

Andrew
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Hypnosis
Training

STUDENT
NOTES

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www.newtonhypnosis.com

Nothing I say is set in stone.

Hypnotherapy is becoming increasingly specialised.

Hypnosis is not a 'stand-alone' state - it is the Consequence of a series of well-understood psychological techniques.

Hypnosis is not Rocket Science.

Therapy is... 2 people in search of a solution.

The most important part of Hypnotherapy is...
Listening to the Client!

All the Client Wants is to feel better!

Always do your best for your client... but
your client is not your friend!

Big words don't help the client!

“It doesn’t matter if you don’t believe in hypnosis, so long as you’re willing to submit to the process...”

The state of consciousness is altered to allow information to be processed in a different way.

In this way, the mind becomes far more open to suggestion and new ideas, no matter how strange.

The therapist and the client are just communicating in a different way.

A series of ‘yes’ responses from the client cements suggestions.

- *“When you breathe out... you relax.”*

Telling the client this will happen will make it happen.

- *“You’re going to hear everything you need to”*
- *“You don’t need to think about anything”*
- *“It will happen on its own.”*

STANFORD UNIVERSITY STUDY

Control group negates possibility of seeing things happen in the brain not associated with hypnosis – scans of volunteers when not hypnotised

Increased connectivity between
dorsolateral prefrontal cortex & insula

conduit between brain & body – assists the brain to control the body

Reduced connectivity between
**dorsolateral prefrontal cortex &
medial prefrontal cortex & posterior cingulate cortex**
default mode network – critical faculties

Decreased activity in the **dorsal anterior cingulate**
involved in formation & processing of emotions, learning & memory

Effect ---- Focus, Absorbtion and Involvement:

Decrease in functional connectivity:

Separation of actions and **ability to scrutinise** actions;

You know what you're doing, etc...

without the usual self-consciousness.

WHY HYPNOSIS ?

- **Hypnosis is not the therapy - Hypnosis is the vehicle that *delivers* the therapy...** People learn faster and better when they are relaxed & focussed
- Hypnosis is defined as “...any phenomena where the susceptibility of the mind is increased to suggestion.”

PSYCHOLOGY

- **PSYCHOLOGY is the study of BEHAVIOUR**
- The **BRAIN** – the most complex structure in the universe

IMAGINATION / FEELINGS / EMOTIONS

Everything is linked to Memory – The same areas of the brain are activated when we see an object or experience a feeling or emotion as when we imagine that object or a feeling or emotion.

The Imagination overrides reality and rules emotions

Imagination can be more powerful than knowledge of fact, overriding logic. (This is both good and bad news.)

Once an idea (even an imaginary one) has been accepted by the mind, it will remain until it is modified or replaced.

The longer an idea remains in the unconscious, the more opposition there will be to modifying it or eliminating it. (Fixed way of thinking.)

Once a new suggestion is accepted by the mind, it becomes easier for successive suggestions to be acted upon. This establishes new thought patterns.

Physical Reactions are symptoms of thoughts & ideas.

Thoughts & Ideas with strong emotional content stay in the unconscious.

Once a pattern has been established, the same physical reaction will occur. (Pavlov's dogs)

SUGGESTION, SOCIAL COMPLIANCE, SOCIAL CONVENTION

Suggestion Stimulates or Modifies Behaviour.

Suggestibility is not a constant. It can change with mood, even with the weather.

- Try NOT to think of something
- *'try not to cry'*
- Ellen Langer (Harvard) – hotel chambermaids
- The railway station experiments
- Votes Against! As seen on TV/Scientifically Proven!
- Religious pageantry / Courts / Architecture
- The Bedside Manner
- NZ Traffic Police
- Advertising – selling the lifestyle not the product
- How fast was he driving?
- Shades of **BLUE** **RED** **GREEN** **PINK**
- Leonard Bickman – 14% >>> 38%
- Solomon Asch's parallel lines
- Planet of the Apes

BELIEF

- Dr Neil Abbott's 'faith healing' test
- Prof. Irving Kirsch's suggestibility experiment

CONDITIONING

- Pavlov's Dogs – reverse conditioning
- Emile Coué - Repeating a mantra: ***“Every day, in every way, I'm feeling better and better...”***

AUTHORITY

- Authoritative vs Authoritarian
- The Hypnotist as perceived professional

HYPNOSIS AS A PEAK EXPERIENCE

- The effect of a peak experience on behaviour.

