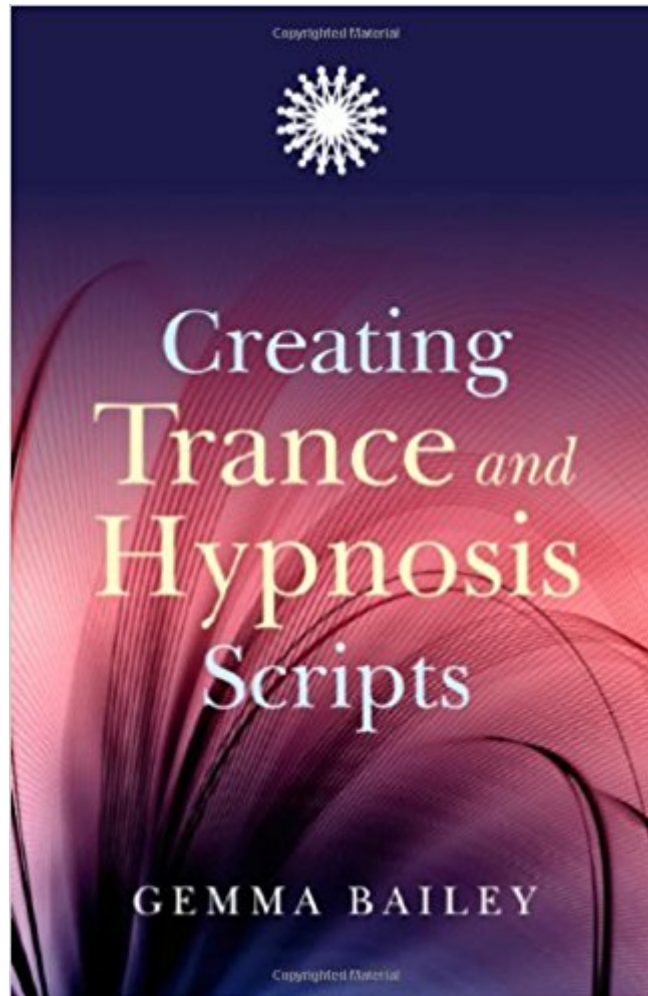




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# Creating Trance And Hypnosis Scripts



## Synopsis

Creating Trance and Hypnosis Scripts contains tried and tested hypnosis scripts for professional or trainee hypnotherapist's who are looking to help clients solve problems and ailments, from the more common quit smoking session to the less familiar candida. The collection of scripts contained in this book have been collated over many years and have been written by Gemma Bailey who is a qualified practicing hypnotherapist. Gemma has designed each script to include several hypnotic patterns (including language, voice tone, double binds etc) to help aid the trance experience. Changes in the hypnotists voice tonality have been marked out by altering the font of the text. The section called writing hypnosis scripts gives details about the hypnotic patterns and language used by professional hypnotherapists and NLP Master practitioners. This section provides tasks for the reader, encouraging them to use and identify hypnotic language so that they can create their own hypnotic scripts.

## Book Information

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## Customer Reviews

The strength of this book is its structure. The lay-out has created a user friendly tool for both professional and amateur hypnotherapists. Definitely worth adding to the collection. Toby & Kate McCartney - BBNLP / GONLP. The gentle style of this book offers a valuable resource for both the amateur and professional Hypnotherapist. Once you have added this to your collection you'll wonder how you got by without it... Kieren & Jai Gallen, Bristol HypnoBirthing.

Gemma Bailey, a qualified Hypnotherapist, NLP Master and Trainer founded People Building a company specializing in personal development courses for adults and children in 2006. She also

has an existing private therapy practice. "Hello People," her fortnightly newsletter, has provided a launch pad for other activities, including her podcast which received over 7000 downloads in its opening 4 episodes. Further contributions include appearing in professional journals (such as the CCYP journal) as well as national publications such as Top Sante magazine and features on BBC radio.

I gave Gemma's book 5 stars because these are the best scripts I've ever read. The scripts have excellent NLP language with embedded commands and suggestions. Every major topic for using hypnosis for change work is covered including the top 3: Stop Smoking, Lose Weight, Manage Stress. I recommend this book to new and established Hypnotherapists with a Private Practice. The scripts are the perfect length. Not too short yet not so long as to begin to bore you or your client. You can begin to use these scripts with your clients immediately!

I found this very useful in constructing hypnosis scripts for practice.

This product meets my expectations!

This book has many very good scripts and the how to write scripts section is very instructive. The dreamweaver process is an excellent way for beginning hypnotist to learn how manufacture metaphors. I was able to come up with a couple metaphors in a very short time. It really broke down the process for me and will for others too. Basically, a very helpful tool.

I have used this very informative book to create several hypnosis scripts for myself and my family. I would recommend this book to anyone that is interested in creating their own personal custom scripts.

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