

THE SIMPSON PROTOCOL

Holistic Hypnosis

**Working in deep states for
Optimum Outcomes??**

The Simpson Protocol Created by

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Simpson Protocol?

Ines Simpson says: *Hypnosis isn't the 'thing' – it's the thing that gets you to the 'thing' – and that thing is the Client's Other, Higher Mind and its connections to the energies around us.*

The Simpson Protocol is a complete Integrated holistic approach to hypnosis.

It works Through Deep States – such as Profound Somnambulism, Esdaile and Sichort – to reach all levels and parts of the Clients psyche to achieve its lasting and profound outcomes

It also simplifies the entire Hypnosis process both for the Practitioner and the Client

No scripts needed. The client is always the script and leads the process.

As Stin-Niels Musche said when he first saw Ines Simpson demonstrate Simpson Protocol at the NGH in Boston – This is what I imagined Hypnosis was all about before I was told it wasn't possible”

(However he said it in German – it sounds better in German)

The Simpson Protocol is in constant change as it absorbs more and more of the input from its Practitioners.

Sort of like open source software that has a rock solid kernel core that can be used for any application

SP is a Holistic system, an inclusive approach to Hypnosis.

A lot of things claim to be holistic of course – but what I mean here is that SP Hypnosis takes into account and changes not just the ‘issue’ – the client’s ‘complaint’ but everything that surrounds and supports that complaint, PLUS instills in the client a deep solid foundation, checks for any other side issues, or supporting issues, secondary gain issues, – and clears them.

SP will also connect the client strongly to him or herself and give them the inner strength to have a fighting chance to avoid the intake of any further issue or issues.

Now we are humans and once one issue and its support are dealt with there is always another issue that is lurking, or another habit we engage in. But once the initial session or sessions (maybe up to 3 – usually 1 to 2) are over the typically I will not see that client again for 6 to 9 months – and never with the same issue.

Does this make SP sound ‘magic’ too good to be good to be true. Probably – but let’s consider the process.

SP connects with the higher Superconscious mind of the client and allows it to do all the work of ‘healing’ (in the largest possible sense of the word).

This higher mind or what I call (because we need a word) the Superconscious is apparently that part of our minds that seems connected (the collective unconscious?) to all wisdom and knowledge.

This is not form, a faith or weird airy fairy wishful thinking thing.

I say this from experiments experiences and case studies This part of the mind appears to be able to have the power to adjust and fix whatever is the most needed by that particular client – whether they (or I the hypnotist) know it or not. It has nothing to with the hypnotists or the client's conscious needs. It seems to be the pure work of the mind – through the physical.

And we are able to reach that 'higher ' part of the mind by using 'deep' levels of hypnosis – what is called the Esdaile state (though it doesn't matter what name you use as the state is testable) – and from there accessing multiple 'levels' of the mind or whatever it is that facilitates optimum change for the client.

(Words like 'deep' 'higher mind' 'mind levels' etc. are just word, code words used to allow the hypnotist to function in these areas. Everything, in fact, seems capable of being done by mere intent).

"Ines, thank you so much for your caring and intuitive connection with us as students. I will use this wonderful addition to the tools I already have as a hypnotherapist and in our course Ray and I teach. This brings a whole new Dimension to the ability to guide clients into healing and self-empowerment. Thank you again!"

– Joni Wilay-Zukowski

Simpson Protocol- the Bullet Points?

The Simpson Protocol (S.P.) is infinitely flexible, and infinitely variable - allowing the Hypnotist to deal with any issue or trauma simply and efficiently - producing great outcomes for the client.

- Simpson Protocol is not about solving or 'fixing' one issue. Its about going through all the issues necessary to achieve the OUTCOME the Client desires.
- S.P. takes the Hypnotist's Judgement out of the process - the whole session is led by the clients 'Superconscious'
- The Hypnotist has no need to be aware of the 'issue' in S.P. The outcome can be achieved without the Hypnotist having any knowledge of the particular problem.
- As it is the Client's 'Superconscious' that leads the session, any type of issue, trauma or event can be treated.

