

Toby & Kate McCartney

Hypnotherapy Certification Training

Pre Course materials

Contents

Milton Patterns (Required Learning)	3
Sample Induction Scripts (Required Learning)	3
Standard Hypnotic phrases (Minimum of 6 required learning)	6
Wake up Script (Required Learning).....	6
The Complete Milton Pattern set (Optional reading / Learning)	7

Hypnotherapy Training 2016

Looking forward to meeting everyone on the weekend, and especially to all the newly qualified Practitioners from Toby and Kate's training courses.

In preparation for your Hypnotherapy training weekend, it would be an advantage to read the following documentation, and learn the parts labelled "Required Learning" prior to attending your course.

The examples provided are the basics of Inductions, change work and wake up procedures. Learning them before the course will allow you to concentrate and focus on your techniques, and if you don't learn them, it may be that you won't not be as skilled and practised in the techniques as you can be.....

Milton Patterns (Required Learning)

The list below contains some of the common linking words from the Milton language patterns, and are very useful when constructing session scripts, or using during the induction process.

- And.....
- Because
- I know.....
- That's right.....
- means.....
- You can.....

The easy way to learn these words is to remember the sentence:

"And because I know that's right means you can"

Sample Induction Scripts (Required Learning)

Erickson Example

As you sit back and **begin to feel comfortably**, I would like you to **let those eyes gently close**...that's right...recognising that with those eyes closed you can begin **go inside very pleasantly**, accessing memories, past experiences or other meaningful events, times gone by when **you feel good**...

Now in a moment, I'd like you to take two deep, refreshing breaths and as you release that second breath you can **drift even more deeply** into a satisfying a pleasant state of relaxation...that's right...taking those deep refreshing breaths and **drifting even more**

deeply...and as you **continue to drift deeply**...I don't know whether **you will become more fully absorbed** with the sound of my voice or whether it will be with the spaces between my words...that's right.....that's right..

.and...as the conscious part of you drifts and dreams means the unconscious part of you can pay all of it's attention to everything that is important to help you to have new understandings...that's right...

and I don't know if its the right hand that will lift first, or the left, which would also be right...and you can know that one hand will lift...and you can **drift even more deeply**....

and will that movement be in the left hand... or the right hand... or both hands...and I wonder whether it will start in a finger... or in the palm of a hand... or perhaps in the back of a hand...or if the movement will start from elsewhere in an arm to create that movement...

you can be curious to discover how your unconscious expresses your own unique way of entering into a state of hypnosis.....and as you continue to enter a comfortable trance looking at that hand I wonder whether the eyes will blink a few times before staying shut, or whether they will just shut automatically...

or you will continue to become deeper absorbed in a trance with the eyes wide open...and as you enter a trance honestly, comfortably and effortlessly in your own unique way I wonder what it will feel like for you.....

Elman Induction

Now, take a long deep breath and hold it for a few seconds. As you exhale this breath, allow your eyes to close and let go of the surface tension in your body. Just let your body relax as much as possible right now.

*Now, place your awareness on your eye muscles and relax the muscles around your eyes to the point they just won't work. When you're sure they're so relaxed that as long as you hold on to this relaxation, they just won't work, hold on to that relaxation and test them to make sure **THEY WON'T WORK**. (Allow 3 or 4 seconds to test then say) Stop testing.*

Now, this relaxation you have in your eyes is the same quality of relaxation that I want you to have throughout your whole body. So, just let this quality of relaxation flow through your whole body from the top of your head, to the tips of your toes.

Now, we can deepen this relaxation much more. In a moment, I'm going to have you open and close your eyes. When you close your eyes that's your signal to let this feeling of relaxation become 10 times deeper.

All you have to do is want it to happen and you can make it happen very easily. Ok, now, open your eyes...now close your eyes and feel that relaxation flowing through your entire body, taking you much deeper. Use your wonderful imagination and imagine your whole body is covered and wrapped in a warm blanket of relaxation.

Now, we can deepen this relaxation much more. In a moment, I'm going to have you open and close your eyes one more time. Again, when you close your eyes, double the relaxation you now have. Make it become twice as deep.

