

Relationship Hypnosis



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Couples should hypnotize one another periodically as an exercise in communication. Forget any exotic notions about hypnosis you may have been infected with in Las Vegas. The essence of clinical hypnosis is simply to induce a state of relaxation with an internal focus of attention. I use a 5-minute induction in which I have you sit comfortably and pay attention to whatever sensations you can detect in and around your big toe. I invite you to feel the pressure of your sock on each surface of

that toe and to be aware of the place it connects to the rest of your foot, then your ankle, the back of your neck and your breath as it flows gently in and out of your chest. In and out, in and out, slowly... slowly. I draw your attention to increasingly subtle sensations like these and then I invite you to picture your favorite scene as vividly as possible in your imagination, and then enhance it. That's it, you are hypnotized.

This process activates your parasympathetic nervous system, which has evolved to keep you from stroking and dying from extended stressful activities like hunting, combat, sex or dealing with difficult people. Hypnosis lowers your heart rate and blood pressure while it quiets your busy, busy mind. It is difficult to talk under hypnosis, but easy to listen and think with exceptional clarity because you are not distracted. You are in a particularly attentive state of alertness which does not involve any sort of response. You are listening but not talking back, which is where people get into trouble.

If you want your partner to pay attention and simply *understand* something you have been trying to tell them, try hypnotizing them and inviting them to paint a vivid picture of whatever that something is. Suggest a picture and a scene that make a metaphor out of your idea. Then have them hypnotize and communicate something to *you*. Trust me. Call me.

Concise Personal Counseling

\$150 per 70-minute session

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