A simple, flexible, system that uses 'deep' states of Hypnosis (Esdaile and beyond) to access and neutralize the deepest traumas to produce huge positive outcomes simply and quickly.

- The essence and secret to a successful Simpson Protocol Session? When stuck or in doubt never be afraid to ask one more question of the Superconscious Mind – as long as you always accept the answer unconditionally.

Open Source Hypnosis?

Simpson Protocol Hypnosis as a system could almost be considered an ‘open source’ system that allows for so much experimentation and expansion – without this changing its core values of being Holistic and Inclusive

But perhaps most of all the reason Simpson Protocol Hypnosis is so successful and complete as a system is because of all the things it brings together from the world of Modern Hypnosis.

To begin with it combines the best aspects of the practices of **Dave Elman** and **Milton Erickson**

(Note you don’t need to be a genius like Erickson or a Showman like Elman to make it work – another bonus)

Milton Erickson

“Just as it’s possible to talk about hypnosis before and after James Braid, so it’s possible to talk about hypnosis before and after Erickson. His influence is

enormous. In a very real sense, he remade hypnosis in his own image.”

“ Above all, his interest was in the therapeutic value of hypnosis, and to this end, he adopted a unique approach. So unique, in fact, that it could be said that true Ericksonian therapy died with Erickson.”

<http://www.historyofhypnosis.org/>

Erickson believed in allowing the client maximum freedom to interpret what is being said in their own way – for example, “you may begin to find new ways of feeling at ease at parties”, instead of “you are now more confident in talking to complete strangers at parties.”

Simpson Protocol, in the same way offers no judgment – The Client’s own Mind does the work.

In Simpson Protocol language is of vital importance – open language – no leading. Allow the Client’s Mind to find the optimum way for that client to resolve the issue

Erickson went to great lengths to see the world from the client’s point of view, helping them reach their own goals and solutions, rather than imposing his own idea of happiness on them.

Simpson Protocol (SP) removes Judgement and guesswork from Hypnosis

All reality is the Client’s reality

The whole process from the Induction to the outcome is to empower the client and allow them to finally take charge of their own processes.

In fact, Simpson Protocol goes one step further – as the Hypnotists does not even need to know the issue they are working on. The Client's 'Higher' Mind always knows and if allowed will work through the issues or issues to get the Optimum outcome.

This takes pressure off the hypnotist and client- and they can just allow the process work

Dave Elman

An important figure in the development of practical hypnosis is Dave Elman (1900-1967), a vaudeville performer from North Dakota, often billed as “The World’s Youngest and Fastest Hypnotist”. Elman, who’d been fascinated by hypnosis since a very early age, adapted the rapid induction techniques used by stage hypnotists for therapeutic purposes, teaching them to doctors and physicians and eventually publishing a book, Hypnotherapy (1964), which is regarded as a classic in the field.

<http://www.historyofhypnosis.org/>

*The **Elman induction** achieves trance in minutes, sometimes seconds, freeing up the hypnotist to concentrate on therapeutic work. It also represents a move away from the more directive, “you are feeling*

sleepy” style of hypnosis, where subjects were basically told to go into trance by the authoritarian figure of the hypnotist.

Simpson Protocol allows the Hypnotist to step back and merely be a guide for the Client. Authoritarian Hypnotists need not apply.

Simpson Protocol is simple fast and is non directive.

Simpson Protocol uses the Elman induction – revised and updated – to allow the Client to find deep states of Hypnosis that work best for them for that session and that day. It also allows the Hypnotist to know exactly at what state or level the client has reached

The Elman Induction (if done correctly) is one of the few Inductions ever devised to have covert testing throughout so the Hypnotist without any overt testing knows where the client is in the process.

To know ‘where’ the Client is in the process allows the SP (Simpson Protocol) Practitioner to allow the client to attain Deep States of Hypnosis simply and quickly. That’s a main reason SP finds the Elman Induction so valuable.

