

More Scripts & Strategies

in
Hypnotherapy

“... everything you would want of a new hypnotherapy sourcebook for students and practitioners - fresh, practical and accessible.”

Andy Young, Senior Lecturer in Mental Health Nursing,
Sheffield Hallam University, RMN, LLB(Hons), LLM, PG Cert Hed

Lynda Hudson



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*More Scripts
and Strategies in
Hypnotherapy*

Lynda Hudson



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Introduction

First and foremost I would like to say what an enormous privilege it is to be asked to write this latest volume in the Scripts and Strategies series. I am well aware of the responsibility I have taken on in following in the footsteps of Roger Allen, whose previous volumes have been such an invaluable resource for hypnotherapists all over the world. Naturally our styles will differ, but I hope this volume will complement Roger's first two volumes.

More Scripts and Strategies in Hypnotherapy is a compendium of scripts intended to complement Roger Allen's original *Scripts and Strategies in Hypnotherapy*. This means that some traditional areas such as smoking or weight do not appear in this volume since they were very well covered in Roger's book and also in many other books. I have, however, included certain conditions or problems which have been covered previously, in particular anxiety, because unfortunately I see more and more patients these days for conditions which are stress and anxiety based and I believe there is a continuing demand from therapists for different scripts designed to relieve these symptoms.

As hypnotherapy becomes better known and understood by the general public it seems that there is more of a demand for help with issues that fall outside the more well known categories of giving up smoking, weight management and relief from anxiety. Consequently I have tried to fulfil a requirement for scripts which deal with issues such as vocal and motor tics, essential tremor, sexual issues, antenatal, childbirth and post-natal concerns to name but a few. There is a substantial section which deals with coping with pain, taking into account emotional and psychological elements as well as physical aspects. There are also several scripts which deal with the different aspects of irritable bowel syndrome (IBS) which is a condition which has been shown to have a very good response to hypnotherapy. Indeed, in some hospitals nowadays hypnotherapy has become the treatment of choice for IBS.

Very broadly the issues fall into categories of Mental, Emotional and Physical Health and Well-being, Enhanced Business Performance,

Sports and Arts Performance and Public Speaking. The latter includes presentation giving and attending interviews which are well recognized sources of enormous stress to many people in all walks of life. Nevertheless there are many topics which do not fall neatly into the above categories so I decided not to try to 'force' them unnaturally into specific section headings. I believe that you, the therapist, will scan the table of contents for the particular issue you wish to address. If you do not immediately find the condition you are seeking, it could be worthwhile your checking the small sections which appear in most chapters suggesting variations, adaptations and recommendations since many of the scripts can be adapted to other issues.

The scripts vary considerably in topic and metaphor so as to appeal to a wide range of age groups, interests, personalities and preferred approaches of both client and clinician. There are healing lakes, cleansing fountains, stepping stones across a stream to a better future and there are mental computers for programming mind and body, mental biofeedback machines and problem-fixing applications to download from the internet. There are healing dreams, inner conversations and parcels to be unwrapped to release unwanted layers of pain. There are also very straightforward, down-to-earth direct suggestions and visualizations of successful outcomes.

I have adopted a format which is a little different from both Roger's original *Scripts and Strategies in Hypnotherapy* and my own *Scripts and Strategies in Hypnotherapy for Children*. The new format allows comments to the therapist alongside the script to give some insight into my thinking; in some cases the comment draws attention to hypnotic devices or explains specific wording, and in other cases it suggests emphasis in the use of the voice or a way to adapt the script to suit the individual client. Thus, although this is fundamentally a compendium of scripts intended for trained hypnotherapists, I have tried to offer the reader something a little over and above a bare script. For the newer therapist it can also act as a teaching tool, pointing out useful presuppositions, embedded commands, generalizations, truisms and language chosen to invoke different sensory experience which otherwise might not be recognized. For the more experienced clinician it offers reminders, explanations and choices. For the hypnotherapy instructor it gives useful examples of theory put into practice and for clinical

supervision it provides a basis for reflection and discussion. I would emphasize once again however that the collection first and foremost is intended as a practical sourcebook for practising clinicians whether recently trained or very experienced.

