



Lesson 6: How to Hypnotize

Assignment #1

Find 2 scripts in your white envelope: **“Progressive Relaxation Induction”** and **“The First Step of Self-Hypnosis.”**

Find volunteers to practice with using the Progressive Relaxation Script and teach the First Step of Self-Hypnosis where it is indicated to do so. As you move through the Progressive Relaxation Induction, note where it is indicated to stop and teach the First Step of Self-Hypnosis. Then move on to emerge.

Assignment # 2

Locate the **Dr Flowers script** in your white envelope. Find volunteers to practice the script exactly as it is. Elicit their responses to hypnosis immediately after emerging. Use the “Response” sheet found in Lesson 2.

Assignment # 3

Watch and study the Dan Candell hypnosis full-session demonstration: <https://youtu.be/TBi-sMlufa4>

Study the hypnotic techniques he uses and how he moves the client from possibility to change.

List the many techniques you recognize from your training, from beginning to end. (View the homework sheet on Lesson 6 for further detail). After the Q&A about this session, you will receive a sheet listing the specific ways in which Dan moves his client to significant change.