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First-Time Hypnosis Introductions

1. Builds Trust

Providing clear instructions and helpful guidance enhances trust. Your clients will know that you care about their comfort and well-being. Walking them through expectations shows that you understand that hypnosis can feel vulnerable for first-time clients. An open dialogue helps establish a rapport. With rapport comes trust. Clients begin to see you as a fellow human being rather than just a wellness provider.



2. Decreases Anxiety

When your clients know what to expect, they feel less nervous and uncertain. Many people know very little about hypnosis, what it can do, and how it works. All of these unknowns can make it feel mysterious or even dangerous. When you take the time to explain what hypnosis is and what they will experience in their first session, you remove that sense of mystery. You also reduce some of your new clients' anxiety.

3. Boosts Effectiveness

Nervous, worried clients are likely to struggle with hypnosis. They may be unable to relax, hesitant to commit to the process, or occupied with their fears and concerns. No matter how great your hypnosis training or how effective your hypnotherapy scripts are, clients in an agitated mental state may have difficulties. Prepared, comfortable clients are more likely to see success. Your pre-session guidance will increase your sessions' effectiveness.

