

**HYPNO  
TO GO  
No. 6**

Hypnosis-to-Go Web Tutorial  
by Deborah Marshall-Warren

*Whole-Being Hypnotherapy*  
[www.marshall-warren.com](http://www.marshall-warren.com)

### Introduction to the *Hypnosis To Go* series

As a hypnotherapist, you are already invested in one of the most powerful of contemporary life-changing therapies today – one that continues to be championed in response to a revolution in complementary health, and wellness. Hypnotherapy is increasingly chosen by professionals who wish to participate in a therapeutic approach that is positive, constructive and moreover, specific to their outcomes. These notes have been written by a professional, for professionals who wish to deliver therapy of high standards of excellence to their clients.

These notes are written by London hypnotherapist Deborah Marshall-Warren, to present guidelines along the critical path to developing a professional and successful hypnotherapy practice. They are an offshoot of Deborah's hypnotherapy training courses.

Deborah felt that it was important to create something more than just a 'Yellow Pages' for hypnotherapists seeking to expand their hypnosis training; something that offers more than mere listings. The intention is to give you an inspiring mix of thought-provoking advice and editorial comment to help you realise your aspirations for your

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## **Advanced training – the next step!**



### **Wake up in Malta – the home of early hypnotherapy, the hypogeum sleeping chambers, and the spiral**

Absorb yourself for five days in the mystery of hypnosis. Was the art of self-hypnosis known to the inhabitants of the sleeping chambers of Malta 3500BC? Discover the mystery of the hypogeum, and join in the learning of a therapeutic 'dance'.

- An outstanding training opportunity for £995.00 per person.
- The investment includes a guided visit to the Hypogeum, to see the sleeping chambers, plus all course materials and scripts, and refreshments.
- Flights and accommodation are not included, though accommodation recommendations will be made.



- An outstanding training environment.
- An outstanding quality of training.

Join international hypnotherapy consultant, accredited trainer, and author, Deborah Marshall-Warren, for a five-day intensive in Malta, and wake up to even more personal, professional, and financial success.

“Deborah, do you think I could be hypnotised?” an Italian friend once asked me. Then, before I could answer, she continued, “I’m afraid of hypnosis but I don’t know why”. Responses like Luigia’s have motivated a mission on my part, to communicate the truth about hypnotherapy, and to put forward a clear and constructive message about the power of interactive hypnotherapy as a means of overcoming psychological challenges and enhancing lives. People who consider embarking on a course of hypnotherapy tend to make a lot of inquiries, and to talk to a lot of people, before choosing to follow through with this surprisingly enjoyable experience.

I often say to my clients that, as a therapist, I am a facilitator – a cheerleader, a partner in their dance – a player on their team. I sense the drivers in them that I need to activate along the journey, and I co-create the choreography as the session progresses. But it is the client who creates the music, and the song. It is the client’s wisdom that provides the content. It is their words that heal. It is the wisdom that is within their inner selves that affords them the clarity and the understanding. Remember always, the client is the composer and the arranger of his or her life’s song and dance. Interactive hypnotherapy positions the client to be in a state of relaxation to take hold of the creative reins.

What I have aimed to do is to create a repertoire of steps and have worked to make them available to practising therapists for them to make their own. For the most part I worked intuitively with my clients, but I was also aware that the intuitions increasingly formed a pattern. Those patterns were revealing a consistent way of interacting with clients irrespective of the clients’ presenting problem. The patterns regularly and consistently led to a successful outcome. It took some time for me to realise that the intuitive steps were regularly occurring steps. I began to track them. In tracking them I refined them, and those refinements continue.



I often get asked by potential clients, “Does it work?” My response is always, “There wouldn’t be much job satisfaction for me if it didn’t.” Quality is of primary concern for the profession, both quality of practitioner and of procedure and process. The way that the profession moves towards quality is to define a set of processes and procedures and to encourage their implementation everywhere. With hypnotherapeutic work that may be difficult, because individual therapists with their own special personalities and flair will make new creations and new ways of working. For those practitioners who are considering interactive hypnotherapy please do bear in mind that what is taught is *one way*, and that with your particular expertise and personality, you will expand and develop in entirely different ways. Tried and tested, a thousand and more times – these techniques do work.

The adage that there’s nothing new under the sun is particularly pertinent at this point. At least, *there is very little new under the sun*. Whole-Being Interactive Hypnotherapy has evolved over eleven years of professional work. Whole-Being Interactive Hypnotherapy respects and embraces the wisdom within, and our individual ability to come forward with our own suggestions for change – suggestions that can enable and ennoble our lives. The creation of an ‘inner team’, and the notion of ‘building an inner team’ – to facilitate continuing inner ‘life coaching’ outside the session – have themselves evolved, and grown from a grounding of firm foundations.

I have found that with the majority of client cases, interactive hypnotherapy effects its changes successfully and permanently, within just three to five sessions, the average treatment taking three sessions.

Yes, some sessions do require more negotiation, more persuasion, and more choreography than others. Fresh steps do evolve with practice. By listening to, and trusting, your intuition you may introduce other steps and design your dance of life in a different way. Different steps do take you and your client to where they want to be. The interactive, and therapeutic, ‘dance’ between both client and therapist is always in motion.

The process is built up of sentences that explore the feelings and experiences ‘between the lines’. Sentences that prompt. Sentences that encourage. Sentences that negotiate. Sentences that guide and sentences that lead.



