

Elman's Pre-Talk Introduction

The "Pre-Talk" is a very important part of the client's hypnosis experience. Many Clients have fears or misconceptions about what hypnosis is etc. This is an excellent opportunity to educate the client about what to expect in hypnosis, establish rapport, and dispel old myths about hypnosis. The Pre-Talk allows you to build trust with the client, assure them that they are in control at all times, and that they are responsible for following instructions and going into a trance.

Elman's Criteria for Hypnosis

1. The subject must consent or agree to be hypnotized.
2. There must be good communication between the hypnotherapist and the client.
3. The client needs to feel safe and secure (free from any fears) about what is going to take place during hypnosis.
4. The client must trust the hypnotherapist and his/her intentions.

Script for the Pre-Talk Introduction

1. Clench Fist/Relax Fist

Did you know that if you really wanted to, you could clench your fist so tightly and so powerfully that you couldn't possibly make it any tighter or more powerful, true? So....if you really wanted to, and you knew how, you could relax the fist and hand to the point where it was so relaxed that, unless you removed that relaxation, the fist and hand would be so relaxed that it wouldn't work. That is also true, isn't it?

2. Tell Client that the eyes are easiest to relax

The eyelids are the easiest group of muscles to relax. Now, you know that's true, don't you? Have you ever had a long, hard day, and as the day grew later, your eyes just wanted so badly to close and just relax?

3. Show/Teach the client what to do

Now, watch my eyes. I'm going to close them, and relax them so deeply and completely that they couldn't possibly open. Now, if I decide to take that relaxation away, I could open them instantly, but if I hold on to that relaxation, my eyes will be so relaxed that they wouldn't work no matter how hard I tried to open them. So now I am going to try to open them. (Opens them. "Oops") I was suppose to test them and make sure they didn't work. So now I will hold on to that relaxation and make sure they **do not work**.