



## HOMEWORK

### Lesson 11: Additional Inductions

**Submit 5 audio links of your work with practice volunteers (details below) using each of the 6 inductions included in Lesson 11.**

Find one or more volunteers to do this with you.

IF you do all 6 practice sessions with one volunteer and on the same day, be sure to have sufficient breaks in between practice sessions to know the volunteer is completely out of hypnosis, back to Beta brain waves.

**Before you practice review** Lesson 6 How to Hypnotize and Lesson 8 Suggestion Management.

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**Submit an audio link for each practice using these inductions:**

1. Progressive Relaxation Induction (Dr. John Hartland) *Only practice with exactly what's written in the book.*

2. Blackboard Induction – *Only practice with exactly what's written in the book.*

#### **3. Relaxed Scene Experience Script (Yapo)**

Before you begin, work with your volunteer to develop 1 or 2 suggestions to achieve a specific goal they would like to achieve (see Lesson 8)

Step 1: Begin with Hartland's Progressive Relaxation Induction

Step 2: transition into Relaxed Scene Experience Script (Yapo)

Step 3: Move into *Encouragement & Reinforcement* (Lesson 8) with the hypnotic suggestions you created together.

Step 4: Emerge (there is an example of emerging you can use in Lesson 6)

#### **4. Non-Content Relaxed Scene Script (Yapo)**

Step 1: Begin with Shawn Brookhouse's Counting Method of Induction/Deepener

Steps 2-4 same as above

5. Eye Fixation Technique (Yapo) *Only practice with exactly what's written in the book.*

**NOTE: You do not have to submit another practice using the Counting Methods Induction/Deepener (Brookhouse), as you used it in #4 above.**