

### **SUGGESTIBILITY TEST #4**

This test is a permissive version of the Hand Clasp Test. The development of this method during World War II by psychiatrists who preferred non-directive approaches

The script for this test is in your Appendix Envelope.

### **SUGGESTIBILITY TEST #5**

**Postural Sway Test** – (Sometimes called Falling Backward Test)

This test is very authoritative and is primarily used by stage hypnotists. It requires touch; a clinical setting could cause transference problems.

We do not detail this here as this test needs to be practiced only with extreme caution

### **SUGGESTIBILITY TEST #6**

**Progressive Relaxation Test** - a permissive test of Relaxation

In addition to acting as an important induction procedure, the progressive relaxation method is a suggestibility test that works almost universally. Upon completion, check for subjective reactions in the client; i.e., numbness, tingling, lightness, heaviness, salivation, eyelid flutter, sensory details. In addition, question your client about time distortion. The feedback you receive will be in future sessions.