EXERCISES

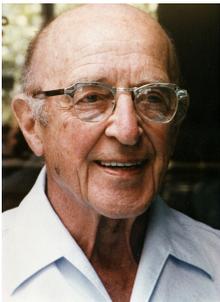
Posture Exercise – try to feel happy or sad

Think of a person you love – Send them away >>> <<< Bring them back

NEUROTIC / PSYCHOTIC

2/3 of adults experience mental or emotional problems;
2/3 patients improve through spontaneous remission;
2/3 patients benefit from some sort of Therapy

CARL ROGERS



It is up to the client to decide what is to be done...

However, the client's view will always be subjective and most of the time even prejudiced.

Don't take everything at face value – be prepared to question the client's motivation.

MINDFULNESS – (*My definition!*)

- Awareness
- The ability to isolate problems
- The ability to take control

IDENTIFY Limiting Beliefs / Physical Feelings

ISOLATE PROBLEM – red ring it – box it – *be MINDFUL*

REMOVE Negative Feelings & Emotions / Limiting Beliefs

SUBSTITUTE Positive Beliefs / Positive Feelings & Emotions

BRIEFING THE CLIENT

Therapy is TEAMWORK — We solve problems by working with feelings and emotions.

PEBBLE IN THE POOL — TODAY'S SESSION IS THE START OF CHANGE.

BELIEFS — are not always factual - Reinforcing negativity means you start to believe it.

The hardest Prison to break out of was created in your own mind!

IMAGINATION can also be a powerful resource — Imagination is the key to the cure.

- The mind doesn't always work on logic, it works on imagination
 - We all think in pictures - (front door)
 - When we remember or imagine, we're either in the movie or watching the movie
-

Stress / Anxiety is just a **MISUSE OF YOUR IMAGINATION**

ANXIETY — is like having someone looking over your shoulder... ruled by a tyrant

The Client's understanding of **CONFIDENCE — SELF-ESTEEM — SELF-RESPECT?**

Making the **Right Choices — Better Choices — Having a Goal — DETERMINATION**

IDENTIFY & ISOLATE Limiting Beliefs / Physical Feelings / **BE MINDFUL**

The past is not a life sentence — it's a lesson for the future!

The mind doesn't always work on logic, it works on imagination, feelings & emotions. Consequently, beliefs are not always factual, and problems a misuse of the imagination... but imagination can also be a powerful resource and the key to learning and developing.

GETTING TO KNOW & UNDERSTAND YOUR CLIENT

- Establishing Rapport | Confidentiality
- SUBJECTIVE v OBJECTIVE VIEW

THE MOST IMPORTANT QUESTIONS...

What would you like to achieve today?

It is important that you give the client what they want - not what you think they should have!

How do you see your problem?

What is it about that appeals to you?

How would things change for you if you were able to.....?

Was there a particular time or event in your life when this reaction first started?

There was a time when you didn't feel like this - what's changed?

What do you think might be stopping you from.....?

What has worked best for you in the past?'

BE POSITIVE - ENCOURAGE YOUR CLIENT...

Not being able to... is always a temporary state

Things *can* and *do* change.

You can do it – you just haven't found a way to do it yet.

Now you're here, *THE WORST IS OVER...*

It's OK to talk about it...

You're talking to me now so you can start making some changes?

USING THE LANGUAGE

Examples of Counter-productive / Positive phrases:

Words like *don't* or *can't* can slow or stop achievement.

- *Don't leave the car on the street.*
- *It'll be safer to put your car on the driveway.*

- *Don't eat sugar – it's bad for you!*
- *You'll quickly look a lot better once you ditch sugar.*

The word **WHEN** implies that something will definitely happen

- *When you've lost a couple of pounds, you'll see how easy it is.*
- *When you see the results, it'll make you even more determined...*

A sense of urgency... adds weight & creates motivation

- *...think about it for a moment*

Create the illusion of choice – ask the right questions

- *Do you see yourself losing say, half a kilo a week, or more?*
- *Would you like to begin by cutting out sugar or starch?*

Creating a linguistic link helps rapport and boosts self-esteem

- *I, like you, realise you have lots of choices in front of you.*

“BECAUSE” – makes it more likely suggestions will be followed.

