

**Irish  
Hypnotherapy Conference  
2024**

**Rapid  
Therapy Approaches**

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## Rapid pre-talk and client education

You can condense your regular pre-talk and still manage expectations, dispel myths, and educate the client about hypnosis and what to expect in their session. Phrase your pre-talk and education positively, finding out what the client believes and only dispelling any unhelpful myths; rather than give a list of what hypnosis is not, e.g. *"it's not sleep"*.

You might like to include:

- I will ask you to close your eyes to help you focus on your inner world.
- Hypnosis is a state of focused attention, you may feel relaxed, you may feel energised, or simply as though you are sitting with your eyes closed.
- You can move and talk and easily can stay in hypnosis.
- You will remember all you need to remember.
- You will only do what fits with your beliefs and in your best interests.

### Contra-indications

You can rapidly check for contra-indications in a positive way, such as, **"If you let me know if any injuries or discomfort, I can work around that for you"**.

### Super briefing

This includes positioning the client, getting consent, directing compliance and manipulating distractions.

#### Position

**Please sit back in the chair, allowing the back rest to support you. Place your feet flat on the floor and rest your hands on your thighs. Thank you.**

#### Consent

**Are you happy to go into hypnosis?** [wait], **good** [if yes].

#### Suggestion direction

**I will give you a series of suggestions. All you need to do is to follow my suggestions completely. There is no need to make anything happen. Simply let whatever happens to happen.**

#### Focus direction –

**Every voice you hear, every sound...every thought and every feeling, will simply help you focus only on my voice. Following my suggestions completely. Ok?** [wait for yes] **great.**

## Suggestibility testing

For people to feel that they have been hypnotised, it helps to give them a recognisable experience of engaging with their subconscious mind. Suggestibility testing offers a fantastic way of priming or 'warming up' the client as well as showing them that 'something' is happening.

For the therapist, these tests offer a wealth of valuable information, including any resistance, compliance, ability to engage with suggestions, sensory preference, and achievement of phenomena, such as IMR (ideo-motor response) or catalepsy. To the client, frame the suggestibility test as 'a warm up activity' or 'hypnosis skills primer', rather than 'test' with its potentially negative associations.

## Window Eye Lock Test

This test uses direct suggestion. However, you can adapt the tonality and pacing of it to suit your own style, whether permissive or more authoritarian. You can either use it as a standalone test, or transition straight into hypnosis. As with any eye lock induction, contra-indications relate to any eye pain, past eye surgery and the wearing of contact lenses.

- **Are you happy to engage in an imagination activity?**
- **In a moment... I am going to ask you to use your imagination**
- **There is no need for you to make anything happen, simply allow whatever happens to happen... as you listen to my voice and follow my suggestions completely**
- **I would like you to take a deep breath in and as you breathe out, close your eyes...and imagine that you have a window in the top of your head**
- **I would like you to roll your eyes all the way up, as if you were looking through that window in the top of your head**
- **Don't look anywhere else, just keep looking through that window**
- **One the count of 3 you may try to open your eyes... and find... that the harder you were to try... the tighter they will stick together. 1, 2, and you can go ahead and try and find that the harder you pull, the harder they are going to stick together**
- **Now stop right there, let them relax**
- **Take a nice a deep breath and open your eyes. Well done.**

## Window Eye Lock Test Breakdown + Key Features

This version makes it almost impossible for someone to open their eyes if they are following your suggestion because if the eyes remain rolled up, they will not open. To break it down,

### **Are you happy to engage in an imagination activity?**

= Gets consent and introduces the concept of an imagination activity.

### **In a moment... I am going to ask you to use your imagination....**

= Priming about when, and what you are asking them to do.

### **There is no need for you to make anything happen, simply allow whatever happens to happen... as you listen to my voice and follow my suggestions completely...**

= Directing how they will respond

### **I would like you to take a deep breath in and as you breathe out, close your eyes..**

= We know that the out-breath is more relaxing, so helping to reduce any client performance anxiety as you gain eye closure

### **and imagine that you have a window in the top of your head...**

= You are then immediately engaging the imagination

### **I would like you to roll your eyes all the way up, as if you were looking through that window in the top of your head...**

= Direction of what to do next, reinforcing the window

### **Don't look anywhere else, just keep looking through that window...**

= Stronger focus on looking up

### **One the count of 3 you may try to open your eyes... and find... that the harder you were to try... the tighter they will stick together.**

= Setting up for the 'test' element.

