



IACT / IMDHA SCRIPT WRITING CONTEST

THE DAVE ELMAN INDUCTION AS A THERAPEUTIC GUIDELINE -DR LEMAIRE BRICE-

The Dave Elman Induction (DEI) is may be one of the most powerful induction in hypnosis. It's not an induction but a process to create hypnotic phenomenas and induce a somnambulic state by design. In the Dave Elman Hypnosis Institute, Larry Elman teaches the 6 steps of the DEI as :

- Eye closure with catalepsy of a group of small muscles
- Deepener & distraction Filter
- Fractionation
- Test for physical relaxation with catalepsy of a group of large muscles
- Test for amnesia with amnesia by suggestion
- Additional deepened

Beyond the technic, in Elmanian hypnosis, it's always important to understand the ideas beyond the words and to be, as Larry said, « an hypnotist and not a scripnotist » !

So came to me the idea to use the DEI as a therapeutic guideline in hypnotherapy.

Each step of the 6 steps of the DEI can be interpreted as a metaphor of the therapeutic work in hypnosis.

So it's a universal script that can be used for fear, phobia, smoking cessation, weight loss, end so on...

So here's my contribution :

First make the DEI with the 6 steps, using the Sample Dave Elman Induction of the Dave Elman Hypnosis Institute (Cheryl & Larry Elman)

1/EYE CLOSURE – (CATALEPSY OF A GROUP OF SMALL MUSCLES)

« Take a nice, deep breath and hold it. Now let it out and close your eyes down and relax. Now, relax your eyes and the muscles around your eyes, fully and completely. Relax them so completely, that as long

as you maintain that relaxation, your eyes will just remain closed. When you've got them relaxed to that point prove to yourself that they will remain closed. (Pause) Good. Now stop testing and relax them again. »

2/DEEPENER & DISTRACTION FILTER

« Take that same quality of relaxation, and bring it up to the top of your head and now allow it to spread from the top of your head down to the tips of your toes in a comfortable wave of relaxation. (Pause) Good.

Just listen to the sound of my voice and the sound of my voice can always help you to go deeper and deeper relaxed. You will hear other sounds, the traffic outside, people's voices... (Add in any sounds that are likely to occur, etc.) But none of these sounds will disturb or alarm you in fact, any other sound that you hear will help you to go even deeper relaxed. »

3/FRACTIONATION

« In a moment, I'm going to ask you to open your eyes and close them again. When you close them, just go 10 times deeper into relaxation. Let your eyes open. Now close them. (Pause) Go 10 times deeper. (Pause) Good. In a moment, I'm going to ask you to open your eyes and close them again. This time, just double your relaxation. Let your eyes open. Now close them. Double that relaxation. (Pause) Good. In a moment I'm going to ask you to open your eyes and close them again. This time, just go much deeper. Let your eyes open, now close them. Much deeper. Way down. (Pause) Good. »

4/TEST FOR PHYSICAL RELAXATION – (CATALEPSY OF A GROUP OF LARGE MUSCLES)

« In a moment, I'm going to pick up your (left or right) arm by the wrist. If you've followed instructions so far, that arm will be loose and limp like a soaking wet dish rag. It'll feel heavy like a piece of marble or granite. Don't help me. Let me do all the work. I'm going to lift your arm up just a few inches and then drop it. When I do, just let it plop down in your lap, and go much deeper (do arm drop). Much deeper. »

5/TEST FOR AMNESIA – (AMNESIA BY SUGGESTION)

« Good. Now that we've got a good workable level of physical relaxation, let's add mental relaxation to it. In a moment, I'm going to

ask you to begin counting backwards from 100 out loud. Allow each number you say to help your mind to grow more relaxed, calm and serene. You'll find that within just a few numbers, your mind will grow so relaxed, that the rest of the numbers just fade away, grow dim and distant, become quiet and disappear altogether. When that happens, notice how good it feels. You'll count backwards in this manner. 100... 99... (Say slowly, in time with each of their exhales), allowing each number to relax your mind so that it grows relaxed and serene like the surface of a still lake. Within just a few numbers, perhaps by 97, perhaps sooner, the rest of them will just disappear.

