



CONFERENCE ON HYPNOSIS

Méthode Dolfino®



DOLFINO

Training document

TABLE OF CONTENTS

1) What is hypnosis?	3
2) Hypnosis is a natural state	3
3) Demystifying hypnosis	4
What is true	4
What is false	4
4) Hypnosis is a conversation	5
5) Hypnosis has existed since the dawn of time.....	5
6) The structure of the “self” according to the Méthode Dolfino®	5
A) The Young Me	5
B) The Rational Me	6
C) The Greater Me	6
7) The lemon experience	7
8) The suggestibility tests	7
9) What is a trance?	9
10) The approach and sources of inspiration of the Méthode Dolfino®	9
11) The four activation tools of the Méthode Dolfino®	11
A) Metaphors	11
B) Dolfino games and techniques	12
C) “Mini-Me” and archetypes	12
D) Metaphorical prescriptions	13
12) Hypnosis, what for?	13
12) Demonstration	14
13) In conclusion	14

1) What is hypnosis?

Hypnosis is actually a model for understanding and acting on human behaviour.

Every specialist, every school of hypnosis, has its own definition, and no theory truly holds authority. The hypnotic phenomenon is complex and not fully explained in a scientific way, and some practitioners maintain that there are actually several types of hypnosis. The word « hypno », in ancient Greek, means sleep. Yet hypnosis is not a state of sleep, but an altered state of consciousness (ASC) like dreaming, relaxation or meditation. Hypnosis lets an individual reach the ALPHA state at different levels of depth. In the ALPHA state, the individual's unconscious is more receptive and active, which makes it easier to clear away emotional troubles from the past.

« Hypnotic trance » — we'll come back to this term a little later — corresponds to a shift in normal alertness, the kind we use every day to reason and act.

This state has its own characteristics. It is actually a state of hypervigilance that brings our unconscious to the fore. The brain, in fact, starts to dream while remaining conscious and focused on a specific subject.

So, little by little, the hypnotized person forgets the outer reality to enter their inner reality and can thus act meaningfully on their transformations according to the goals they defined beforehand. A conversation then takes shape between the hypnotized person and the hypnotist. This brings about psychological and physiological changes.

Only by working on the unconscious, in order to remove blockages, can you change your attitude toward problems and illnesses. With hypnosis, you « reprogram », that is, you erase the reactions associated with facts, words and scenes recorded in the past, and in their place you record the new, suitable solutions. Hypnosis is an extremely effective tool.

2) Hypnosis is a natural state

Everyone naturally experiences altered states of consciousness every day.

When you get swept far away into a book or a film and feel a sense of acceleration, of diving in, or of slowing down.

When you focus on a memory and feel as though you are fully reliving it.

When you're surprised to find yourself in a place and a position you had forgotten, because you were focusing all your attention on a particular task.

When you drive to your destination with no idea of the route you took, because you were mentally somewhere other than on the road.

When, at the sound of music, you start moving a hand, an arm, or tapping your foot without even noticing.

In short, an adult experiences these states on average every 90 minutes, that is 10 to 12 times a day. A child experiences them roughly every 20 minutes.

3) Demystifying hypnosis

WHAT IS TRUE

- 1) Hypnosis lets you relax.
- 2) Thanks to hypnosis, you make it easier to access your internal capacities.
- 3) If you feel like it, you can perfectly well hypnotize yourself without anyone's help.
- 4) Hypnosis frees you from the emotions you carry deep inside you.

WHAT IS FALSE

- 1) Hypnosis is magic.
Although TV shows often talk about magic, there is none. Hypnosis has nothing magical about it. It is a natural, healthy and creative way to use the deep powers of the mind.
- 2) The hypnotist has powers.
If a therapist who offers hypnosis tells you he has powers like a superhero and that he can use them to heal you, run from him. He is simply a con artist.
- 3) You can be made to do absolutely anything.
You do not lose control of yourself when you are hypnotized, quite the opposite — you keep your capacity for analysis. A hypnotist cannot manipulate you when you are in this state.
- 4) You are asleep.
It is true that the body is in a state of deep rest, however, your mind is not asleep. You are not sleeping and you are perfectly conscious.
- 5) Hypnosis is only for impressionable people.
This is a myth. Many people use hypnosis to gain a fresh perspective on a situation and manage an emotion.
- 6) Hypnosis acts like a truth serum.
False! you are completely conscious. You can even lie during a hypnosis session if you do not want to tell a hypnotist the truth.¹

¹ <http://geekhebdo.com/hypnose-vrai-ou-faux/>

4) Hypnosis is a conversation

In fact, the hypnotist and the hypnotized person, after having defined a goal, settle comfortably into armchairs or chairs and begin having a conversation, with the hypnotized person having their eyes closed, even if that is not mandatory. The hypnotist will then invite the hypnotized person to describe their progress within a scenario established according to the hypnotist's strategy for helping their client achieve their goal.