= It tells the client of when they are to do something and what to do and what will happen

**1, 2, and you can go ahead and try and find that the harder you pull, the harder they are going to stick together.**

= You will notice that the count of 3 is never reached.

= Those clients who are literal will simply not even try.

= Those less literal will be caught by the double bind - That the harder they try the harder they will stick

= Notice that the phrasing does not say 'open your eyes', it says the 'harder you pull'.

= When you pull something, you are bringing it towards you, so indirectly reinforcing the pulling the eyes up.

**Now stop right there, let them relax.**

= You are only going to give the client moments to 'pull' and then stop them even trying and give them the suggestion to relax.

**Take a nice a deep breath and open your eyes. Well done.**

= We know that whilst the out-breath is more relaxing, the in-breath is more stimulating, so timing the eye opening to that is helpful.

= The praise is useful in building rapport and again reducing any of the client's performing anxiety... as it reassures them that they did well.

*This approach is presented as 'non-touch' and suitable in this format for online use. There are some in-person tactile additions:*

You may tap lightly on top of the head to indicate the location of the window. You may tap lightly between the eyebrows during the eyes opening challenge.

You can also suggest to the client that their eyes can remain closed, as they relax even deeper, thus turning this test into an induction.

**Other useful suggestibility tests**

- Heavy and light hands: Good for groups, athletes and performers, shows imagination
- Lemon test: Good for sensory preferences
- Magnetic fingers: Shows resistance and compliance
- Magnetic hands: Shows compliance and ideo-motor response abilities

## Breathing induction

This is a seemingly simply rapid eye closure induction, yet has many subtleties. It is particularly helpful when time is limited and with those who have experienced hypnosis before and like to get on with the change work part of the session. This is a permissive induction with embedded commands. You can apply whichever tonality suits your hypnosis style, whether more permissive or more commanding.

### Protocol

- **I would like you to just move to make yourself comfortable in the chair...**
- **When you are ready, I would like you take a nice deep breath in [demo to client]... and now exhale when you are ready to relax... Good...**
- **And now, take another good deep breath in [demo to client]... and just let it out and relax even more deeply ...now...**
- **And finally... take a nice deep breath all the way in [demo to client]... and when you are ready to relax completely, you can close your eyes**
- **And you can go on breathing and relaxing with every breath, breathing in relaxation... and breathing out any unnecessary tension.**
- **And now, imagine, in your own way, that there are 3 heavy gold numbers in box #3, #2, #1. Pick up #3, notice its weight and as you put it back in the box, allow that heaviness to take you deeper, now pick up #2, even heavier, and as you put it back in the box, go even deeper still... finally, you may be able to lift #1 just a little, so heavy, and as you let go, you go even deeper now.**

### Breakdown + key features

This appears to be relatively permissive, however it is littered with embedded commands. You will have your own way of working with these, perhaps with a micro pause before and after, maybe with a slight downward direction in your tonality (which makes it more commanding). You might even use a non-verbal cue, such as a small head nod or tilt. If you feel that your client may be a little resistant of embedded commands, saying them with a smile in your voice retains the command, yet can diminish any perceived threat.

### **I would like you to just move to make yourself comfortable in the chair...**

= You start by giving the client something easy to do. The movement also indicates that they are complying with your suggestion.

**When you are ready, I would like you take a nice deep breath in** [demo to client] **...and now exhale when you are ready to relax... Good...**

= The demonstration helps guide the client and can boost rapport as part of collaborative working.

= You are starting to associate the out-breath with relaxation.

= It invites the client to choose when they will exhale, giving them some sense of control.

**And now, take another good deep breath in** [demo to client] **and just let it out and relax even more deeply ...now...**

= This builds even more on relaxation and builds on compliance with the client to follow along with the physical act of breathing.