Begin counting backwards from 100 now. "100" Good. "99" Relaxing more and more. "98" Now just allow them to disappear completely. (Pause for at least one breath) Are they all gone? Good »

6/ADDITIONAL DEEPENER: STRONGLY SUGGESTED

« In a moment I'm going to count from ten down to one. Let each number I say help you to relax even deeper so that by the time I reach the number one, you'll be even deeper relaxed, and when that happens, see how good it feels.

[Hypnotist Counts 10-1 with each exhale] TEN -NINE -EIGHT - SEVEN - going deeper, letting go of the here and now, doubling still SIX – drifting and floating and feeling great

begin this beautiful journey now, a journey into yourself going deeper now, doubling your relaxation with each number

letting go with each number, with each breath you exhale

FIVE - half way through, going to that place of perfect relaxation, safety and protection

FOUR - the place where you can be perfectly relaxed and open to receive guidance and suggestions

THREE - doubling more

TWO - ONE -

almost there now. And with the next number I say, you reach that perfect state of complete mental and physical relaxation, feeling totally safe and secure and calm.

and just be here now, and relax deeper »

Then use of each step of the **DEI as a therapeutic guideline**.

According to the problematic of your client in hypnotherapy, you can follow the 6 following steps by adding therapeutics suggestions :

1/ CATALEPSY OF A GROUP OF SMALL MUSCLES

First you are testing again the catalepsy of the eyes like in the DEI. Testing is always interesting for confirmation of the hypnotic phenomena, but tests are also excellent convincers and deepening technics. The idea is to show and explain to the subject the conflict of the conscious-subconscious in his mind.

« Now, relax your eyes again and the muscles around your eyes, fully and completely. Relax them so completely, that as long as you maintain that relaxation, your eyes will just remain closed. When you've got them relaxed to that point prove to yourself that they will remain closed. (Pause) Good. Now stop testing and relax them again. You have two parts in your mind, reason and imagination, conscious and subconscious. One creates the problem and one wants to solve it. So you see when you close your eyes and want to open them, they stay closed. Because imagination always wins, subconscious always wins. It is the guide of your body, of your soul. So you can trust your subconscious, and let it go to solve this problem. »

2/ DEEPENER

« Every learning is made by repetition, by imitation, by emotion. And it's much more easy when your mind is relaxed. When your body is relaxed. Your subconscious is your mind and your body. And your subconscious is like a sponge. It can absorb all the informations you need in that state of relaxation. To guide you by intuition, by imagination with that relaxation. So take that relaxation, and bring it up to the top of your head and now allow it to spread from the top of your head down to the tips of your toes in a comfortable wave of relaxation. Good. Just listen to the sound of my voice and the sound of my voice can always help you to go deeper and deeper relaxed. You will hear other sounds, the traffic outside, people's voices. But none of these sounds will disturb or alarm you in fact, any other sound that you hear will help you to go even deeper relaxed. Let that feeling of relaxation to expand your subconscious, your intuition, your imagination, your feeling »

3/FRACTIONATION

« You have a conscious mind and a subconscious mind. You have actually a problem at a conscious level. And the subconscious knows the solution.

I'm going to ask you to open your eyes and close them. When you open them, you see the actual problem, and when you close them, just go 10 times deeper into relaxation. And your subconscious will give

you by intuition a solution, an option to solve your problem. It can be anything. An insight, an image, a feeling, a word, a memory, a scene. Open your eyes, see your problem and close them just go 10 times deeper into relaxation. Now expand and trust your subconscious. When something comes from your deeper mind, just tell by moving any part of your body to signify it to me.(signaling). Very well, and brings that idea to your conscious and tell me. Do you like that idea ? So repeat it silently and plant it in your mind like a seed. But you subconscious is infinite and your imagination is unlimited and let's try again if we can find another solution, maybe stronger. I'm going to ask you to open your eyes and close them, when you open them, you see the actual problem, and you close them, just allow yourself to go twice deeper. Your subconscious will give you by intuition a second option. It can be anything. An insight, an image, a feeling, a word, a memory, a scene.

