**Text, application

Description automatically generated with medium confidence**

**First Session**

Approximately 90-minutes

This guideline will help you create a structure for effective hypnosis sessions. Over time, you will discover the most effective and efficient way for you to conduct your own sessions. In the beginning, you may find yourself taking much longer than you intended. Be sure your client blocks out enough time, so you honor their time as well as your own. The more proficient you become, the easier it will be to control your time.

1. Assessment/Evaluation (**45 minutes**)
   1. Explain Hypnosis
   2. Discuss Intake Questionnaire/Personal History
   3. Conduct a Behavioral Assessment (Lesson 20)
   4. Agree on a plan forward and suggestions for first session
2. Preliminary Suggestibility Test (**5 minutes**) – choose only one
3. Induction \* Hypnosis I\* Teach 1st Step Hypnosis \* Emerge (**20+ minutes** using Progressive Relaxation script)