

HYPNOSIS DEPTH TESTING

STAGES 4, 5, 6

STAGE 4

Now I'm going to take your arm again by the wrist and hold it up. It will stay up by itself very comfortable. Please hold your hand out and extend your fingers. Now allow all the feeling to leave your hand from your wrist to your fingertips. (Brush client's hand lightly with your fingertips.) You feel NOTHING in the area between your wrist and your fingertips. You feel nothing...In a moment I'm going to count from 1 to 3 and when I reach the number 3 your hand will be totally numb, like a piece of wood or a heavy brick. One...you feel nothing... nothing at all...Two...your hand is senseless...you feel numb...nothing...and three...nothing at all...(As you say "nothing at all" you pinch the top of their hand with your fingernails)...Tell me...what do you feel?... A touch but no pain? (allow for responses)...

If client responds "touch", then you say: Allow all the feeling to go back into your hand and place your hand back on your lap. Staying in hypnosis, please open your eyes and notice the mark on your hand...

(If client responds "pain"... say: Allow all the feeling to go back into your hand and place it on your lap.)

STAGE 5

In a moment I'm going to count from 1 to 3. At the count of 3 I would like you to open your eyes, but remain in hypnosis. When you open your eyes, you will look at the wall in front of you and see a clock. I would like you to describe that clock to me. Now...remain in hypnosis and open your eyes at the count of three. 1... 2... 3... eyes open. Feels good, doesn't it? Please look at the wall and tell me what you see. (Allow ample time for response. Encourage, but let them describe. After client describes a clock or tells you they see nothing say: Now, close your eyes and go deeper into hypnosis.

STAGE 6

In a moment I'm going to count from 1 to 3. At the count of 3 you will open your eyes, but remain in hypnosis. When you open your eyes, you will want to take notes but you will NOT be able to see your pen. Your pen will be gone. You may even accuse me of taking it...Now... 1... 2... 3... eyes open. Feels good, doesn't it? (Allow for scene to be played out, for the hallucination to develop.) Now...close your eyes and go deep into hypnosis.

In a moment I'm going to count from 1 to 5. At the count of 5 you will emerge from hypnosis feeling refreshed and alert. You will remember all you care to remember about what happened here today and feel very good...
1... beginning to emerge... 2... feeling wonderful and refreshed... 3... your mind clear and alert ... 4... emerging from hypnosis now... and 5... eyes open now... feels great, doesn't it?