Avoid using negative words such as ‘Don't’ or ‘Stop’ or ‘Try’.

- *NIKE - “Just Do It!” – rather than – ‘Try to do it...’*

Instead use words & phrases like

- *As you begin to exercise more... you'll notice how much stronger you are or*
- *Allow yourself to notice how much better you start to feel...*

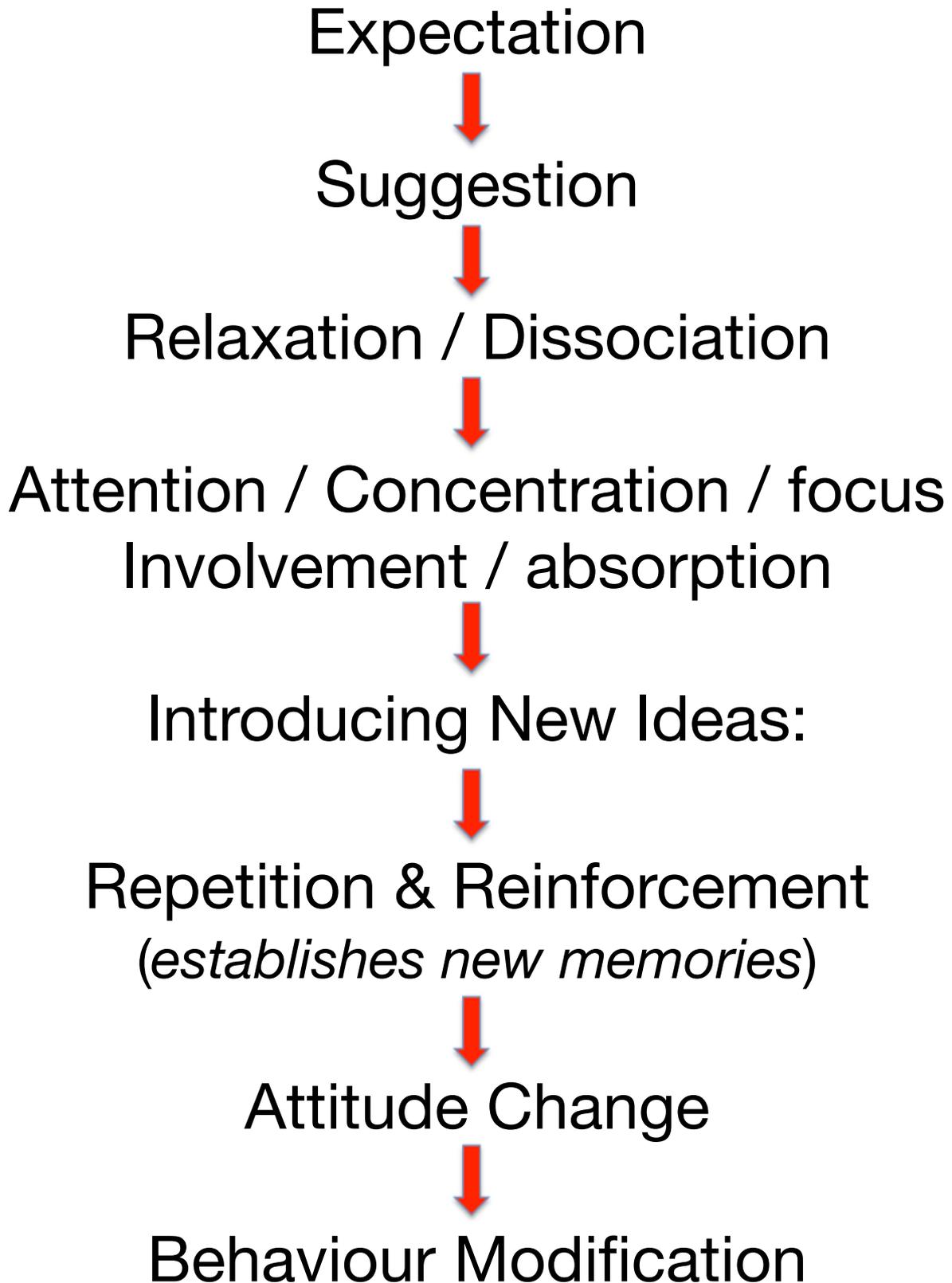
Use Truisms, such as

- *You know this will happen...*
- *Sooner or later you will start to feel better...*
- *I think you'll be pleasantly surprised at how easy it is to...*
- *You'll enjoy the feeling of pride you'll experience when you...*

