

Hypnotherapist Name: _____ Date: _____

Client Name: _____

Age Regression Protocol

1. Pre-Hypnosis Interview

- Establish Rapport
- Educate and Dispel Myths
- Determine Issue
- Determine Goal

2. Teach Self Hypnosis & Test for Responsiveness

- Rules of the mind 1&2
- Five step walk down
- Eye catalepsy / Arm Catalepsy
- Awaken optional

3. Obtain permission to Hypnotize

4. Hypnosis Induction

- Verbal as in the self-hypnosis or 10 count down
- Eye gaze hand shake
- Standing rapid
- Hand drop

5. Suggestibility Testing

- Eye catalepsy
- Arm catalepsy
- Leg catalepsy

6. Deepening the Trance

- Arm Drop
- Eyes open eyes closed
- Count down
- Muscle walk down again
- Arm raise

7. Intensifying the Underlying Emotion

- Use of stem sentences

8. Regress to origin of emotion

- 5 to 1 snap fingers (be there)
- confirm

9. Explore the Memory

- Get a report of what's going on
- inside/outside/day/night/people or alone

10. Identify origin of emotion

11. Gestalt with adult reasoning mind

12. Heal the memory

- Re-educate alter and amend old idea
- Process new self-esteem
- Irrelevance of keeping old feeling

13. Forgiveness Understanding and Acceptance

- Closure, role play, shake hands, hug

14. Transformation

- Come up through time line fixing rest
- How is life better, New self-image

15. Suggestive Therapy / positive reinforcement

16. Complete Hypnosis Session

- Establish Anchor / Trigger phrase
- Check for readiness to end session
- Bring to full awareness
- Post hypnotic for re-induction

17. Post-Talk

- Ratify the trance
- Discuss session.