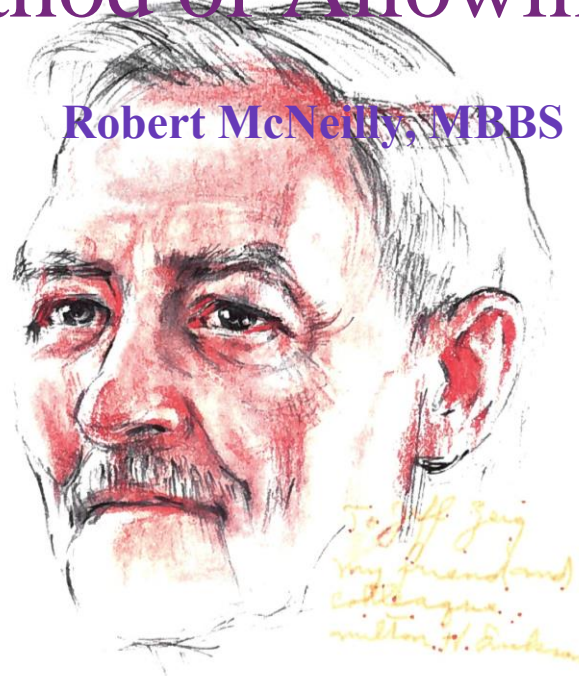


# Learning Hypnosis a Respectful Method of Allowing a Client to Heal

Robert McNeilly, MBBS



IDA LIBBY  
DENGROVE  
1976

...with great appreciation

1979

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# Learning Hypnosis

## a Respectful Method of Allowing a Client to Heal

- 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.

# Learning Hypnosis

## a Respectful Method of Allowing a Client to Heal

- 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

# Learning Hypnosis

## a Respectful Method of Allowing a Client to Heal

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?

# Learning Hypnosis

## a Respectful Method of Allowing a Client to Heal

- When we do something that we like doing, we have all the resources readily available
- if we begin a session by asking g about what a client likes
  - we create a mood of respect
  - and competence

# Learning Hypnosis

## a Respectful Method of Allowing a Client to Heal

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?

# Learning Hypnosis

## a Respectful Method of Allowing a Client to Heal

- 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

# Learning Hypnosis

## a Respectful Method of Allowing a Client to Heal

- 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



# Learning Hypnosis

## a Respectful Method of Allowing a Client to Heal

- 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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## a Respectful Method of Allowing a Client to Heal

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.

Rob McNeilly

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# Learning Hypnosis

## a Respectful Method of Allowing a Client to Heal

my books - the first 2 are free [\[https://robmcneilly.simplero.com/resources\]](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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# Learning Hypnosis

## a Respectful Method of Allowing a Client to Heal

Here is a link to a small free eBook with more details about this approach.

<https://us.simplerusercontent.net/uploads/asset/file/2877839/easy-guide.pdf>

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