



london
mindhackers

Hypnosis 101

Dave Ingram

with help from

Matt Peperell and Morris Webb

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Hypnosis process

1. Pre-talk
2. Testing
3. Induction
4. Deepening
5. Suggestion
6. Awakening
7. Posthypnotic
8. Debrief



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Inductions



Narrative (staircase)

Basic idea: **H** talks **S** through a story, such as descending a staircase, introducing suggestions of relaxation.

1. **H** explains the idea to **S** and asks them to close their eyes to start
2. “Imagine yourself at the top of a staircase, stretching away in front of you.”
3. “I’m going to count from 10 down to 1, and I want you to imagine heading down that staircase. When I reach 1 you’ll be at the bottom.”
4. **H** talks the person down through the numbers, giving suggestions of slow relaxation across the body
5. Perhaps start with the neck, then shoulders, arms, torso, legs
6. “Heavy”, “relaxed”, “loose”, “melting”, all good concepts to use



Eye fixation

1. [H] instructs (S) to focus their eyes on a point just above their eyeline
2. [H] is going to count backwards from 100, with (S) opening eyes on even numbers and closing on odd
3. [H] tells (S) to take a deep breath or two, then starts the slow countdown
4. [H] starts to introduce suggestions of relaxation and eyelid heaviness while pausing longer with eyes closed
5. [H] can introduce confusion by missing out later numbers occasionally



Clock face

1. **S** holds imaginary clock at arms' length, just above their eyes
2. **S** imagines the clock pointing at 1 and **H** says "One, relaxing, going deeper"
3. **S** imagines the clock pointing at 2 and **H** says "Two, two, relaxing, relaxing, going deeper, going deeper"
4. ... and continue, repeating each part the appropriate number of times
5. **H** can make suggestions of relaxation and eye closure between numbers