The scripts vary in length and style in order to suit different problems, situations and personalities and stem from years of experience in private practice. Colleagues have also been generous in reading, commenting and, in some cases, trialling scripts more or less as they stand, and, in others, adapting them to suit their own style and that of the individual client. My overriding message to you is to adapt any script to your own way of working. Please feel free to lengthen, shorten and extemporize as you see fit. Personally I am a great believer in embedded commands/suggestions and you will find many of these throughout the scripts, mostly in italics, so be aware of these when you adapt and reword.

There are several instances where the client is asked to carry out a mental activity or is asked to agree to a proposition which will move them in their desired direction. They are given pause for thought and normally my presupposition is that the suggestion will be accepted. In a collection of general scripts it is impossible to account for every response a client might have but it should be born in mind that it may be necessary to reframe ideas and suggestions, include some parts negotiation, or reconsider goals. In this case of course there will be a need to adapt the script and extemporise as appropriate. I have included suggestions for variations, adaptations and recommendations where I feel they may be helpful.

Generally, with certain exceptions, I have not included inductions in the main body of the script, although sometimes I have suggested that one particular style would be more appropriate than another. In some cases just a conversational lead into the script would be fine, and in others, something deeper or more dramatically convincing would be helpful. In a couple of cases where inductions appear as part of the script, they have also been included in the *Inductions* section itself. This section is fairly brief as many inductions were given in Roger's collection and they abound elsewhere. 'Light' inductions may often, but not always, be more suited to the workplace or sports coaching environment. Incidentally, the ideas in both these sections can easily be adapted

and used in a personal setting too; procrastination, for example, is certainly not exclusive to the world of business.

I have offered a greater selection of reorientations since I think this is an area not so well represented in other collections and I believe it is an important opportunity to add suggestions for well-being, ongoing change and progress at the unconscious level. There are reorientations with renewal of hope particularly suitable for patients suffering from pain or illness, others which are especially energizing and others that encourage the listener to put plans into action. Suggestions for reintegration of parts, mild confusion, partial amnesia or removal of trance phenomena are included in different endings. Some of these suggestions of course are optional but sometimes they will be essential before returning to full conscious awareness of the present moment.

My assumption is that normally problems will require more than one treatment session, so one script is not intended to deal with a problem outright, particularly if it is complex or long-standing. Some scripts will be more appropriate for initial sessions whereas others will provide solid reinforcement.

There are certain issues, however, such as examination nerves, where I have personally found one session to be easily enough. By the way, since in my former career I was a language teacher, director of studies and teacher trainer, I felt compelled to add a couple of suggestions for examination technique in addition to dealing with the performance anxiety aspect. It also means that I am aware of the sheer terror experienced by some teachers when having to undergo inspections or lesson observation/assessments; hence a script to deal with that issue!

Talking of education, here in the UK at least, teaching approaches have come, gone and come back again in popularity over the years, with proponents of one method claiming it is the best or the only one to get results. I have a feeling that it is somewhat similar in the field of therapy but it is my belief that different clinicians help their patients achieve remarkable results through completely different approaches if they have a genuine and passionate belief in them. The approach, needless to say, has to be right for the patient and therapist alike. I know it should go without saying, but forgive me if I say it anyway, that good listening and rapport are crucial.

Mild to Moderate Depression

These scripts are suitable for patients who are mildly or moderately depressed. I recommend Michael Yapko's work (1992 and 2001). His discussion regarding the treatment of depression is invaluable.

