How to Treat the 34 most common Conditions in Hypnotherapy

The following comes from my personal experience and my desire to share what I've experienced in my clinic since 2010.

Hypnotherapy is 1 tool. You basically use it as a plug and play system for all conditions. The 2 common missing elements that cause hypnotherapists not to deliver a result to their clients are;

1. No structure for the session and

2. No specific knowledge about the problem.

This is a list of common hypnotherapy problems and what a client expects at the end.

Problem	Promise	Pillars	Number of Sessions
1. Smoking	To not smoking anymore	1. Nicotine Addiction 2. Habit 3. Emotional Battle	2
2. Weight Loss	To become healthier	1. What to eat 2. Self Talk 3. Anchoring Behaviours 4. Hydration	8

3. Pain	To be free of pain	1. Measurement 2. Set goal 3. Suggest Gradual Reduction of Pain 4. Repetition.	8
4. Depression	To be happy again	1. Clear Goal 2. Body Language 3. Self Talk 4. Letting go of the Past	8
5. Anxiety	To be calm again	1. Symptoms 2. Clear description of outcome 3. Create a Calm Stage 4. Anchoring	8
6. Insomnia	To sleep again	1. Getting to sleep 2. Staying Asleep 3. Waking up with Energy	8
7. Fear of Flying	To fly comfortably	1. Symptoms of Panic 2. Break down of Panic Steps 3. Reprogram 1 Step at a time into a positive state. Start with the last step and work back to the beginning 4. Anchor the positive state repeatedly	8

8. Social Anxiety	To be comfortable socialising	1. Imagine the relief after socialising 2. Imagine themselves socialising well. Describe the breathing, body language and self talk 3. Break down the individual symptoms of social anxiety. 4. Reprogram each symptom 1 by 1. 5. Repeat	8
9. Gambling	To gain control and save money	1. Define their outcome clearly. 2. Define what feelings that gambling are supposed to provide 3. Provide those positive feelings through another method. 4. Find the initial cause of the gambling. 5. Anchor a new behaviour	8
10. Greif	To focus on life again	1. Set an outcome 2. Notice where their focus is now. Discover the benefit of the old focus 3. Find a new way to provide the old benefit positively. 4. Agree on steps for their new goal.	8

11. Phobias	To function calmly	1. Symptoms of Panic 2. Break down of Panic Steps 3. Reprogram 1 Step at a time into a positive state. Start with the last step and work back to the beginning 4. Anchor the positive state repeatedly	8
12. Anger	To stay calm and in control	1. Define their desired outcome. 2. Define what needs to happen at the moment of anger and what can wait until later. 3. Define the positive behaviour 4. Anchor repeatedly	8
13. Chronic Fatigue	To gain energy	1. Diet 2. Exercise 3. Stress 4. Self talk	8
14. Low Self Confidence	To love themselves again	1. Define the outcome of confidence 2. Define the symptoms 3. Reprogram the symptoms 4. Commit to their future goal.	8

15. Over Spending	To gain control and save money	1. Find the benefit of over spending 2. Replace benefit of over spending with something cheaper 3. Discover triggers 4. Anchor new behaviour	8
16. Marijuana Addiction	To stop taking the drug and gain control over their life	1. Physical Addiction 2. Habits 3. Emotional Battle 4. Consistency of behaviour	8
17. Shyness	To be able to interact with people comfortably	1. Set clear outcome 2. Discover Symptoms 3. Reprogram Symptoms 4. Anchor positive feelings	8
18. Poor Memory	To remember what they need to live successfully	1. Define clear outcome 2. Teach memory association techniques, (see Tony Buzan) 3. Anchor techniques	8
19. Being Bullied	To be safe in their relationships	1. Define serious safety risks. Refer them on for anything physically unsafe. 2. Teach assertiveness vs. Bully or Victim 3. Anchor body language.	8

20. Bed Wetting	To wake up with a dry bed	1. Define any serious safety risks. Refer them on for anything physically unsafe. 2. Find cause of stress. 3. Create feelings of safety and being loved. 4. Anchor control switch for bladder.	8
21. Ice Addiction	To stop taking the drug and gain control over their life	1. Physical Addiction 2. Habits 3. Emotional Battle 4. Consistency of behaviour	8
22. Cocaine Addiction	To stop taking the drug and gain control over their life	1. Physical Addiction 2. Habits 3. Emotional Battle 4. Consistency of behaviour	8
23. Fighting with their Partner	To know how to be happy together	1. Define any serious safety risks. Refer them on for anything physically unsafe. 2. Define needs of partner 3. Define needs of client 4. Teach relationship skills 5. Get them to take turns having their needs met each day.	8