James Esdaile

Of course also Elman was one of the first to have the Client attain the Esdaile state – on purpose ([James Esdaile](#) another Hypnosis pioneer)

SP was the first protocol to allow interaction at the Esdaile level – which had previously not thought to be possible.

This Level, named after James Esdaile, was used by James Esdaile in place of anesthetic (not at then readily available) It was a long process taking upwards of 10 days!!.

Elman go it down to a few minutes. And SP the same – but can use it on purpose in Pre and Post Op situations, Birthing etc.

In SP the Esdaile State is not a mystery or an incommunicado state. The Client if they so choose can do a whole session in Esdaile and be able to communicate with the Hypnotists and vice versa

Jerry Kein

[Jerry Kein](#) (Ines Simpson's Mentor) took Elman's training and Regression to Cause methods , improved and refined and expanded it – and was able to use the Induction to allow Students attain Esdaile and Sichort states ([Walter Sichort](#) – see Ultra-Depth)

Jerry Kein always encouraged his students to spend 10% of their time experimenting – to move Hypnosis constantly into new territory.

Ines Simpson took this to heart – and through experimentation and necessity of working in all aspects of a Client's issues – SP was gradually developed.

SP practitioners are encouraged to always experiment which is why SP is always in 'development'. Always moving forward. The Ultimate open source system of Hypnosis.

Because of this constant input from working with Client's and practitioner of all levels experimenting – it allows SP – to develop but to also simplify itself. To get maximum outcome from Optimum effort.

Fritz Perls

SP includes, Regression, Chair Therapy (as Jerry Kein used- though in SP it is much simplified and refined process) Forgiveness work and much more, and even takes a form of Gestalt therapy that was created by [Fritz Perls](#). Again simplified in SP and refined to always get the maximum outcome for the Client from Optimum Effort

Side note: Fritz Perls in 1969 left Esalen and started a Gestalt community at Lake Cowichan on Vancouver Island, Canada. – just down the road from where Ines Simpson would eventually set up her practice on Vancouver Island

Who is this for?

Well ask Ines Simpson who this is for and she will say - 'it's for me of course!'

The Protocol was developed, (emerged) over time as Ines Simpson experimented with the process of Hypnosis as a Tool for Change .She wanted to simplify the process to allow her to be more efficient. She wanted to develop a methodology that could take the Hypnotists straight to the heart of any issue, without the Hypnotists having to guess or over analyse. A method that would, in the end take the Hypnotists judgement and subjective opinions and history out of the process.

Over time she found a way to communicate with something she calls the Superconscious Mind - a higher mind certainly – but something that seems to be able to connect with any and all information needed, and has only the client's Higher needs as its guiding Principle. The subconscious may have the client's self-preservation as its main driving force, this Superconscious Mind seems only to want what is ultimate and best for the client.

And this Superconscious, allows the Hypnotist to become a guide and facilitator - allowing the Client's own Mind to achieve the optimum result.

Using this form of communication, the Hypnotist never has to guess, or in most case even know what the issue is – merely to guide the client and connect the client

with his or her own Superconscious and allow the clients own mind to do all the work.

So the Protocol became a method that both simplified and expanded the reach of hypnosis for the Hypnotist Practitioner.

A way for the Hypnotist to always be sure they are dealing with the correct issue at the correct time, and to know that the process, guided by the client's superconscious only has one desired outcome – the best for the client.

And importantly in cases of abuse or PTSD – there is no need for the client to relate any of the details of the issue or issues to the Hypnotist. The Hypnotist need only know there is an issue and the client is willing to deal with it, at this time.

It is an Inclusive Holistic System of Hypnosis and Therapy- and while it of course benefits the experienced Hypnotist Practitioner – it is at its core a very simple process, Simple to apply and learn, and all encompassing, taking in every aspect of Modern Hypnosis -so it is also it is ideal for the beginner to learn and apply.

