The Art of Hypnosis

Mastering Basic Techniques

Third Edition

Part I of Diversified Client-Centered Hypnosis
(based on the teachings of Charles Tebbetts)

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Introduction

by Conrad Adams, Ph.D.

Every profession has within its circle a few who are considered to be the master teachers. These dedicated teachers take the knowledge they have accumulated, digest it, add to it, refine it and then graciously pass along the end result through their daily work and mentoring activities. Their goal is to improve upon their chosen profession. Their challenge is to become an integral part of the evolution and growth of their discipline so that it impacts upon the world in the most positive way possible. These masters refuse to place themselves above those they serve. Instead, they give of themselves wholeheartedly by sharing their knowledge and promoting the well being of those they serve and teach. In doing so they become the examples to follow and the profession they serve is enriched. Roy Hunter is such a master teacher.

One of the most rewarding experiences a teacher can have is to observe a student take what has been learned, expand upon it, experiment with it, succeed with it and then passionately teach it to others so that they, too, may reap rewards from the knowledge. To see this occur is an affirmation that the knowledge taught is useful, important and appreciated.

Roy Hunter’s mentor, Charles Tebbetts (honored by his peers as a master trainer of hypnotherapy) certainly enjoyed that rewarding experience when he asked his protégé to teach for him. And he certainly made a wise decision in doing so. That opportunity to teach for Charles Tebbetts inspired Roy Hunter and allowed him to evolve into the mentor he is today. If Charles Tebbetts were still with us today, he would undoubtedly be very proud of Roy Hunter for what he has done and continues to do by promoting quality education for the profession of hypnotherapy.

My mentor and friend, Dr. E. Arthur Winkler, Founder and President of St. John’s University, often spoke highly of Roy Hunter and made references to his work as well as his integrity, professionalism
and dedication to the spiritual aspects of the art and science of hypnotherapy. Since meeting Roy Hunter I have experienced first hand these qualities and the effectiveness of his teaching style at conferences and other workshops. His reputation sets an example for others in our profession to follow.

As I read *The Art of Hypnosis* I became amazed at the vast amount of subject material that has been compressed into the pages of one book. Roy Hunter starts with the very fundamentals of hypnosis and then takes the reader on an expansive journey into the fascinating art and science of hypnotherapy and how to use it effectively to promote health and wellness.

The author uses clear and precise language in a step-by-step approach to introduce the reader to the many facets of hypnotic technique. He incorporates a wide range of topics that offer an excellent overview of hypnosis for both the beginning practitioner and seasoned professional alike. *The Art of Hypnosis* is an easy read full of valuable information to be utilized for optimum results with clients.

Change is inevitable. Society is certainly experiencing change today seemingly more rapidly than at any other time in mankind’s history. Hypnotherapy is a part of that change. There is a trend now for wider acceptance of hypnotherapy by medical professionals who are turning to its use as an adjunct to traditional healthcare modalities. Today’s progressive hospitals are adjusting to this trend by creating separate departments of complementary medicine that incorporate the use of hypnotherapy.

If we are to adjust to this ever-constant and rapid change, we must be prepared to make mental changes quickly and efficiently. *The Art of Hypnosis* introduces its reader to valuable tools to be used to help evolve through these changes. It offers both self-hypnosis techniques and hypnotherapist directed techniques to facilitate subconscious change that is in agreement with the client’s conscious desires. The end result is most often permanent and desirable behavioral change.
Few books on the subject of hypnosis cover such a wide spectrum of topics on the fundamentals of hypnotherapy. It is informative, enlightening, practical and constructive. Every hypnotherapist’s personal library should include a copy of *The Art of Hypnosis*. It is a required text for students of Alpha University who are learning the art and science of hypnotherapy.

*Conrad Adams, Ph.D.*
*Founder & Academic Dean*
*Alpha University*
*February, 2010*
Chapter 3

Hypnosis: Yesterday and Today

How has the history of hypnosis influenced its present? Does the history of hypnotism validate it as a science, or as an art, or both? Should we analytically research the history of hypnosis simply to examine its scientific aspects, or would it be wiser to consider how the history of hypnosis might be different if it had been done as an art? And will hypnotism survive as an art, or as a science, or as both?