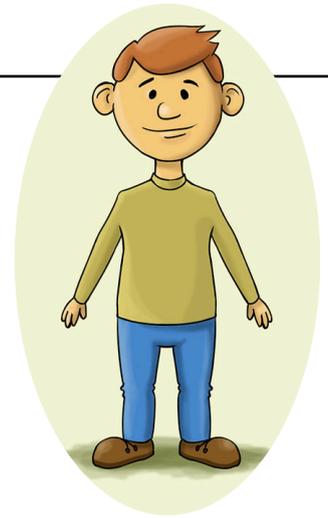
INDUCING HYPNOSIS

- **No hurry – *There's plenty of time!***
- **Heavy hand / Light hand suggestibility test**
- Failed suggestibility test
- The BEST suggestibility test - *Observing the Client!*
- Telling the client what to expect / what not to expect
- The mistake of 'waiting for something to happen'
- ***“Let's put Hypnosis to one side for a moment and try some creative relaxation...”***
- **Getting consent**
- Getting the subject to relax – like a rag doll
- Breaking down resistance by using the word ***“Imagine...”***
- **Leading and Following (PACING)**

HYPNOSIS



Andrew Newton's Induction



- Stare at focal point
- Be aware of your own breathing
- Your eyes will get heavy and tired

Imagine what it would feel like if your

fingers & thumbs — tippy-toes

arms — legs — shoulders — back of neck — facial muscles

are going numb... Imagine how that would feel...

Imagine your muscles as bundles of elastic bands... unwinding... going loose, relaxed...

every muscle, every nerve, every fibre, every sinew, every joint, relaxing...

...from the top of your head to the tips of your toes / fingers

turn the gravity up in the room 1 notch

Imagine what it would feel like if bones turning to Jelly

sinking down into the darkness

Last time you were wrapped in a nice warm blanket

Turning off the lights in the sky scraper...

Imagine that just by thinking about it you can be

wrapped / protected in an Invisible Cocoon / Force field

where nothing can hurt you, nothing can harm you...

nothing can distract you...

no noises will bother you...

PHYSICAL INDICATIONS

- General relaxed physical appearance
- Tiredness / General feelings of lethargy
- Heaviness of the eyelids
- Eyes rolling back into the top of the head.
- 'Fluttering' eyelids – similar to REM sleep
- Reddening of the eyes / Increased lacrimation
- Changes in body temperature
- Tingling or light-headedness

TERMINATING HYPNOSIS

- An opportunity to distinguish between the 2 states

DEPTH vs DEGREE

JACOBSEN'S PROGRESSIVE RELAXATION

ANDREW NEWTON'S RAPID INDUCTION

- 6 easy moves...

TEMPLATES

‘SHORT WALK TO FREEDOM’ – TEMPLATE

- **Change can be natural, easy, automatic...**
- **The past is not a life sentence – It was a lesson for the future!**
- **You can choose the way you think about things:**
 - Changing the way you think about things, changes the way you feel about them...
 - Changing how you feel about them, changes how you feel about yourself...
 - Now you have complete control, you can forget about the things that used to bother you...
 - Even if you hit the odd bump in the road, it doesn't matter...
 - because you have the confidence now to make changes...
 - and you're comfortable with making changes.
- **Imagine that you've been trapped in a PRISON CELL where the door has always been left open... now it's time to walk out into the light...**
- **SMASH THROUGH the BARRIER!...**
- **CUT the CORD...**
- **Walk Forward** – Feel your feet firmly on the ground – GROUNDED & EARTHED...
- **Isolate the Problem** – Put it in a box with all negative feelings, thoughts & emotions – and BURY IT where no one will ever find it...
- **Every day, in every way, you will feel:**
 - better & better – more & more relaxed...
 - more confident – more self-assured – more determined to succeed
 - more & more ENERGETIC – ALIVE – EMPOWERED
 - You'll be **TAKING CONTROL & RESPONSIBILITY** for your life
 - You'll **MANAGE BETTER** – you'll make **BETTER CHOICES** – the **RIGHT CHOICES**
 - You'll **CONTINUE to LEARN & DEVELOP**
 - **YOU ARE WORTHY!** – not confused or upset
 - **Nothing can hurt you** – nothing can harm you
 - **Self-Love** is OK – Shout **“I'M ALIVE! I'M OK!”**

SOME HELPFUL METAPHORS

Imagine you're now walking in the calm of the forest - looking at the trees, the flowers... feeling the gentle breeze on your face...

