

## Lesson Three

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### Mastering Hypnotic Recognition

Welcome! Congratulations on reaching Lesson three of your journey towards mastering hypnotherapy. In this segment, we delve deeper into the intricate world of hypnotic recognition and management. By reaching this stage, you've demonstrated a commitment to understanding the nuances of guiding individuals into hypnotic states and recognizing non-hypnotic conditions. Let's dive into the essential aspects of identifying cues, understanding speech tempo, and managing various states within the realm of hypnotherapy.

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#### 3.1 The Crucial Need for Recognizing Hypnosis

When you're training to become a hypnotherapist, it's vital to understand that clients come to you expecting to be hypnotized. They're seeking your expertise to guide them into this state. Your role isn't just about delivering suggestions but also recognizing cues that indicate when someone is in that hypnotic state. This ability to identify these cues is crucial. It ensures you're on the right track, that your client is responding well to your guidance. Understanding these cues helps you tailor your approach and ensures your sessions are effective and aligned with what the client expects when they seek hypnotherapy.

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#### 3.2 The Significance of Identifying Non-Hypnotic States: From Alertness to Abreaction

Amidst hypnosis, abreactions pose notable hazards, akin to a sleep-walker being stuck in a sleep state while walking. Behaviors like crying, trembling, or premature disengagement might signal an abreaction but require cautious interpretation. Recognizing normal sleep cues and alertness is pivotal; hypnosis extends beyond closed eyes. Vigilance ensures effective therapeutic interventions.

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### 3.3 Why Speaking Tempo Matters in Hypnosis

Maintaining rapport in hypnosis means syncing speech with your client's breathing pace. Talking too fast induces stress; too slow risks inducing sleep. Aligning your pace with their breath fosters comfort, enhancing the therapeutic experience and rapport

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### 3.4 What are the Physical Indicators of Hypnosis

**Face Symmetry:** Under hypnosis, asymmetrical faces might appear more symmetrical. Symmetry indicates identical features on both sides, sometimes lacking wrinkles as they enter trance.

**Muscular relaxation:** commonly witnessed during hypnosis, often noticeable through alterations in muscle tension and facial expressions.

**Muscular Twitching:** Involuntary spasms occur, indicative of neurological changes linked to relaxation during hypnosis.

**Lacrimation:** Teariness may arise without distress during relaxation, warranting direct feedback for clarification.

**Eye Closure with Fluttering Eyelids:** Fast eyelid fluttering signals focus shift and hypnosis, often unnoticed, especially with visualization suggestions.

**Change in Breathing and Pulse Rates:** Altered rates indicate internal shifts, crucial for identifying hypnotic engagement.

**Jaw Relaxation and Catalepsy:** Reduced movement and jaw relaxation reflect absorption into the hypnotic experience.

**Sensory Shifts:** Varied sensations, from heaviness to lightness, denote involvement in the hypnotic state.

Understanding these cues aids in assessing the depth of hypnotic trance. Considering multiple indicators ensures an accurate evaluation of clients' diverse responses during hypnosis.

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### 3.5 Distinguishing Non-Hypnotic States

Non-hypnotic states include alertness, sleep, and abreaction, distinct from hypnosis. Alertness denotes wakefulness, sleep signifies unconscious rest, while abreaction represents a hazard during hypnosis. Recognizing these states aids in distinguishing them from the hypnotic trance.

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### 3.6 The Significance of Speech Tempo in Hypnosis

Determining the right speaking pace in hypnosis diverges from general recommendations. While 150-160 words per minute suit podcasts and videos, it's too swift for hypnosis. Aligning speech with the client's breathing rhythm ensures an optimal tempo, fostering rapport and relaxation. Maintaining control over voice enhances communication efficacy, avoiding incongruities when suggesting relaxation. Gradually transitioning to a soothing, hypnotic tone can establish an auditory anchor, inviting clients into the hypnosis state.

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### 3.7 How to Identify Hypnotic States: Insights for Aspiring Hypnotherapists

Identifying when someone has entered a hypnotic state is a crucial skill for aspiring hypnotherapists. Observing physiological and behavioral cues can help determine if a person is under hypnosis. Firstly, pay attention to their breathing. In a hypnotic state, breathing often becomes slower, deeper, and more rhythmic. Observing the chest rise and fall or noticing a subtle change in the muscles around the throat, neck, and shoulders can indicate this altered breathing pattern. Additionally, the slowing down of the pulse at the carotid artery in the neck may suggest a hypnotic trance. Interestingly, although the individual may exhibit fidgeting or slight movements, moments of stillness might arise, indicating a shift in their state of consciousness. To confirm their hypnotic state, a useful method involves giving a suggestion, such as asking the individual to take a deep breath. If they comply with this suggestion, it serves as a strong indicator that they are indeed in a hypnotic state. Remember, these cues should be observed collectively rather than individually, as not everyone shows the same explicit signs of being under hypnosis. Developing an acute sensitivity to these subtle changes is a skill that comes with practice and experience in guiding individuals through hypnotherapy sessions.

### 3.8 How to Safely End an Abreaction During Hypnosis

Encountering an abreaction within hypnosis represents a distressing occurrence, often evidenced through manifestations such as crying, hyperventilation, bodily tremors, and other observable reactions. When identifying these indicators, tactfully prompt the client to articulate their experience without abruptly disrupting their hypnotic state—a method akin to guiding a sleepwalker back to bed. Utilize comforting and reassuring phrases such as 'Protected, secure, cared for, supported, understood, reassured, comforted, sheltered, embraced, calm.'

Avoid physical contact, recognizing its potential to prolong the abreactive state, necessitating patience due to the enduring nature of such experiences. Employ a firm and clear tone in communication. The primary objective is to steer your client's focus toward a calm, relaxing experience, then gently guide them back to a grounded state outside the hypnotic trance.

### Perfecting Speaking Pace in Hypnosis:

example one: <https://www.youtube.com/watch?v=8StnIXoMd2I>

example two: <https://www.youtube.com/watch?v=KQ6BCy7gcWA>

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### 3.9 How to Maintain Optimal Speaking Pace as a Clinical Hypnotist

Remember, observing your client's collarbones helps track their chest movements subtly—it's like keeping eyes on the road, avoiding any booby-trap distractions! Speak in sync with their breathing rhythm without appearing intrusive. Align your speech pace with their breath cycle—say a few words during their inhalation and a few words during their exhalation. Initially, this tempo might feel remarkably slow for novice hypnotists. Stay patient; you're making progress.