

How to deal with it:

For head motion, first announce to the client that you will be touching his/her head to help them stop the motion. Then gently stroke, touch forehead. Stop using words like hypnosis or sleep. Use calming, relaxing words to emerge the client. **Do not emerge client until calming is achieved.**

After the head motion stops, you can continue with session. If it starts again, use the same calming procedure. After calming is accomplished, emerge client and discontinue use of hypnosis.

Sometimes the problem may be caused only by client's nervousness about hypnosis, which could cause him or her to hyperventilate. It is important not to emerge client too fast.

MOST DANGEROUS PROBLEM TO CLIENTS IS UNQUALIFIED THERAPY

- Therapist: Has special qualifications and training in dealing with and managing psychological problems.
- Hypnotist: Trained in hypnosis, which does not qualify for handling psychological problems.