

## Transition into a Hypnotic Experience "Building Imagination Skills" Transcript

Today we've been talking about your new medical diagnosis...some of your fears and concerns...as well as your convictions...how you would like to be able to *really be present for your daughter* during your times of treatment...and be able to *shift your mood* if you get stuck from discomfort or side effects so that you can really experience the best of what your life has to offer. Now, you also mentioned how much you enjoy reading...and whether it's reading a child's book with your daughter together or delving into one of your fantasy novels...how you can really get to a spot where you escape to a pleasant world together or alone. I was thinking we could take a little while to *build some of your imagination skills* in a way that could help you through these next months.

Would that be okay with you if we took some of our time to practice using your imagination in a way that could help you and your daughter? What I was thinking we could do is take a few minutes and even make a recording of it where I can talk about some different things that I think might be interesting for you, almost like reading a book and you listening, and you can close your eyes or not, and we'll, just for a few moments, practice building your imagination skills.

I might ask you to do something like nod your head or to have a little bit of conversation and your eyes could still be closed just to help to guide the experience. Does that sound okay with you?

Okay. I can see that you're already settling in, so you have a hunch about how to arrange your body in a way that enhances your comfort. That's right. Using a breath and a stretch to settle in. You were talking about a book that you've read recently...