

OLD SCHOOL TEMPLATE

KAREN HAND

INDUCE TRANCE – In any way that engages the CLIENT’S B.S.

- Progressive Muscle Relaxation
- Breathing Technique
- Moving Awareness
- Spigots

DEEPEN THE TRANCE – Dissociating from the here and now

- Count down stairs, an escalator, elevator
- Count UP into the sky...clouds...into a different dimension

SUGGESTIONS – MESSAGE – STORY – METAPHOR

POST HYPNOTIC SUGGESTION(S) –

- Don Mottin’s Red, Red, Red
- Every day in every way you notice yourself getting better and better
- Specific instructions “after trance” action

EMERGE – Reverse the Induction

- Count out – in the opposite way of counting in...)
- Jason Linett’s all positive emerge