

Script for Elman-Banyan Rapid Hypnotic Induction

Get your client/subject in a comfortable position. Ask them if they would like to do hypnosis with you. Ask for permission to touch your client's arm or hand.

Now, take a look at my hand, take in a nice deep breath, let it out and close your eyes, and relax further. ... (Student must memorize this sentence. Once the subject has his or her eyes closed, the hypnotist can read from the script.)

Now, take your attention to your eyelids. You can relax your eyelids so much that they just won't work. Do that for me now. Once you are sure that you have done that, give them a *check* to make sure that they won't work. ... Good, now stop testing, and go deeper relaxed.

Now take the feeling of relaxation that you are allowing in your eyelids to the top of your head. Really let that area of your body relax like your eyelids are relaxed. ... Now gently send that feeling of relaxation down across your entire body from the top of your head to the bottom of your feet like a warm wave of relaxation. ...

Now in a moment I am going to lift your right arm by the wrist. I'm going to do this to find out how well you have relaxed so far. So let your arm be completely relaxed, heavy like a bag of sand. Now let me do all of the lifting. And, when I let it drop back down, let yourself go much deeper. (Lift hand and drop it.) Beautiful.

Good, now once again take your attention to your eyelids and just like before, *test* them to make sure they won't work. Good stop testing. Now take that feeling of relaxation to the top of your head. ... Good, now this time, when you send that feeling of relaxation down across your body, do it as if you could go ten times deeper. Now send that feeling down across your entire body. ... Good. ...

Now, let's do that one more time... Once again take your attention to your eyelids and just like before test them to make sure they won't work. ... Good, stop testing and go deeper. Take that feeling of relaxation to the top of your head, and this time, send it down across your body as if you could double that relaxation. Send it all the way down to the tips of your toes. ...

Now I'm going to help you relax mentally. In a moment I am going to have you count out loud, *softly* (said softly) and *s - l - o - w - l - y* (said slowly). And, I would like you to let it be different from every time that you have ever counted, because I'd like you to put less *effort* into each number that you count, so that after a few numbers, you will be putting zero effort into the numbers. Then you will have relaxed them out of your mind and they will be gone. Want that and you can have it very easily.

Now begin counting, putting about half as much effort into each number as you relax them away. And when they are gone raise your right index finger (touch right finger) to show me how well you are doing. ... Begin.

(Client says "one".) Softer.

(Client says "two".) S-l-o-w-e-r with only about half the mental effort.

(Client says "three".) Slower, softer and double your relaxation.

(If the client says "four".) Softer, and double your mental relaxation.

(If the client says "five".) S-l-o-w-e-r, calmer, softer, doubling your mental relaxation.

(If the client says "six" tap on the finger and say...) Nothing, nothing, nothing.

(If the client says "seven" repeat the process with what you said when she said "one.")

Good, now go deeper. And now, as I count from one down to five, let yourself go much deeper. You can always go much deeper.

One, relaxing much further.

Two, relaxing more and more with each breath that you exhale.

Three, feeling safe, secure and attending only to the sound of my voice.

Four, deeper and deeper relaxed, as if all you care about now is how much deeper you can go.

Five, as your body relaxes, your mind relaxes and your body relaxes much further.