**Text, application

Description automatically generated with medium confidence**

**HOMEWORK**

Lesson 23: Additional Scripts & Techniques

* Do an intake with a volunteer
* Settle on a goal
* Create positive suggestions

THEN:

* Practice hypnosis using each of the scripts in Lesson 23 (1) Hyperemperia (2) Theodore Barber’s Mystical Induction (3) Hartland’s Ego Strengthening Technique)
* Use the Hyperemperia exactly as written
* With the Mystical Induction and Ego Strengthening scripts, add the agreed upon goals, suggestions, imagery in the appropriate place
* Afterward, discuss the session with the client to learn how they experienced it.

Submit a recording of each of the 3 practice sessions INCLUDING their feedback.