Concentrate on your breathing... be aware of how you breathe... notice how easy it is to calm yourself... breathe slowly... imagine the air flowing into your lungs and calming the whole of your body.

[Get the client to do that - maybe 4 or 5 times]

Imagine now, the whole of your mind and body feeling lighter... and lighter still... Imagine yourself listening to your own voice in your mind - listen to the tone of your own voice... It might be fast or excited...

Now slow the voice right down... and listen to it again in a softer, more gentle voice... listen to the voice talk about the worries etc...

Now listen to the voice as a slower, softer, kinder, internal voice... calming those thoughts down as they drift away...

Take a slow, deep breath...

Imagine in your mind you hear the sound of a sigh...
Imagine yourself breathing comfortably...

[etc. just like the induction]

You are beginning to feel comfortably relaxed... and this is something you can do/practice at any time... any time you need to...

It doesn't matter whether it's at night or during the day — your muscles know how to smooth out and soften all the muscles in your face... in your jaw... your forehead... around your eyes... your shoulders... and let your body become comfortably still...

You understand now that if you watch your thoughts from a distance, you can let them pass by peacefully

Imagine dropping a stick into a stream and watching it float away... As it does so... allow all the worries, all the anxieties floating away with it.

Imagine you have a backpack on your back... in the backpack are some heavy stones... Each stone represents one problem or one anxiety...
Imagine you are reaching into the backpack and taking the stones out one at a time...

As you remove each stone, you can drop them into the river... and watch them sink into the deep water one by one... out of sight... gone for ever...

As you do this, the backpack starts to feel lighter... and when you have removed all the stones, you will notice it feels as light as a feather.

CREATING EMOTIONAL DISTANCE - TEMPLATE

- **WHERE** – do you feel it? – *IDENTIFY & REMOVE...*
- **INTENSITY** – on a scale of 1 to 10? – *TURN DOWN THE VOLUME...*
- **SHAPE** – jagged or rounded? – *EVAPORATING, VAPORISING...*
- **SIZE** – draw it? – *GETTING SMALLER AND FURTHER AWAY...*
- **COLOUR** – what is your comfortable colour? – *FADING / CHANGING...*

MORE TECHNIQUES TO HELP THE CLIENT - TEMPLATES

- ***Watch the Movie... known as the 'REWIND' technique***

Effective for creating emotional distance from a previous traumatic experience.

- ***Being in the movie***

The client imagines watching a better (more calm, more confident, more determined etc.) version of himself on a cinema screen. He/She then steps into the screen and merges with his/her 'twin' before stepping out a stronger person.

- ***The 'best friend, or most admired person' short cut to common sense***

Getting the client to imagine having a conversation with someone (real or imagined) that they really admire or trust. *"If you could have a conversation with this person, what advice would they give you?"*

- ***'Yellow Brick Road'***

Literally walking the client along the path to recovery, one step, one suggestion at a time.

'INNER CHILD' - GETTING A BIG HUG - TEMPLATE

Sometimes called 'Inner Child', this technique / process is very effective for all kinds of issues. It's all about *'making things better!'*

I often use it at the end of a session, no matter what the the problem or issue. It nearly always has a profound effect on clients.

One word to describe your childhood?

One specific occasion...

Best, Happiest moment in your life?

Start by making the connection

You are one and the same person

Remember the positive times, the happy times, the loving times, the giggling times...

He's/She's been waiting a long time for this...

Have a talk with *Him/Her*

Whatever you need to say...

Make *Him/Her* feel Comfortable... Safe

Let Him/Her know that He/She is never going to feel that level of confusion again

Now that you're with *Him/Her*...

now that He/She feels protected & safe...

let him/her know that you'll always be there for him/her

What is the colour of love?

Spread it all around... Let it float into your body

Keep *Him/Her* somewhere safe inside you

loved, cherished, protected, special...

