

# Transpersonal Hypnotherapy Practitioner Review

Completing this review is one of the assignments of the [Transpersonal Hypnotherapy Practitioner Training](#) (THPT).

Some of the answers to the following review questions can be found in the four training manuals that are issued to students of the THPT. These include:

- The Manual of NLP, HNLP and Ericksonian Hypnosis for Hypnotherapy Practitioners
- The Transpersonal Coaching Handbook
- The ASE Facilitator Training Manual
- The Open Awareness Handbook

Some review questions may require research or the consultation of additional sources of information. You are welcome to look online (Google Scholar is a useful resource for this purpose).

Please answer each question as completely and as succinctly as possible.

Submit your answers to all of the following questions in one document.

1. What is transpersonal hypnotherapy and how does it compare to, as well as vary from traditional (or other styles of) hypnotherapy?
2. What is the value of rapport in hypnotherapy?
3. What is the role of Open Awareness in establishing rapport with the client?
4. What is the value of Open Awareness with regards to holding the liminal space for the client's process in hypnotherapy?
5. What are ideomotor responses? How are they important in hypnotherapy?
6. What are the differences between the conscious and unconscious minds and what is the scope of each?
7. What is suggestion? What is posthypnotic suggestion?

8. What are the factors which influence the acceptance of suggestion?
9. List three suggestibility tests.
10. List and describe three induction techniques.
11. What are the general behavioural manifestations of trance development?
12. The following are some common concerns about hypnosis. Explain what you would say to a client who reported these concerns.
  - a. I will lose control.
  - b. I can't be hypnotized. Only certain people can be hypnotized.
  - c. Will I remember anything after being in hypnosis?
  - d. Can someone hypnotize me against my will?
  - e. What if I don't come out of trance?
13. Define the following hypnotic phenomena. List two naturally occurring examples of each. How is each useful in therapy?
  - a. Catalepsy
  - b. Analgesia
  - c. Anesthesia
  - d. Hypermnesia
  - e. Amnesia
  - f. Positive Hallucination
  - g. Negative Hallucination
  - h. Dissociation
  - i. Age Regression
  - j. Revivification
  - k. Time Distortion
14. What are transpersonal phenomena and how might they be similar or different from some of the hypnotic phenomena listed above?

15. Write up to a page outlining the characteristic differences between psychosis and a spiritual crisis (sometimes referred to as “spiritual emergency”). Include a brief description of one or more ways in which a transpersonal hypnotherapy practitioner can help clients through a spiritual crisis.

*For content on spiritual emergency, search the internet for work in this area by Stanislav Grof (e.g. see article on p 65 of the [Transpersonal Coaching Handbook](#), David Lukoff (e.g. his [Visionary Spiritual Experiences](#) article) and other scholars.*

16. In what general circumstances is hypnosis contraindicated?

17. What precautions should you take if a client presents a physical or pathological problem for hypnotherapy?

18. What are the legal ramifications of using hypnosis to refresh memories for forensic purposes? How will you advise a client who requests hypnosis to retrieve memories related to abuse, assault, or other legal matters?