Simpson Protocol is an all-encompassing system for the beginner or the experienced hypnotist to apply in any niche, practice or application that uses Modern Hypnosis.

“When I saw Ines Simpson demonstrate the Simpson Protocol - I knew this was what I had been looking for. This is what Hypnosis should be about” **Stin-Niels Musche**

A little bit about the evolution of SP

Let's start like this:

What SP (Simpson Protocol) is not:

It isn't a clever little add on that sounds good for a client but serves no real purpose

Nor is it me being obtuse and trying to reconfigure a part of Hypnosis so I can get my name on something. SP in fact was never supposed to be a thing – it was just an on- going evolution I was following until some students decided to call it Simpson Protocol

What SP is :

A process – an ongoing evolution of Hypnosis I took to solve practical problems I encountered with my clients

A process that began with Esdaile and then worked on and improved by Dave Elman and then Jerry Kein – all of them moving Hypnosis forward to become more and more efficient and powerful as a way to change clients bad situations. To provide a simple flexible overall method that works completely and effectively

I just took it all a little further.

I loved Regression work – I used it for all my clients – for everything. Its only later reviewing Jerry Kein's work I even realised that he actually taught things other than Regression!!

However I was running into situations with clients I wasn't able to simply resolve with just Regression or Just chair therapy etc.

Clients didn't want to tell me their horrific stories – and after a while I didn't want to hear them. But if I didn't know the 'issue' how could I address it?

Plus I knew that at Esdaile there was profound by-pass of the critical factor – but no apparent way to communicate to the client in that state

And fixing what we call an ISE – if I could find it – would sometimes only provide temporary relief, as there were other issues present and I sometimes missed them.

To work around these challenges, and many others as I moved forward, I gradually developed this system called The Simpson Protocol.

And the Simpson Protocol is not a fixed thing it is always evolving as I and students work on it with clients.

SP is holistic but also ever open to positive change that produces better outcomes. I'm always looking for ways to speed up the process and simplify it. I started out with 2 ½ hour session and now I can resolve 5 or 6 issues in just over an hour session (most of the time – nothing is ever fixed in Hypnosis)

The process is led by what I call the Superconscious – a mind , apart from us or part of us, I have no idea – but certainly connected and certainly profoundly interested in giving the individual the best and most appropriate outcome at that given time.

Of course when dealing with 'the mind' we are guessing at words. Maybe there is no such thing as the Superconscious - maybe it's just a higher ultimate part of us that always seems to respond and produce desired outcome – who knows. It doesn't matter. For me it's the results that matter.

Then I found a level or state called High that seemed to be a center for reaching wherever the higher , Superconscious mind wanted to go, to work efficiently. (Though I am sure we don't 'go' anywhere – it's perhaps just a way of understanding for the conscious mind)

As I was working with this Superconscious – I only needed to form yes no questions that led me, and the client to the most appropriate and beneficial outcomes from the client.

I didn't need to know the particular issue – the client knew it, the Superconscious knew it – I was merely the facilitator to lead the client to a place where they could use their own mind to 'fix' their issue the best and most appropriate way

If I didn't need client input then I didn't need to know the issue directly, so clients no longer needed to discuss sexual abuse or other shame issues with me .And with post-traumatic stress where the client definitely doesn't want to relive them for you or themselves - it was a simple process. The superconscious did the work – all I needed to do was create the trance and acceptance and willingness from the client to allow the issue to be resolved.

And sometimes neither I nor the client know the issue – just the symptoms – again we don't need to know. The higher inner mind knows and that's all that is necessary.

Now SP has moved forward -away from the necessity of needing an Esdaile state - to a process that uses any Deep state to work with the Superconscious. And the relationship trust and understanding between hypnotist and Superconscious became the thing.

And this also allows for a full and holistic outcome. The Higher Mind will always do everything that is necessary. The Hypnotist doesn't have to guess or wonder if everything has been done. The Hypnotists just has to ask for it to be done!