Open your eyes, see the problem and close them go twice deeper in that relaxation. And now expand your subconscious to bring you an image, a word, a feeling, anything. You find something ? (signaling). Wonderful. So bring that idea to your conscious and tell me. Do you like that idea ? So visualize yourself again and again with that good feeling. Being proud to have changed. And on every breath you take, let expand it in your soul and you body. That's right. And now, for the last time, I'm going to ask you to open your eyes and close them, when you open them, you see the problem, and you close them, just go into the deepest relaxation you can go now. And your subconscious gives you by intuition by imagination the most powerful solution for you. Open your eyes, see the problem that bother you and close them, go into the deepest level of your subconscious. When you get something popping in your mind, just tell me. (Signaling). Now imagine yourself living with that change. Imagining is visualizing but also hearing and feeling. And let all your senses in a full activation. And imagine how good you feel to have find the solution on every breath you takes. Let it expand in all you mind, in all your body. »

4/ CATALEPSY OF A GROUP OF LARGE MUSCLES

In the primitive DEI, Dave Elman used a rigid catalepsy for stage hypnosis purpose.

So we'll use it again as an ideomotor technic with large muscles to improve the therapeutic change for the patient.

« Now that you found a solution, the best option for you, we are going to test it. To test it on your body, on your mind. Now i want you to imagine all the problem in your arm. And as you feel it, your arm is

getting stiff and rigid with that negative problem. Because bad feeling are stuck in your mind but also in your body. And the more you imagine it in your arm, the more you feel it in your arm, the more your arm is totally stiff and rigid. The more you try to bend it, the more your arm is stiff and rigid. In a moment, I'm going to count from 1 to 3, and you'll feel the solution you found coming from your mind to your arm. And your arm will become totally lumpy and drops down. As the relaxation comes and the energy flows in your body. 1, 2 and 3. Now feel that good energy of relaxation coming in your arm arm and the arm is limped, you feel the energy. It's the cure from your mind to your body. And let it expand on every breath you want and enjoy that beautiful feeling.»

5/AMNESIA

« Now that expand that solution in all your mind and your body. I want you to experience something really interesting about the past, about your problem. The good thing with the past is that it's gone. And from now, it'll no longer bother or disturb you. In a moment, you'll count from 10 to 1. On every number you count out loud, double your mental relaxation. When you reach the number 5, your mind will be so relaxed that all the numbers will disappear. You won't even think of them. And as they disappear, the problem in your past will disappear totally from your mind. The more you'll try to find it, the more it will disappear. And it will no longer bother or disturb you in your actual life. Because your'e living in the present time, not in the past. And as you get a better option now, you can see your future with a feeling of confidence, joy and energy. Now imagine yourself living with that change. Imagining is visualizing but also hearing and feeling. And let all your senses in a full activation. And imagine how good you feel to have find the solution on every breath you takes. Let it expand in all you mind, in all your body. »

6/ DEEPENER

« That's good. You've done a wonderful job. And we'll plant the seed now in the deepest part or four mind, the subconscious. It will allows you to make all the good change to improve your life. And the good news is that you don't even have to think about it. Everything will happen has the way you want it without any interference of your conscience mind. Because the subconscious is the vital dynamo that activates every change in your life. Every solution is now your new reality. So i'm gonna lift your arm and as it stays like this in the air, you go much more deeper in that relaxation. In. A moment, im' gonna

count from 1 to 3, and your arm will fall down little by little automatically, dragging you down at your own rhythm in that relaxation. 1, 2 and 3. Just go deeper, go further, go deeper, go further. And I'm gonna let a moment of silent for your subconscious to integrate all theses changes in your life. »

After 3 minutes, your can emerge the client with a lot of good and positives suggestions for the mind and the body. As Ormond McGill said « Speak to the subconscious as a friend and explain him literally what you want from him »

The use of the DEI as a therapeutic guideline came to my mind because I like working with hypnotic phenomenas in operative, medical or therapeutic hypnosis. The purpose of this guideline is to have ideas when you work with a client.

You can follow it step by step or just use some ideas that you find interesting.

Like any suggestion, just pick up what is good for you !!!



Dr Lemaire is a dental surgeon, using hypnosis since 20 years. He studied Hypnosis and NLP with Ormond McGill, Jerry Kein, John Butler, Larry Elman, Richard Bandler, Robert Dilts... He has created in France the first postgraduate in dental hypnosis at the university in Nice where he teaches hypnosis, created the Dave Elman Hypnosis Institute France to promote Elmanian Hypnosis. He is a certified hypnotherapist licensed by the IMDHA, NGH, DEHI and certified NLP master practitioner