

Look

Inside?

Starting

Up!

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Office

The Innisfree Way

*The complete program
for beginning Hypnotherapists!
From the First Contact
to the end of
The Initial Consult!*

Reproducible

**written materials,
scripts,
&
reinforcement cds**

127pages of:

1. guidance
2. client written materials
3. your own 3 cds to reproduce for your sessions & client support between them

...written guidance for your development; the opinions are my own - yours to agree with or discard.

Innisfree Hypnotherapy
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Foreword

This training exists because of listening. I've listened to new hypnotists who have been taught the basics - in a rush – and lack the faith in those basics to implement them. Yes hypnosis works. Yes it's easy to help a person into an altered state – the first time [usually]. But it's also easy to go 'off the rails' when you put together all the processes and techniques you have been swamped with. Too often I've heard from clients that hypnosis for them didn't work. When I looked further the inexperienced hypnotist rushed the game. Expectations that the client can hold the altered state consistently, understand that hypnosis is a natural process, and knows his or her own issues were falsely held. So in the first session regression was attempted and failed, a past life trip begun and failed, or pain relief was instigated – and failed.

Your clients and you can succeed but – there are some factors that absolutely have to be there for this success. The work you do from the start of the initial contact to the end of the initial consult is your key to success. It's necessary to:

1. Understand that your client **doesn't** understand – or, even worse thinks he or she understands but incorrectly so.
2. Hypnosis for an inexperienced client **IS** magic. Let that be – in the first session. The client needs to know the difference between consciousness and the altered state.
3. You must **be holistic**. Hear about all the issues and the feelings about them. Talk about the client's whole life and give some of your own. This is invaluable in HypnoCoaching.
4. **Explain**. I can't emphasize enough the doing of this. You must explain hypnosis and your particular approach. Write your own small booklet covering all the areas. Give it to the client for future reference.
5. Give your client a **homework sheet**. He or she won't remember all the things you say.
6. Give **reinforcement hypnosis and subliminal cds** for practice during the week.

Emphasize that the first session is **training the mind** to work in this area. If you reassure the client that staying consistent in the altered state is rare, at first, and things will be either almost conscious or so deep words were lost, and definitely mind chatter will be there – but with practice these things will smooth out – the client will work with you much better.

Starting Up

Here are my beliefs and philosophies. Have you considered your own?

Define yourself to express yourself.

So here you are, basic training completed, and holding the greatest tool since sliced bread in your hypnotic hands. Now I'm going to be opinionated and biased here. I have to be otherwise my Innisfree advice would simply be any other generic 'how to' and it isn't that. It is based on the belief that people **can** use their own subconscious minds to change and that there are too many ill informed hypnos out there who don't let, or don't know enough to let, the client understand this. The Innisfree start-up has been built through trial and error by myself.

I've personally picked up the pieces after these hypnotists – even medical doctors who are having a fling at hypnosis. And I'm appalled by those pieces. Clients aren't resistant. Clients aren't blocking. And every single person who wants to can go into hypnosis to some degree. Many will tell you this can't happen with geriatric clients or mentally challenged individuals but there are 'hypnos' working successfully in those areas even as I write.

Many would site the old hypnotisability scales of Hilgard. I have them. Nice looking scales. But they have absolutely nothing to do with what happens in my office. They were done in the lab. That's an immediate strike against them. The next one is that they were devised 40 years ago. Times have moved on.

The CDs [yes use *reinforcement* cds!] **Three are included with this kit.**

At this point you give **Getting Ready to Go.....**, the first of 3 Stress Buster Cds, and the **stress subliminal cd** [with music or ocean background – give both]. You point out that the subliminal is listened to as wallpaper background as much as possible [even while driving], and the hypnosis cd should be before sleep – preferably. [You should listen to the cds yourself so you are familiar with them]. The **Getting Ready to Go.....** is very much subconscious training as well as stress relief. The point is to train the mind to be receptive to hypnosis and to be able to hold a strong altered state. It's like any sport or art.

The Homework and the Receipt

This is a good place to bring up the manner of payment you want.