It is, in a way, a game, with its own rules, played by two people, in a safe space.

5) Hypnosis has existed since the dawn of time.

Hypnosis is a healing tool whose practice is said to date back to ancient times. Egyptian physicians, Native American shamans, and African griots all knew this technique.

It was in the 18th century, in the West, that hypnosis was rediscovered, based on the experiments conducted by Doctor Franz Anton Mesmer. After falling out of favor following the discovery of anesthetics, and also because of the bad press generated by rigged stage shows, the practice of hypnosis has, over the past thirty years or so, regained its place among alternative therapies.

6) The structure of the "self" according to the Méthode Dolfino®

What if you were not alone in driving your fabulous human machine? Imagine yourself with three heads. Each of them would have its own areas of expertise, its own ways of seeing and acting, and its own way of functioning. The field of possibilities is then immense.

In the Méthode Dolfino®, the 3 Selves are a model of how the human mind works. It is a symbolization of the structure of the self that helps you better understand and visualize the workings of our mental representations.

The idea of the three Selves is that you carry within you three extraordinary people whom you will get to know so that they can work together effectively to activate your full potential.

A) THE YOUNG ME

- The Young Me symbolizes the unconscious.
- Some call it the inner child, because it functions like a child of about five years old. It intensively seeks pleasure, actively avoids pain, and appreciates all forms of attention.
- The Young Me is undeniably the king of the emotional universe.
- Of the three Selves, it is the one that reacts the fastest.
- It retains around two thousand sensory pieces of information per second.
- It is the one that manages 85% of the functions and reactions of the human being.

It is to this facet of you that guidances speak in a state of trance. Indeed, with the Méthode Dolfino® you can communicate with the Young Me through its own language, that is, through images, symbols and metaphors.

During a guidance, the Young Me appreciates the use of simple language and definite articles that favor dissociation: the (le, la, les, l') (for example: the body, the hand, the eyes...) Sometimes shy and lacking confidence, it often needs encouragement to move beyond its blocks, its limitations and its fears. Although it must choose its own solutions itself, it is helpful to remind it of the immensity of its field of possibilities by offering it at least three possible paths.

The Young Me also carries the important responsibility of protecting your emotional and psychological integrity. It is therefore very skilled at inventing answers to questions that matter to it, at creating distortions of reality and at repressing traumatic situations and events.

B) THE RATIONAL ME

Also called the ego, the conscious mind or the mental. In fact, the Rational Me is like a high-performing, Cartesian and logical computer. Its conception of the world excludes beauty and is filled with problems and solutions. Structured and rigid, it does not like change and is not in contact with emotions. Since the Rational Me absorbs on average only seven pieces of information per second (7 pieces of information per second with a standard deviation of two, that is, 5 to 9 pieces of information), it is limited in its capacity to manage all stimuli.

Given that the Rational Me does not take the Young Me's input into account, it is the Rational Me that we want to distract through trance induction. Since it tends to want to control everything, the goal is to dissociate it from the Young Me to prevent it from muzzling the Young Me. In other words, the state of trance allows the Young Me to return and to express itself while the Rational Me is occupied with something else.

C) THE GREATER ME

Often called the soul or Consciousness, the Greater Me is the spiritual part of the human being. The expression of this facet is facilitated by the consciousness-expansion techniques that will be covered further on. Inspired by the beauty of life, the Greater Me is, in a way, the source of human inspiration and, probably, of the invisible bonds that unite all living beings. A reservoir of creativity and wisdom, the Greater Me influences dreams, fosters synchronicities and encourages us to grow into better human beings. Some consider it to be the divine aspect within oneself.

Metaphor: The prince, the coachman and the horse

Imagine a magnificent carriage, inside which sits a prince. The prince has a precise idea of his destination. For days and nights, he has dreamed of nothing but his return to the castle. He longs with all his heart to be reunited with his sweet, radiant princess.

Seated comfortably at the front of the carriage, an efficient and experienced coachman is responsible for driving.

Trotting happily out front, a spirited, energetic young horse pulls the carriage along.

Suddenly, the young horse rears up on its hind legs, whinnies eagerly, and steps off the path to graze on the fresh grass it loves above all else.

Curious by nature, the stallion is quickly distracted by anything that amuses him. He takes wild delight in making new acquaintances, exploring, and trying new paths!

