

*Inductions and Deepeners: Styles and Approaches for Effective Hypnosis*

# Inductions and Deepeners

*Styles & Approaches  
for  
Effective Hypnosis*



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## **CHILD AND TEDDY BEAR INDUCTION**

Many people wonder if hypnosis can be done in children's therapy, and the answer is yes.

As a matter of fact, children are often better at hypnosis than adults, because they are able and accustomed to using their imagination, and also because they take things so literally. It's much like being able to access the subconscious right at the very beginning.

A great deal of research has been done on pediatric hypnosis, particularly in medical settings like burn units and other pain treatment programs, and results show that children respond quite effectively to the use of hypnosis in a variety of clinical and behavioral situations.

Clinical hypnosis can be used to address social or behavioral difficulties such as Attention Deficit Disorder. Simply teaching a child the skills of relaxation hypnosis helps them learn to begin focusing their attention and awareness at any given time.

One of the most popular areas of clinical hypnosis is enhancing test-taking performance. If you have a child that experiences test anxiety or difficulty recalling the information that they have learned, using hypnosis can be a useful tool, even with the elementary age child.

However, children can and do present some special difficulties. They tend to be a little more fidgety, and sometimes the responses they give are entirely unexpected.

Again, induction accomplishes five different things. It helps the person to relax, whether they are an adult or child. It tests their compliance. Throughout the process with Subject D, because he was a fidgety child, I had to test for compliance by asking him to do certain things. These were easy tests along the way to find out if he was responding to me.

The hypnotic induction also provides a framework for hypnosis that helps our clients to believe that we have met their expectation of entering into a process of hypnosis. Children will certainly expect an induction. They believe that we will 'do something' to help them achieve a state of hypnosis.

Induction focuses attention. Subject D was excited about being hypnotized. The induction procedure serves to gradually focus a person's attention into the experience and process of hypnosis. And finally, induction detaches a person from conscious thought and the distractions of the world around them. This is extremely important with both adults and with children.

The following two transcripts are the actual responses from a child going through the process of hypnosis. Subject D is eleven years old, and he has never been hypnotized before.

I really didn't spend too much time talking to him about hypnosis before he agreed to participate. He is a smart, excited child who enjoys the world around him, and probably represents the typical challenges we may find when dealing with any child in the arena of hypnosis.

When hypnotizing children, we must modify our language for age and comprehension appropriateness, so that it's easy for the child to understand and learn. Since Subject D seemed like a pretty sharp kid,

you may notice that I used more complex language than I might have used with a younger or less advanced child, but the principles remain the same.

I used a teddy bear in this induction because incorporating something familiar into the therapeutic process can go a long way in helping us to create successful interventions with children. Children have a vivid sense of imagination; they often communicate with their teddy bears and other stuffed animals, and they turn to them for comfort in times of stress or confusion. Subject D is probably at the upper age or maturity range for using a teddy bear, but it is a familiar item and because this was Subject D's first time with hypnosis, I wanted create a sense of safety and security.

From start to finish, this session was probably about ten or eleven minutes long. This is obviously far longer than the other transcripts in this text, but for your learning purposes and the comfort of the child subject, I wanted to make sure that I went through the entire process of hypnosis, from short pre-talk to the induction, to the deepener and brief suggestive therapy. In the prescriptive portion, I merely make some positive suggestions about recall and being able to enter hypnosis more easily later on. Then I awaken Subject D appropriately and comfortably at the end of the session.



## **Child and Teddy Bear Induction Demonstration**

HYPNOTIST: Richard K. Nongard

SUBJECT: Subject D, Male Child

BEGIN SESSION TRANSCRIPT:

*(Subject D sits in an overstuffed recliner. He has a small brown teddy bear in his lap.)*

HYPNOTIST:

"I know you brought a stuffed animal with you. Is that from your collection of stuffed animals?"

SUBJECT D:

"It's from my shelf."