Also the written homework lets you go over what the client needs to do during the week.

Especially important is **the contact by yourself and the client several times before the next session.** You can clip his or her comments and put them into your client files [and you do keep client files] and prepare specifically for the things your client has told you.

Now send your client to the bathroom, close the blinds, and get ready for the hypnosis part of your consult.

The Innisfree Client Book

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Scripts

The Innisfree/Elman Induction extended process for first time clients.

.....just follow my hand way above your head.....don't move your head.....just follow my hand with your eyes.....and as it slowly descends.....let your eyes experience the feeling of being very tired and heavy..... easier to have them closed than open..... heavily closed..... one with your face.....
That's good.....

And it's common for your everyday mind to put up a stream of chatter.....so if it's doing that just regard it like a talkative child in the backseat of the car.... just chattering.....to hear itself talk.... **not saying anything important**..... **watch** the chatter come....and **watch** the chatter go.....**no need to try** to control it....because like any child that is ignored.....**it'll soon stop talking** and move to more interesting things.....just leave it in the backseat...doing its own thing.....

And as I have been talking you have probably been feeling more.....**relaxed**.....because **you are comfortable**...and

Consult Cat Induction

See if you can **bring to mind**a picture of a sleeping cat..... **No need to be concerned** about what cats you see.

Because I hadn't spent much time with cats before I felt all their personalities were the sameand that they were just **comfortable** thingsto have around.

Well I was surprised because I found cats can be quite different from each other.

Now you're not here to learn about cats or dogs, that's not what I'm talking about and some part of you knows that

Anyhow perhaps you can keep in mind keep a picture of a sleeping cat **so quiet****so peaceful**..... Easily breathing**in and out... in and out... in and out**

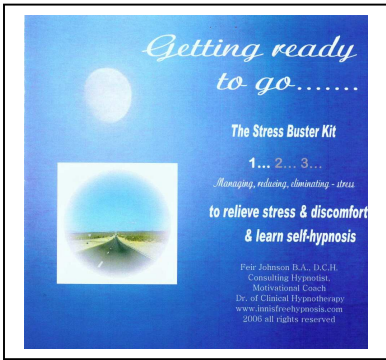
Script on the reinforcement CD

Getting Ready to go.....

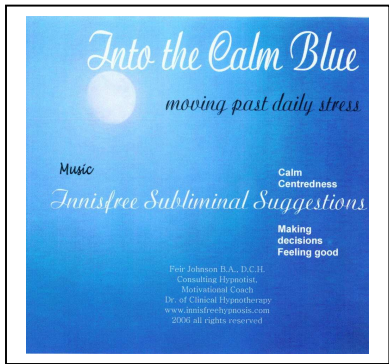
As you rest here.....easily breathing there.....in and out.....just concentrate on your breathing.....always bring your mind back.....back to your breathing.....in and out.....in and out.....Maybe you **remember....being in the zone**.....a place where you were so intent.....so focused...that **nothing else mattered**.....not even time.....You might have been running.....reading.....thinking deeply.....even driving.....but nothing else mattered.....deeply.....deeply focussed.....That's where you are going to..... going to do the work.....

Now put your attention on your eyes.....eyes are the easiest muscle to work with.....**you know** you can open them.....and **you know** you can close them.....There are even **different sensations** when they are closed.....aren't there.....and the sensation you are going for.....**you are going for**.....is to let them be **closed so heavily**.....so **heavily**..... that it is as if **you want to go to sleep**.....so **relaxed**.....

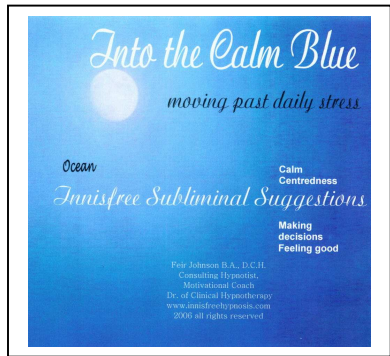
The Cds



Self-hypnosis training and stress relief



Subliminal - music background



Subliminal – ocean background