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*Bernd Dorst, Coach, Hellange*

# Important information and instructions for your hypnosis treatment

Dear clients,

Hypnosis is a **gentle and at the same time very intense way** to introduce changes and achieve inner goals. It offers direct access to the subconscious, which is why it should always be applied with **seriousness and care**.

In my practice, I attach great importance to a safe and responsible use of hypnosis and therefore pay attention to every detail that may be important for the effectiveness of hypnosis.

To that **your cooperation** is very welcome, because your behavior and your handling of the hypnosis treatment is of crucial importance for the later results.

Hypnosis can **best and fastest** develop its effect when used in a framework where as few interfering factors as possible affect its mode of action.

In order to **optimize the process and maximize the effectiveness** of your hypnosis treatment, I have compiled some information that you should consider and implement in your own interest.

I therefore recommend that you read the following notes carefully and implement them as best as possible so that your hypnosis treatment can have the best effect.

(Note: The framework conditions may differ for individual treatment topics. In such cases, your practitioner will inform you and, if necessary, notify you of deviating behavioral recommendations)

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# Notes on behavior before hypnosis

- Please be on time for your hypnosis appointment and avoid unnecessary hassle in advance.
- Do not come too tired / over-exhausted to the appointment (unless, of course, you want to use hypnosis for that very reason), as excessive fatigue can limit the ability to absorb suggestions for many treatment issues.
- Do **not drink coffee** or **other drinks** containing caffeine 3-4 hours before the appointment to avoid influencing the trance ability. Instead, drink **enough water** to keep your nervous system well hydrated. Do not take medications that you do not need acutely or should take on medical advice.
- It may be a good idea to briefly summarize in advance your topics to be treated in order to have an overview of the treatment you are seeking and **what goals you want to achieve with the help of hypnosis.**
- Please also make an overview of possible **pre-existing conditions and deseases**, **previous treatments and medications** you are taking. If you wish, you can send me this information in **advance by e-mail**, which can shorten the preparation time in practice so that you can benefit from the treatment time to the fullest.
- If you are **already receiving treatment** for the topic you want to treat with hypnosis, please check with your other practitioner in advance if he/she agrees to a hypnosis treatment or if he/she sees reasons why a hypnosis treatment should not take place.
- Be sure to provide your hypnosis practitioner with **correct information** prior to treatment - your practitioner will tailor his approach to your information and assume that it is correct. Incorrect or incomplete information can lead to an hypnotic approach not being accurate enough to your needs and thus limiting or missing the effect.

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# Notes on behavior during hypnosis

- **Always follow the instructions** of your practitioner during hypnosis
- Listen to the **voice of your practicioner** and try to follow his words in your **mind**.
- **Do not experiment** during hypnosis, for example, by testing whether you can "defend yourself" against the words of the practitioner by, for example, deliberately imagining something other than just asking you to introduce yourself by trying a process that is in progress for no reason or to test out of pure curiosity whether you can dissolve the hypnosis automatically and, for example, open your eyes. Such disorders may reduce the effect of hypnosis.
- Of course, during hypnosis, you can tell your practicioner at any time if you feel uncomfortable or slow down processes that you would rather not pass through at the moment. But please do not do it "just like that" out of curiosity, but only if you really want it.
- During hypnosis, try to take an **"inner observer position"** and hide thoughts that have nothing to do with the treatment topic. Instead, try to focus on your inner world, physical sensations, feelings, thoughts, inner pictures, and perceive what the hypnosis may be triggering within you. Try not to analyze inwardly what your practitioner is saying and why he is saying that; Do not worry about which depth of trance you're in, whether you're already deep enough in hypnosis or not, or if this treatment is alined with another treatment you may have heard or read about - all of these are just perturbations, which slows down your subconscious mind from doing what it is supposed to do. Instead, just let the hypnosis happen and feel what it is doing in you.
- Due to the relaxing effect of hypnotic trance on the body, a number of harmless effects can occur when you are entering into a trance: Some clients feel a cough, itching (due to the improved fine blood circulation of the skin), an increased sip or a laughter (due to a release of happiness hormones that can be partially effected by hypnotic trances). Please do not try to suppress these stimuli, but just let them happen (if you itch, you may of course scratch briefly to remove it). Resistance to these trance symptomes or the attempt to suppress it with the consciousness can disrupt the hypnotic trance and reduce its effect. A yielding usually leads to a rapid passing of these symptoms and then into a deeper, more intense trance.

