

A possible session format - with stories

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

we can offer a clinical story - "I had a client, not unlike you"

then a life story - where what is missing for this client is found.

next an wary learning story - "When you first began to [likes], you had a problem, and then over time, you learnt, and now

As the client continues to be 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.

Next we can invite the client to come out of hypnosis

After hypnosis

Ask "What's different?"

And finally say "Thank you!"