FEARS & PHOBIAS

- **Inherent fears** vs **Learned fears**
- Healthy respect for real dangers

Symptoms include: Depression / hiding / embarrassment

STRESS & ANXIETY

- Relaxation technique at work or at home
- Send away the *real* problems

PAIN MANAGEMENT

Dabney Ewin MD.

The Journal of the Proceedings of the National Academy of Sciences (USA) reported that volunteers who tried these visualisation techniques managed an average of a 64% reduction in chronic pain.

Hypnosis makes this even more powerful.

Teaching the client to distract their brain to manage pain.

- **WHERE** – do you feel it? – *IDENTIFY & REMOVE...*
- **INTENSITY** – on a scale of 1 to 10? – *TURN DOWN THE VOLUME...*
- **SHAPE** – jagged or rounded? – *EVAPORATING, VAPORISING...*
- **SIZE** – draw it? – *GETTING SMALLER AND FURTHER AWAY...*
- **COLOUR** – what is your comfortable colour? – *FADING / CHANGING...*

REGRESSION / PAST LIVES / REALITY v FANTASY

- Reminiscing?
- ***What is purely imaginary can become real!***
- Imagination can run riot
- Loss of Inhibition

REPRESSED / FALSE MEMORIES

Freud Misunderstood

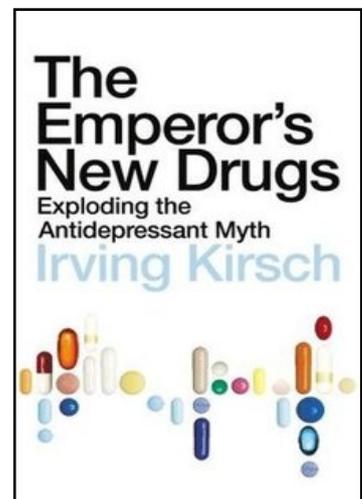
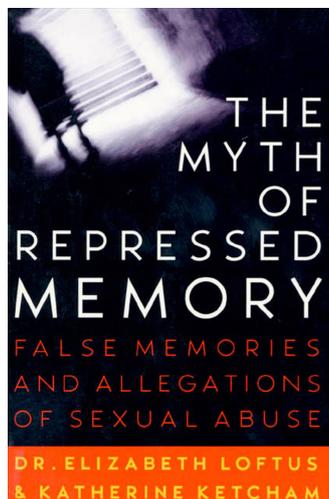
Freud did not say that traumatic or unpleasant memories are repressed. What Freud actually said was that *emotions associated with the trauma can be repressed.*

A classic case of 'TIME IS A GREAT HEALER...'

The brain is not always a very discriminating processor of information.

Richard McNally (Harvard) – “*the malleability of memories is merely a by-product of human **IMAGINATION, INFERENCE & PREDICTION.***”

Elizabeth F. Loftus – proved beyond doubt that it can be impossible for some people to distinguish between real and falsely implanted memories. (*Loftus' experiment.*)



DEPRESSION

Depression can be eased with Hypnosis, but usually requires several sessions.

Clients should be also encouraged to consider the following:

- **End Social Isolation !!!**
- Change of Scenery / Lifestyle
- Regular Exercise
- **Sense of purpose** – a hobby that involves social contact with others, eg. joining a choir or a club
- Regular sleep
- Fresh fruit & vegetables (antioxidants & vitamins)
- **Turning back on ‘Learned Helplessness’**

NEVER attempt to treat clients who are mentally ill or have a history of suicide attempts or have talked or thought about suicide.

SELF HYPNOSIS / MEDITATION

Both have in common Self suggestion / Repetition / Affirmation (Emile Coué).
Once the client has learned to do this, they will be able to access it for the rest of their lives!

GROUP SESSIONS

Management | Promotion | Advantages

FINALLY

Always use your Common Sense!! Bruk Sunn Fornuft!!

APPENDIX 1

Mindfulness means ‘being aware’

Uncomfortable Places are all social situations – Comfortable places are also social situations

Your fear is LEARNED

Situations where you are in control eg. with immediate friends or family

Your fear may really be about not being in control or “*getting caught off guard*”

You make excuses not to go to places or events, but deep down you know they are just excuses.

