

A personalised
induction is important
assignment



**ASSIGN
BUSTER**

A personalized Induction will always be more effective August 2014 Word count: For this essay I have been asked to look at and discuss why or why not a personalized Induction Is more effective. For this I have looked at what was learnt In class, the theoretical concepts & techniques. I have also looked at historical and modern hypnotherapies views on inductions. Personally I believe that a personalized Induction Is a vital part of giving the most effective treatment that Is based on the Individuals own needs for reason that are explained In this assignment.

This essay ill argue but evidence that a personalized induction is more successful in benefiting your client and in offering a more successful treatment unless in a group setting. With a group setting you are not making the client feel important or are catering for that Individuals needs. Every human being Is different, therefore we need to take into account likes/dislikes, values and perspectives along with their cultural backgrounds, religions and beliefs to achieve the best results possible.

Much of the way that human beings communicate with each other is in ways other Han the spoken word; body language, facial expressions, gestures, tone of voice and so on make up some of the non verbal ways of getting information across. In contrast to this during hypnosis the therapist has very few of the above techniques available; the client would usually have their eyes shut and so non verbal communications are not possible; It is solely about the voice, the words used and how they are used, Including the tone of the practitioners voice.

Many people coming for treatment for the first time have their own beliefs, many people still believe that you are put into an unconscious state and many individuals still think of stage hypnosis. With these beliefs and anxieties, It is important to build a trusting relationship and a good rapport with your client prior to any treatment to allay any fears and anxieties they may have.

Always remember to enquire about the medical history with regards to mental health issues – depression – epilepsy – high blood pressure – the elderly or By completing a thorough professional introduction, assessment and induction in a comfortable setting you are reassuring your client that you know what you are doing and that. They can then believe in you and feel more comfortable. It is also beneficial to give the client information on hypnotherapy, its background and the process.

You should be informing the client that you are not making them do anything, that they are fully in control at all times and by using the power of their subconscious mind the results are of their own making. We are only giving them the tools to enable those results. By this time your client should be feeling more comfortable and relaxed. Once your client is fully informed you can then look to provide a service that is tailor made for that individual, ensuring the best possible outcome for them.

Background information is important at the assessment stage, finding out about things they like or dislike can have a huge impact on the treatment and can also be introduced into their induction. For example if a person has a fear of heights then you would not suggest them sitting on a big white

fluffy cloud high up in the bright blue sky, whereas if your client likes something or has a good memory it would be good to introduce this into the induction. This memory could be of a place they have visited lone or with others or even a color that makes them feel good.

Body language plays a huge part in communicating with others but the therapist needs to remember that body language is not possible in hypnotherapy as your clients eyes are normally closed. Using and controlling your voice is therefore vital, you can do this by speaking clearly, altering your tone and pace and emphasizing words. If we look at historical hypnotherapies there is evidence there to say that a personalized induction is important to your clients successful treatment.

Dave Leman was born in 1900, he was ware of hypnosis due to his father's interest in the subject, when Dave was 8 yr old his father was diagnosed with cancer. Dive's father enlisted the help of a friend and received hypnosis for pain relief during his illness, Dave saw that this benefited his father greatly and became interested in this form of treatment. After his father's death Dave began using hypnosis as part of stage shows, in one show where he had to go solo as his colleague did not attend a group of doctors were watching in the audience.

They later asked Dave to teach them, from this day forward Dave taught hypnosis until his death aged 67. If we look at Erikson he said " I think it is tremendously important that you observe everything that is possible and then if you want to use hypnosis you know how to verbalism your suggestions to influence your patient to elicit their response. [1] Erickson [2]

recognized that every individual is different so they should all be treated as such. Yet Clark Hull [3] that he did not consider it important to involve his clients in their therapy, he neither believed the existence of a special state (trance) during hypnosis.

By thoroughly assessing your client and using the assessment tools provided in class you will know which approach is best for your client, you will also know their goals and what results they want to achieve. At the assessment stage you should be observing your clients color of clothing, their breathing and their lateral eye movement. This will all assist you in choosing the right approach for your client. In class we discussed the different approaches that can be used in hypnotherapy treatment, we learn about the assessment will benefit from the authoritarian approach, others will benefit from the permissive.

The Authoritarian approach: this is where you would tell or direct your client in a firmer manner. The approach will be logical, giving no choices, only directions. Authoritarian style can seem a little harsh to some but can be very effective if done correctly. For example you would introduce the following into the authoritarian approach: I want you to shut your eyes now, make yourself comfortable, using your powerful subconscious, you are fully in control etc. Freud used the authoritarian approach but found resistance from clients, Clients ignored certain memories so therapy was not so successful.

There is also the permissive approach where you are making it more of a suggestion in a softer tone. The permissive approach is gentle and gives the client choices. The client that prefers this approach is much more open to

using their imagination; this approach makes them feel safe and able to enhance the experience for them. The permissive style is nurturing and caring. Examples for the submissive approach would be: You make feel your eyes growing heavy, you might like to close your eyes, you may want to make yourself more comfortable. The client feels in control and much more relaxed.

In class we also looked at assessing the clients Modality and their lateral eye movements. Modalities refers to the way in which our brain processes the information that it receives; which of our senses are the most prominent, dictating which type of modality we lean towards most. We also looked at lateral eye movements. Lateral eye movements came about after studies conducted in the sass's by Paul Began, a psychologist. It was his belief that different types of thinking would elicit different eye movements. These are not set in stone as they can differ with a small portion of individuals who may be opposite handed.

With the modalities there are five but in hypnotherapy we only use three: Auditory, Visual and Kinesthesia. Kinesthesia is about feeling, internal emotions and external as in touching/feeling. A kinesthesia would feel the fabric or pick up on someone's feelings quite easily. You would introduce words such as warm, solid, gentle etc. Their lateral eye movements would be down to the right. Posture would be rounded shoulders, relaxed and breathing deeply. Nina screed you would introduce words like smooth, warm, solid, touch etc.

Auditory is about listening and sounds, these people love to chat. They listen to sounds that may include music and speech but will also imagine sounds. When an auditory person talks it almost sounds melodic. They are also very sensitive to sounds and noise. In their screeds you would introduce words such as imagine, look, watch etc. Their lateral eye movements would be straight ahead as if staring into space if defocus, if they are forming images in their mind then they would be up to the right and if remembering images then they would be looking to the left.

Auditory Often tilt their head to one side and at times will have rhythmic body movements. Visual is about seeing, these people are creative and can use their imagination far easier. These people love to daydream and fantasies. They can visual color, patterns and shapes in their mind. With this modality you would use words such as loud, listen and hear etc. Their lateral eye movements would be to the right if constructing sounds but if remembering sounds then they would be to the left. Visual people have a less relaxed body stance and are often than not of a slighter build.

By assessing which modality a person is you comfortable and relaxed. You can then introduce the other modalities into the session but it is good to start with the modality they are more in tune with. I have practiced both personalized and non personalized inductions and my findings have been a definite yes to the personalized induction process. I currently work in the prison service as a specialist drug worker, I am extremely lucky that I have sixty clients that I work closely with. I have had the opportunity to try both approaches on.

With the personalized induction completed on Clients that I have spent the effort with to build up a rapport and trust with I have explained the process thoroughly and given them the best treatment suited to their personality and their needs. They have given me feedback, they report to never having experienced the feeling of such relaxation and contentment and did not want it to end. They also reported to have slept better and woken up feeling refreshed the following morning. They have requested further sessions and feel that they are greatly benefiting from it, bearing n mind that I work with prolific substance users I cannot be happier.