

A Timeline for Encouraging Hypnotic Process

- 1 Guide attention toward internal experience and the immediate moment.
- 2 Build receptivity to minimal cues.
- 3 Notice differences from normal experience – the presence of increased comfort, clarity, dissociation, hypnotic dreaming, time distortion, the absence of symptoms.
- 4 Access and enhance motivation. “What do you like? You can *really enjoy* noticing that.”
- 5 Ratify shifts in attention about what is possible – curiosity, openness.
- 6 Any response expresses the client’s hypnotic process (“you can’t not respond”): e.g., nervousness or tension show the client takes the process seriously and requires safety, or desires the experience of control or influence or the ability to direct their experience.

Techniques for facilitating hypnotic experience

Building a yes-set – pacing – truisms. “As you drove here today and your mind turned to certain thoughts...” “As you sit in the chair, breathing in...and out...”

Open language. “and you maynotice certain changes in what you’re feeling...”

Increasing intensity of suggestions: “You *might ... can ... will ... are* feeling more comfortable and relaxed.”

Wondering. “I don’t know exactly when the symptoms will reduce, whether it will be later today, or next week, or sooner that you might have expected...” “I wonder when ... how ... whether your unconscious will let you know of the discoveries it’s made.” “I wonder what the first thing you’ll notice about the changes will be.”

Presupposition. “When your hand touches your face your anesthesia will be fully achieved.”

Indirect suggestion. “I don’t know if *you really want to close your eyes.*” “You can take all the time you need to *let your eyes close right now.*”

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