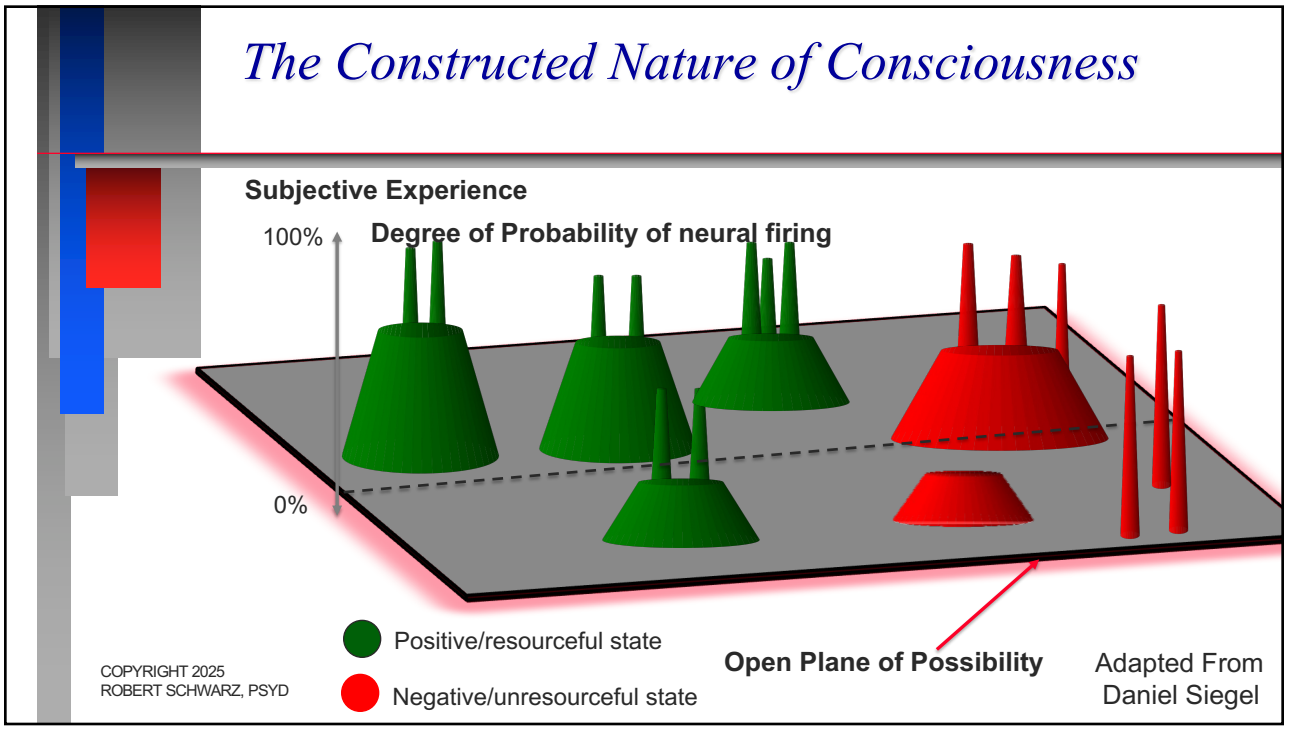
Ericksonian Hypnosis Additional slides

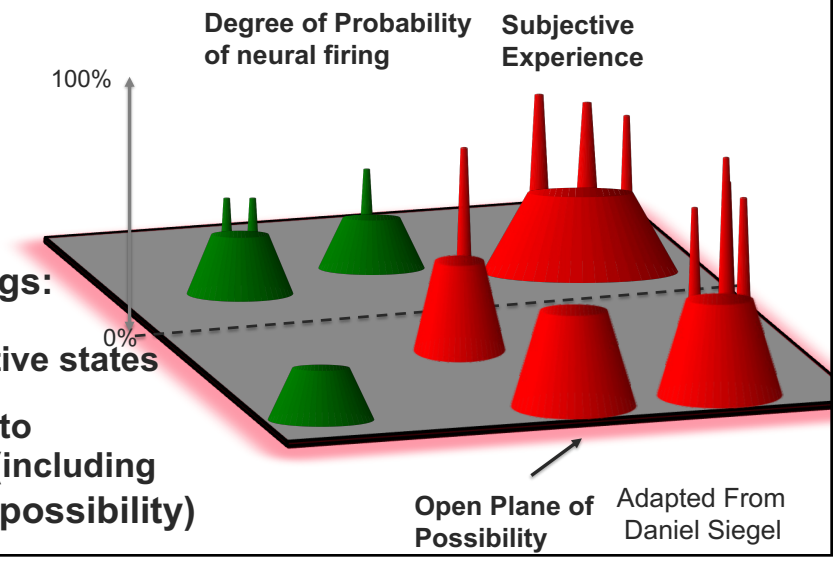
Robert Schwarz, PsyD

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2

Consciousness, Probability, Trauma & Health

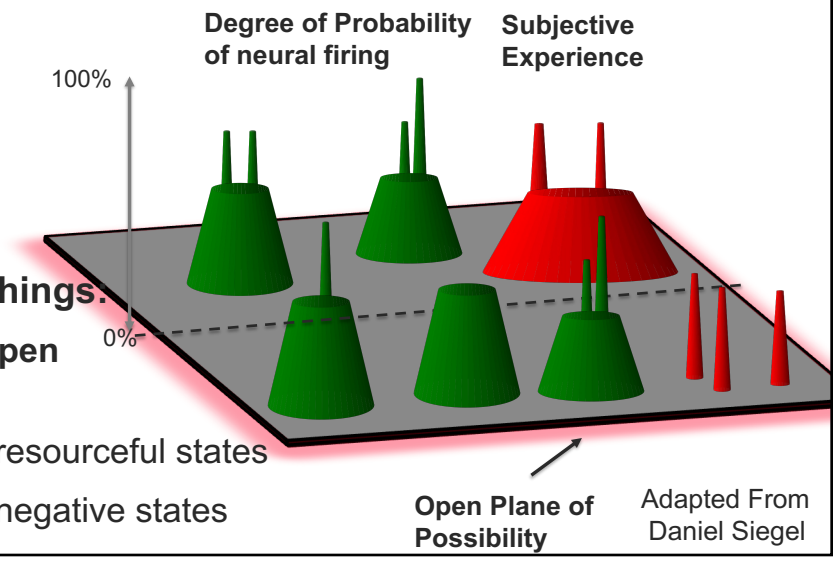


Trauma does 2 things:

- ⬆ **Probability of negative states**
- ⬇ **Access/probability to resourceful states (including the open plane of possibility)**

3

Consciousness, Probability, Trauma & Health

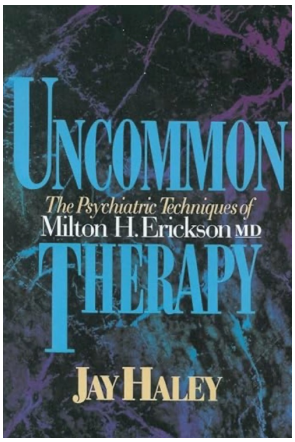


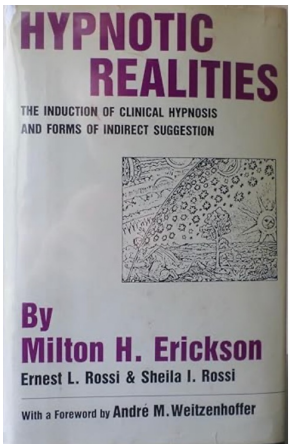
Hypnosis does 3 things:

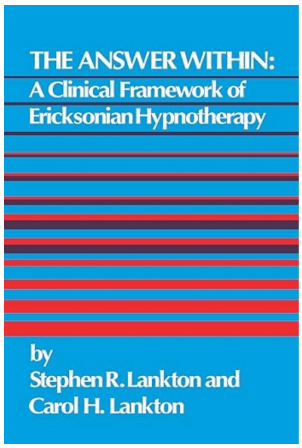
- ⬆ **Ability to dip into "open plane of possibility"**
- ⬆ Access/probability to resourceful states
- ⬇ Access/probability to negative states

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The 1,2 or 3 Ericksonian books you must read







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Hands Together trance induction

Imagine that one of your hands is a piece of iron and one of your hands is a magnet. Hold your hands comfortably about 12 inches apart. Say to your self, " When my unconscious mind is ready for me to go into trance (in order to _____) my hands will begin to come together."

And then just allow yourself to notice how your hands decide to come together. Everyone has their own way of going into trance. It may be quickly or slowly. It may be that the left will move to wards the right... or the right to the left... of both come together at the same time. You might notice that one of your fingers leads the way. (when you notice any movement together say, "yes" or "that's right". Isn't it interesting how your hands do this on their own.

And as, your hands continue to move together you will be going deeper into trance. And as that is happening you can discover that your eyes are going to begin to want to close on you. It may happen quickly or it may happen slowly. You might even want to resist your eyes closing on you for a bit. It might only be that when your fingers touch you will then take a deep breath and your eyes will close and you will go deeper into trance so that you can get the benefit that you came here to get. (continue saying yes or commenting on the movement towards each other - Pace and lead).

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(When hands touch, say something like) - and now just allow yourself to go deeper and deeper into comfort- so that your unconscious mind can begin to help you solve the concerns that you have. (if eyes have not yet closed) and if your unconscious mind thinks it will help you, it can close your eyes. Or it can even allow your eyes to stay open while you go deeper into trance.....

Switch to utilization Phase

Reorientation

And now, its time to come back. Allow yourself to take 3 or 4 invigorating breathes (Shift your tone and speed of voice to become more and more like normal speaking)

With each breath you become more and more awake and alert. Your eyes can open at their own pace. When you open your eyes you can feel yourself to be fully present in this room. Fully alert fully awake.

You are back in the room fully alert fully awake. Hi

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