

# Safety Precautions

A young woman I recently hypnotized during a stage show had an abreaction. For anyone unfamiliar with this term, it's when someone has a negative reaction to being hypnotized. She started shaking like she was freezing, walked off stage with her eyes closed, talking to herself. This was my first experience with an abreaction during a live comedy show.

The mistake I made? Forgetting to cover the safety precautions I have for you below. Whether performing entertainment or therapy over Skype (just like in person), safety is gravely important to help avoid unintentionally evoking a negative response physically, emotionally, mentally or otherwise (note: she was reportedly fine after the show).

**SAFETY PRECAUTION #1: Do they have any psychological issues?  
(Do they see a psychiatrist, take medication, suffer from things like schizophrenia)**

**SAFETY PRECAUTION #2: Do they suffer from any back, neck, arthritis or joint issues?**

**SAFETY PRECAUTION #3: Are they currently pregnant?**

Assuming they pass all the above questions with a “NO”, I'd say it is safe for you to perform a hypnosis demonstration.

If they do answer yes to the first precaution, I would avoid doing any sessions unless you work one-on-one with their doctor.

If they answer yes to the second precaution, I would simply make sure when conducting the consultation, let alone a full-length session, that you provide them something they can sit or lay comfortably on throughout.

If they answer yes to the third precaution, I would still say it's safe to hypnotize them since this isn't a comedy street or stage hypnosis show. This precaution is used to avoid harming the woman's baby in any way due to rough comedy skits or rapid inductions that could disturb the baby. Thus, I would certainly not recommend you do any type of comedy hypnosis via webcam with pregnant women. If, however, you are looking to conduct a hypnotherapy consultation (let alone full session), it never hurts to ask their doctor for permission to move forward with said consultation/session.

If you're in the position to move forward with a hypnosis demonstration, the next part of this module will describe body language you'll want to keep an eye out for to determine a successful consultation!  
*Note: I didn't ask Drew or Emily these questions as I already knew both of them.*