Treating patients who are depressed

- Pace the patient sufficiently for them to feel understood otherwise there will be no progress. It is important, however, not to get drawn into their negative trance story.
- They may have told this story many times and each time they tell it, the depression gets reinforced, so break it up with questions which are future- and solution-focused.
- Lead them towards their own solutions so they can invest in them. This is important because solutions proffered by the therapist may result in 'Yes, but ...' or 'I've tried it and it doesn't work.'
- Focus on things which they can change rather than on situations (or people) that are difficult or impossible to change.
- Encourage them out of feelings of helplessness into responsibility for change, however small.
- Don't overdo the positivity or they will be overwhelmed and not attempt any change.
- Use forward looking approaches not ones that reinforce depression by going over and over past hurts, rejections and misery. Solution Focused and Cognitive Behaviour Therapy (CBT) approaches have a good track record in treating depression.
- Collaborate with your client. Agree on small steps for specific achievable goals or they will become overwhelmed and even more depressed when they are not achieved.
- People who are depressed spend much of their time immersed in negative thoughts and feelings and their downward focus eye position seems to reinforce this. It is useful to encourage them to physically look up where their natural eye position may encourage visualisation. Encourage them to focus on small achievements with tangible results.

Depression: considerations and aims

An understanding of state dependent memory illustrates how we are more likely to recall memories reminiscent of the state we are currently in, i.e. when we are already in a negative and depressed state we likely remember negative memories and find it difficult to recall happy times. This is borne out in the therapy room where patients will frequently say their week was completely miserable, although specific questioning can often reveal that there were occasions where they actually enjoyed themselves or at the very least were not totally miserable. It isn't the case that there are not good times, it is that they are genuinely difficult to recall. In the trance state it is useful to give post-hypnotic suggestions to remember specifically pleasant or happy occasions they encounter.

If patients are highly medicated they may well sleep during the trance state if they become over-relaxed, and in any case they will already be in an altered state of awareness. Use inductions which are light, probably just conversational, and encourage focus rather than deep relaxation.

Suitable aims

Encourage them to:

- feel less helpless
- be more hopeful and realise that things can change for the better
- become more aware of how small specific practical steps can positively affect a situation
- become aware of things they are managing to do better than they thought
- become aware of their own internal resource states, past and present
- understand how they can make use of these resource states now and in the future
- build stronger resource states
- recall pleasant occasions, stronger thoughts and feelings that they have experienced in both the more distant and very recent past
- do something active, for example go for a walk
- have contact with other people.

Letting go of inhibition

This script would be suitable for a woman who feels inhibited about experiencing sexual desire or pleasure. It would not be appropriate for somebody who had suffered abuse or a traumatic sexual experience so take a full case history to establish that this is not the cause of the problem. Even in such a case, however, extracts of the script could usefully be very carefully adapted and made use of at a later stage in treatment.

Have you ever noticed that people can spend an enormous amount of time and energy searching for answers to problems ... they tie themselves up in knots ... going round and round and over and over ... making things more and more complex ... sometimes they get stuck in blaming themselves ... or blaming other people ... and still don't come up with an answer ... and somehow it doesn't occur to them to look for something simple ... and yet very often that is indeed the best answer of all.

Sometimes I think this is the way it is with sexual issues ... just think for a moment about how so many people pick up/develop attitudes and feelings about sex when they were quite young ... maybe at a time when ... although their bodies were mature, their minds hadn't quite caught up ... they hadn't given themselves time to fully develop their own thoughts and attitudes ... so they accepted other people's attitudes at the unconscious level ... even without knowing that this was what they were doing.

Consider the young girl for example who experiments with sex ... under pressure to please someone ... under pressure from her peers ... or under pressure from her own physical/urge/strength of feeling ... so she goes along with what is wanted or expected but at the same time she has the feeling that it's wrong or that it's dirty ... or that it's against her personal standards and this thought sticks so that later on ... long after she is old enough to make her own decisions ... and form her own opinions

It could be that she has internalised parental or religious values that are not appropriate in her current situation or stage in life

... she has taken on/internalised the thought that she shouldn't really enjoy this because it's dirty/it's shameful/it's not allowed ... and so denies herself a pleasure that should be hers.

