

# SELF-HYPNOSIS



**Lee Pascoe**, an Australian, is a certified Trainer and Board Certified Hypnotherapist for the National Guild of Hypnotists, USA. Director of the Silva Method in Paris for 25 years, she is an international public speaker, presenting Hypnosis and Hypnotherapy courses throughout Europe, Canada, the U.S.A and Kuwait.

To introduce the concept of Hypnosis to the general public, and to enable them to use this simple but powerful tool in daily life, she has created this Self-Hypnosis workshop.

## **BECOME YOUR OWN HYPNOTIST!**

*If you are fascinated by the idea of hypnosis, but at the same time frightened by it - if you don't dare trust a hypnotist for fear of losing conscious control and being manipulated against your will - learn to Do-It-Yourself!*

*This workshop takes place over two sessions of 3 hours each and is open to all members of the public.*

### **BENEFITS:**

- Stress management
- Pain Relief
- Emotional balance
- Stronger immune system
- Instant re-energising
- Self-motivation and efficiency
- Self-confidence

### **Eliminate:**

- head-aches
- insomnia
- negative habits  
(weight, cigarettes)
- anxiety and fear
- blocks and resistance

*Would you love to be able to accept suggestions for personal achievement, but you just can't believe them?*

*Or, do you have deep inner blocks which thwart any attempts to improve?*

*With this simple but powerful tool, you can over-ride mental resistance and access deeper levels of mind, to eliminate blocks and anxieties and instantly reduce stress, as well as motivate and energise yourself for positive change.*

## **COURSE CONTENT**

### **What is hypnosis?**

- Definition and description
- A natural state
- Differences between self-hypnosis and hetero-hypnosis
- Levels and depths

### **Who has the control?**

- Misconceptions
- Stage Hypnosis
- Sleep
- Free Will
- Dependence on the hypnotist

### **Who can be hypnotised?**

- Willingness
- Imagination
- Trust
- Suggestibility
- 3 suggestibility tests

### **Demonstration**

- Hetero-hypnosis
- Rapid Induction with a volunteer
- Deepening
- Depth Test

### **Group Experience**

- Group Induction
- Progressive Relaxation
- Imagery
- Indications of hypnotic trance
- Check Points
- Post-hypnotic Suggestions

### **Step no.1**

- How to give yourself a suggestion
- Establishing a routine

### **Step no.2**

- Technique to go into self-hypnosis
- How to maintain a deep level
- How to come out at the right moment
- Demonstration and practice

### **Step no.3**

- Giving yourself a suggestion in self-hypnosis
- Avoiding stray thoughts
- Maintaining the state
- Demonstration and practice

### **Formulating Suggestions**

- Content and form
- 6 criteria
- Encouragement and reinforcement

### **Group Experience**

- Shorter Induction
- Deepening

### **Creating your own script**

- Behaviour evaluation
- Recognising problem indicators
- Setting goals
- Transforming into suggestions
- Recording on cassette

### **Practice**

- Rehearsing the complete script