Ok, now once more, open your eyes...close your eyes and double your relaxation...good. Let every muscle in your body become so relaxed that as long as you hold on to this quality of relaxation, every muscle of your body will not work.

In a moment, I'm going to have you open and close your eyes one more time. Again, when you close your eyes, double the relaxation you now have. Make it become twice as deep. Ok, now, once more, open your eyes....close your eyes and double your relaxation...good. Let every muscle in your body become so relaxed that as long as you hold on to this quality of relaxation, every muscle of your body will not work.

In a moment, I'm going to lift your {right or left} hand by the wrist, just a few inches, and drop it. If you have followed my instructions up to this point, that hand will be so relaxed it will be just as loose and limp as a wet cloth, and will simply drop down. Now don't try to help me or you have to remove realization. Let me do all the lifting so that when I release it, it just drops down and you allow yourself to go much deeper.

(If subject helps to lift hand say,) "No, no let me do all the lifting, don't help me. Let it be heavy. Don't help me. You'll feel it when you have it."

Now, that's complete physical relaxation. I want you to know that there are two ways a person can relax. You can relax physically and you can relax mentally. You already proved that you can relax physically, now let me show you how to relax mentally.

In a moment, I'll ask you to begin slowly counting backward, out loud, from 100. Now, here's the secret to mental relaxation, with each number you say, double your mental relaxation. With each number you say, let your mind become twice as relaxed.

Now if you do this, by the time you reach the number 98, or maybe even sooner, your mind will have become so relaxed, you will have actually relaxed all the rest of the numbers that would have come after 98, right out of your mind, there just won't be any more numbers. Now, you have to do this, I can't do it for you.

Those numbers will leave if you will them away. Now start with the idea that you will make that happen and you can easily dispel them from your mind.

Now, say the first number, 100 and double your mental relaxation.

Client: 100

Hypnotist: Now double that mental relaxation, let those numbers already start to drift away.

Client: 99

Hypnotist: Double your mental relaxation. Start to make those numbers leave.

Client: 98

Hypnotist: Now, let them be gone. Dispel them. Banish them. Make it happen, you can do it, I can't do it for you. Push them out.

Make it happen! ARE THEY ALL GONE?

Standard Hypnotic phrases (Minimum of 6 required learning)

"The deeper you go the more comfortable you feel, and the more comfortable you feel the deeper you go"

"and because you are relaxing so well means you can go even deeper"

"and it's good to wonder how deep you can go right now"

"here now all the things that can allow you to relax now"

"with each and every breath you take means you can relax even more"

"and would you like to relax more, now, or in a moment"

"because you are able to relax means you can take on new understanding"

"and as you relax you can begin to have new experiences"

"and as you experience each new sensation"

"as you listen to all the sounds that can allow you to relax even more"

Wake up Script (Required Learning)

"In a moment I'm going to count from 1 to 5 and on the count of 5 you will all be completely wide awake.

You will find that when you awaken you will feel more confident about your own abilities, and feel that you are in control of your life and the things you experience, and you will have the ability to deal with everyday life in a much more positive and beneficial way.

with each number you will feel more and more refreshed and confident that you will achieve your goals.

1 - feeling more confident

2 - becoming aware of all the sounds you can hear, and the sensations you can feel right now

3 - Feeling that sense of confidence, achievement, refreshment growing and growing

4 - Feeling so confident, and just like you've had a refreshing night's sleep

5 - Eyes open, fully awake and feeling great"

It's a good idea to record each of the above required learning sections onto a mobile phone/tablet/MP3 player and listen to them repeatedly.

NOTE:

Remember they are hypnotic patterns - DO NOT listen to any of them whilst driving or operating machinery!

The Complete Milton Pattern set (Optional reading / Learning)

Mind Read

Claiming to know the thoughts or feelings of another person without specifying how you know the information to be true.

- I know you may be wondering
- I know you are curious
- I know you believe

Lost performative

Value judgements where the judge is left out of the statement.

- And it's a good thing to wonder
- And that's a good example
- That's right....
- That's perfect...
- It's good when that happens.

Cause and Effect

Where it's implied that one thing causes another

- If you can feel your chair beneath you, you are relaxing
- As you relax, then you can learn new things
- If you hear the sound of my voice you can learn new things

Complex Equivalence

The meaning of two statements is seen to mean the same thing. These usually include the verb "to mean" and "to be".

