

Exercise #8 – Focusing (DEMO)

Determine the issue that you will be working with, then:

1. Clearing a Space

Allow your eyes to close and turn within. Take a moment to observe your mind and notice if there are any thoughts, cares, concerns or worries that keep you from being fully present to your feelings. If any part of you may object to turning within, gently ask that part to step aside for now. You might imagine placing this part in a box, on a shelf or in a hot air balloon that is tethered to the earth. You are not suppressing these parts, yet rather you are simply placing them aside temporarily so that you can focus in on your inner felt-sense.

2. Find Your Felt-Sense

Now drop down within your body, below your chin and above your waist, and as you think about the issue that we were just discussing, find within your body that which you feel physically. You will notice a felt-sense in your body as you focus on your issue. When you notice that, let me know what you are experiencing.

3. Find The Emotion

Now within that region of your body, you are going to notice an emotional quality connected to the issue you are thinking about. You will find, within your felt-sense that there is an emotion associated with this. Therefore, finish this sentence, “When I think about this issue, I feel so...” (Repeat this stem-sentence about 5 to 7 times)

4. Find the Beliefs

Now within that region of your body where you feel that felt-sense and the emotions that go with it, there are certain belief systems that cause those emotions. Therefore, finish this sentence, “When I think about this issue and feel s (insert an emotion here) I feel like I am...” (Repeat this stem-sentence about 5 to 7 times)

5. Resonate the Beliefs and Emotions with the Felt-Sense

Now I would like you to check in and tell me are the words that you use to describe these beliefs and emotions, do those resonate with the felt-sense in your body when you think about this issue, which is to say, “Are these the best words to describe how you feel in relationship to your issue and your felt-sense?” (Be sure to use the clients own beliefs and emotions)

6. Ask and Receive

Now I would like you to ask that part of you, that we have just gotten in touch with, a question and receive the answer from that part. Allow the answer to come up from the region of your felt-sense to your conscious mind, rather than working to find the answer in your mind. Ask this part, “What is your story, what are you all about?”

Once the story is elicited, then say, “Now ask this part of you, what would you need to feel better now?” Offer this part what it needs until a shift occurs in the felt-sense or move on to the IIH Modified Core Transformation Protocol or into any other appropriate technique.

Exercise #9 – Modified Core Transformation 9 (DEMO)

Once a part that needs help is identified:

Elicit an Outcome Chain

1. Ask, “What do you need to feel better?”
2. “Now, as you can conceive of that feeling you can step into it. Take your time and when you can feel that fully and completely, let me know, and if anything holds you back, you can let me know as well.”
3. Good, “And what would feel even better?” Repeat steps 2 and 3 until an outcome chain is elicited that leads to the Core State. Be sure to write down each step of this chain.

Reversing the Outcome Chain

4. “Now that you have Love of God (Core State) as a way of being, can you see that Peaceful (use the step of the chain that came before the Core State) is contained within Love of God?”
5. Move backwards through the entire outcome chain, one step at a time, saying, “Now can you see that Love for the world already contained in the state of being known as Peace?”
6. “Now how does having Love of God as a way of being transform or enrich the (original issue you came in with?)”

Growing the Part Up and Integrating

7. “Now ask this part of you that we have been working with if it would like to grow up feeling this good?”
8. “Imagine taking this part, as if, by the hand, and growing this part up through the years until he (or she) is caught up to your present day sense of self. If this part stops at any point you can let me know or when this part is all grown up you can let me know as well.”
9. “Now imagine that this part turns around so that his (or her) back faces your chest and you hug this part into you, so that you become him and he becomes you. When you feel that this part is fully integrated into a whole of your being, let me know.”