Claustrophobia, Worry, Anxiety, Stress, Panic, Stuttering, Sweating, Difficulty Breathing **are just SYMPTOMS**

You already recognise these symptoms have changed your behaviour – this realisation is healthy

You recognise that panic in advance is just EXPECTATION

EXPECTATION affects your ability to travel, socialise, go out, **and your positivity**

But you also recognise that ALL THIS CAN CHANGE!!!

Making Changes

You recognise that you mentally prepare for the worst & overthink possible situations, but now you can mentally prepare yourself in a more positive way

Your know / recognise that your fear of is TOTALLY UNFOUNDED.

BECAUSE NONE OF THIS HAS EVER HAPPENED!!

You can banish worries beforehand by taking a deep breath, consciously relaxing and recognising the truth...

...the truth is, you ARE in control...

Retaking Control

There was a time when you didn't have these negative feelings or emotions so you CAN retake control!

Now you can mentally prepare yourself in a more positive way

You CAN concentrate and get on with things.

You CAN focus on important things – your is not that important – your own personal wellbeing is far more important.

APPENDIX 2

Breathing and Visualisation Techniques for confidence and anxiety that help improve your focus and keep you calm.

Increase clarity of thought, focus your attention, remove anxiety, calm your nerves.

1. Causes

Your body goes into 'fight or flight' mode when you are stressed, affecting your ability to think clearly. Fear is a strong emotion that stops you from living life to the full — it can muddle your thinking and cloud your judgement.

This is a simple technique which combines yoga, meditation, hypnosis, and relaxation.

2. Recognise your fear

Fear is a protective mechanism - it has a purpose and can be life-saving in dangerous situations. But... it's a problem if it's regularly simulated unnecessarily.

3. Isolate your fear

Sit upright, close your eyes and isolate the thing you're worried about.

Focus on the sensations this fear creates in your body... where is it manifesting? Does your chest feel tight, or shortness of breath? Pinpoint where in your body you feel most tense.

Stand tall, with your head up and your shoulders back and your arms down by your sides.

Exhale through your mouth, then inhale through the nose and hold the breath. As you hold the breath, pump your shoulders up and down until you need to breathe again.

4. Train your mind

Visualisation is a powerful and proven way of conditioning yourself to think more positively. This is a great start to the day. This is why so many people have 'routines' before doing anything important.

Sit in a relaxed position, close your eyes and remember an instance where you succeeded at something or overcame a fear. (It doesn't have to be a similar challenge to the one you're facing, just one that stands out for you.)

Relive it in your mind as if you're watching a movie. Concentrate on the details - remember the emotions you felt at the time, the sounds and the colours.

5. Control your breathing:

Fear locks the body up - it affects breathing and it's why your chest feels tight and you experience shortness of breath. You might even get 'dry mouth'. To free your body from this fear response, you need to start breathing again from the abdomen. Once you do this, your body will naturally relax.

Technique 1.

- Sit upright, placing one hand on your tummy and the other hand on your chest, and close your eyes, or if you find it more comfortable, focus on a picture or an object.
- Breathe slowly in and out a few times until your breathing becomes regular again. Once you're breathing from your tummy instead of your chest, you should feel the tension from your chest release.
- Repeat for five minutes until calm

Technique 2.

- Hold your arm straight in front of you and focus on your thumbnail.
- Inhale through your nose and hold your breath while very slowly drawing your thumb towards the space between your eyebrows - your eyes will naturally cross. Then close your eyes and exhale through the mouth.
- Repeat the exercise three times or until you feel focused, engaged and calm again.
- This technique will help you to focus on a single task.

Technique 3.

- Find your pulse on your wrist
- Start to breathe to the beat of your heart, making your in-breaths and your out-breaths last five heart beats each
- Breathe in and out of the nose, making your tummy rise on the inhale and fall on the exhale
- Repeat for a minute and notice how your pulse slows the longer you breathe.

Technique 4.

- Take three or four quick and powerful inhales through the nose, progressively filling up your lungs
- Slowly exhale through the mouth.
- Repeat this pattern for a minute and notice the difference in how you feel!

Technique 5.

- Start with empty lungs and breathe into your tummy through your nose for a count of five seconds
- Hold your breathe for a count of five
- Exhale for a count of five
- Repeat this pattern for at least five minutes or until you have feel fully calm.