

The role of the hypnotherapist's expectation in developing therapeutic trances.

Regardless of the induction technique employed, essential to the development of hypnotic trances is the hypnotherapist's expectation and unwavering belief that his or her hypnotic subject is going to go into a trance. From the very beginning of the induction, the hypnotherapist needs to recognize that **what the patient needs is not the words, not the tones, but the understanding that hypnosis is a state of learning and being.** It is not the words used that induce the trance, but rather it is **the unspoken understanding, conveyed to the patient, that a trance state is inevitable.** The value of the words used by the hypnotherapist is to help and direct the subject to learn an inner process of self-experience. For example: "I want you to discover that you can learn to understand your own problem(s) so well that you will be able to understand all that is necessary for you to do in order to solve your own problem. You can learn to go into trances so you have all the ways of looking at and understanding your problems and how to solve them, all in front of you. You can translate my words into your own understandings, based on your own experiences, to discover your own understandings of what is necessary for you to go into a therapeutic trance."

To induce a trance, one needs to **communicate**, not merely by words, but also with one's own behavior and manner, as well as their emotional attitude and intellectual awareness; that

the patient is really and truly confidently expected to be as able to learn how to develop a trance as well as anybody else. The attitude should be that going into a trance is not a matter of argument. The expectation is, that by giving their attention to the task of translating the therapist's words, they can find their own understandings in a way that leads to the development of a trance suitable for their own therapy. Thus, by manner, attitude; in every conceivable way of expression, the therapist simply expects and wants the patient to develop a trance and the words employed by the therapist are only a trigger for the patient's own discovery process. The subject needs to be provided with the continuous expectation that they will eventually develop a trance suitable for the therapy to correct their problem.

That's the role of expectation in hypnotherapy. **Expectation is probably the single most important dynamic in the use of hypnotherapy.**

Next, of basic importance is the hypnotherapist's own understanding of hypnosis as a phenomenon in itself. The hypnotherapist should know, with absolute certainty, that hypnosis is a phenomenon common in human experience, both as intentionally induced and as a spontaneous development. She/he should know with utter certainty that hypnosis has been induced in many different peoples, in many different times, in many different situations. Hypnosis is possible for the old and the young, the sick and the well. Human history

reveals that hypnosis is a phenomenon common to all people. With all this well in mind, the hypnotherapist can reasonably expect his patient to do the same thing that countless thousands have done throughout history, what countless thousands of patients are doing today, tomorrow, and next week. With this in mind, and with full respect for her/his patient, she/he confidently expects of his/her own patient, a better accomplishment than that of patients whose hypnotherapist is far less experienced.