

Reading Body Language

Body language is the easiest way for you to determine how your session is progressing for the client.

Look for these key factors if they're sitting down:

- Their head slides off to the side or droops down with their chin nearly touching their chest
- Their shoulders/arms appear slouched/limp
- There's little to no expression on their face
- Their jaw/teeth are slightly separated

Look for these key factors if they're laying down:

- Head moves to one side or the other on their couch/bed
- Head may stay in place but their jaw/teeth appear slightly separated
- Any limbs like legs/arms that may have been stiff before become limp. This will become obvious when their toes go from facing the ceiling to the walls/their arms may bend or fall to their side.

Sample script for a basic hypnosis demonstration...

“Close your eyes, breath in through your nose, slowly out through your mouth. Take another slow deep breath in through your nose and exhaling slowly through your mouth. Continue taking slow concentrated breaths in and out as you listen to my voice. Allowing every word I say and every breath you breath, to make it that much easier for you to relax. Letting go with every passing moment. Letting every outside noise relax you even further. Finding it easy to tune into the sound and tone of my voice and allow your mind to float and drift with every word. Feeling any tension within your body begin to disappear and allowing yourself to give into this relaxation. Finding the more you allow yourself to give into this relaxation, the better you feel and the better you feel the deeper you go. Feeling more mentally and physically relaxed with every passing moment and enjoying this moment of peace.”

Once I have them in this relaxed state, introducing a command such as spontaneous laughter will test just how relaxed and open to commands they are. I always consider a relaxed client that reacts to spontaneous laughter to be fully engaged and easy to work with. To test them, I'll say something like...

“In a moment when you open your eyes, everything will be back to normal, however you will become overwhelmed with the spontaneous urge to laugh. The more you give into this laughter the better you'll feel. Just listening to the sound of my voice now and the words I say may bring a smirk to your face, that smirk turns into a smile and that smile turns into a chuckle. One the count of three, that laughter will become five times more contagious. One, two, three, eyes open back in the room. How are you?”

I'll often say that last line with a bit of a smile to help encourage a laugh on their end. It often causes them to smirk, if not smile/laugh. If this doesn't work at all, it tells me they may require a bit more work during a full-length session (in hopes the commands/affirmations/etc from the session have positive longer-lasting effects). They're reaction at the end of the consultation will help you determine whether or not you're comfortable working with them in the next step of this module.