HYPNOTIST:

"From your shelf? Great. Do you have some other stuffed animals that live on the shelf?"

SUBJECT D:

"Yeah."

HYPNOTIST:

"How come you brought that one with you?"

SUBJECT D:

Because you told me to.

HYPNOTIST:

"I didn't tell you to bring that one. I just said to bring a stuffed animal with you today."

SUBJECT D:

"Because you said stuffed bear."

HYPNOTIST:

"Oh, ok. So, I said a stuffed bear. That's why you brought that one. Ok, great."

SUBJECT D:

"It's got a rip in it, too."

HYPNOTIST:

"It's got a rip in it? Maybe we can fix that with hypnosis. Do you think so?"

SUBJECT D:

"No."

HYPNOTIST:

"No? You probably have a pretty good understanding of hypnosis then. We can't fix fabric. What I want you to do in order to experience hypnosis, Alex, is just to relax.

"Take a deep breath. Breathe in. Breathe out.

*(Subject D takes a deeply exaggerated breath.)*

"Let your hand rest on the arm of the chair, rather than playing with the globe.

*(Subject D snatches his hand back and rests it on the chair.)*

"You have the bear with you. What I want you to do is set the bear on your lap, so that the bear is facing you.

*(Subject D complies, appraises the bear's position.)*

"Yep, just like that. You guys are kind of looking at each other.

"As you look at each other, it will help you to experience relaxation and hypnosis.

"Now, I noticed you are wearing glasses. Sometimes people who wear glasses have a hard time relaxing if the glasses start to slide off. Do you want me to hold onto your glasses for you?"

SUBJECT D:

"Sure."

HYPNOTIST:

"Ok, can I have them?"

*(Subject D removes his glasses, hand them to the Hypnotist.)*

"Thank you. I will put them here in my pocket. When we are done, don't let me forget to give them back to you, ok?"

SUBJECT D:

"I won't."

HYPNOTIST:

"Alright. What I want you to do is just look at your bear.

"You can touch your bear's eyes if you want to. You can hold onto your bear."

*(Subject D holds the bear in his lap with both hands.)*

SUBJECT D:

"They have stuff on them."

HYPNOTIST:

"There is stuff on the bear's eyeballs? Ok, great. Alright. What I want you to do is take a deep breath. Breathe in. Breathe out.

*(Subject D takes a deep breath.)*

"I want you to just stare at the eyes of your bear. Your bear is going to be staring back at you."

SUBJECT D:

"That's kind of creepy."

HYPNOTIST:

"That is kind of fun. What I want you to do is just relax.

"Just keep focused on the eyes of the bear. You can clean them off if you need to. That is fine.

"Just let yourself begin to relax and stare at the eyes of your bear as your bear stares back at you.

"Just begin to notice things about the bear's eyes. Maybe the dust is still left on them, or the color of the bear's eyes, or how the bear's eyes are connected to the bear's nose, or how the bear's nose is connected to the rest of your bear.

"As you stare at the bear and the bear stares back at you, I want you to close your eyes.

*(Subject D closes his eyes.)*

"As you close your eyes, I want you to simply picture in your mind the bear sitting in front of you. Now, you know it's really there because you can feel the bear.

*(Subject D twitches and wiggles just a bit.)*

"It's ok if you need to itch or move around for comfort. That is fine. Take another deep breath. Breathe in. Breathe out.

"Now, I want you to imagine that I am putting a cup of water in the bear's hands.

"The bear is now holding the imaginary cup of water.

"So, since the bear is holding an imaginary cup of water, you don't want that water to spill.

"So, you are going to want to be as still as you possibly can as you hold that bear.

"I want you to use your imagination.

"I want you to think of something peaceful and relaxing; a place that maybe you have been that was fun to go to, or somewhere you thought the sky was beautiful or the scenery was beautiful.

"I want you to picture that place in your mind. Do you have a place in your mind?"

SUBJECT D:

"Yes."

