



Lesson 12 – Deepening Techniques :: HOMEWORK

Create and execute a 15-minute session following these steps:

1. Review Lesson 6 **How to Hypnotize** and use the 3-step induction procedure (Future Tense...Present Tense...Control)
2. Conduct an **Intake Session** with your volunteer or classmate to discuss what they would like to achieve in a short hypnosis session and create your plan. Ask questions that will elicit information that will guide you toward appropriate visualizations and techniques that will customize your session
3. Collaborate with your volunteer to **establish one primary hypnotic suggestion** to achieve their goal.
4. Choose an **induction**.
5. Choose a **deepener**
6. Conduct the session:

Steps:

- **Induction** of your choice
- **Fractionation** (open/close eyelids to count of 5)
- Work conversationally with the **primary hypnotic suggestion**
- **Use a deepener** of your choice

- **Technique** –spend some time doing what you think will help best to achieve their goal, being sure to use visualization and all sensory input (choose metaphor, story, future rehearsal and merging, bridging, dissociation, whatever you feel comfortable with. Be creative and feel free, it's only practice.
- **Reinforcement** of the suggestion and what has been achieved
- **Recap** what was accomplished and goes with them and use post hypnotic suggestion
- **Emerge**

Record on Voice Memo and send the session to me, as well as a recording of feedback from the volunteer

NOTE: If you are in a live practice session with me, that will count as your homework.

Congratulations!

You have now created your first, original hypnosis session.