



Institute of Interpersonal Hypnotherapy

Parts Therapy Protocol

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
 - Induction Two (Rapid) _____
5. Deepening with Compounding
 - Simple Deepening Technique(s) _____
 - Longer Deepening Technique _____
 - Compounding
6. Suggestibility Testing
 - Suggestibility Test One _____
 - Suggestibility Test Two _____
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?”
 - Regress a Part
 - Felt Sense on a Part
 - Let Transformed Parts Help Others
9. Rename Parts
 - New Name for Part
 - New Job for Part
10. Core Transformation
 - 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