= It now moves from giving the client choice as to when they exhale, to directing when and how they exhale.

**And finally... take a nice deep breath all the way in** [demo to client] **... and when you are ready to relax completely, you can close your eyes**

= This then builds on the familiarity of deep breathing and allows the client to close their eyes when ready. This is a form of indirect consent to enter hypnosis.

**And you can go on breathing and relaxing with every breath, breathing in relaxation... and breathing out any unnecessary tension.**

= You suggest that the breathing enhances their relaxation and this gives the client something to immediately focus on, and links to the next element.

**And now, think of or imagine, in your own way, that there are 3 heavy gold numbers in box #3, #2, #1. Pick up #3, notice its weight and as you put it back in the box, allow that heaviness to take you deeper, now pick up #2, even heavier, and as you put it back in the box, go even deeper still... finally, you may be able to lift #1 just a little, so heavy, and as you let go, you go even deeper now.**

= An initial counting deepener. Suggesting 'think of or imagine in your own way' allows for sensory preferences and accommodates those who feel they can't imagine. There are then visual (see the box and gold numbers) and kinaesthetic (heavy gold) elements. The lift and lower engages the client as an active participant, rather than passive recipient and sets up for subsequent work.

## Rocking deepener

Many rapid deepeners have a kinaesthetic element. This is an effective tactile deepener that can be delivered for the therapist's choice of duration. This deepener can be delivered by the therapist rocking the client, or, asking the client to rock themselves (as below). It

### Protocol

- **I would like you to allow yourself to rock gently from side to side**
- **As you rock from left to right, so you let go of unnecessary tension**
- **And, as you rock from right to left, so you relax deeper**
- **Taking yourself into a wonderful hypnotic relaxation**

## Arm lift/drop deepener

The arm drop deepener is particularly popular with kinaesthetic clients (who connect to the sensation of the cushion of air) as well as visual clients (who connect to the imagery of a cushion of air), and is a good convincer as well, helping build the client's experience. Contra-indications are pain or limited movement in the arm, neck, back or shoulder. A good way of doing this is to say, "**Would it be comfortable if you were to move your arm like this?**" whilst demonstrating the range of movement required. Also, ensure a descending arm won't hit a table or desk. The protocol specifies the client's left arm; simply alter what you say for the right arm if this is more suitable for the client.

### Protocol

- **As you listen to my voice...as your body is deeply relaxed...**
- **I would like you to lift your LEFT arm up out in front of you and allow it to float at shoulder height... [praise when done]**
- **Let the arm just float there... as though supported by a cushion of air... [praise]**
- **Let the wrist relax... let the arm simply float and relax... [praise]**
- **In a moment... that arm will start to descend down... towards your lap... only as quickly as you wish to go deeper into hypnosis...**
- **As that arm descends, so that hypnosis spreads throughout your body, relaxing, drifting, deeper into hypnosis [repeat until arm drops to lap].**



## **Arm Lift / Drop Deepener Breakdown + Key Features**

### **As you listen to my voice...**

= This starts with a truism

### **I would like you to lift your LEFT arm up out in front of you and allow it to float at shoulder height...**

= Although this uses the phrase 'I would like you to' the embedded command instructs the client to lift their arm up and also how and where to position it. You have already prepared the client for this by checking during your consultation/intake process for any contra-indications.

### **Let the arm just float there... as though supported by a cushion of air...**

= You are giving the client both a command to let it float and also some sensory metaphorical imagery. This works well for both visual and kinaesthetic preference clients.

### **Let the wrist relax... let the arm simply float and relax...**

= By relaxing the wrist, you are reducing tension in the arm, meaning it will be able to retain the float position longer without tiring. This is supported by another embedded command to keep that arm in place and yet to also relax it.

### **In a moment... that arm will start to descend down... towards your lap... only as quickly as you wish to go deeper into hypnosis...**

= By using 'in a moment' you are helping a client prepare for what comes next. They are able to listen to the subsequent suggestions and absorb them before responding.