Of course, if the coachman lets the exuberant horse wander as it pleases, the carriage will just go in circles and never reach its destination.

Likewise, if the coachman pulls too hard on the horse's bridle and speaks to it in a threatening voice, the poor animal will quickly become depressed, sad, and listless. It will be unable to bring the carriage safely to its destination.

To travel together harmoniously toward the destination, the prince, the coachman, and the horse absolutely must work together with intelligence.

Thus, the prince will find his beloved princess again, the coachman will be able to rest, his mind at peace for having carried out his mission well, and the horse will return to its green pastures, surrounded by its four-legged friends.

7) The lemon experience

A "live" experience with the audience. You can adapt this text according to your inspiration in the moment:

"I invite you to close your eyes. Now imagine that in front of you there is a wedge of lemon, bright yellow and juicy... Take it gently between your fingers, bring it close to your mouth and... Bite into it."

Now ask the audience what happened, ratify, validate. You can tell them: "You just had a sensory experience close to hypnosis, which consisted in imagining and making the experience tangible."

8) The suggestibility tests

On stage, a famous hypnotist addresses you: "You... Come join me here please!"

Surprised, you look around and wonder: "Me?"

“Yes, yes, you, with the red sweater, seat number 9, please come join me on stage.”

Taken aback, you hesitate, but your friend’s little nudge convinces you to stand up and walk up on stage.

“This is it,” you tell yourself, “I’m part of the show!”

Not yet. The master of ceremonies must first check whether you’re a good candidate by testing your suggestibility — that is, your disposition, or your ability, to easily receive suggestions.

Stage hypnotists always check the suggestibility of audience members very quickly with little tests such as fingers drawing closer together and sticking to each other.

If the hypnotist doesn’t get you to succeed at this test, it means your level of suggestibility is low. He’ll then send you back to your seat. Sorry, you won’t be part of the show. On the other hand, if he manages to put you into another state of consciousness, it means your degree of suggestibility is moderate or high, and there, yes, you’ll get swept up in his game.

There are several tests for checking an individual’s receptiveness to suggestions, and they aren’t used only by stage hypnotists. These tests are useful for anyone (psychologist, therapist, doctor, nurse, teacher, midwife, dentist...) who needs to check someone’s resistance to entering an altered state of consciousness.

If you actually found yourself on stage, in a great hypnotist’s show, how do you think you’d react? In your opinion, what’s your degree of suggestibility: low, moderate or high?

There’s only one way to know, and that’s to take suggestibility tests, because you can’t predict someone’s suggestible nature. It has nothing to do with their intelligence, their determination, or their personality. Even though it’s hard to determine what an individual’s degree of suggestibility depends on, there does seem to be a link between a person’s ability to trust people, their willingness to play with creativity, and their suggestible nature. So, the more you trust people and want to play in a creative way, the more likely it is that you’ll respond well to suggestions.

When a person has low receptiveness to suggestions, particular care must be taken with the induction of the trance. Anyone can enter an altered state of consciousness — it’s a natural state. In a therapeutic context, it’s the person who makes the choice to enter an altered state of consciousness. The Méthode Dolfino® can be practiced with ease with a person who has a low degree of suggestibility.

It’s important to assess the level of suggestibility of the person you’re going to guide so that you can calibrate your induction. This can’t be judged at first glance. This level varies from one person to another, and it can even vary, over time, within the same person. So you’ll

use tests to measure the degree of suggestibility of the person you’re accompanying.

Suggestibility tests also help create a climate of trust between the person who guides and the person being guided. Since these tests require a certain closeness, they allow for a

connection and give you a shared experience. As the guide, if you succeed in getting the guided person to easily accept your suggestions, you'll see that this helps convince the person that the method works and that change is possible for them. Successful tests also generate a state that favors the induction of a modified state of consciousness.

Do a class 1 test here as a group, with the index fingers moving closer together.

9) What is a trance?

Trance is part of the hypnotist's jargon. It comes from spiritual transport. A transport of the conscious toward the unconscious, you might say. It is a modified state of consciousness.

Trance results from particular "technical" means such as the whirling dance of the whirling dervishes, accompaniment by percussive or obsessive-leaning music, hyperflexion or hyperextension of the neck, pressure on the eyeballs with eyelids closed, the Valsalva maneuver, the use of certain sound processes (binaural sound), fasting, accelerated breathing (hyperventilation, rebirthing), the use of psychoactive substances such as plants, etc. Since some of these methods can be dangerous, it is strongly discouraged to practice them without the initial guidance of experienced people.²

10) The approach and sources of inspiration behind the Méthode Dolfino®

From the various forms of hypnosis to neuroscience, by way of the most proven creative-visualization and coaching techniques, the Méthode Dolfino® was born — fast, effective, and fun.

