

Hypnosis 101

JohnBear

FRIES Model

- **Freely given**
- **Reversible**
- **Informed**
- **Enthusiastic**
- **Specific**

A Basic Trance

- **Consent**
- **Eyes closed on odd numbers. Open on even numbers.**
- **Watch subject's eyes for flickering, glazing.**
- **Say “sleep”.**
- **Don't let them fall out of chair.**
- **Count them up. “1, 2, 3, 4, 5, Wide awake!”**
- **Aftercare**

Resources

- **Mind Play and The Mind Play Study Guide by Mark Wiseman**
- **Field Guide to Consent**
askingforwhatyouwant.com
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