Exercise # 10 - Modified Eye Movement Therapy (EMT) – (DEMO) BEGIN HERE 3/28/17

1. Determine the client’s issue – symptom/ behavior/complaint/issue
2. Determine the emotions using stem-sentence completion – Feel so...
3. Determine the beliefs using stem-sentence completion – Like I am...
4. Find the Felt-Sense (Location in body and physical description)
5. Get the client’s evaluation of this from 1 to 10

6. Determine the client's Goal
7. Determine the client's Higher Perspective
8. Reconnect the client to the overall issue
9. Ask, "Are you willing to let go of these symptoms, emotions, and beliefs?"
10. Begin EMT cycle 1 – collapsing the problem from the bottom up by beginning this first cycle transforming the false beliefs.
11. Cycle 2 – Transform the Emotions
12. Cycle 3 – Transform the symptoms/behaviors (the most manifest level of the problem)
13. Further Cycles – Repeat to bring the number from 1 to 10 all the way down to a 1 by clearing any other beliefs, emotions, perspectives or symptoms that may be there.
14. Check for the felt-sense shift
15. Do Core Transformation to bring about completion in the Core State

Exercise #11 – Parts Therapy – (NO DEMO)

1. Pre-Talk

- Establish Rapport
- Determine Issue
- Identify Parts
- Determine Goal(s)
- Educate about Hypnosis
- Explain Sub-personalities
- Determine Arena for Dialogue

2. Responsiveness Exercises

- Exercise One _____
- Exercise Two _____
- Build Belief and Expectation
- Excite the Imagination

3. Check for Comfort

___ Develop Yes-Mindset

4. Induction

___ Induction One (Simple) _____

___ Fractionation

In a moment I am going to bring you slightly out of the hypnotic state, then we will do another induction that will be even more powerful, which will cause you to go back even deeper into the hypnotic state. This is called deepening by re-induction and it will cause you to go far deeper than you are right now. I will count from 1 to 3 and when I get to 3, you will open your eyes and we will do this even more powerful induction, 1, 2, 3....allow your eyes to open.

___ Induction Two (Rapid) _Hand Press

5. Deepening

___ Simple Deepening Technique(s) _Head Roll

___ Longer Deepening Technique _Countdown or Progressive Relaxation

6. Suggestibility Testing with Compounding

___ Suggestibility Test One _Eye Catalepsy

___ Suggestibility Test Two _Arm Catalepsy

___ Compounding Arm Drop with Compounding

7. Establish Arena for Dialogue ___ Pre-Parts Education

___ Bring in One Part at a Time

___ Welcome Each Part

___ Interview Each Part

___ Reiterate Parts Present in Arena

8. Gestalt

___ Determine Part to Start Dialogue

___ Gestalt to Resolution of Conflict(s)

(use the following when needed)

- “What is Your Highest Intention?”
- Felt Sense on a Part
- Let Transformed Parts Help Others

9. Rename Parts

- New Name for Part
- New Job for Part

10. Core Transformation (Exercise #9)

- Check for Current Feelings
- Elicit the Outcome Chain
- Reverse the Outcome Chain
- Integration

11. Suggestion Therapy/Future Pace Visualization

- Suggestions Delivered
- Visual Images Encouraged

12. Conclude Hypnosis Session

- Check for Completion for Each Part
- Body Scan
- Check for Readiness to End Session
- De-hypnotize with 4 R's
- Relevant Sneaky Pete

13. Post-Talk

- Discuss the Session
- Ratify the Trance

Exercises #12 and #13 - Metaphor Therapy and Various NLP

(Metaphor Demo/Explanation – Time Permitting) – NLP Exercises

With Column A/B Hypnotic Programming, add a metaphor to the programming session, using this formula to create a story:

_____ is like _____ in that _____

Examples: Anger is like a Volcano in that it erupts and destroys

From this structure, create a story with a protagonist who has a challenge, learns a new resource, struggles a bit and then comes out successful

NLP Exercises from Advanced Hypnotism to practice (time permitting):

1. Red Box
2. Verifiable/Non-Verifiable Statements with 5,4,3,2,1 Pacing and Leading
3. Healing States of the Masters
4. Building Self-Confidence
5. Accessing a Previous Trance State
6. Collapsing Anchors
7. Embedded Commands
8. Language Patterns