This original approach aims to activate your full potential through tools and techniques that combine enjoyment with the pursuit of solutions.

The Méthode Dolfino® helps you better see, feel, and hear what is happening inside you, while opening up several avenues for transformation, taking into account the lived experience of each individual.

The Méthode Dolfino® is:

- **creative and fun**, through inventive experiments that foster a flourishing of the imagination and self-knowledge.
- **effective and fast**, thanks to the creation of a direct opening onto the strengths of your unconscious.
- **solution-oriented**, because it favors taking action rather than focusing on the problem.
- **safe**, thanks to the use of symbols and clear, simple game rules, never revisiting past events.

² <https://fr.wikipedia.org/wiki/Transe>

The various games and tools offered are inspired by hypnosis, creative visualization, coaching techniques and the most recent discoveries in neuroscience. Several different currents have influenced the development of the Méthode Dolfino®:

- **Classical hypnosis (stage hypnosis)** where the hypnotist plays a leading role, working with direct and indirect hypnotic suggestions. The Méthode Dolfino® highlights:
 - The relevance of rapid inductions.
 - The idea of dialogue with the unconscious.
 - The notion of suggestibility.
- **Ericksonian hypnosis**, where the altered state of consciousness is achieved indirectly, notably through hidden suggestions and seeding. The subtleties of language are used to allow the unconscious to choose the solutions to its problems. This calls upon its creativity. The Méthode Dolfino® highlights:
 - The use of metaphors and figures of speech.
 - The adoption of the concept of the existence of the “Greater Me” (higher consciousness).
 - Mental confusion and saturation techniques.
- **Hypnosis through expansion of consciousness**, which fosters a detailed and different perception of a situation, a fact, a value, a way of thinking. In this sense, this type of hypnosis encourages self-observation from different angles that are often overlooked. The Méthode Dolfino® highlights:
 - The vision of the self according to the “3 Selves”: Young Me - Rational Me - Greater Me. These concepts were discussed earlier.
 - Visualizations that allow for the experience of clearer awareness and the awakening of the senses.
- The **world of neuroscience** makes up the body of knowledge and research on how the brain works. The Méthode Dolfino® highlights:
 - The activation of mirror neurons for accelerated learning.
 - The need to jointly use both hemispheres of the brain according to their respective characteristics.
- A New hypnosis has also inspired the Méthode Dolfino®. Marked by NLP (neuro-linguistic programming), it allows the guided person to actively participate in their experience. This approach leads them to make choices, to describe what they feel, to imagine various scenarios and to genuinely answer questions, without being influenced or directed.

The role of the guided person therefore ceases to be passive and is placed at the centre of the guidance.

The Méthode Dolfino® highlights:

- Anchors (the process of associating an internal response with an external or internal trigger).
- The importance of VAKOG communication (visual, auditory, kinesthetic, olfactory, gustatory).
- Synchronization.
- The principle of non-directivity.

Méthode Dolfino® has brought these techniques and concepts together, adding pleasure and simplicity of execution. This gives rise to games and tools that are different, inspiring, fun, and highly effective.

11) The four activation tools of Méthode Dolfino®

Here is the detail of the four main tools for activating full potential through Méthode Dolfino®:

A) METAPHORS

It is in the unconscious that most blockages are recorded. Yet the unconscious does not understand logical reasoning or lengthy serious explanations. In fact, the clearest and most effective mode of communication when you want to speak to the unconscious is that of symbols and metaphors.

Whether used alone or woven into the heart of the various games, metaphors are one of the most valuable tools of Méthode Dolfino®.

Concretely, metaphors are stories, tales and allegories that heal by offering indirect solutions to resolve a problem. These stories actually speak to your unconscious. Because your mind welcomes these stories without raising barriers, it is a very subtle way of conveying different teachings by presenting choices, ideas and new perceptions, without imposing them.

Most of the time, the solutions proposed in a metaphor are not adopted exactly as they are. Instead, they serve as a springboard to inspire better ones that are better suited to the lived experience of the person concerned. The metaphor opens up the field of possibilities and encourages solutions to quietly take root within you. These short stories, which sometimes present surprising facts or unexpected conclusions, can also be used to bring about a quick realization.

Here is an example of a metaphor you can use when the person you are guiding feels unable to take action, afraid of not succeeding.

The Tethered Elephant

Shortly after being born into the circus, a baby elephant was tied to a large stake firmly planted in the ground. At first, he tried to break free, but the stake was too strong for this young elephant and he could not free himself.

