

Hypnosis 101 (pre-EMF)

Welcome

- Bit about me & mindhackers
- Personal intros from everyone:
 - Name, member, etc?
 - How did people find out about hypnosis/course?
 - What are their interests/reasons?
 - Any prior experience as hypnotist/subject?

Introduction

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| <ul style="list-style-type: none">• What hypnosis is and is not• Reassurances• Brief info about the origins• 1952 Hypnotism Act• Compare: clinical/informal/stage hypnosis | <ul style="list-style-type: none">• NLP & meditation• Differences between people:<ul style="list-style-type: none">- Depth of trance- Reactions to suggestions |
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Warnings

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| <ul style="list-style-type: none">• Be alert for <i>abreactions</i>• Beware "taboos"<ul style="list-style-type: none">- Alcohol- Cigarettes- Pork- etc.• Never use potential allergens (e.g. tasting | <ul style="list-style-type: none">peanut butter)• Do not age-regress• Do not re-live trauma• Be careful not to rewrite memories• Avoid embarrassing the subject• Remember: take it seriously• Remember: it's never about the hypnotist• The subject is the one that's important |
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Practicals

Imagination demonstrations

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| <ul style="list-style-type: none">• Hand-clasp lock• Magnetic fingertips | <ul style="list-style-type: none">• Books and balloons• Backwards force |
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Signs of hypnosis

No hard rules

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| <ul style="list-style-type: none">• Eyelid flutter• Deep, regular breathing• Muscular relaxation (inc. face) & twitches | <ul style="list-style-type: none">• Change in skin colour (lighter/flushed)• Reduced movement• Tone of voice changes (slower/lower) |
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Induction types

Go through the different types, with explanations and demonstrations.

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| <ul style="list-style-type: none">• Narrative• Eye fixation• Progressive muscle relaxation• Confusion• "Instant" | <ul style="list-style-type: none">• Self-hypnosis• Compare: Direct/indirect• Compare: Physical/verbal/visual• Induction vs. deepener• Switching methods |
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Inductions

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| <ul style="list-style-type: none">• Staircase• Even/odd open/close eyes | <ul style="list-style-type: none">• Clock face• Blackboard | <ul style="list-style-type: none">• Hand pressure• Handshake interrupt |
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Hypnotic effects

Discuss and demonstrate some hypnotic effects. Examples:

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| <ul style="list-style-type: none">• Eyelid catalepsy• Arm catalepsy<ul style="list-style-type: none">- Steel bar (hypnotic)- Locked in place (waking) | <ul style="list-style-type: none">• Stuck to chair• Hot seat• Full relaxation below neck• Cotton wool mouth | <ul style="list-style-type: none">• Emotional: Happy/giggly• Physiological: Caffeine shot• Memory: forgetting number• Memory: forgetting name? |
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