Sentences that inspire. Sentences that get repeated again and again. Sentences that celebrate. The therapist must let the client's vocabulary lead the dance of sentences.

Regardless of whether you are seeking information about hypnotherapy for yourself (perhaps with respect to training), or on behalf of a client whom hypnotherapy may help, a basic understanding of interactive hypnotherapy is of importance to understanding the process of changing the mind for the better.

Increasingly clients come to interactive hypnotherapy who are actively participating in other therapeutic paths. They may be attending psychotherapy or counselling sessions. They may be involved in Cognitive Behavioural Therapy. Interactive hypnotherapy can help fast-track the process, and therefore clients participate in a series of sessions of interactive hypnotherapy alongside their regular sessions.

A session of interactive hypnotherapy can help a client to go directly to the track on their 'inner CD'. They can thus gain more immediate access to the memory of event when a feeling or a pattern of behaviour first took up residence within the inner mind.

Such clarity and understanding can bring immediate feelings of 'lightening', 'enlightenment' and freedom. Such illumination can bring a clearing, and a clarity that can be discussed in more detail in a psychotherapy session at a later date. This is not essential, but such material offers a springboard from which to move forward.

Interactive hypnotherapy is a complementary player in the psychotherapeutic arena and one that can effectively illumine, empower, and liberate in a relatively short period of time. Come and join the dance.

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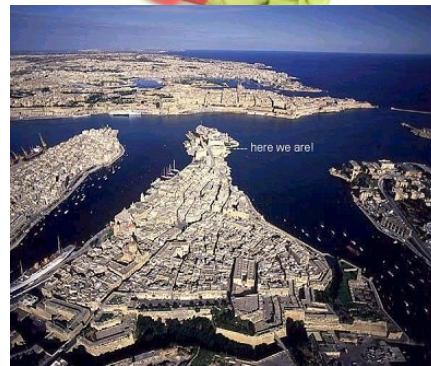
## Other Whole-Being resources

**To order, please go to the web site:  
[www.marshall-warren.com](http://www.marshall-warren.com)**

**Inner-Team Building and Regression** practitioners' training with Deborah Marshall-Warren is the next step in upgrading your hypnotherapeutic skills – from direct suggestion to the more effective technique of interactive hypnotherapy, which harnesses the full 'bandwidth' of hypnosis as a therapeutic modality.



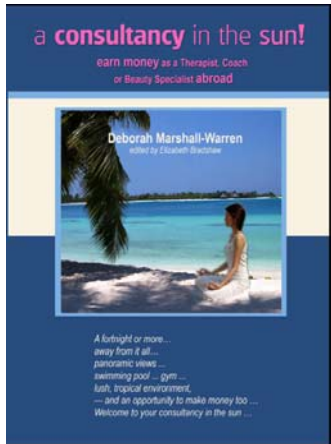
**5-day practitioner training** with Deborah Marshall-Warren on the Mediterranean island of Malta. The prerequisites for this training are a first-level understanding of therapeutic hypnosis and hypnotherapy. This opportunity offers CPD (Continuing Personal Development) acknowledgement, and an opportunity to work under accredited supervision within the Hypnotherapy Society (UK). The course promises the present of presence, with small group tuition assured. The fee includes comprehensive course resources, and light refreshments throughout the day.



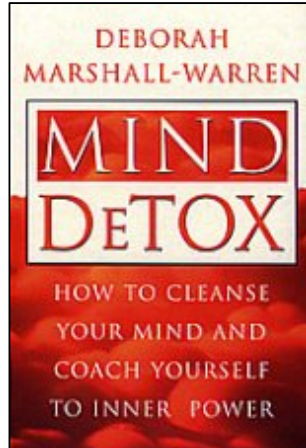
Lunch may be enjoyed along the waterfront very close by. Dinner is included on the final night. Accommodation can be offered to 4 delegates (two sharing ensuite) for an extra £115.00 for 7 nights. Other options can be advised.

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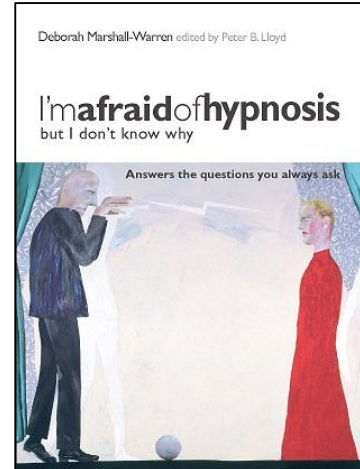
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**A Consultancy in the Sun!**  
book by Deborah Marshall-Warren – all you need to know, and all the inspiration you need to work as a therapist in the exotic global village.



**Mind Detox**  
book & audiotape by Deborah Marshall-Warren. The classic original, introducing Deborah's distinctive style of hypnotherapy.



**I'm Afraid of Hypnosis - But I Don't Know Why**  
book by Deborah Marshall-Warren. A penetrating and thoughtful study of hypnosis, both in therapy and in the wider world.



### Three exotic relaxation and therapeutic CDs

Written and recorded by Deborah Marshall-Warren. As a visiting hypnotherapist at the world-class spa Chiva-Som International Health Resort, Deborah Marshall-Warren recorded three amazing CDs, which capture beautifully the sense of serenity and exquisite beauty of Thailand. She harnesses these exotic qualities in three expertly crafted self-hypnosis CDs

- CD 1: Food Choices for Health
- CD 2: Health and Well-Being for Life,
- CD 3: An End to Smoking!