

# A possible session format

as a place to start and then vary from

## Gathering information

What do you like to do?

What do you like about that?

What's the problem?

What's the problem about that?

What's missing?

## Invitation into hypnosis

Would it be OK with you to [go to likes]  
then become more focused  
then allow for increased absorption  
we can observe and comment on any changes to enhance

Now the client is focused and absorbed in the experience of their "likes", we can explore together, and find whatever the missing resource is that is missing for the client to have their problem.

We can ask the client to learn that resource, to sit in it, absorb it, get to know it ...

Then we can ask the client to bring this resource from their "likes" to what was a problem.

this can become obvious, or not.

If not, we can offer these 3 possibilities:-

We can simply state that "The problem is the same as the likes". Having a peaceful relationship is like riding a bicycle" or "Feeling confident to use hypnosis is like cooking" or "Passing an exam is like gardening"

or

We can ask "However strange this may seem, I'm wondering what connections you can make"

or

If the gap between what is recognised as missing, and connecting with is too huge we can offer an early learning story. "When you first began to [likes], you had this problem [problem] and over time, you I **LEARNED** and now you not only can use that learning, but you even like the experience that was once problematic."!

Next we can invite the client to come out of hypnosis

## After hypnosis

Ask "What's different?"

And finally say "Thank you!"