

Two Hour Self-Hypnosis course outline

1. Welcome and Intro
2. Theory of the mind and Pre-talk- *includes 'Right Mental Attitude, and quick take on How to Make Suggestions (see videos lesson 5)*
3. Imagination exercises. Rising and Falling and Hand Clasp
4. Elman Induction on a demo unit including deepening and proof of Hypnosis
5. Group Elman and deepening.
6. Install trigger word “ Peace”
7. Compound the trigger word by going in and out of hypnosis.
 - 10 times while they are still in hypnosis after emergence
 - 5 times making sure to blather to them till they are totally back to conscious awareness.
8. Give out the handout booklet *(just because it is free, it still needs to look great. If it doesn't they will not keep it –and your advertising is lost)*