As SP is taught to more and more hypnotists and they began to use it in their daily practice – 'the field' of SP (as in quantum or morphic field concept) allowed faster sessions and more and deeper reach for SP.

Surrogacy is a snap – with humans or animals. Fertility issues were cleared sometimes in one session – whether it was male or female issue. Fertility issues after the medical profession had given up – and thousands of dollars had been spent. A simple one or two sessions often create real changes. Again, depending on the clients willingness to allow the process to work.

Birthing where the fetus and mother are deeply connected pre-birth through their own higher minds. Yes, the fetus is 'aware'

PTSD situations are cleared often in one session (though 3 sessions would be recommended as a default) And in some cases, many cases, cancer and other chronic diseases have resolved. (Not in all cases, it's never a guarantee – but in a surprising number). Pain, anxiety, chronic dis-eases or discomfort can be changed in one session.

SP is very exciting to use and be a part of – to see the outcomes that are possible – in such a simple and flexible system.

Anyone who takes SP – their biggest reaction is to how simple and efficient it is to use. And there is no harm that can be done. And no involved process and guesswork.

I had a hypno student abreaction in class whilst demonstrating an induction on another student.... I moved straight into SP to protect her confidentiality in the group....

superconscious took over the issue(s) and sorted. She tells me she slept for 24 hours sweated IT out and feels amazing now.

And she had been on dozens of retreats and energy courses to heal previously...

PS I still don't know what the issue is... nor need to.'

Beryl Comar-Hypnotist & Trainer

So, what is the Superconscious?

When we are dealing with terms for the mind –depth terms, levels etc. – we are pretty much always using ‘code words’ or marker words. That is words that convey some thing if not every thing about what we are describing.

For instance – ‘depths’ of Hypnosis. Do we go actually deeper – and if so who or which part is going there? It doesn’t matter we all agree the word will do. And as far as the mind is concerned it always seems to know our intention.

As for Levels? SP uses a lot of ‘levels – ‘High’, ‘Physical Level, ‘Emotional Level’, ‘Mental Level”. Etc. – what are levels of the Mind?

Ines Simpson says she has no idea – its just that they work and keep the Conscious Mind happy.

Basically, she says ‘Its like being able to open all or as many doors to the Mind as is required to achieve the Outcome’

We use terms like Subconscious and Unconscious and Higher Mind etc. and we come to some sort of hypnosis professionally arrangement that we all agree that they will mean something other than the conscious state and to some degree or other these states will work independent of our conscious mind. And that they are a part of us.

So, given that - to me (Ines) then, the Superconscious is that part of us, or perhaps that part we can connect to, that knows everything and ONLY works for our Highest Good.

Or we can say we know about your conscious mind and your sub-conscious mind, but not your SUPER-conscious mind. That is the part of your mind that will mediate between your conscious and sub-conscious when we do the work.

Your mind knows how you arrived at this point, so it stands to reason that your mind knows how to resolve the issue/issues involved.

If we use the analogy of the Internet – we are all connected – then Superconscious is an algorithm for GOOD that can find search out and work with any part of the internet- or anything connected to the Internet – always and only for the client’s best outcome

Again, this is not theory or speculation but something arrived at by experience and results. I have never been in contact with the Superconscious when it ever did something against the good of the client. And I have been able to have the client receive answers through or from the Superconscious about things they can have no previous knowledge of. And when we work with the Superconscious the outcomes are optimum and lasting. And we achieve them in a very short time period.

Perhaps this is Jung's Collective Unconscious, perhaps this is where the quantum fields – all of them – exist, perhaps it's the God part. I have no idea. And it doesn't matter. Because the results are what count. The outcomes.

Everyone can have that connection to the Superconscious – and yes, the first time it's always a bit weird.

The Simpson Protocol developed as a way to reach and work with the Superconscious.

The Esdaile state is a fast and easy way to do this. However achieving Esdaile is not essential – deep Somnambulism will work just as well.

The Simpson Protocol is not just about the Esdaile state.

The Simpson Protocol is the Therapist learning to work with the Superconscious and build an understanding and rapport with that state.

