



Institute of Interpersonal Hypnotherapy

Hypnotherapist Name: _____ Date: _____

Client Name: _____

Regression Therapy Protocol

1. Pre-Hypnosis Interview

- ___ Establish Rapport
- ___ Determine Symptoms
- ___ Determine Emotions
- ___ Determine Beliefs
- ___ Determine Felt-Sense
- ___ Determine Goal(s)
- ___ Educate About Hypnosis and Regression

2. Responsiveness Exercises

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

3. Induction with Refocused Attention

- ___ Check for Comfort
- ___ Develop Yes-Mindset
- ___ Induction One (Simple) _____
- ___ Fractionation
- ___ Induction Two (Rapid) _____

4. Deepening

- ___ Simple Deepening Technique(s) _____
- ___ Longer Deepening Technique _____

5. Suggestibility Testing with Compounding

- ___ Suggestibility Test One: Eye Catalepsy
- ___ Suggestibility Test Two: Arm Catalepsy
- ___ Compounding

6. Intensifying the Underlying Emotion

- ___ Ensure Emotion is Present
- ___ Intensify Emotion
- ___ Word for Feelings is Elicited

7. Regression – Bridge to the Memory

- ___ Affect Bridge to ISE

8. Explore the Memory

- ___ Force the Impression

9. Authentic Emotional Release

- ___ Ensure Emotions are Fully Released

10. Gestalt

- ___ Expose the Negative Loop
- ___ Facilitate a Shift
- ___ Complete to Resolution of Conflict(s)

11. Healing the Memory

- ___ Process Belief Systems: Step 1 & 2
- ___ Process Belief Systems: Step 3
- ___ Raise Self-Esteem
- ___ Assertiveness Training
- ___ Irrelevance of Negative Emotions

12. Forgiveness and Compassion Formulas

- ___ Forgiveness Formula: Step 1-3
- ___ Forgiveness Formula: Step 4-6
- ___ Compassion Formula: 5 Components
- ___ Compassion Formula: Guide Client

13. Core Transformation

- ___ Check for Current Feelings & Elicit the Outcome Chain
- ___ Reverse the Outcome Chain & Connect Back to Current Day Issue
- ___ Grow the Part Up
- ___ Integration

14. Suggestion Therapy/Future Pacing Visualization

- ___ Suggestions Delivered
- ___ Visual Images Encouraged

15. Conclude Hypnosis Session

- ___ Create & Set Anchor/Trigger
- ___ Check for Readiness to End Session
- ___ Body Scan – Check Felt-Sense
- ___ De-hypnotize with 4 R's

16. Post-Talk

- ___ Discuss the Session
- ___ Ratify the Trance