Learning Hypnosis
a Respectful Method of Allowing a Client to Heal

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…with great appreciation
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• What is hypnosis?
  • a working description
    • an experience
    • with focus
    • and absorption
    • that is mutually agreed to be hypnosis
  • This avoids conflict about what hypnosis REALLY is.
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• the common everyday trance
  • reading a book
  • watching a movie
• hypnosis can be approached as an extension of this
• so everyone has their own experience of their everyday trance
• and can find their own unique way of going in to hypnosis
Erickson invited - “When a client comes to see you, they always bring their solution with them only they don’t know that they do, so have a very nice time helping them to find the solution they brought that they didn’t know that they brought.”

But ...

How can we help a client to find this solution?
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• When we do something that we like doing, we have all the resources readily available
• if we begin a session by asking about what a client likes
  • we create a mood of respect
  • and competence
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a possible session format to play with

• what do you like?
• what do you like about that?
• what’s the problem that you want to resolve today?
• what is it about that problem that is particularly troubling you?
• what’s missing for you, that if you had it, you’d be OK?
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• can we go to your “likes”?
  • by remembering
  • or imagining and then begin to focus and become more absorbed.
• we can comment on the physiological changes
  • breathing, blinking, stillness, facial changes
  • to ratify and encourage this client’s experience
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• we can then ask the client to look for the resource that’s missing, with total confidence that they will find it.
• we can then invite the client to learn that experience
• so they can transfer it to the problem area
  • by stating that the problem is the same as the likes
  • or ask the client what are the similarities
  • or remind them that they learnt to like what they do, so that same learning can help here
  • and invite them to have this connection when they are ready, not necessarily now.
• We can invite the client to reorient to their wider experience
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• we can ask the client “What’s different for you now compared with when we started?”
• finally we can thank the client for trusting us and being willing to include us in them creating their solution.
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This format is offered only as a way of exploring
as an opportunity to play
and vary from.
It is not intended to be the right or preferred way.
Thank you for being willing to play.
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my books - the first 2 are free [https://robmcneilly.simplero.com/resources].

Healing with Words
Doing Change [previously Healing the Whole Person]
Creating Connections Volume1
Creating Connections Volume2
Learning Hypnosis
Just Do Good Work
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Here is a link to a small free eBook with more details about this approach.


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