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# Notes on behavior after hypnosis

- Please arrange your appointments afterwards in such a way that you have some more time to wake up completely before you have to drive a car, for example. After the hypnosis, many clients feel like after a nap and need 15 minutes until they feel completely fit again.
- Avoid driving too long distances after the hypnosis, because of its relaxing effects. Depending on the treatment topic, you may still have some degree of fatigue that could reduce your responsiveness in traffic. If you live more than 30 minutes away from the practice, it might be a recommendation not to drive and to use public transport instead. In case of doubt, please ask your practitioner beforehand.
- After the hypnosis, when you arrive at home, allow yourself some rest so that it can work properly. Hustle or concentrated employment following hypnosis can limit the development of the effect.
- Allow the hypnosis to take effect for approximately 72 hours after the session, before you check the exact effects. The brain needs time to memorize the hypnotic suggestions, and often the first effects are only noticeable after 1-2 nights, during which the brain can perform deep storage processes while sleeping.
- Make sure you have enough sleep during the days following treatment. Since the brain performs many depth storage processes during sleep, a healthy sleep behavior is very conducive to an optimal effect.
- If possible, avoid talking about the hypnosis session or your treatment topic in the first 72 hours and, if possible, do not deal with the topic content of the hypnosis session (search on the internet, specialist literature, etc.). While your brain still stores the contents of hypnosis, dealing with the topic, which is now very active in your subconscious mind, or talking about the contents of the hypnosis session can significantly reduce the impact as it can affect ongoing memory processes, If necessary, please inform your community that you can report on the hypnosis treatment in 3 days, but that early discussions could be to your detriment, and the effect of the whole treatment can be affected.
- Do not "put the effect to the test" in the first 72 hours - testing too early to see if something has changed can also significantly affect the effect.
- Observe changes and pay attention to the smallest details (thoughts, feelings, dreams). Often, the effects of hypnosis are very subtle, and often you will quickly notice small effects that indicate that hypnosis is working in you.
- In the 72 hours following hypnosis, avoid high levels of alcohol or medications that you do not need urgently. Any intake of medication or consciousness-influencing stimulants can inhibit the effects of hypnosis.
- Please make sure to drink enough in the upcoming days after the treatment (ideally still mineral water). Adequate fluid supply supports the brain and the nervous system in processes of change and accelerates the processing of mental processes.

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## Additional Information

- Please always follow the behavioral guidelines provided by your practitioner during the course of the hypnosis treatment. Deviations can lead to an influence / reduction of the effect of the hypnosis or completely cancel the effect.
- If, following hypnosis, you experience **symptoms or emotional reactions** that you can not classify, please **contact your practitioner directly**.
- If the effects of hypnosis do not occur as desired, please contact your practitioner for further action.
- If you need at a later date, a deepening or refreshing your treatment, I am of course also happy to help.
- It is recommended to record change processes by writing them down in order to be able to optimally respond to any further treatment. Check with your practitioner if a treatment diary makes sense for you and what observations / experiences should be included in it.
- If you have not complied with some of the points in this questionnaire and are worried about whether the effects of hypnosis could be affected, please contact your healthcare provider and clarify whether a follow-up treatment is recommended/necessary.

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# General information about hypnosis

- Hypnosis is a treatment method that involves many different application facets. Some of these facets may vary greatly in their implementation, but each one is tailored to your specific purpose and is carried out in the most appropriate and effective way for each topic. Many new clients have seen reports on hypnosis on television and are sometimes surprised when the treatment is different than on television. The reason for this is usually a different treatment topic / other conditions at the basis of which your practitioner chooses the most applicable approach for you, which in case of doubt can differ from another approach. If you have any questions about your hypnosis treatment, please contact your practitioner to discuss which hypnotic approach will make the most sense for you.
- The image of hypnosis of many new clients is characterized by the « show hypnosis », which is often also shown on television. The show hypnosis, whose goal it is mostly to show the hypnotist as particularly powerful and let the hypnosis seem as spectacular as possible, uses trance states that are hardly or not at all suitable for the therapeutic / coaching hypnosis treatment. These are very intense trance states that massively cloud consciousness during a show, but are unlikely to anchor effects that last longer than the show. For therapeutic / coaching hypnosis, therefore, less conscious minded trances are usually used, in which the client can still consciously experience the session, but which are much more appropriate for anchoring long-term effects. So please be not surprised if you are not "unconscious" during a hypnosis treatment. The trance states used in hypnosis practices are usually characterized by an intense sense of relaxation, which may be accompanied by phased "wandering" of consciousness - these trance states are optimal for most hypnotic objectives and allow much more profound and long-term effects than too much consciousness-distressed states. Your practitioner will choose and initiate the most appropriate trance state for your topic.

If you have any questions, please contact me directly: I am at your disposal.

I wish you the best success with your hypnosis treatment

Yours sincerely,

Bernd Dorst

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