

MISTAKES TO AVOID AND TIPS TO BE A GOOD HYPOTHERAPIST BY ANNE-LAURENCE FRITSCH

7 common mistakes you should avoid

You just started your practise as a hypnotherapist or you use hypnosis as a tool to help your patients as a health professional.

Sometimes your session goes very well and smoothly, leading to positive results.

Other times, it's quite the opposite: you are dissatisfied with your work and feel frustrated. You feel like you've missed something important or feel uneasy.

What happened? What went wrong?

Here is a list of the 7 most common mistakes beginning hypnotherapists tend to make and that should be avoided:

- 1. First mistake: You are anxious to bring your client into a deep state of hypnosis:**
When starting practising hypnotherapy we tend to stress out at the idea of not being able to bring the subject into a deep-enough state of

hypnosis. We tend to try to do exactly as we learned to do during our training course. But be reassured! – Thing I often tell my clients who are worried about not being receptive enough-: the depth of hypnosis has no impact on the quality of the work being done on the subconscious level as long as the goals/aims of the hypnosis session have been clearly identified and agreed upon by the client.

2. Second mistake: You are very anxious to get results. Keep in mind that results don't depend on you, hypnotherapist, but on the client's good will and desire to change. No matter how hard you try, you cannot change the way a person functions. All you can do is lead them to see things from a different perspective which will help them open new doors leading to change. The state of hypnosis will enable a higher degree of receptiveness which will lead to greater openness and different ways or solutions never attempted or experienced before. What matters most is **the process** you use to help the client find their own solutions within themselves.

3. Third mistake: You position yourself as an expert who knows it all (*« I know better than you how to solve your problem, I know what is best for you, what you should do, etc.»*). This attitude will generate resistance and make the client less receptive to hypnosis especially when they don't like being told what to do. Moreover, no matter how experienced you may be as a therapist, you cannot solve the client's problem in their place.

4. Fourth mistake: You interpret the client's story in your own way (according to your own experience of life). This will be especially unproductive and frustrating for the client who won't feel heard nor understood. Each person's story is unique in itself and everybody have their own unique way of reacting to events or situations. It can do more harm than good to misinterpret or generalise the client's life story and minimise its importance.

5. Fifth mistake: You want to find solutions in the place of the client (you make it your own personal story). It is much more effective and

rewarding for the client to find their own solutions.

6. **Sixth mistake: you don't recognise your own limitations as a therapist.** You take unnecessary risks instead of referring your client to a more experienced therapist.

7. **Seventh mistake: you don't detect nor respect the contra-indications to hypnosis** (borderline personalities, bipolar subjects, schizophrenia, severe psychosis, etc.).

Here are some wise tips:

Be attentive to the person's language and body-language.

Be adaptive, listen actively.

Note down all the expressions and metaphors the client uses naturally. Thus you'll be able to use them again in hypnosis and create a trusting bond as the person will really feel understood that way.

Respect the client's wishes, aims, values, belief system, own limitations, pace of change.

Keep focused on the process rather than the results.

Remain your authentic self.

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