Music could most certainly be examined and analyzed into a pure science of mathematics. One could create countless presentations on the components of the musical scale, harmonics, musical timing, etc., etc., etc.; and there are excellent teachers of all aspects of music, including its history. But when it gets down to performance time, it is the artist performing with “feelings” who reaches in and touches our emotions. Music that is mathematically correct can still leave the listener cold when no artistic feeling exists, even with all the notes performed accurately and in proper timing!

The Purpose of this Chapter

Since this book is written primarily to be a “how to” presentation about the art of hypnosis rather than as a scientific study, some people might wonder why a chapter on the history of hypnosis is even included.

First, I believe it’s important for the professional hypnotherapist to be able to discuss some aspects of hypnosis history intelligently, for in so doing we can quite often “win over” a client who might
otherwise be skeptical or resistant. We do not have to become experts at the history of an art, be it hypnosis or music, in order to master the performance of that art; but it’s also unwise for any hypnotist to be uninformed of the amazing history of hypnosis.

Even though the use of hypnosis was common with many primitive civilizations (though not by the name hypnosis), its true nature still seems like a mystery to most people even to this day – as is evidenced by the movies.

The long and often unhappy history of hypnotism demonstrates how belief, imagination, expectation and conviction are woven in throughout time – and how ignorance of these vital ingredients of hypnosis resulted in incorrect theories. By glancing at the origin and historical background of some of those early theories of various trance forms, the resulting confusion becomes evident – often providing some interesting conversation with some of your clients as well as with other interested hypnotherapists. The “up side” of all this, however, is that some wonderful benefits have taken place throughout time for many fortunate people on the receiving end of hypnotic research – and enough advances have been made to keep the interest alive.

Hypnotism still has its scientific aspects. It has its experimenters and pioneers, its lucky guessers, and its martyrs – and they have all left their marks on the history of hypnosis.

The information that follows in this chapter comes partly from my own studies and research, partly from personal knowledge of certain individuals, and partly from material I received from some unpublished typed notes from research done by Charles Tebbetts and others.

**Possible Origins of Hypnosis**

How old is hypnosis? Many might find this hard to believe, but as early as 3,000 B.C., the Egyptians had knowledge of and were using hypnotism, as is proven by hieroglyphics found on tombs of
that period. The Greeks also understood it, as well as the Mayas of South America. It was also used by Hindu fakirs, the Chinese teachers of religion, the Persian magi, the Celtic druids and African witch doctors. Perhaps it goes back to prehistoric times, handed down by various rituals.

Some people believe that hypnosis was spontaneously discovered in each civilization of the world as its history unfolded, and that it will become known in any group of people, in any setting. Why, then, is it still a mystery today? Hollywood is not totally to blame.

First, humans are primarily greedy by nature, and pioneers were not exceptions. In all likelihood the first hypnotists soon became the first witch doctors, wise men, shamans, and so on (or vice versa), and the knowledge of the art was jealously guarded – shrouding it in mysticism and religion.

Another reason the lack of knowledge of hypnotism is even more inherent in humans is due to our inborn trait to fear, ridicule, or turn our noses up at that which we don’t understand; but every science in the world has had to travel the same hard road from disbelief through fear, to common acceptance. For example, consider how people laughed at the Wright brothers. Most people then thought that if God intended man to fly, he would have given man wings! Now we accept airplanes as a part of life. Even electricity was considered “demonic” power in the not too distant past.

Is it surprising, then, that hypnotism, still considered an occult science by many, should take so long to gain recognition and wide scale acceptance? Since the dawn of history, its secrets have been kept from the average person.

The Hypnotic Pioneers of Yesteryear

Today hypnosis is emerging both as a science and an art; however, the fact that it has slowly become considered a science by the scientific community is because increasing numbers of its proponents have become more scientific in their approaches.
Chapter 4

The Dual Roles of Suggestibility Tests

Before we hypnotize anyone, we need to master a few mental exercises. This involves one or two simple “tests” of a person’s ability to respond to suggestion and imagination. Such demonstrations prior to trance will help increase our chances of success. Most professionals call them suggestibility tests. (Some researchers prefer the term waking suggestions.)

Most hypnotherapy instructors, including my late mentor, have taught that the main objectives for suggestibility tests are therapist oriented: simply to test a client’s ability to respond to suggestion as well as to determine the best techniques for hypnotic induction and deepening.