- The more you study the more you learn
- That means.....
- Your question means you are learning new things
- Your confusion means you are developing a deep understanding

Presupposition

Virtually everything presupposes something else.

- You are learning many new things
- You are taking in all the new information
- You have a deeper understanding
- By this afternoon you'll be able to change even more

Universal Quantifier

A set of words that have universal generalisations such as all, everybody, nobody, never, always etc.

- Every single one of us
- We always
- All the things you may know

- Every part of you

Modal Operator

These can either be of possibility (May, might, possibly etc) or necessity (Should, can't, mustn't etc).

- That you can learn
- You could begin the process
- It's possible for you to absorb all the new learning's now...
- You must learn these at some level.....
- It's possible to feel more confident easily and quickly
- Change doesn't have to be difficult

Nominalisation

Verbs (Action words) that have been frozen in time by making them into nouns (Describing words) that delete a great deal of information. If you can't put it into a wheelbarrow, it's a nominalisation.

- Provide new insights and understandings
- Give you the experience of understanding..
- Allowing you to learn new intuitions...
- All your new decisions

Unspecified Verb (Unfinished sentence)

The listener will supply their own ending to the statement.

- And you can....you know....
- I want you to become...
- And you can continue..
- Notice feeling more and more relaxed....
-

Tag Question

A question added after a statement designed to displace resistance.

- Can you not?
- Isn't it?
- You can, Can't you
- Won't you?
- Aren't we?

Simple Deletions

Recovering the awareness of sensory experience.

- You may understand...
- As you wonder..
- As you feel....

Lack of referential Index.

A statement which has no specified subject.

- One can, you know, learn things easily
- Some people know...
- You know the feeling...

- People can....

Comparitive Deletions

Where there is a comparison of two or more things, but none of the things are specified.

- Sooner or later....
- And it's more or less the right way....
- Sometimes it makes you wonder, now and then,
- You will take in the information quickly or slowly...

Pace Current experience

Confirming with a person that they cannot argue with the statement.

- As you feel the chair underneath you
- As you breathe in and out
- As you notice each blink
- You are in this room
- You are sitting on the chair, with your feet on the floor....

Embedded Commands / Questions

A sentence with an embedded message for the unconscious, which is designed to bypass the conscious.

- You will absorb the learning's
- By now you will realise....
- I don't know if you will **remember this now**, or later
- You may stop and think about this learning

Questions

I wonder whether you know what is going to happen as you focus on your breathing
If you were to know ...are you going into trance?

Double Bind

Choice is given to the client, and either choice is designed to achieve the same result.

- You can change as quickly or as slowly as you want.
- Do you want to change now, or in a moment?
- When you change, will you do it easily or will it be more difficult?

Conversational postulate

A yes or no answer question. Gives the client a choice to respond.

- Do you feel this is something you understand?
- Would it be ok to feel good about yourself?
- Can you imagine this.....
- Will you feel more comfortable with your eyes closed?

Extended Quote

Confusing the clients conscious mind to gain access to the unconscious.

Last week I told Mark about his training in Gloucester when he talked to a friend of a man on the train who had read his newspaper and said he's read a story about someone he

knew”

“last year, I met a girl who said she knew a woman whose father had told her a story a week ago about how learning many new things easily”

Selectional Restriction Violation

A statement that assigns feelings to inanimate objects.

- The car knew where it was going
- Walls have ears, and they're listening to us
- My rock said
- Your pen speaks to you

Ambiguity

Words that sound the same but are different in meaning, no & know: To & Two, Hear & Here. These are *phonological*.

There are also *syntactic* Ambiguities.. This uses words that the client cannot distinguish their function.

- Hypnotising hypnotists can be tricky.
- They are visiting relatives

Punctuation

- I want you to notice yourhand....me the glass
- I was looking for mytie...into the learning.
- What we do for a living...in hope of learning ...new

Analogue Marking

Marking out parts of a sentence verbally or nonverbally..

- You can.....go into a trance...now...will you....let your eyelids close

Refer to Toby & Kate's practitioner online learning system view further pre-course materials.