And there could be a very simple answer ... take a moment to understand ... that now you are a grown woman ... you can make your own decisions that can be wise and generous ... you can give yourself permission to *be yourself and enjoy yourself* ... *enjoy your emotions* ... *your thoughts and your body* ... have a look inside yourself for the part inside you that has been withholding permission for you to enjoy sensual pleasure ... check it out ... where did that come from? ... Was it from a time when different standards applied? ... Was it from a parent? ... Was it from a belief that was right then but not now? ... Was it from a standard that was appropriate for a child but not for an adult? ... Take all the time you need to go through that in your mind and when you have decided that the choice lies with you and nobody else, you can realise that however complex the origins of that decision ... that the answer can be very simple ... you can *give yourself permission to take a pleasure in the sexual act now that it is the right stage in your life*/you are with the right person for you ... it is *your body* and it is *your decision* and it is *your permission* to give yourself whenever you're ready ... take all the time you want and let me know once you've done whatever you need to do today ... knowing that you are capable of very wise instinctive responses that can impact on you in a very positive way. [Pause] And in a few moments you will begin that process of reorientation and at some inner level your mind and your body will become aware of this positive impact and look forward to the awareness of your outer self that will inevitably follow in forthcoming days and weeks.

Simple can sound appealing

Add in anything that you think will resonate with your client

Recommended reorientation: *Unconscious continuation*

Leave the pain beside you

Prepare for a medical procedure, for example changes of burns dressings, invasive procedures such as biopsies, scopes or dental surgery.

This script, which deals with a state of *temporary dissociation from pain*, has been adapted from *Leave the pain beside the court* in the *Sport and Performance* section.

Now you are feeling more comfortably relaxed ... so comfortable and relaxed that there are times when you're hardly aware of your body at all ... totally absorbed in drifting into an even more creative and receptive state of mind ... you can begin to address the purpose of your visit ... to find a way for you to *have this procedure carried out with a good sense of calm and comfort throughout (and with the very least discomfort/sensation possible)* ... your body's natural endorphins flowing through your body and keeping it very comfortable indeed ... and isn't it reassuring to know that in the state of hypnosis your mind and body can work amazingly well in harmony to *allow this to occur* ... just as you want it to ... just as you need it to ... I expect that you know ... (or is this the first time that you've heard of it?) ... that patients have used the state of hypnosis to have operations/dental treatment quite painlessly with no anaesthetic at all ... and I'm sure you already know ... even without the help of hypnosis ... how people can use the mind to *direct attention away from the body* ... you may well have done this consciously or unconsciously yourself in a very ordinary way ... somehow, for example ... able to *convince your body that it had enough energy* and it had enough power to *continue an activity even though you were really tired because what you were doing really needed to be done* ... and then again, think about those people who *carry out quite amazing things on occasion* ... we've all read about cases where a person

Restates the goal, which concentrates the mind, but also provides the opportunity to embed appropriate commands. Some people may find it easier to accept the bracketed suggestion

Illustrates the power of hypnosis

An everyday example of how we can use our minds to influence our bodies in a positive way

is able to *find a kind of superhuman strength* to lift a vehicle and release someone trapped beneath it ... or someone badly injured has managed to carry a companion to safety ... temporarily completely unaware of their own feelings ... and because of the power of the mind ... were able to *do this safely* so this is an ability we all have inside us when we really need it ... and you have told me that you really need to have this procedure for your overall health and well-being ... that's it's important for you to have it and that you *really want to go in and do it calmly and comfortably and stay completely in control*.

Reminds them of amazing feats that human beings can achieve through the power of the mind and also embeds commands

Adapt this to the circumstances of your client

Earlier you told me that you were frightened of pain ... so let's have a think about pain ... in a certain way of course it's there for a very good reason ... one of the very useful purposes of an unpleasant sensation is to alert us to the fact that part of our body could be in danger ... but actually in your case you know very well that the upcoming procedure is happening for a very good reason and you have already made an informed decision that you *want to accept the treatment* because it is going to help you get better/improve your health/prevent your becoming (more) ill ... and ... as you have been told that it is important/crucial for you to have this treatment ... *it is, in fact, very safe* for you to *ignore the discomfort/sensation* ... *it's even safe* for you not to be aware of it at all and you *can do this* in a rather unusual way ... I'd like you to become aware of the part of you that knows how to experience pain ... let yourself imagine it as a personality in its own right ... maybe you *can see it* or just *become aware of it in some way* ... and you could have a bit of a chat with it ... just silently in your mind now ... and you can of course use your own words to *do it* ... just explain that you fully respect its primary purpose ... nevertheless ... as you have definitely decided to *have this treatment for your own well-being* ... ask it to *take a break while you are having the treatment* ... allow you to *feel calm and comfortable all the way through* while it does a very important but slightly different job for

Acknowledge their fear of pain. It's certainly at the forefront of their mind or they wouldn't be with you.

