Alert Hypnosis to Improve Performance and Learning

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FIVE SKILLS of ALERT SELF-HYPNOSIS
This exercise will get you ready to do alert hypnosis. Go through the process one step at a time, fully focusing your attention. Then you can put all the steps together, and go into alert hypnosis.

WARM UP STEP 1
Take a deep gentle breath, fill your lungs, and hold for a count of 1, 2, 3, 4. Then slowly relax as you breathe out, for a count of 1, 2, 3, 4, 5, 6, 7, 8.

Did you notice how your shoulders moved as they slowly drift up, then back and down? Take 3 regular breaths.

WARM UP STEP 2
Put your feet flat on the floor. Lightly, gently push down on the floor so you slightly tense your feet, ankles, calves and thighs. Take another deep gentle inhalation, and hold for a count of 1 to 4. Then slowly relax your body as you exhale for a count of 1 to 8.

Did you notice your body’s slight upward lift, as if you were pushing yourself up, when you pushed down on the floor? Did you notice the calm heaviness as you settle back into your chair? Take three regular breaths.

WARM UP STEP 3
Gently tighten every muscle in your body, from toes up to your forehead. Take another gentle inhalation and hold for a count of four. Notice the tension all through your body. Then slowly relax your whole body as you exhale for a count of eight.

Did you notice the way your whole body shifted up and down, tensing and relaxing, rising and falling, and your attention shifted from outside to inside as you did the warm up? Take 3 regular breathes.

This is the end of the warm-up exercise.

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**Depth of Alert Focus Scale**

<table>
<thead>
<tr>
<th>Value</th>
<th>Description</th>
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<tbody>
<tr>
<td>0</td>
<td>Widely focused as you usually are.</td>
</tr>
<tr>
<td>1</td>
<td>Slightly more focused than usual</td>
</tr>
<tr>
<td>2</td>
<td>Rather lightly focused</td>
</tr>
<tr>
<td>3</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Strongly and deeply focused</td>
</tr>
<tr>
<td>6</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Very focused</td>
</tr>
<tr>
<td>9</td>
<td>Very, very focused</td>
</tr>
<tr>
<td>10</td>
<td>Nothing outside your point of focus.</td>
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Inducing Alert Hypnosis
The LEVER Induction v3
David M. Wark, Ph.D.

Now you will learn a practical alert hypnotic technique so you can quickly bring yourself to focused mental attention. At the same time, you will let your body become relaxed and efficiently calm. The technique is called the LEVER, to remind you to lift your mind to a state of sharp focus and hold it while you relax your body. Then you LEVER up your mental focus a bit higher, and again relax your body. Then a third time you raise your mental focus, and relax your body.

1. Sit with you spine straight up, dignified, comfortable in your chair. Touch your feet flat on the floor. Choose a spot about eye level to focus on, and look at it alertly. As you take a deep breath, listen to the air flow into your lungs. Extend your head and neck up toward the sky as you sit straight up in your chair. Focus your attention on the spot. While you keep focusing your attention on the spot, hear the air flow out as you exhale, and relax.

2. Increase your attention on the spot and take another deep breath while focusing on the spot. Push gently down on the floor as you tense all the muscles below your waist; your hips and thighs and calves and feet. Raise your focus and attention on the spot. Holding that focus, slowly relax your lower body as you exhale.

3. Again increase the attention even more on the spot and take a third deep breath. Tense the whole body, and even more alertly observe that spot. Exhale and relax the whole body, while keep attention on the spot. Remain in that alert but relaxed condition, breath naturally and calmly.

Notice that the mind is alert and focused on the target and the whole body is relaxed.

When you are ready, give yourself your suggestion that each time you do a LEVER it will be easier and more enjoyable.
Teaching Students or Clients to Do Alert Self Hypnosis

David M. Wark, Ph.D., ABPH

Teach preparation for training, Warm Up, prior to the induction
Practice tensing and relaxing upper body. Note rise and fall of chest and shoulders.
Practice tensing and relaxing below the waist. Note pushing up and falling.
Practice tensing and relaxing whole body again. Note rise and fall of body.

Teacher models LEVER process, talking out loud and moving, so student/client can hear and see
I inhale while lifting my head and shoulders toward ceiling to straighten back.
I focus alertly on spot, while letting my body relax, keeping spine straight.
I push down on floor to tense my lower body, and increase my visual focus.
I keep my focus on spot while relaxing lower body.
I increase my focus on spot, and tense whole body.
I keep my visual focus on spot, and relax whole body.
I blink my eyes and come out of alert hypnosis.
Teacher process what students observed, and fills in any missing parts.

Teaching Exercise #1  Induction and visual perception change
Teacher gets informed consent to use HYPNOSIS.
Teacher picks target # 1, with several differently colored points of focus.
Teacher coaches 3 breathe LEVER induction, pacing on the student’s exhalation.
Teacher suggests noticing any changes in color, shape, or movement by parts of target.
Teacher leads client out of alert hypnosis.
Process the experience of visual change, probing for disappearance of any elements.
“Wouldn’t it be nice to focus that well when you …”

Teaching Exercise #2  Induction and deepening of alert hypnosis
Teacher explains the Depth of Alert Focus Scale.
Teacher picks target #2, with a clear central point of focus.
Teacher coaches LEVER induction, pacing on the student’s exhalation.
Teacher suggests the client deepen focus even more, to move attention into the target.
Teacher asks student to check depth scale, and come out of alert hypnosis.
Process the experience of depth, probing for difference from first induction.
Process and label a Recall Cue to be use in future inductions.
“Wouldn’t it be nice if you could go deeper into focus whenever…”

Teaching Exercise #3  Induction and a feeling of calmness.
Teacher picks target #3, a realistic picture, probably natural setting.
Teacher coaches LEVER and deepening, pacing on exhalation.
Teacher asks client to check depth, and to deepen own hypnosis slightly.
Teacher suggests noticing sense of calmness occasioned by target.
Teacher asks client to come out of alert hypnosis.
Process any feelings, probing for vividness and reality
“Wouldn’t it be nice to have a sense of calmness whenever you…"
References in Alert Hypnosis