24. Fear of Travel	To travel comfortably	1. Symptoms of Panic 2. Break down of Panic Steps 3. Reprogram 1 Step at a time into a positive state. Start with the last step and work back to the beginning 4. Anchor the positive state repeatedly	8
25. Money Problems	To behave successfully with money	1. Set clear goal 2. Discover money blue print 3. Create new money blue print. Dispel money myths. 4. Anchor new behaviours	8
26. Learning Difficulty	To learn how to learn	1. Refer on for anything serious. 2. Find their best learning technique; for example, pictures, sounds, feelings, songs, jokes, etc... 3. Discover their worst learning technique. 4. Show them how to break information down and to retain it with their best learning technique.	8

27. Trouble focusing	To focus on one thing at a time	1. List distractions 2. List clear goal 3. Schedule time for work and life balance 4. Find any major stress 5. Create calm state 6. Anchor calm state.	8
28. Find a Partner	Gain confidence to find a partner	1. Self love 2. Getting out there. 3. Defining the right partner 4. Flow – (without desperation or hurry)	8
29. Self Sabotage	To be successful at something	1. Awareness 2. Open Mindedness 3. Commitment 4. Clear Outcome 5. Strategy 'How to' achieve steps 6. Schedule steps.	8

30. Exhaustion	To gain energy	1. Refer on for serious conditions. 2. Explore current life style 3. Explore diet 4. Find cause of stress 5. Find passion 6. Find their current best resources 7. Prescribe life style map	8
31. Poor Money Blueprint	To gain money	1. Set clear goal 2. Discover money blue print 3. Create new money blue print. Dispel money myths. 4. Anchor new behaviours	8
32. Fear of Failure	To feel comfortable being successful	1. Find benefit of fear 2. Replace benefit with positive. 3. Define clear outcome 4. Set steps to success.	8
33. Domestic Abuse	To be safe	1. Refer on	8
34. Guilt	To feel proud	1. Find benefit of guilt 2. Replace benefit of guilt with clear outcome 3. Break downs steps to achieving better outcome 4. Let go of negativity	8

So that is the problems, promise and pillars. Next you need session structure.

We use an Acronym called S.Y.S.T.E.M. to know what to say and do in our 60 minute session.

S.Y.S.T.E.M. stands for;

1. Socialise. - How to gain rapport

2. Yearn. – Discover their problem

3. Strategy. – Explain the Pillars

4. T.R.A.N.C.E. – Hypnotise them

5. Explore. – Treat the actual problem

6. Mobilise. – Wake them up and schedule the next session.

How to Socialise;

Spend 2 – 5 minutes asking them how they are in general. This doesn't need to be on topic. You can apply mirroring; observe their Visual, Audio and Kinaesthetic habits, style of speaking, posture, pace of speech, etc...

How to find their Yearn;

Spend 10 to 15 minutes asking questions.

1. State the Promise as a question. ‘So you’d like to achieve (Promise) today?’

2. Future; Ask, ‘Can you describe that that would be like once you’ve achieve that?’

3. Past; Ask, ‘What have you tried in the past?’

4. Now; Ask, ‘What is your situation like now?’

5. Best tool so far; Ask, ‘What has worked the best for you so far?’

6. Cause; Ask, ‘What seems to make the problem worse?’

How to teach the Strategy;

Spend 10 – 15 minutes setting up your clients expectations and teaching them about your approach.

Never move on to the strategy until you have learned as much as you can about the

We use metaphors, jokes and stories to teach our pillars.

This section is simply about applying a 3 step formula to teaching the pillars.

1. Tell your client about one of your pillars.

2. Tell a story or make a joke about the pillar.

3. Ask your client how they relate to the pillar or story.

How to do T.R.A.N.C.E.

If you haven't been trained formally in hypnotherapy, then I recommend doing an actual course on it. This is just an eBook.

T.R.A.N.C.E stands for;

Talk – Use pre-talk to set expectations about the hypnosis experience. Give them direct instructions to turn off their phone, sit comfortably, close their eyes, relax and to breath comfortably

Relaxation – Use a progressive muscle progression as you suggest that each body part is relaxing 1 by 1.

Atmosphere – Give your client a story-like guided imagery to bring them into their internal experience.

Narcosis – Use a deepener suggestion to get your client to fall into trance.

Change – Use simple metaphors from the pillars and the promise to create positive change for your client

Exit – Wake your client up and book in their next session.

How to explore the issue

Similar to the Change step of T.R.A.N.C.E., your job is to use metaphors to create suggestions of change for your client. Use simple stories from pain to pleasure using your Problem, Pillars and Promise.

How to do the Mobilise step

It’s time to wake your client up, take payment and schedule their next appointment. At this point, you can write down any session notes in your client files so that you know what to expect next time.

Once you have S.Y.S.T.E.M. as a session structure and your Problem, Promise and Pillars, you can put these two concepts together to have a program for almost any problem.