

# trancesolutions

## audio programs

### Trancesolutions audio programs and how to use them :

Audio programs are an integral part of therapy for change. These have the effect of a session of hypnotherapy, and if you have visited the clinic, will reinforce whatever has been achieved.

If using the CDs or tapes as part of a home program of change, it is very important that you use them correctly to achieve the most effective results. If you have specific instructions follow these, otherwise -

- ▶ Treat using the CDs as if you were coming to the clinic. In other words "make an appointment with yourself" to use the CDs. It can be beneficial to use them at the same time each day.
- ▶ Follow these instructions, close your eyes and imagine that you are having an appointment with "your hypnotherapist".
- ▶ Find a place where you will be comfortable and undisturbed for about 30 minutes. This is approximately the duration of most Trancesolutions self-hypnosis audio programs. If you have more than one audio program, alternate them using a different program daily for about 3 weeks, then use as needed. If one particular program seems to have more appeal, use this one more often.
- ▶ Lie or sit and allow yourself to relax allowing the words to "wash" over you. You do not have to pay particular attention to the words as you will process these automatically at a sub-conscious level.
- ▶ Don't worry if "stray thoughts" go through your mind or even if you find your mind wandering. This is quite normal. During hypnosis, your body is relaxed, but your mind is in a state of heightened awareness.
- ▶ It does not make any difference how much "conscious" awareness you pay to the words. There is nothing that you have to do at all.
- ▶ Unless otherwise instructed by your therapist, use the program every day for a week after your session, then as needed after this time.
- ▶ **Never use the CD or tape when you need to be fully aware or when you are in a vehicle.**

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