HYPNOTIST:

"Okay. Is it sun-shiny there?"

SUBJECT D:

"No."

HYPNOTIST:

"No, what kind of place is it?"

SUBJECT D:

"It's Corpus Christi."

HYPNOTIST:

"The beach in Corpus Christi at sunset is very beautiful. Now, I want you to imagine that you and your bear are sitting on the beach in Corpus Christi at sunset.

"As you look to the west in the evening, you can see the sun setting. As the sun sets and goes lower in the sky, you become more and more relaxed and more and more at peace."

"Imagine every muscle in your body becoming limp and loose; the muscles in your forehead and the muscles in your neck. You might find it easy at this point to simply tilt your head forward a little bit so that your chin rests towards your chest.

*(Subject D drops his head down and to the side.)*

"You can become even more relaxed. Any muscles in your body that are tense, just let them loosen.

"If you have tension in your back or tension in your legs or tension in your feet, just let them relax.

"As you relax, hold your bear very still, making sure that imaginary cup of water in his hands doesn't fall.

"I want you to enjoy looking at the scenery that you've created in your mind; beautiful sunset in Corpus Christi... The warm sand that you walk on... The beautiful water out in the bay.

"Take a moment and just enjoy that scenery that you have created and that solace.

"As you do, let yourself double the sense of relaxation.

"As you double the sense of relaxation, allow yourself to go deeper and deeper into a state of hypnosis and relaxation.

(Pause)

"Now, you are probably thinking to yourself, 'I can probably open my eyes if I wanted to,' but you simply don't do so, because it feels good to relax and enjoy this peaceful place.

"Now, I'm going to count backwards from five to one.

"As I do, let yourself go deeper and deeper into hypnosis, which is really just a state of peaceful relaxation and enjoying the scenery you've created.

"Five... Let all of the muscles in your body go limp.

"Four... Continue to enjoy the peaceful image that you have created of Corpus Christi.

"Three... Let go of all the tension that you feel.

"Two... Allow yourself to become even more relaxed.

"One... All the way down now.

"I'm going to give you some suggestions.

"The suggestions are really going to be pretty simple.

"In the future when I bring you to a point of experiencing hypnosis, you will find it easy and comfortable.

"You will know that you are creating in your mind simply the pictures of something wonderful and beautiful to you.

"You will have your friends, like your bear or other things that bring you security, with you in your mind at any time in the future when you experience hypnosis.

(Pause)

"I'm going to give you another minute to simply relax and enjoy this peaceful feeling.

"As I give you a moment to do that, simply let your mind wander and wander, and enjoy the experience of simply taking a moment to relax.

(Pause)

"You and your bear find it wonderful to enjoy the scenery that you created.

"You feel happy because you are with your bear.

(Pause)

"The memories that you created are wonderful memories.

"At any time you can bring yourself back to this point of relaxation and happiness... simply by looking at your bear on the shelf or ... even holding your bear.

(Pause)

"I'm now going to count from one to three.

"As I do, what I want you to do is become more oriented to the room around you.

"Keep your eyes closed, but simply let yourself begin to wander from the beach at Corpus Christi back to the office that you are sitting in now.

(Pause)

"As I count from one to three, become more energetic. Let the energy fill your body and fill your mind.

(Pause)

"Let this moment of relaxation be a starting point for simply being able to feel good.

"One... In your mind, reorient to the room around you; the bear in your hand, the globe on your right, me on your left.

"You are doing good.

"Two... Becoming more alert and more awake, feeling energy throughout your body.

"Three... Open your eyes.

*(Subject D blinks.)*

"Open your eyes all the way."

SUBJECT D:

"Ok."

*(Subject D opens his eyes.)*

HYPNOTIST:

"How did that feel? Wide awake, fully alert."

SUBJECT D:

"Cool."

HYPNOTIST:

"Was that cool?"

SUBJECT D:

"Yeah."

