102 – Fundamentals of Hypnosis

Overview of everything needed to do a hypno scene? Meant to take people from the 101 to their first scene.

Introduction

Present yourself | Overview (what's covered and not) | Ask for level of experience

Anatomy

5 stages: Pretalk, Induction, Suggestion, Wakener, Aftercare

1- Pretalk (absolutely vital)

Consent

- Important for hypno, rapport, compromised
- F.I.R.E, yes vs. maybe
- Break consent, break unconscious trust
- Power dynamics

Negotiation

- New vs. 10 years, practice | Sandbox, hard to say no | Limits, start slow, tops too
- Touch, Sexual, Aftercare | Negotiate down, impaired | Flagging: colour, other

Fact finding

- What they like/don't like/refered to
- Phobias/neuro-divergence/trauma
- Experience level/Communication style
- Physical, emotional (steal their words!)
- Modalities (short version)

Priming

- Prepare their mind, plant seeds
- Amplify their desire, anticipation
- Explicit plan to follow
- Project confidence

2- Induction

Not one script, learn many, mix and match, don't follow a script, steal from teachers

Types of inductions (short version), we teach 2:

- Relaxation | Confusion | Instant (Interrupt) | Overload
- Fixation | Conversational | Leverage | Fractionnation

Objective is trance state: Dissociation, Absorption, Suggestibility (short version)

Read their body language and react, reflect (Cheat!), interactive, empathetic, connective

Hypnotic voice: Tone, Rhythm, Emphasis (short version)

Positivity (That's right) | Top trance

Deepener (Optional) | Splash damage(please not on purpose)

3- Suggestions

Suggestive language(short version)

- Ericksonian | Direct vs. Indirect | Dissociative(that vs. your)
- NLP | Permissive vs. Authoritative | Try implies fail, don't

Use many senses, ask questions, communicate intent in many ways, adapt don't project

What do?

Safe suggestions: Bound in time, space, person. Make being safe part of obeying you

Subject agency (but communicate it)

Spontaneous phenomena: Amnesia, Flopping, Catalepsy

Abreactions: What it is, How to handle, Stop playing (short version)

4- Wakener

Clean up suggestions | Talk, analyse, and compare

Count up, gain back their awareness, be soft | Feedback

Remember, feel good (careful with consent) | Don't want to come up

5- Aftercare

Best part | Tops need aftercare

Pre-negotiate and account for time | if you don't like aftercare

Suggestibility remains, don't restart play

Suggested Exercise

Pre-planned scene with demo bottom