



YHT Handout

Post-Hypnotic Induction

What is a Post-Hypnotic Suggestion?

A post-hypnotic suggestion is something you ask a hypnotised person to do, which they will only act on after being brought back to normal consciousness. Many of the suggestions we give for therapy could be thought of as post-hypnotic suggestions, since we want our clients to continue feeling better after they come out of trance and return to life outside the therapy room. But the term is generally used to indicate a very specific response by the client.

Setting Up A Post-Hypnotic Induction

Use another induction to get the client deeply into trance. Then, just before you bring them out of trance, say:

Whenever we work together, I'll begin by asking you to take three deep breaths. As you take the first deep breath, you notice yourself starting to relax. At the second, you become aware of that relaxation getting deeper. And, as you take the third deep breath, you find yourself moving immediately into a deeper and deeper trance every time.

Notes For Use

You will need to start by asking your client to take three deep breaths every time you use this induction (obviously!). You can replace this with another trigger if you wish.

Most clients in a medium/catalepsy level of trance will accept simple, positive post-hypnotic suggestions. Those in a deep/somnambulistic level will respond much more readily.

So, you may find this induction's success rate depends on the level of trance your client had achieved when you gave the suggestion. In any case, you should add deepeners when you use it. So the routine becomes:

- Ask the client to take three deep breaths.
- Watch for signs of trance as they do so. Add a little verbal encouragement if needed.
- After the third deep breath add a deepener of your choice.

This free download was created for hypnotherapists and students by Debbie Waller, of Yorkshire Hypnotherapy Training.

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