

**Foundations for Integrating Hypnosis
into Your Therapies for Treating Anxiety,
Depression, and Pain**

with
Michael D. Yapko, Ph.D.
Webinar Section 3 of 12



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This Session's Agenda

- Session structure
- Inductions
- Deepeners
- Closures

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Whenever you do hypnosis, there's a
reason- a goal you have in mind. And,
there's a *structure* your session
provides in striving to achieve that goal.

Let's consider a generic structure, i.e., a general
structure that applies to most therapeutic applications
including the ones you'll be using addressing for anxiety,
depression, and pain

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A *Generic* Structure for a Hypnosis Session

- Orient the client to hypnosis
- Induction procedure
- Build a response set
- Introduce therapeutic Theme #1
- Introduce suggestions (e.g., directives and metaphors) on the theme, generally moving from less to more direct
- Interaction regarding derived meanings

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4

Generic Hypnosis Structure

(cont'd)

- Introduce therapeutic Theme(s) #2 (3...etc.)
- Introduce additional directives and metaphors per theme
- Interaction regarding derived meanings; reinforcement or correction
- Post-hypnotic suggestions (contextualize relevant learnings)
- Closure
- Disengagement

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5

Suggestions Common to Initiating Hypnosis

- Orient to the idea of experiencing hypnosis
- Sit comfortably
- Take in a few deep, relaxing breaths
- Allow your eyes to close
- Focus your attention
- Allow yourself to relax

Exercise: How many ways can you structure these suggestions?

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6

Three Traditional Hypnotic Inductions

- Progressive muscle relaxation
- Eye fixation
- Counting methods

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7

Three Traditional Deepening Methods

- Descending stairs or elevator
- Minds eye closure
- Fractionation (PHS and re-induction)

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8

Two Conversational Inductions

- Accessing previous hypnotic experience
- Relaxed scene imagery

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9

Ending the Hypnosis Session

- Post-hypnotic suggestions for contextualization of resources
- Encourage a sense of comfortable completion
- **Authoritarian** style: “Come out on the count of three”
- **Permissive** style: “Come out when you’re ready”

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10

Skill Building Exercises for Next Time

- Develop a variety of ways of offering common suggestions
- Record yourself doing a variety of inductions and deepeners
- Practice with as many people as you can and develop your style

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11

Thanks for your kind attention!

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12
