



Hypnotherapy sessions

Discover the cause

Age regression

- Induction
- Discover cause
- Release
- Subconscious relearning

Working with parts

- Parts therapy
- Ego state therapy
- Core transformation

Working with symptoms

- Suggestion and imagery
- "Wholeness" process
- Metaphors
- Submodality change

Communication model

- Submodalities
 - Visual
 - Auditory
 - Kinesthetic
 - NLP
- Symbolic modelling
- Clean language

Objectives

Create rapport



Gather

- Physical
- Emotional
- Medications
- Beliefs

Information



Provide

- Hypnosis
 - What is ?
 - Fears
 - Misconceptions
 - False memories
- Theory of mind
 - physiology
 - affect
- Migraine
- Ego states

Therapy outcome



- Formulate
- Evaluate
- Achieve

Experience

- hypnosis
 - relaxation
 - focus
- hypnotizability

Hypnosis

- Induction
- deepening
- Autosuggestions