

Week 3 Video 14 Time Distortion

If you were a seeing client and they open their eyes and said, "Well, I don't think I was in hypnosis." How effective do you think that session would be? If a client doesn't feel like they were in hypnosis and they're seeing you for hypnosis, they're going to have the next thought which is, "Well, that's not working." We want to avoid a client in saying this at all costs. And that's why in that progressive relaxation during the first session only, when you're sharing with the client "you may experience these feelings," that's an indication he or she experiences those feelings, the lightness or heaviness, or the tingling feeling, or eyes fluttering or that need to swallow, that the client's experiencing hypnosis but we want to really make sure because frankly, if you're ever starting a practice doing hypnosis or using this as a part of what you normally do and you're spending time doing an amazing hypnosis session, they open their eyes and they go, "Well, I don't think I was hypnotized," it's going to be a waste.

So, time distortion is something that happens quite naturally when we're in that state of hypnosis, and you remember that state of hypnosis is between the alpha and the delta levels. You've experienced that time distortion maybe sometimes when you're driving and all of a sudden you realize that you've been driving for an hour but it only felt like 10 minutes. I find it happens when I'm watching a favorite TV show, I'm watching it and all of a sudden, that hour's over and I'm like, "How did it go by so fast. I really wish I had more" or watching a movie.

We experience time distortion frequently but you're going to elicit time distortion. But most likely, after half an hour of hypnosis, open their eyes and you're going to say, "How long do you think your eyes were shut? 5 minutes? 10 minutes?" And they're going to go, "Oh, really. It felt like 5 or 10 minutes" And then you'll say, "Well, take a look at your watch" and they're going to look and go, "Oh my gosh! It was half an hour?"

So, to elicit the time distortion, you're going to have to make sure, number 1: Your client knows when you start it. So, when you sit down before you begin anything, you've asked the client, "Do you need to go to the bathroom?" You sit down and say "Oh by the way, what time do you have?" or you're going to be pretending to write and say "Oh, do you know what time it is?" And your client will say, "Yeah, hold on. It's 3:15" or if your client says "I don't have a watch" and you pick up your phone and you go, "It's 3:15" write it down. The reason you write it down is it's really hard to remember once you start believe it or not.

You're going to say, "Good" and then you're going to start the progressive relaxation induction. This time distortion technique that we're using only needs to happen on the first session. It doesn't need to happen any other time.

Now, to be able to make sure that we help our client create that time distortion, at the end of the hypnosis, you're going to be giving your client a way to come out of hypnosis. And just like the other times where we do something in hypnosis, we first say, "in a moment, I'm going to say..." – this and then you actually say it – you're going to be saying, "In a moment, I'm going to count slowly from 1 to 5 and when I reach 5, you're going to open your eyes feeling relaxed as if you've had the most refreshing nap and knowing what a few moments of hypnosis feels like." Bingo! That's the suggestion. You've given them the suggestion when he opens his eyes. He's going to know what a few moments of hypnosis feels like. After you say that, you're going to count your client up from 1 to 5 and there will be at the end of the Induction Addition PDF, you're going to see a sample counting from 1 to 5. We're going to go into this much deeper in the next week or two.

You're going to count, "1...just noticing the rug underneath your shoes, 2...wiggling your fingers just ever so lightly, 3..., 4..., 5...open your eyes. Come on back into the room... good."

Let me repeat that one. "1...2...3...4...not opening your eyes until you know how wonderful a few moments of hypnosis feels like...5...open your eyes. Come back into the room."

When your client opens their eyes, believe it or not, they're still in hypnosis. They're going to be still in hypnosis for the next few minutes. It's not as if they're asleep and they open their eyes wide awake going, "Whoop! I'm here! I'm wide awake!" Well, they're not asleep, but they're still in that kind of hypnotic trance.

Really important as the hypnotist that we let them kind of enjoy that space and that we give them a few moments, maybe count to 10, count to 20, look at them and smile and then we can talk kind of slowly. We don't have to just go "boom-boom-boom" and ask them a ton of questions. We want to say, "Welcome back. It felt good didn't it?" Nod your head. I guarantee your client's going to go "Uh-huh." And in the next moment or so, I'd like you to ask your client, "Tell me, how long did it feel like your eyes were closed? 5 minutes? 10 minutes?" And then wait for the response. Most likely, your client will say, "Yeah, 5 or 10 minutes" And you say, "Yeah, I know it felt like that. Why don't you take a look at your watch?" And your client's going to go, "Oh my gosh! It's 3:45. I had no idea my eyes were closed for half an hour?" And you smile and say, "Yeah! That was

hypnosis.” Allow your client just to kind of process whatever happened and what went on and you and your client can talk a little bit about the hypnosis session and you can allow your client to just share with you what the feeling was like.

Having that time distortion is a huge, huge convincer, that “yeah, that was a different experience.” Now, as I mentioned before, we as hypnotists, don’t fail. We simply get information.

Now, there are times I've had a client who said, “Gosh, you know I think it was half an hour” and I’ll look and I’ll look at the clock and I’ll go, “Perfect! Are you always this so accurate with other things?” Acknowledge them for being perfect. There’s no failure with this, absolutely amazing. Now, it has only happened to me two times with the hundreds and hundreds of clients that I have seen.

Even last week, with one of my clients I said, “What did it feel like? 5 or 10 minutes?” And the client said, “Oh, really felt like a long time.” And I said, “Oh! Take a look at your watch” and the client looks at his watch and he said, “But, I didn’t think it took 30 minutes.” So, even if a client says it took a long time, tell them how long it was because you’ve got it written down when you first started.

So time distortion is an important concept. You might want to take out your progressive relaxation and put a handwritten note at the top just to say, “Ask client what the time is,” okay? You're only doing it again on the first session. The first session contains easily 14 or 15 different components. When we get to the second session and third session, we don’t have to do any of that stuff over again. But everything in that first session primes that client for further sessions and primes the client for knowing that hypnosis is a real state, it’s comfortable, it’s a different state of mind, and it primes the client for the remainder of the sessions, so that the client has no question in their mind that things indeed are different.

So, that’s why we spend so much time focusing on this first session because frankly, second session and third session are so easy, you're going to be able to even figure it out without me even saying anything but we will go over it much more deeply later on.

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