

Week 3 Video 10 Dave Elman Induction

I'm going to introduce you to a new and amazingly powerful induction right now. It's called the Dave Elman Induction, and obviously, it's named after its creator, Dave Elman. So, just a few minutes talking about Dave Elman and who he was because in the world of hypnosis, you're going to come across this name.

Dave Elman was actually born at the turn of the 20th Century to a family that was in the vaudeville world, and his name was Dave Koppelman. When he got older and he was on stage, Dave Koppelman did not fit in to the marquee, so he changed it to Dave Elman.

Well, when he was young, his father, I believe, was very very ill and they called a local hypnotherapist to come in and help his father with pain management. So when Dave was young, he watched this hypnotist come in and he helped his father and his father was able to manage the pain. The pain was tremendously reduced and Dave was just amazed about all of this. After that, he became fascinated with hypnosis but he also had his own career track and he finally left vaudeville. Actually, in the 40's I believe, he started a radio show, and that radio show was called *Hobby Lobby* and it was NBC in New York. What he did on this radio show was he interviewed people with unusual hobbies. One of his favorite persons he interviewed was somebody who collected woodpecker holes, little pieces of wood where the woodpecker had gotten lots of holes. There was also another one where a woman who collected eyelashes from famous celebrities. Well, it became such a popular radio show in the United States that when Dave Elman went on vacation for a week, Eleanor Roosevelt, the president's wife, sat in and took his show over for that week. That's how amazingly popular he was.

Well, one day, he actually a hypnotist on the show that he was interviewing and he found that he actually knew more than the hypnotist through all of his studies and all of his interest in that.

After the radio show ended, he decided to do hypnosis and fast forward, Dave Elman found that getting a client into hypnosis, the induction, was taking a long time. He had read through another book that was written many years ago, I believe, a man named Hippolyte Bernheim, that the hypnotist had noticed when a client's in hypnosis on Monday and when the client comes back on Wednesday, it takes less time to get him into hypnosis, and the third time, it takes even less time. And so Elman said, hmm, if it's three times a week and each time he goes into hypnosis he goes faster and deeper, I wonder if I can do it in one day, have the client in at 9 o'clock and then 12 o'clock and 3

o'clock. By that time, that client will go into hypnosis much faster and he took this to the next step.

And he took it to the next step so that he could easily create a deeper trance in the first session by having the client open and close their eyes, open and close their eyes, and open and close their eyes. And that's actually something that's called fractionation.

Elman ended up teaching. He had a career in New Jersey teaching medical doctors and dentists how to do hypnosis. It was kind of ironic that he was teaching doctors and dentists. He would not permit anybody else in the classes.

At the same time, another famous hypnotist and psychiatrist named Milton Erickson was in Arizona and he was also teaching hypnosis. And this is happening same time different parts of the country, and Milton Erickson and Elman were at different ends of the spectrum and I don't there was a lot of love lost between those two men.

What was ironic was at the same time Elman was teaching dentists and doctors in New Jersey. Milton Erickson, the famous psychiatrist and a hypnotist, was teaching and seeing clients in Arizona. Two very different men, very different backgrounds all involved in helping others through the power of hypnosis.

If you're interested in history, Dave Elman has one book that he has written which is now called *Hypnotherapy*. Erickson, there's a huge amount published about Erickson. In fact, there have been techniques based on Erickson's mode of doing hypnosis. You can continue to learn more about hypnosis and some of these historical figures who've really helped our field become the professional field it is.

I'm going to be sharing the Elman Induction with you. Please take a moment and print out the PDF below and the Elman Induction which is right here has a couple important parts to it I want to share with you.

The first part is just kind of relaxing the body. Remember, relaxing the mind and body open the window to the subconscious mind and make it easier for a client to accept suggestions. So that first part deals with relaxation.

The second part is where we have that eyes opening and closing effect of fractionation and so every time the client opens and closes their eyes, the next time they open and close their eyes, they actually go a little bit deeper. So if I were to draw it, it would kind of look like this, open and close, open and close, open and close... so instead of Monday, Wednesday, and Friday or 12 o'clock, 3 o'clock, and 6 o'clock, in one quick two minutes' period of time, that client actually has reached a state of what we call

somnambulism. Remember, between the alpha and that theta state. Pretty amazing isn't it?

There's also a physical part of this and you'll see in the next video where I'm demonstrating it with a client where we walk over and you're going to be picking up the client's wrist like this, so this is an induction where prior to doing it, please ask your client, "Is it okay if I come over and touch you and pick up your wrist like this." Get permission first absolutely.

The last part of this induction has the client going into a state where you're going to actually help the client to pretend to get rid of a series of numbers in his mind. You're going to have him counting himself down into more and more relaxation and you're going to give the client suggestions to sweep these numbers out and numbers away.

Generally, when I do a progressive relaxation, maybe it takes 7 minutes or 8 minutes. Dave Elman Induction that you're going to be using may take 3 or 4 minutes or 5. Now, you might think, "What's a few minutes here or there?" Well, it makes a big difference because you want to spend more time doing the suggestions than to getting a client into hypnosis.

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