

Steps of Hypnotic Trance

To facilitate identification of the presence of hypnosis

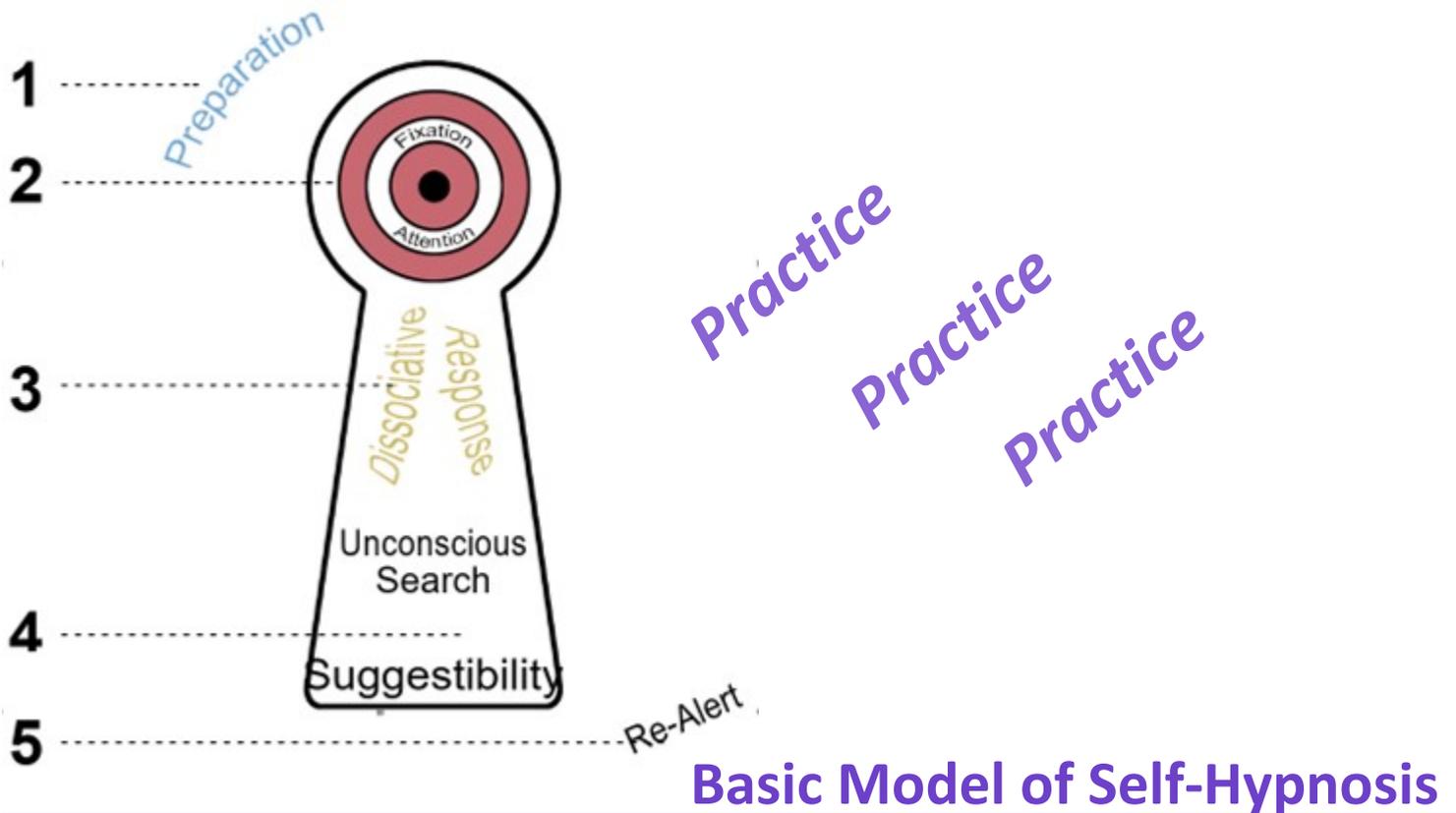
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Hetero-Hypnosis & Self-Hypnosis

Dr. Roxie's Guide

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Basic Model of Self-Hypnosis

1. Experience a hypnotic state (Hetero-hypnosis)
2. Recognize an experience of having entered a hypnotic state (Felt sense)
3. Become aware of steps (Hetero-hypnosis + cognitive consciousness + felt sense)
 - Preparation
 - Focus of attention
 - Dissociative response
4. Practice the steps of Preparation & Focus (By one's self)
5. Set reasonable sequential learning objectives for self-hypnosis sessions (By one's self)
6. Set reasonable measures for self-evaluating progress (By one's self)
7. Recognize the dissociative response within self-practice (Felt sense)
8. Self -reflect on the process, the success, and what refinements will help advance the skill.