First explain a positive purpose of pain as a warning of danger. Then reframe by pointing out that, as they are not in danger, they can safely ignore it

Dissociation and informal parts work

A collection of brand new general scripts from Lynda Hudson, author of *Scripts and Strategies in Hypnotherapy with Children*. Contents include:

- Anxiety
- Panic attacks
- Phobias
- Sexual problems
- Breaking habits
- Sporting performance
- Dyslexia: cope with emotions and improve self esteem
- Essential tremor
- Tics and twitches
- Urinary incontinence
- Irritable bowel syndrome
- Pain control
- Preparation for and recovery from childbirth
- Sleeping difficulties
- Speaking in groups, meetings, conferences etc
- Enhanced business performance
- Preparation for and recovery from surgery and illness
- Coping with mild to moderate depression

Also included is the use of hypnotic language and suggestions for varying scripts for particular clients. This volume is an outstanding complement to Roger Allen's now classic *Scripts and Strategies in Hypnotherapy* ISBN: 9781904424215 and will be welcomed by beginner and experienced practitioners alike.

“Lynda Hudson’s *More Scripts and Strategies in Hypnotherapy* is filled with useful ideas. Her hypnotic phrases included in the opening chapter are so excellent that they would likely be praised by Erickson himself!”

Roy Hunter, published author of several hypnosis texts

“Perhaps best known for her work with children, Lynda Hudson now applies her extensive therapeutic knowledge and scripting skills to encompass adults, producing a unique and innovative book that steps beyond the bounds of the usual collection of scripts. ... an original and exciting inclusion in the pantheon of script books, one that has plenty to impart to even the most experienced of therapists.”

**Peter Mabbutt FBSCH, FBAMH, CEO/Director of Studies,
London College of Clinical Hypnosis**

“Lynda Hudson’s latest book, *More Scripts and Strategies in Hypnotherapy*, is deliciously broad in scope, covering a wide range of topics. ... Highly recommended!”

Katherine Zimmerman, author of *Hypnotherapy Scripts, Vol. II*

“Demonstrates fully the author’s deep understanding of the subject and also of the needs of both the therapist and the client. It has been well researched and thoughtfully compiled and contains a wealth of invaluable advice, guidance and information for the therapist as s/he sets out upon the healing mission, however experienced s/he may be.”

**David Slater BA, DHyp, MHA(RegHyp), MASC, DCS, MGSC,
Clinical Hypnotherapist and Counsellor**

“A treasure trove for any hypnotherapist looking for new inspiration and ideas. Covering a wide range of issues from basic relaxation to childbirth, sports and surgery, it is fully comprehensive in the subjects covered, yet wonderfully concise in delivery.”

Daragh O’Sullivan, ICHP PGA

“Combining practical accessibility with theoretical sophistication, this book will be invaluable reading for beginning therapists and experienced clinicians.”

**Andy Young, RMN, LLB(Hons), LLM, PG Cert Hed,
Senior Lecturer in Mental Health Nursing, Sheffield Hallam University**

“The clarity, creativity and practicality ensure it’s a must for all hypnotherapists, both experienced and novice.”

Bernadette Rizzo, Vice President of the Australian Hypnotherapists Association

“This is a veritable hypnotherapy encyclopedia with scripts and succinct notes for a very wide range of problems. I recommend it as an essential reference book.”

Barry Shirley, DCH, Dip Couns, DRM, MASCH, MAHA, MACA, MATMS

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