Although his efforts to break free from the stake continued for some time, he eventually stopped trying to pull it out of the ground. Two years passed, and whenever the elephant was not performing, he remained tied to that stake. By that time, the elephant had the strength to pull the stake out of the ground as though it were nothing more than a simple toothpick.

What is remarkable is that despite this great strength, the elephant never again tried to free himself from that stake.

The perception formed in his youth stayed with him and kept him from acting.

B) DOLFINO GAMES AND TECHNIQUES

Méthode Dolfino® is built around several techniques or games structured into clear steps that let you guide another person or guide yourself. Each of these games can be used and adapted to your needs and your reality (or those of the person you are guiding).

They allow you to:

- Resolve certain problems.
- Activate inner resources.
- Generate inspiration.
- Spark changes that support well-being and the achievement of goals.

Scanner, Harmonic Alignment, Archetypal Journey, or Relational Peace — each technique presented will adapt to the personalized goals of your own journey or of the person you are guiding. Within a single session, you can combine different Dolfino games and tools to accelerate transformations and optimize results.

C) THE “MINI-ME” AND ARCHETYPES

Imagination plays a major role here. Using the “Mini-Me” consists of visualizing a group of “miniature versions of yourself,” miniature doubles who specialize in the task to be carried out during a Dolfino game. For example, if during a session the person you are guiding wishes to

perform a massive cleaning in a place she visualizes, you could invite her to create a team of specialized cleaners who will be delighted to divide up the tasks in order to:

- Clear away
- Scrub
- Tidy up
- Remove stains
- Empty out
- Etc.

With all the tasks they can perform, the “Mini-Mes” kick-start the acceleration of transformations. They are mainly used during guided sessions with a goal related to the physical body.

The unconscious loves symbols. For it, archetypes such as the mountain, the river or the cave are universal symbols carrying meaning. The unconscious associates different ideas and beliefs with these symbols. Archetypes can help you resolve a good number of issues. By modifying them, by improving them during a guided journey, you can effectively transform your daily life. Working with archetypes makes it possible to reach both psycho-emotional and physical goals.

D) METAPHORICAL PRESCRIPTIONS

Méthode Dolfino® encourages the use of metaphorical prescriptions.

Méthode Dolfino® encourages the use of metaphorical prescriptions.

These are gestures carried out with intention in order to make the work done during a session more concrete. These actions especially allow you to integrate more pleasure into your daily life and to foster positive changes in your lifestyle. They serve to confirm, following a session, an intention of change to the unconscious.

As Alejandro Jodorowsky³ so aptly points out:

“[...] It’s like giving reality an affectionate kick in the ass.

This surprising push you give it pulls it out of inertia and it starts to dance.”

Here are a few examples of metaphorical prescriptions:

- Putting a small pebble in a jar each time you avoid smoking a cigarette
- Writing a love letter to yourself
- Growing a rose with love over a full summer and offering it to a person with whom you may have relationship difficulties.

12) What is hypnosis for?

Hypnosis is an extremely powerful tool for relieving various conditions and symptoms such as depression, burnout, grief, sexual disorders, emotional dependencies, dependencies on drugs or medication, gambling, alcohol, etc.

³ http://www.actepsychomagique.com/page_acte/page_acte.html

Hypnosis aims to make effective solutions germinate within you, in order to nurture the expression of your full potential. This process takes the form of creative, fun, and safe games that will lead you to:

- Activate your full potential.
- Improve your relationships.
- Make important changes in your life.
- Release your emotional heaviness.
- Carry out your projects and reach your goals.

By opening doors of access to the potential of your imagination, hypnosis encourages you to refocus on the essential. By connecting to every part of your "Being," you gain access to all your possibilities and thus allow them to manifest at the heart of your daily life.

THE DOLFINO METHOD CAN IN NO WAY SUBSTITUTE FOR MEDICAL TREATMENT.

12) Demonstration

Here we recommend doing a Scanner on a person who reacted particularly well to the stuck-fingers suggestibility test.

Then you can finish your presentation with a group guidance using a thumb induction, and lead the group to go see their tree and improve it, so that each person, to their own extent, can experience a guidance in an altered state of consciousness.

And above all, have fun!!!

13) In conclusion

End your presentation with a closing line such as:

"As you will have understood, hypnosis is a living relationship based on imagination between two people, a guide and a guided person, which aims to lead the guided person to make use of their full potential in order to fully achieve their goals while being the sole agent of the changes made."

Answer the questions from those present. A ten-minute period seems reasonable.

Offer your services by leaving your business cards available.

Also offer Méthode Dolfino® catalogs and brochures, giving your promotional code.

Have a great presentation!