

# Elman Process

4 ( or 5 ) stages

**1 Eye Closure**

**2 Deepener ( 10 down to 1 etc)**

**3 Fractionation**— *or using Kinesthetic, visual and auditory in Deepener above  
see Version 2 of Script*

**4 Flacidity** - *arm drop*

**5 Loose #s** - *Hypnotic amnesia*