

## **USING THE METAPHOR OF A LIFT (ELEVATOR) AS A DEEPENER.**

This deepener was inspired by some notes in the book 'Hypnotherapy' by Dave Elman. In his version he uses the metaphor of a lift to take clients to the Esdaile state. I have found this deepener useful for those clients of a Warrior (Resolute Organisational) personality type who may find it harder to achieve a suitable depth of hypnosis.

The Therapist should of course ascertain beforehand that the client is comfortable in an enclosed space. Using a PMR style induction followed by a staircase deepener will for many clients lead to a trance state; for some more controlled individuals who might be termed more 'Warrior like', the addition of the lift deepener can literally allow them to achieve a deeper level of hypnosis.

The Hypnotherapist can vary the delivery of the script to suit the level of change seen in the client. It is easy to add in additional phrases if the client is going slowly (few external signs of the trance state) or indeed speed things up if they start to exhibit signs of the hypnotic trance state. By extending the metaphor it would be possible to have additional lift levels, but so far I have not found the need to do so. It generally takes no more than a few minutes to deliver.

### ***The Lift Deepener***

Induction here...

Usual or initial deepener here...

*Ahead of you, you can see a lift...its metal doors are open and inside you can see some old fashioned wood panelling...you walk towards the lift and then step inside...as you step inside you notice how comfortable it seems...you look down and see that the lift has only two buttons...the first is marked 'relaxation'...the one next to it is one marked 'super relaxation'... you look upwards and see that lift has an old style mechanical indicator arm to show the lift level... the metal arm is pointing to the 'relaxation' level on the engraved dial...at the other end of the dial it is engraved 'super relaxation'...you press the button for 'super relaxation'...you notice how the doors of the lift close with a quiet, efficient, clunk noise...you feel the lift start to descend gently down...any sounds you hear around you are just the sounds of the lift mechanism to its job efficiently...as the lift descends...you feel yourself going down deeper and deeper...becoming ever more relaxed...down and down...mentally focussed on the sound of my voice...becoming even more deeply relaxed...just listening to the sound of my voice...you glance upwards and notice the mechanical indicator arm has moved...it is not yet quite half way round the dial...not quite half way to 'super relaxation' level...still the lift goes down...you feel yourself descending...deeper and deeper...further down than ever before...deeper down than ever before...more relaxed than you can ever remember...with some effort, you look up at the indicator arm again... and you notice that it has almost reached 'super relaxation' level on the engraved dial...still the lift descends...but you feel it start to slow now...slowing down...slower and slower now...almost stopping...nearly there...you see the indicator arm move a final segment on the dial towards 'super relaxation' ...you realise that the lift has stopped...you realise that you have arrived at 'super relaxation' the doors slide quietly open...and even though yours legs feel so completely relaxed that they can hardly move...you step safely from the lift. Ahead.....*

At this point I vary what happens next according to the needs of the client. I may make this a safe place for them to return to or I may perhaps lead directly into therapeutic suggestions. At the end of the session I generally use a simple count upward to return the client to full wakefulness, rather than going back to the lift. On occasion the client has not even remembered afterwards that there was any notion of a lift during the session until I mentioned it.

End of text.