

## Terms and Conditions for the Purchase of and Advice on the Use of Lynda's Hypnotherapy Scripts

These scripts are written by **Lynda Hudson**, Clinical Hypnotherapist who is also a trainer of Clinical Hypnosis and acclaimed author of ***Scripts and Strategies in Hypnotherapy with Children*** and ***More Scripts and Strategies in Hypnotherapy*** (with adults). They have been written with different age groups in mind so check the age group before purchasing it. Age groups given are approximate so don't forget that chronological age may not always equal emotional maturity. They are designed to be used by professional hypnotherapists and for use in professional practice. As some therapists may not yet have a great deal of experience some notes of advice or explanation have been added in the margins.

Lynda works with both adults and children but is possibly best known for her pioneering work and training courses in using hypnotherapy with children. **Peter Mabbutt** of the **London College of Clinical Hypnosis** describes her as '*the acknowledged expert on the use of hypnotherapy for children*'

Lynda is a passionate believer in the use of embedded suggestions / commands and you will find liberal use of these throughout her scripts. These are shown ***in bold coloured italics***. When you are using the script please give these phrases added emphasis to increase their effectiveness but keep it subtle ... (don't overdo it!) ... since the suggestion element is designed, at least in part, to bypass conscious awareness.

Words or phrases that would benefit from subtle emphasis to illustrate meaning are shown like **this**

Pauses are shown like this ... and the greater the number of ... .. symbols, the longer the pause. Pauses are important to let the significance of the phrase 'sink in' between phrases and are also used in lieu of normal punctuation since the scripts are intended to be delivered rather like a stream of consciousness with one idea flowing into the next

The use of the word **un**conscious may be replaced with **sub**conscious if you prefer. Lynda tends to use them interchangeably in these scripts but some therapists like to draw a distinction between the two

The scripts are not intended to be read out word for word. They are meant as a framework so please adapt them to the client / patient in front of you. Please be sure to read the script and explanatory notes before you use it since there may be advice concerning delivery of particular words or phrases

## **Copyright issues**

No part of this publication may be stored in a retrieval system, transmitted, recorded or reproduced in any way, including (but not limited to) digital copying and printing without the prior agreement and written permission of the author. You may not claim them to be your own work. You may not make or sell copies of the scripts or recordings. The author has asserted her moral rights to the content of all the scripts. **Contact:**  
info@firstwayforward.com