Alejandra's Self-Hypnosis Model

Set an Intention

Choose a Scenario

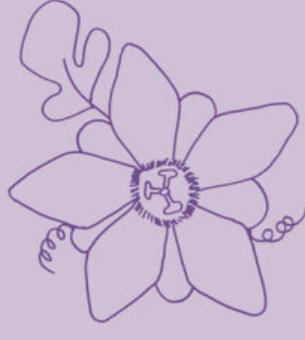
Activate Senses

Anchoring Suggestions

Future Projection

Provide Congruent Suggestions

Realert!





Time

Hypnotic Suggestion Opportunities

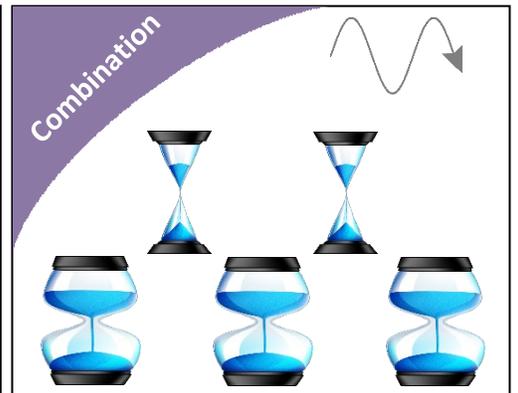
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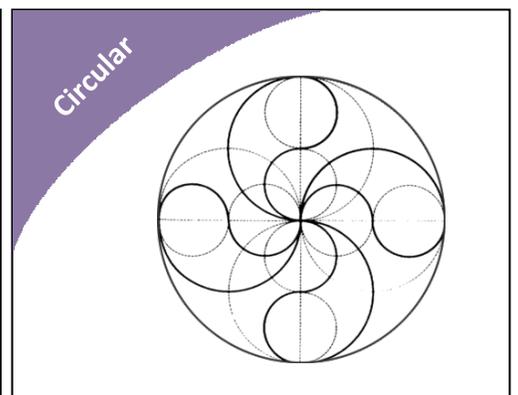
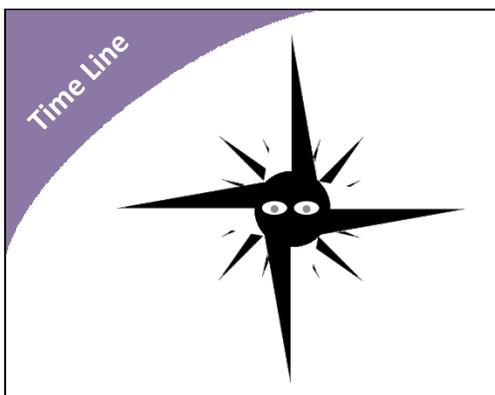
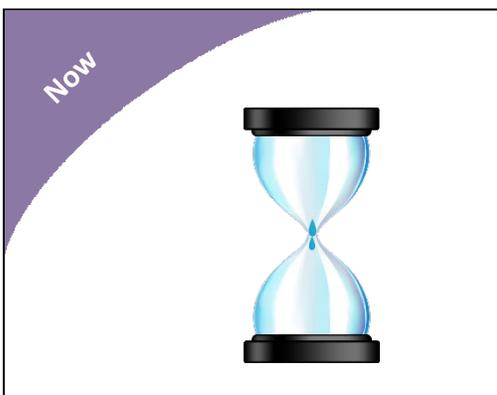
Psuedo-Orientation



Distortion



Linear/Non-Linear





Time

Hypnotic Suggestion Opportunities

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Pseudo Orientation

Experiencing the sensation of being in a different time than the current moment

Past Experiencing the past as if it is happening in the now. Encompasses intentional journeys as well as flashbacks. Carried to extreme includes past-life regression

Future Experiencing the future as if it is happening in the now. Encompasses intentional journeys as well as premonitions.

Another Experiencing the current moment from a dissociated state. As if it is happening to someone else. Encompasses therapeutic journeys as well as pathology.

Distortion

Experiencing the sensation of time as flexible in its sensation of passage

Expansion Experiencing the present in a sense of slow motion. Encompasses intentional therapeutic intention as well as the normal sensation of time dragging when faced with a boring task or the slowing of perceptions that occurs naturally when faced with crises.

Compression Experiencing the present with a sense of it happening rapidly. Encompasses the normal sensations of life experience, that years go by without notice, as well as the therapeutic applications of intentionally compressing unpleasant intervals.

Combination Some therapeutic techniques may include the intentional combined use of the sensation of time flying by, with expansion of comfortable moments. Childbirth is a common example illustrating the moments of contractions passing quickly while the moments of rest between contractions extending out as long as needed.

Linear and Non-Linear

Focusing on the philosophical nature of time

Now Currently a popular approach, mindful moments focus on the moment of the present to the exclusion of the past, future or other distractions to the current moment.

Time-Line Internal exploration of one's own conceptualization and representation of the trajectory of the past to the future. the present with a sense of it happening rapidly.

Circular A Socio-cultural viewpoint that time is not linear but circular and one can look to historical times for guidance as to how to endure current difficulties. Many native American's teach that time is a series of circular events which are repeated over time and that attunement to the learnings from ancestors can guide one through current troubles times.