



NLP FOR HYPNOSIS PRACTITIONERS

Power, Science & Practical Tools

What Is NLP?

Neuro-Linguistic Programming is the study of how the brain (**neuro**), language (**linguistic**), and learned patterns (**programming**) interact to create subjective experience and behavior.

NLP teaches us how to change the structure of experience, allowing rapid, lasting transformation—often *without analysis or emotional reliving*.

Why NLP Is So Effective

- Works at the unconscious pattern level
- Bypasses resistance and willpower
- Creates felt shifts, not just insight
- Produces change quickly and ecologically
- Integrates seamlessly with hypnosis

Hypnosis provides access. NLP provides leverage.

The Science Behind NLP (Simplified)

- Neuroplasticity: The brain rewires based on attention + emotion
- Predictive Brain: The mind runs on learned expectations (NLP updates them)
- Embodied Cognition: Thought and emotion are stored in the body
- Hebbian Learning: Neurons that fire together wire together
- Memory Reconsolidation: Activated memories can be rewritten with new meaning

Core Elements of NLP

- Representational systems (**V / A / K**)
 - Sub modalities (size, distance, brightness, tone)
 - State management
 - Anchoring
 - Parts work
 - Reframing (meaning & context)
 - Pattern interruption
 - Future pacing
 - Ecology (whole-system alignment)
-

LANGUAGE PATTERNS TO LISTEN FOR (THIS IS GOLD)

These are diagnostic cues that tell you exactly which NLP tool to use.

1. Parts Language (Conflict)

Listen for:

- “Part of me wants to... but another part...”
- “I know I should, but I don’t”
- “I’m torn / stuck / conflicted”

→ **Use:** Visual Squash or Six-Step Reframe

2. Identity Language

Listen for:

- “I am just the kind of person who...”
- “That’s just how I am”
- “I’ve always been...”

→ **Use:** Expanded Sense of Self ... Boardroom ... Identity Reframe

3. Automatic Triggers

Listen for:

- “Every time X happens, I feel...”
- “I can’t help it”
- “It just happens automatically”

→ **Use:** Swish ... Pattern Interruption ... Anchor Installation

4. Over-Association / Emotional Flooding

Listen for:

- “It feels overwhelming”
- “I get sucked into it”
- “I can’t see clearly when I’m in it”

→ **Use:** Dissociation ... Expanded Awareness ... Boardroom

5. Future Fear or Doubt

Listen for:

- “What if I fail?”
- “I’m worried this won’t last”
- “I don’t trust myself”

→ **Use:** Future Pacing & Merging

6. Rigid Meaning-Making

Listen for:

- “That means I’m not good enough”
- “It proves that...”
- “Because that happened, I can’t...”

→ **Use:** Reframe ... Six-Step Reframe ... Pattern Interruption

NLP TECHNIQUES YOU CAN USE IMMEDIATELY

NOTE: You will benefit greatly from a class in Basic NLP and, if you like, a second class for Master NLP. Remember: NLP in a conscious state is effective ... but NLP within a hypnotic trance is surgical. NLP will always be more impactful in a subconscious state.

AFTER USING ANY TECHNIQUE DEBRIEF (IMPORTANT)

Ask only:

1. What did you notice?
2. What surprised you?
3. What felt easy?

Do not analyze.

REMEMBER: “If the unconscious responds even a little, real change is already possible.”

NLP is not about doing more.

It’s about noticing more — and interfering less.

Visual Squash (Parts Integration)

Purpose: Resolve inner conflict

Use for: **Procrastination, ambivalence**

Script:

“Notice the part that wants change in one hand, and the part that resists in the other.

Thank both for their positive intentions.

Allow the hands to move together, letting your unconscious create a new integrated solution.”

The Boardroom

Purpose: Inner leadership and clarity

Use for: **Decisions, confidence**

Script:

“Step into your inner boardroom.

Each part has a seat.

Notice who sits at the head of the table—your highest self.

As that self leads the system naturally aligns.”

Swish Technique

Purpose: Replace automatic patterns

Use for: **Habits, triggers**

Script:

“See the old pattern image.

Now notice a powerful image of you responding perfectly.

Swish! — the new image rushes forward as the old disappears.”

Six-Step Reframe

Purpose: Change behavior while honoring intention

Use for: **Compulsions, resistance**

Key Frame:

The behavior is not the problem—the intention is positive.

Script:

“Thank the part for its intention.

Are you willing to generate new ways to meet this intention that support the whole system?”

Expanded Sense of Self

Purpose: Dissolve identity limits

Use for: **Confidence, worthiness**

Script:

“Notice where you believe ‘you’ end.

Allow your awareness to expand beyond that.

From this expanded self, the issue naturally shrinks.”

Pattern Interruption + Reframe

Purpose: Break emotional loops

Use for: **Anxiety, rumination**

Script:

“Pause. Breathe. Look around.

Now ask—What else could this mean that empowers me?”

Future Pacing & Merging

Purpose: Lock in change

Use for: **Habit installation**

Script:

“Step into a future moment where this change is fully integrated.

Now allow that future version of you to merge into the present.”

Always finish with:

“Imagine a future moment where this change is already part of you...

See it through your own eyes... Notice what’s different now ...

And let that future version of you merge into now.”

WHY NLP INSIDE DEEP HYPNOSIS IS EXTRAORDINARILY POWERFUL

This is **the multiplier effect** most practitioners miss.

1. Reduced Critical Factor

In deep hypnosis:

- The analytical mind softens
 - The unconscious accepts structural change without debate
 - NLP patterns install without resistance
-

2. Heightened Sub modality Sensitivity → NLP changes lock in faster and last longer

Clients experience:

- Brighter imagery
 - Stronger sensation
 - Deeper emotional encoding
-

3. State-Dependent Learning

When NLP is done in trance:

- The change becomes linked to calm, safety, and focus
 - The client naturally re-accesses the new pattern later
-

4. Identity-Level Reorganization

Deep hypnosis shifts work from:

“I’m trying to change” to “This is who I am now.”

This is where permanent change happens.

5. Fewer Words, Bigger Results

In trance:

- You don't need long explanations
- The unconscious fills in meaning automatically
- Subtle suggestions carry enormous weight

NLP in **waking** state is **effective**.

NLP in **hypnosis** is **surgical**.

- Hypnosis opens access.
 - NLP creates precision.
 - Identity integration makes it permanent.