

Deepening Techniques

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1. Deepening by Realization

In many instances of a subject's first-time induction, the subject may not believe they are hypnotized. The use of the level one eye-stuck test serves as a convincer for them, realizing to their surprise that they cannot open their eyes. Upon encouraging them that they're doing well, you can then add "now relax and go deeper." You can achieve the same effect when a subject realizes that they cannot lower their arm in the level two test, or lose track of their numbers in the level three test.

2. Pyramiding of Suggestions

Combine the utilization of pyramiding with the subject's realization they are, in fact, experiencing hypnosis by suggestions such as, "On the count of three, your arm will go completely limp and fall loosely at your side." The experiencing of this just after having the experience of having their arm made stiff and rigid, will serve to impress them even more, convincing them further that they are becoming hypnotized. Impressing the client with another surprise right after the realization that "something is happening," will serve to deepen them. However, it's important that you don't use a demonstration that reaches beyond their immediate depth of trance. You want to be sure that you stop just short of failure. Otherwise you will have the effect of proving they are not as deep as you would like.

3. Post-hypnotic Suggestion

A simple and frequently used method is to give the subject a suggestion telling them, just before awakening, that the next time you hypnotize them, they will enjoy it more, go deeper more quickly and more easily. This suggestion can be effective when you are re-hypnotizing the subject the same day, next day, several days later, or even a week later. It is helpful to integrate this suggestion, or a similar one, into every awakening as a matter of routine.

4. Repeated Induction

Continued re-hypnotizing of a subject is a reliable way of deepening trance. The procedure of re-inducing hypnosis has the effect of compounding the depth of the previous induction. The progress of relaxation seems to come in tiers. After each induction the subject seems to respond to your suggestions from a more deeply relaxed state causing them to experience a deeper level of trance than in the previous induction.

Stage hypnotists use this phenomenon as part of their act. Each time they re-hypnotize their subjects they then go on to more difficult tasks and demonstrations. Most subjects are extremely suggestible and VERY easy to hypnotize again for about ten minutes directly after awakening.

5. Counting Backwards

Counting backwards is a simple and reliable method of deepening. It can be done in different ways.

- a. Tell the client you will now count backwards from one hundred. On each count they will go deeper and deeper into hypnosis until at the count of one they will be as deep in hypnosis as they can go at this time.
- b. A variation of the above counting method is to say the word “deeper” after each number.
- c. Have the client count backwards and say the word “deeper” after each word while you begin talking. You can be giving them relaxing suggestions or another induction while they’re counting which adds an element of confusion.

6. Feedback Method

During the pre-talk, ask the client to describe their favorite place. Then, as they are hypnotized, feed back to them in details that appeal to all their senses, a vivid description of all the pleasures they would experience while at that place. This takes skill that one can develop with some practice.