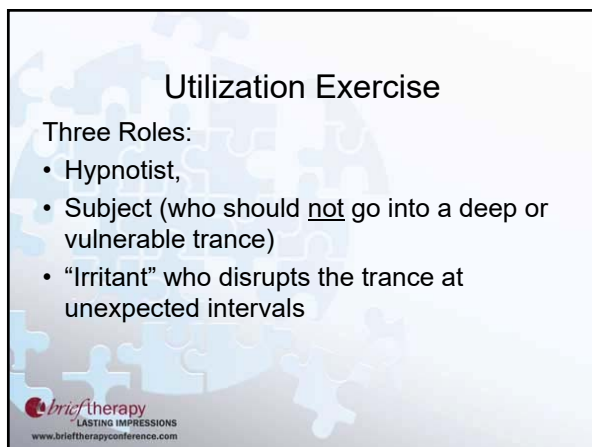




Utilization Exercise

BEING the Best Therapist

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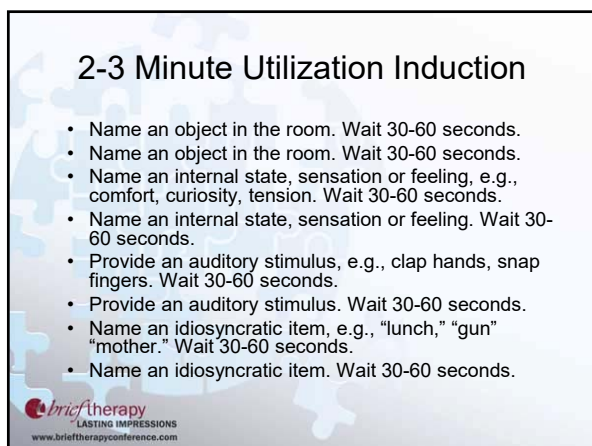


Utilization Exercise

Three Roles:

- Hypnotist,
- Subject (who should not go into a deep or vulnerable trance)
- "Irritant" who disrupts the trance at unexpected intervals

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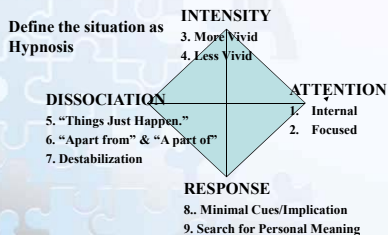


2-3 Minute Utilization Induction

- Name an object in the room. Wait 30-60 seconds.
- Name an object in the room. Wait 30-60 seconds.
- Name an internal state, sensation or feeling, e.g., comfort, curiosity, tension. Wait 30-60 seconds.
- Name an internal state, sensation or feeling. Wait 30-60 seconds.
- Provide an auditory stimulus, e.g., clap hands, snap fingers. Wait 30-60 seconds.
- Provide an auditory stimulus. Wait 30-60 seconds.
- Name an idiosyncratic item, e.g., "lunch," "gun" "mother." Wait 30-60 seconds.
- Name an idiosyncratic item. Wait 30-60 seconds.

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Utilization Induction: Take any emitted behavior or environmental stimuli and “feed it back” in the direction of one of the phenomenological goals.



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Feedback

- Hypnotist: Describe the phenomenology of your “Utilization State.”
- Subject: Provide feedback from an auditory perspective on how the Hypnotist can improve his Utilization State
- Irritant: Provide feedback from a visual perspective on how the Hypnotist can improve his Utilization State

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