



The Patient Whisperers

The Stethoscope Relaxation Induction™

1. Invoke a memory. Use visual stimuli.

“You remember a time when you went to a doctors office, a hospital, or any medical facility, and the doctor or the nurse listened to your lungs, right?” *(show client the stethoscope)*

2. Invoke an emotion and feeling.

“You remember how that felt , right? Well, I want you to remember what that was like and in a moment we are going to do that again...”

3. Invoke a sensation. Use Kinesthetic stimuli. Use anchoring.

Is it OK with you if I place my hand on your shoulder like this? *(Place one hand on the near shoulder and the head of the stethoscope on position 1. During each breath, you will tap the shoulder rhythmically to mimic a heartbeat continually thereby anchoring it into this state of relaxation)* “ Normally, they would place the stethoscope here and ask you to take a nice

deep relaxing breath in through your nose, hold it...and let it out slowly through your mouth. That's right, good... Now close your eyes, and do it again. *(change to position 2)* In through the nose, hold it, and out through the mouth slowly. that's right, and as you breathe out, allow your head to come forward...that's right, allow it to come forward and as it comes forward, allow yourself to go straight down into a wonderful state of relaxation. That's right. *(change to position 5)* Again, deep breath in through the nose, hold it, and out slowly relaxing deeper and deeper... just focus now as your head goes down further and further and gets heavier and heavier, you can go down deeper and deeper... *(change to position 6)* breathe in.....hold.....breathe out and just let it all go down, deeper and deeper... *(put aside stethoscope and put other hand on back of the neck and gently sway client side to side while continuing to tap out a heartbeat rhythm on the shoulder)* breathe and go deeper.... that's right, notice how relaxed you are....breathe and go deeper...

4. Gentle fractionation. Re-emerge the client. Invoke anchor to induce.

And on the count of three you will open your eyes. One, getting ready to come back into the room. Two, take a nice big deep breath in. Three, open your eyes feeling absolutely wonderful and notice how relaxed you are. That's great.... now *(start tapping on the shoulder again)* I want you to breathe and relax, breathe and relax, that's right, breathe.....and....relax...going deeper and deeper into that wonderful relaxing state you enjoyed a moment ago...

5. Suggestions and trance work.

(Insert whatever your client needs here...)

6. Re-emerge client.

And on the count of three you will open your eyes. One, getting ready to come back into the room. Two, take a nice big deep breath in. Three, open your eyes feeling absolutely wonderful and notice how relaxed you are. That's right....