HYPNOTIST:

"Having fun, huh? That was your first time being hypnotized?"

SUBJECT D:

"Yeah. Everything is yellow."

HYPNOTIST:

"Everything is yellow? You were looking at the sunset. Do you remember that?"

SUBJECT D:

"Yes."

HYPNOTIST:

"What did it feel like to be hypnotized?"

SUBJECT D:

"It felt pretty cool."

HYPNOTIST:

"Pretty cool?"

SUBJECT D:

"My neck hurts though."

HYPNOTIST:

"Your neck hurts? I noticed you moved it around and then moved it back. That is ok. You can move around anytime you want to when you are hypnotized in order to feel more comfortable. Pretty cool, huh? Thank you, I appreciate your help today."

SUBJECT D:

"Sure, it was fun."

END TRANSCRIPT.

## **CHILD AND COIN INDUCTION**

In this next child induction session, I use a dollar coin from Canada, called the Loonie, and one of the new George Washington dollar coins. It's only worth a dollar and will never be sold on eBay, but both coins are special because they are unique and interesting to look at.

This is a combination induction, encompassing elements of Reverse Arm Levitation and Eye Fixation, and it's great for use with kids.

Fixation on the coins produces ocular fatigue, and they are able to feel the process of hypnosis as the coin gets heavier and heavier and heavier in their hand.

This kinesthetic approach is particularly useful for clients who need to feel like they are about to be hypnotized, and children who are prone to fidget.

As with the previous child example, this is a complete session transcript, not just the induction, as I wanted to go through the entire five-stage process just for the comfort of the child I was working with.



## **Child and Coin Induction Demonstration**

HYPNOTIST: Richard K. Nongard

SUBJECT: Subject D, Male Child

BEGIN SESSION TRANSCRIPT:

HYPNOTIST:

"I have two dollar coins here. Take a look at those two dollar coins.

*(Hypnotist hands the coins to Subject D, who then inspects them.)*

"Those are pretty neat coins, aren't they?"

SUBJECT D:

"Yes."

HYPNOTIST:

"Tell me. What are those coins like?"

SUBJECT D:

"How are they alike?"

HYPNOTIST:

"What are the coins like?"

SUBJECT D:

"They are different."

HYPNOTIST:

"Have you ever seen coins like that before?"

SUBJECT D:

"Yes. This one is a Canadian dollar."

HYPNOTIST:

"That's a Canadian dollar in your right hand?"

SUBJECT D:

"Mm-hmm."

HYPNOTIST:

"What is on the front and the back?"

SUBJECT D:

"Well, there is a swan on the front of it. It says, 'Canada, 1989, Dollar.'"

HYPNOTIST:

"Alright."

SUBJECT D:

"Then on the other side it has a picture of Queen Elizabeth. It says 'Elizabeth II.'"

HYPNOTIST:

"The swan is what they call a Loonie bird. They call their dollar coin the Loonie, up in Canada. The other coin; what is it like?"

SUBJECT D:

"The other coin is the new dollar coin that came out a couple of weeks ago. On the front it has a picture of George Washington. It says, 'George Washington First President 1789-1796.'"

HYPNOTIST:

"And on the back?"

SUBJECT D:

"On the back it has a picture of the Statue of Liberty. It says, 'United States of America, One Dollar.'"

HYPNOTIST:

"Does it have anything on the side?"

SUBJECT D:

"Yes. On the sides is says, 'In God We Trust, 2007, E Pluribus Unum.'"

HYPNOTIST:

"Wow. That says a lot in really small letters."

SUBJECT D:

"Uh-huh."

HYPNOTIST:

"Of those two dollar coins, do you like one better than the other?"

SUBJECT D:

"Yeah."

HYPNOTIST:

"Which one do you like better?"

SUBJECT D:

"I like the Canadian coin."

HYPNOTIST:

"You like the Canadian coin better? Alright, hold onto that one. Let me hold the other dollar; the George Washington dollar. Okay? I'm going to take that coin and I'm just going to put it in my pocket.