My professional experience successfully demonstrates to me that an even greater benefit in the use of suggestibility tests is actually client oriented – in helping sell the client on the fact that he/she can be hypnotized! (Charles Tebbetts eventually recognized the value in using these tests to help build a client’s mental expectancy before hypnosis, but wrote it almost as a footnote at the very end of the subsection on suggestibility tests in Chapter 8 of Miracles on Demand.)

The way you ask a client to respond to any suggestibility test greatly influences the client’s receptivity to hypnosis! What you say and how you say it strengthens the impact. Skilled and artistic use of such a test should build on all the ingredients of the hypnotic formula (belief, imagination, expectation and conviction), and help
to replace a client’s fear of hypnosis with comfort and confidence in both you and in the hypnotic process itself.

**Wording is Important**

What you say and how you say it will either increase or decrease your chances of success. Read this section carefully.

**Before the suggestibility test**

The best way to explain what you are doing with a client is to say:

I’m going to give you an opportunity to discover the power of your imagination ...

Why say it this way? First of all, from childhood up we all like to find things or discover things. (If desired, you may substitute the word find for the word discover.) Next, saying the words “the power of your imagination” makes the statement become client-empowering. The exercise demonstrates that it is the client’s own power of imagination at work. Additionally, I tell my clients I’m going to “give” them something – and we like to be given to.

Do NOT say that you will test their ability to respond to suggestion, as has been recommended even in print by others. Some people have test anxiety (which can inhibit their comfort levels and possibly inhibit response), and using the word “test” in the explanation could push a panic button. Also, suggestibility is often equated with being gullible; so the phrase “suggestibility test” should only be used with other hypnotherapists.
After the suggestibility test(s)

Make full use of your client’s response to a suggestibility test by saying:

Your fingers (or hands) did not move because I told them to −
they moved because YOU imagined the magnets (or bucket).
The power of hypnosis is in what you imagine. I m only a
guide − I can say the right words, but it is up to you to follow
my instructions.

By saying this, you have just helped your client appreciate the
role of imagination. Furthermore, you have helped him/her
believe that something will happen when it is imagined, because
it already has! Then, if he/she follows your simple instructions
as in the demonstration, the client can now expect something to
happen. Why? As I tell all my clients:

Imagination is the language of the subconscious.

This is why hypnosis works. The subconscious does not know
the difference between fact and fantasy, and responds to what
is imagined just as though it is real.

Your words as a hypnotist should help the client use the imagi-
nation in a positive way, since the imagination is the rehearsal
room of the mind. We can do anything we wish in our imagina-
tions; and even though the conscious mind knows that it is not
real, the subconscious reacts as though it IS real. Isn’t that why
we can cry in a good movie?

Now let’s look at three suggestibility tests that Charles Tebbetts
taught, updated with important variations ...
The ‘Grand Master’ of Hypnotherapy, the late Charles Tebbetts, was a master teacher of hypnosis and hypnotherapy. Tebbetts’ training has formed the basis of a large number of hypnotherapy courses taught in America and Europe. Roy Hunter, expert in the field of hypnosis, has based this book on the first part of Tebbetts’ hypnosis training, Mastering Basic Techniques. Chapters include:

- Hypnosis: What is it and why use it?
- Hypnosis yesterday and today
- Inductions and awakening
- Deepening the hypnotic state
- Testing during hypnosis
- Ethics and potential dangers
- Self hypnosis for stress coping
- Concepts about the subconscious

Easy to read and understand, even for the novice, the book starts with the fundamentals of hypnosis, introduces the reader to the many facets of hypnotic technique and also provides in-depth and practical information on achieving maximum results in a hypnotic session.

“Few books on the subject of hypnosis cover such a wide spectrum of topics on the fundamentals of hypnotherapy. It is informative, enlightening, practical and constructive. Every hypnotapist’s personal library should include a copy.”

Conrad Adams, PhD Founder & Academic Dean, Alpha University

The second edition of this book was published with ISBN 978-07571101-1.

Roy Hunter teaches professional hypnosis and advanced techniques for professionals and teaches self hypnosis to groups and clients for personal or professional motivation. He was specially selected to carry on the work of the late Charles Tebbetts. He was awarded a PhD from Alpha University and California University with a major in clinical hypnotherapy.

Other titles by Roy Hunter:
- The Art of Hypnotherapy: Mastering Client Centered Techniques (ISBN 9781845904401)
- Hypnosis for Inner Conflict Resolution: Introducing Parts Therapy (ISBN 9781904424604)