permissive hypnotic language tends to be more effective than the overly prescriptive 'hounding people into trance' type of approach.

For example:

*And I really don't know whether... as you **drift into hypnosis**... you'll **become less aware** of the room... or **more aware**... or whether you'll **feel very relaxed**... in your body... or mostly in your mind...that's right...sometimes you can be totally aware of my words... and sometimes you may **forget to... pay conscious attention... and it really doesn't matter**...*

*And **it really doesn't matter**... if **your conscious mind remains very active**... perhaps **thinking** about what I'm saying... or even **questioning** it in your mind... **really doesn't matter**... because... there is **another part of you that can engage in this**...*

When you say "it really doesn't matter", you are in effect *giving permission* for criticism or analysis. So if the client then finds themselves questioning what is going on, that will be less distracting for them, and not bound up in their mind with "how am I doing?"

This is the kind of thing I might say to someone who seems particularly analytical and logical – perhaps at the expense of being readily able to enter into a spontaneous experience.

But we can go further than merely giving permission.

3 Encourage the hypnotic response

Giving people permission ahead of time takes out the tension. If you tell a child (or even some adults!) that it's absolutely fine to giggle in church, say, then the whole *raison d'être* behind the giggle (the tension you feel because you're *not supposed to do it*) gets switched off.

If people get giggly or over-analytical during a hypnosis session, I might even actively encourage this as a way for them to enter hypnosis. Instead of trying to 'fight them', I suggest they giggle *more*. I'm now working *with* them and they can either use the analytical conscious mind or giggling as a vehicle to enter trance, or they can temporarily discard these states of mind because they are no longer 'forbidden'.

So in short:

- **Explain** that they are not going to be completely 'out of it'. Sometimes they may be more consciously focussed than at other times - an ebb and flow.
- **Give permission**. People given permission to giggle don't *need* to giggle. The tension is removed.
- **Encourage the response**. Ask them if they can analyse (or giggle) even more than they are now. They may decide they'd rather not bother.

Learn hypnosis online

The careful use of language, and in particular of permissive hypnotic language, is the bedrock of our online hypnosis training course Hypnosis Unwrapped. On this course we teach participants who are new to using hypnosis *exactly* what to say and *exactly* how to say it. This does not mean that we put words into their mouths that they must absolutely adhere to or the hypnosis 'won't work'. Instead we teach our students how to construct the suggestions that will be most apposite for the client in front of them, and then how to deliver those suggestions in the most effective way.

The next [online hypnosis training course](#) starts on 26 May 2010 and there are still a few places left. You can participate from anywhere in the world and discover how to use language more influentially and effectively in everything you do.

See you in a fortnight.

Mark Tyrrell
Co-Founder
Uncommon Knowledge
Psychology trainers since 1995

More resources from Uncommon Knowledge...

- [Uncommon Knowledge](#)
- [Hypnosis Downloads](#)
- [Self-Confidence Course](#)
- [Panic Attacks Course](#)
- [Depression Learning Path](#)
- [Uncommon Forum](#)
- [Uncommon Help](#)

Who do you know that would benefit from this article? If this issue of Clear Thinking has been forwarded to you, you can sign up for [therapy techniques every two weeks here.](#)