*(Subject D surrenders the dollar coin to Hypnotist.)*

"What I am going to do with this coin here, is I want you... actually, I will demonstrate with the coin you gave me. What I want you to do is hold it in your hand. I just want you to hold it up like this. Okay?

"Now, you hold your coin between your thumb and your index finger. It almost feels kind of sideways, just like I'm doing now.

*(Hypnotist demonstrates; Subject D copies position.)*

"Great. What I'd like you to do is just focus your eye on that coin. Focus your eyes on the edge of that coin.

"As you hold that coin, try to hold it as still as you possibly can. It may be hard to hold it still. You don't have to hold it perfectly still. Hold it between your thumb and your index finger there. Hold it out in front of you.

*(Subject D complies as best he can.)*

"Continue to stare or gaze at that coin.

"You will notice something about the coin.

"It begins to feel pretty heavy.

"It's just a little tiny coin. Yet, in your hand when you hold it out in front of you, it starts to feel very, very heavy.

*(Subject D's hand wavers a bit from its original position.)*

"What I want you to do now is close your eyes.

(Subject D closes his eyes.)

"Great. I want you to imagine that you are still looking at the coin in front of you, held out by your hand between your index finger and your thumb.

"Feel how that coin becomes heavier and heavier.

"As it becomes heavier and heavier, it may even become very difficult to hold up.

*(Subject D's hand wavers and drops a few inches.)*

“While no matter how heavy the coin feels, continue to keep your eyes closed and let yourself to simply begin to experience a state of hypnosis or relaxation.

“When you can’t hold the coin up any longer, just let it rest on your knee and let your right hand rest on top of that coin.

*“Subject D’s hand slowly drops down to his leg, his hand covers the coin protectively.”*

“That coin is going to be a reminder to you.

“It’s a reminder of your ability to focus and concentrate, and to relax, and to recall information.

“Take a deep breath in... and out.

“Just let your mind begin to think of a peaceful, wonderful place that you’ve been.

(Pause)

“Look at the colors around you in your mind, the place around you, and the scenery around you.

“In your mind, just simply relax and feel good.

(Pause)

“Again, if you need to swallow or move your neck to be more comfortable, you can do that.

“Just let every muscle in your body relax. Become completely and totally relaxed.

*(Subject D slightly shifts position.)*

"In your mind, I want you to imagine that you have five one-dollar coins.

"They are all Canadian coins. They all are Loonie's. They are kind of interesting.

(Pause)

"In your mind, I want you to count the Loonie's.

"One...

"Two...

"Three...

"Four...

"Five...

"Five coins.

"As you count them again, let yourself simply become more relaxed with each coin that you count... Doubling the sensation of relaxation... Letting all muscles in your body relax feeling limp and loose like a pile of rubber bands.

"Five...

"Four...

"Three...

"As you count the coins in your mind, simply let each number relax you even further...

"Two coins...

"One...

"Total peace... Total serenity.

"This is the state of hypnosis... A state of relaxation and serenity.

"It's amazing how you can go from being an active kid one moment, to a place of peace and serenity. This is a skill that can probably be useful to you in school.

"When you find yourself stressed out or tense while taking tests, just close your eyes for a minute and count those imaginary Loonie coins in your mind.

"Each time you count one of those coins, let yourself relax.

"Let yourself have access to the part of the mind that stores all of the information that you have learned so far in life.

"You seem to know a lot about coins. I bet you know a lot about other things too.

"If you are taking a test at school or answering a quiz, you have the ability... like you have the ability right now to relax... to reach into the part of your mind where you already know everything... and simply recall that information in the future.

(Pause)

"Now, it's time to reorient to the room around you.

"You've done a good job of relaxing.

"In your mind, simply become aware of the coin on your right knee.

"Keep your eyes closed and begin to move around if you want to.

"I'm going to count from one to three.