= You tell the client what movement will happen and when the arm will travel

= You give the client the autonomy to choose how quickly that movement deepens their hypnosis experience.

= This adds to the sense of collaborative working and further adds to rapport, which is beneficial for subsequent therapy.

### **As that arm descends, so that hypnosis spreads throughout your body, relaxing, drifting, deeper into hypnosis (repeat until arm drops to lap).**

= The arm descends at the speed of the client's choosing. If it drops rapidly, then you may only have time to use the embedded command, "deeper into hypnosis". If the arm drops slowly, you may repeat this phrase one or more times until the arm reaches the lap.

## **Empowered Release Technique**

This approach is great for a client who feels that they are holding themselves back in some way. This metaphorical technique helps them focus on and break free from their ties. As the arms are to be extended, check for any discomfort in the required position prior to hypnosis.

### **Protocol**

- **I would like you to place your arms outstretched, with your palms facing, and imagine there is a thick elastic band around your hands...**
- **Now, imagine taking up the tension on the band, separating your hands about one hand's width [4"/10cm] apart...**
- **I would like you to know that this band represents all that has held you back, whether negative thoughts, feelings or emotions...**
- **Now, take three deep breaths in and out, as you connect to your own inner true potential...**
- **As you continue to breathe in and out, you can now allow the power of this potential to start to pull your hands apart...**
- **This power will continue to pull those hands apart until the band safety breaks and your hands drop into your lap...**

(Give boosting suggestions, talking of the power of their potential pulling, tugging, moving their hands apart, the band getting thinner and thinner the more it stretches, and soon they will be able to break free. Continue until the band breaks)

- **Now the band has broken, so you have broken free and released yourself from those negative thoughts, feelings and emotions that have held you back.**

## **The mirror technique**

This is a metaphorical, direct suggestion, resource building technique. It is a very quick technique for ego boosting, with an ongoing post-hypnotic ego boosting suggestion for the suggestions to be enduring.

The technique uses three positive attributes or qualities, ideally using those which will resonate with the client e.g. from intake or directly asking, otherwise use the standard ones ('good', 'strong', and 'of value'). When delivering this technique, use a different tonality and word order through each repetition to avoid it sounding overly repetitive.

### **Protocol**

- **I would like you to notice a delightful mirror...**
- **As you look in the mirror, the person you see there is a good person, a strong person, a person of value... you know that that is true... because you are that person...**
- **Repeat twice in different orders, then...**
- **And... from this day on...every time you see your reflection in a mirror...your subconscious will be reminded that that you are a good person...a strong person...and a person of value...**
- **And this will continue for as long as it is helpful and in your highest interests.**

## **Rapid awakening**

- **Just take a moment to enjoy whatever you are experiencing...**
- **Perhaps noticing relaxation, perhaps feeling free from unnecessary tension...**
- **Because....**
- **In a moment...I will count from 1 to 3...**
- **And on the count of 3... you will open your eyes... fully alert in every way...**
- **So, ready... 1... become more aware of the room around you...**
- **2...becoming more alert... [sit up in your chair]**
- **3... open your eyes now... [smile at client]**
- **Well done!**

## Rapid insight technique

This technique can be used in or out of formal hypnosis to rapidly gain insight. A curious tonality works well when asking, “*What does that mean?*”.

### Protocol

- Invite client to conduct an emotional scan whilst thinking about the situation that causes them distress or disturbance
- Listen for the ‘*I feel...*’ or the ‘*I am...*’
- Reflect back and ask what that means...Continue until insight is gained, the client gets stuck, or starts to loop.
- Then restart with: When you are feeling anxious... what are you not feeling? (then back to above protocol).

### Example:

Client: When I go to get on the plane, I feel anxious

Therapist: **You feel anxious... I wonder what that means?**

Client: I feel like I need to escape

Therapist: **You feel like you need to escape... I wonder what that means?**

[Re-Start...]

Therapist: **When you are feeling anxious, what are you not feeling?**

Client: I am not feeling safe

Therapist: **You are not feeling safe... I wonder what that means?**

## Questions / more info

If have questions or you would like more information about any of these approaches, please do contact me.

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