Hypnosis Rising Case Recorder

# Product Vision

The Hypnosis Rising Case Recorder is a tool for documentation of the therapeutic process. In the way that it organizes data, it will enable practitioners to illuminate patterns and trends, not only in an individual case, but in the application of methods across cases. As appropriate, the therapist may provide a filtered version of the case record to a client, empowering them to integrate insights across sessions as they move toward accomplishment of their goals.

## Therapeutic Approach

As expressed in The Foundations and Practice of Lay Hypnotherapy, therapy at Hypnosis Rising is a journey of personal growth and integration. Achievement of every goal is structured to stimulate the ability to grow. In short, rather than just giving the client a fish (a changed behavior), Hypnosis Rising teaches the client to fish (define and accomplish unforeseen goals).

Clients arrive in therapy with an orientation to personal growth along with applied strategies and skills. Therapy is sought when they are confronted with distress that cannot be overcome using established methods. The distress is leveraged as motivation to develop new understanding, strategies, and skills. At the conclusion of therapy, at a minimum the client should have an appreciation that balance and flexibility remove internal blocks to satisfaction, and make us better able to surmount external obstacles.

In application, this approach entails a cycle of goal setting, self-discovery, psychoeducation, integration (through trance), and experience.