



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.