Tips for Having a Great Hypnotic Session

*The following will help ensure you receive the most benefit from your hypnotherapy sessions.*

**Pre- Session**

* Get a good night’s rest the night before you come in.
* Wear loose non-binding clothing.
* Avoid coffee, stimulants, or excess sugar 4 hours prior to your visit.
* Drink enough water on the day you come in. Great to bring a water bottle.
* Avoid alcohol or recreational drugs that muddle the mind at least 24 hours prior.
* Have a light meal or snack before the visit. Avoid heavy or greasy foods or an empty stomach.
* Use an eye pillow if you wish.
* Return all forms 24 hours prior to your session, if possible, to: pjdifranco@gmail.com
* Set an intention for what you would like to receive from your session.
* Use lip salve so your lips will not dry out.
* You may record the Basic Hypnotherapy Session on your cellphone. Most smart phones come with a recorder. I use a free phone app from Tap Media available the Android or I- phone stores. It is quite easy to use. <http://www.tapmedia.co.uk/voicerecorder-support.htm>
* For at home phone or Zoom sessions be sure you will not be disturbed by pets, phones, visitors, housemates etc. A recliner is best, a bed may cause you to fall asleep out of habit.

**Post-Session**

* If you have been given written homework and/or a recording to use for reinforcement ... Do IT! This will reinforce the benefits of your Basic session. If you have been given a recording, listen to it at least once a day upon waking or going to sleep for 3 weeks. Make it a habit by choosing a regular time and place.
* If you have been given affirmations, write them 25 times per day.
* You may feel a bit drowsy immediately after the advanced deep sessions and so may want to allow a little extra transition time before driving. This may only last a few minutes.
* You may wish to retire a little earlier than usual that evening. I like to think that this is for the benefit of your unconscious mind needing some additional downtime to integrate the experience.
* Remember that your unconscious mind served as a protective function and only allowed you to be influenced by suggestions that are in your best interests.
* For deep hypnotherapy sessions, insights may come days after your session. Keep a journal.
* Write or call if you have any questions or concerns.
* I normally follow-up within a few days to see how you are doing.

Please keep this guide for your records and future sessions.