

3. Recreational Hypnosis: Safety & Trust Issues



- 1) Stick with negotiated agreements. Get consent.
- 2) Build negotiated agreements into hypnosis script.
- 3) Until or unless you are an experienced hypnotist, use a hypnosis script, including all of the main elements of the session and scene.
- 4) Do a few sessions which are not sexual in nature first, to build trust and confidence (your own and your partner's).
- 5) Be aware of "triggers" from sex abuse history. Strongly reconsider using erotic hypnosis in this case.
- 6) Other contraindications: if undergoing psychiatric treatment or taking psycho active meds (such as anti-depressants); if relationship is in trouble - level of trust may not be enough; during times of major upheaval and change.
- 7) Ask about phobias or other dislikes. Avoid these.
- 8) Have a plan for abreactions: use EFT - Emotional Freedom Technique (www.EFTuniverse.com or www.tapping.com); a scripted response for calming, helping; or breathing patterns.
- 9) Decide on safe words; ideomotor response (gesture, hand signal);
- 10) Unless you well trained and super experienced in bondage and all safety issues, etc. - don't mix hypnosis and real-life bondage. Use imaginary, "hypnotic" ropes instead.
- 11) Don't breach trust by including suggestions to "change" partner. Always use positive language, encouragement. Stay attentive and focused.