

Applications of Hypnotherapy Answer Key

1. Which techniques can be used to change an unwanted behavior like nail biting or an upsetting memory?
 - A. Disassociation
 - B. Threshold
 - C. Visualization
 - D. Swish Pattern
 - E. All of the above**

2. When people think about their timeline:
 - A. The future is in front of them and the past is at their backs
 - B. The future goes to the right and the past to the left
 - C. The future goes up and the past goes down
 - D. All the above and any other way a person conceives their timeline.**

3. When performing the Swish Pattern Paul demonstrated his way to set up the new picture and triggering picture locations, which of these variations is the most effective way?
 - A. The new picture is placed on the lower left-hand corner of the current triggering picture.
 - B. The new picture is placed on the lower right-hand corner of the current triggering picture.
 - C. The new picture is placed in the upper left-hand corner of the current triggering picture.
 - D. The new picture is placed in the upper right-hand corner of the current triggering picture.
 - E. All the above if they work.**

4. When using a timeline to plan your future, what should you avoid?
 - A. Making the pictures big
 - B. Putting yourself in the pictures
 - C. Planning every detail
 - D. Making the picture unappealing or staying in a comfort zone**

5. "It interrupts a pattern, creates a collapse anchor, and changes the biological landscape of the brain chemistry." This description refers to:

- A. Pattern Interrupt
- B. Havening
- C. Swish Pattern
- D. None of the above
- E. All of the above**

6. It is common that when a client works on one challenge, as it gets fixed, other issues automatically correct in the process.

- A. True
- B. False
- C. Sometimes and it's more likely to happen when you Future Pace**

7. When goal setting what do you do about any obstacles between them and their goal?

- A. Work without goal-setting
- B. Focus mainly on the obstacles
- C. Choose a different goal.
- D. Check to see if the goals are ecologically sound and explore if the person has the resources to deal with the obstacles.**

8. Deep Trance Phenomena only ever happens when:

- A. The person is deeply relaxed
- B. During a hypnotherapy session
- C. Every day all day everyone experiences deep trance phenomena.**
- D. Guided by a highly trained Hypnotherapists

9. When we forget to do something, this is a deep trance phenomena called:

- A. Anesthesia
- B. Amnesia**
- C. Post-Hypnotic Suggestion
- D. Negative Hallucination

10. When you are hanging out with friends and suddenly you realize a long time passed without you noticing it, this deep trance phenomena is called:

- A. Negative Hallucination
- B. Positive Hallucination
- C. Time Distortion**
- D. Post-Hypnotic Suggestion

11. Deep trance phenomena like amnesia, anesthesia, negative hallucination, and positive hallucination, etc. can only be elicited through hypnosis:

- A. True
- B. False**

12. In a practice or lab session setting up a context and time limit for the trance phenomena to be experienced are key elements when inducing:

- A. Anesthesia
- B. Positive hallucination
- C. Time distortion
- D. All of the above**
- E. None of the above

13. Great resources to use whilst you positively hallucinate your goal is / are?

- A. Disassociation so you can plan by being detached.
- B. Timelines so you can test different time scales.
- C. Threshold so you can see if there is resistance.
- D. None of the above
- E. All of the above**

14. It is not possible to do self-hypnosis when in a stressed state of mind.

- A. True
- B. False**

15. Your brain's ability to remember and record everything you have ever experienced is a quality that is the cause of the following hypnotic phenomena:

- A. Amnesia
- B. Negative Hallucination**
- C. Time Distortion
- D. Deep Trance Identification

16. Visualizing implies that you see things in your head as real as reality

- A. True
- B. False**

17. Deep trance identification is a good resource for:

- A. Seeing the world through a different perspective than your own
- B. Gaining insights and knowledge
- C. Acquiring and testing out new behaviors
- D. All of the above**
- E. None of the above

18. If the brain goes through an experience of overwhelm and the natural biological survival mechanism kicks in this is called

- A. Deep trance identification
- B. Threshold**
- C. Goal Setting Through Timelines
- D. Havening

19. The following are recommended techniques to treat insomnia

- A. The Theater of The Mind, Image Streaming, Self-hypnosis
- B. Practice having a quiet mind, New Behavior Generator, Self Hypnosis
- C. Goal Setting using Timelines, Self-hypnosis, Image Streaming
- D. All of the above**

20. The weight loss approach trained in this program is:

- A. Counting calories
- B. Keto
- C. Fasting
- D. Helping people change their relationship with food**