



Adapting the Elman Induction for Online Use

With thanks to Jason Linett <https://www.youtube.com/watch?v=HcpcuMCtZRQ>

The main issue with completing the version of the Elman induction we have online is the floppy arm test for muscle relaxation, but as we can't see our clients as clearly, there may be other parts we want to adapt as well. Based on my own and Jason's ideas, here is an online adaptation.

Relaxation

As you sit there comfortably, sinking down into that chair and beginning to relax your body, you can just turn your attention to your breathing. Taking a good, deep breath in and holding it now... and as you let go of that breath allow your eyelids to fall gently shut. As you notice your breathing relaxing ... finding a more soothing rhythm, you can just allow the rest of the body to relax; all those muscles becoming completely limp and loose, completely comfortable, just like a rag doll.

Glued Eyes Convincer

And as you enjoy the feeling of that relaxation spreading through your body, just turn your attention to your eyes. It is perfectly possible and even easy to relax your eyes so wonderfully deeply, so they become so relaxed that they don't want to open. Those eyelids becoming so tired and heavy that they just won't lift at all. It's like switching off a TV or a computer, or your eyelids becoming tightly glued together, if you can imagine that. And, in a moment, when I ask you to, when you are 100% sure that your eyes won't open, you're going to test that and prove it to yourself. You'll try to open them and find that it's like trying a door handle when you know the door is locked. In fact, the more you try to open your eyes, the more tightly glued together they'll become. Now, allow those eyes to relax even more, and when you are 100% sure that they are simply too relaxed to open, you can try them. Try them and see that they remain comfortably and tightly closed. (*pause*)

That's good... just relax now, you don't need to struggle anymore to open them. As you let go . . . just allow that wonderful sense of deep relaxation to spread from your eyes down through the rest of your body. And as you experience those subtle feelings of deep physical relaxation, deepening, and deepening... so your mind is relaxing, unwinding, enjoying a pleasant hypnotic trance.

Fractration Deepener

In a moment, to begin really deepening that trance, we can gently open and close those eyes...

I'm going to count to three, and as I reach three, I want you to open your eyes, you can take a deep breath, open them just for a moment, and then breathe out and close them again, feeling a wave of deep relaxation enveloping your body and your mind as you do so ...

* Beginning now: one, two, three, breathing in, lifting those heavy eyelids... and breathing out, letting them close, relaxing twice as deeply, maybe ten times as deeply.

OK, now that was really good, and we're going to do that one more time.

*(Repeat once or twice from * with suggestions of trance deepening and relaxation).*

Stiff Arm Test to Replace Arm Lift

Now I want you to make a fist with one hand and then lift that arm up level with your shoulder, just letting it float up there till it's straight out in front of you and parallel to the floor.

(Encourage them if they haven't got it quite right)

That's right. Now tighten that fist. Make it really tight, as tight as you can. Keep that arm straight out and tighten that fist even more, even tighter now. Good.

Now, keep that fist as tight as you can and notice how strong and rigid it makes your arm. Strong and rigid, as if it's made of iron. The fist getting tighter and tighter and the arm getting stronger and stronger, more and more rigid. You can show yourself just how strong and rigid that arm can be by trying to make it bend, trying to make it bend and finding that it just won't.

(Just give them a moment for this.)

Good, you can stop trying now.

Now I'm going to count to three, and when I reach three, that arm will become completely relaxed, totally relaxed, and it will move gently down into a comfortable position with your hand resting on your lap. Ready? One ... two ... three. Really relax that arm and let it move down to a comfortable position. Well done. All the tension is gone now, totally relaxed. Totally relaxed and sending that relaxation into the whole of your body and mind.

Losing the Numbers Amnesia Test

Now that your body is so deeply, so profoundly relaxed, you can allow the mind to enjoy an even deeper level of trance. In a moment, I will ask you to begin counting down from 100, counting out loud, repeating the words "deeper and deeper" after each number. Each time you say the number, each time you say the words "deeper and deeper", your mind becomes twice as deeply relaxed, ten times as deeply relaxed, sinking down into a wonderfully deep, hypnotic trance.

And you'll find that the sound of your own voice, and those numbers, make you relax so deeply that you quickly lose track of the numbers, you lose the ability and the desire to keep on counting. Maybe even by the time you reach 90, or before that, or maybe a little after, but it will happen, and you can enjoy being curious about just how quickly your mind can let the numbers go.

Beginning now, 'one hundred, deeper and deeper' that's it, relaxing that voice, twice as deeply, ten times as deeply, losing the numbers, forgetting, leaving them behind, voice becoming weaker, fainter.

[Intersperse each number with encouragement: "Deeper and deeper with every number", "Relaxing more with each number", "Each level of relaxation making the numbers less important", "Just relaxing them away now". Talk over them and remember that they probably count in their thoughts for a few more numbers than you hear them say.]

Letting the numbers go – releasing them - your mind silent, calm, tranquil - enjoying the deepest levels of trance. Releasing those numbers, you don't need to do anything else for the moment except sit silently, relax, and enjoy that fascinating sensation of deep trance, deep, deep trance.

[If they continue to count all the way down to one (that is, they fail the test) then go on to something else, as if they've done perfectly.]

That's right, now just go deeper and let that relaxation go all the way through your body.