Using the SP Protocol and its benefits:

- It's very fast – The Higher Mind works everything the most efficient way possible. Multiple issues can be cleared in one session.
- Very non obtrusive -the client never needs to reveal what the issue is – or even what is happening during the hypnosis session
- It is Client empowering – they have all the power and do all the work – and they recognize this.
- The Hypnotist's Judgement is taken out of the process. The higher Mind dictates what is or is not done.
- The system allows a hypnotist to take ANYONE (99.99% if the time) to Esdaile or as close as needed within 3 – 5 minutes, and thus access this Superconscious or Higher Mind without Conscious interference
- And for the hypnotist once the basics are learned – the system is wide ranging far reaching and easy to use for ANY issue.
- SP does not use scripts or formulas. It allows the hypnotist and the client's mind the freedom to reach out to any issue that comes up, in the moment.

- Abreactions are simple to handle and much less stressful for the client than normal Regression to cause work.
- Parts therapy, Gestalt therapy, Universal therapy, can all be done with a question.
- I would like to say I developed this Protocol with all these factors in mind. But I didn't. It was a process of discovery. I was looking for a process that would get the best results in the easiest and less stressful way possible for all concerned
- It is a process that depends on the open and trusting relationship between the Hypnotists and the Client's Superconscious.

Ines Simpson is a very respected hypnotist and lecturer on the Esdaile State. [S]he is widely regarded as one of the top experts in the world. I came away impressed with her professional expertise, but also with her character. She never hesitates to say "I don't know" or "Not proven yet." And THAT level of humility and honesty is not always present in world-class experts."

– H. Larry Elman (Dave Elman's son)

Some Testimonials & Commentary

This from a fresh SP Grad - just goes and does it - right out of the book!

“...I met... a twenty-something guy who had experienced a violent, very traumatic experience a few years before I met him. Whatever had happened to him was beginning to impact his daily life now, including his professional and interpersonal life, to the point where he wasn’t even able to attend social events without tremendous anxiety.

As a psychologist, I quickly identified the PTSD that this person was obviously experiencing and estimated that it would take many sessions and quite a bit of work on both our parts to help him get through this. However, as a hypnotist, I wondered if we could do some work hypnotically to help him come to grips with what he had gone through.

When I went through the two-day training (Simpson Protocol), I could not help but think of the person with whom I had just met and I began to look at how to help him through the lens of the Protocol. I especially liked that the client would not have to relive his experiences and have to tell me about what happened. The Simpson Protocol allows all of that work to happen within the mind of the person and so the emotional trauma can be buffered in a way that can’t be done through usual regression techniques, not to mention through traditional psychotherapy.

When I returned to the office and met with the person on a Friday, I used the Simpson Protocol right down to the letter, using her helpful manual. After our session, he wasn't sure exactly what to make of what he experienced, but he reported that he somehow felt, "lighter" although he couldn't explain it. I checked in with him the following Monday and he reported that he was not sure exactly what happened, but he attended a good friend's party on Saturday and it was incredible in that he was relaxed and had fun (something he couldn't do in recent years). Further, explained that he experienced none of the anxiety he had before and even the fear was gone. He didn't think he could ever get back to the person he used to be, but there he was. He thanked me profusely and sincerely and I was so happy that I could help him thanks to the Simpson Protocol."

Matt Morano, PhD, LPC, CHt

From an open demo in Ontario Class

"I sincerely want to say a huge thank you again for that opportunity.

When I realized that Ines was asking for volunteers I raised my hand right away hoping that I could finally get some help for my issue.

You see I came back from a very long deployment in 2013 and ever since I came back I have been struggling quite a bit with major depression disorder which consequently

Simpson Protocol- The Book

brought back to the surface a lot of repressed memories from my childhood.

As a result of my depression and the trauma being brought back I started to self-medicate with alcohol. I soon became an alcoholic and when I went to see a doctor to get help they misdiagnosed me with something completely irrelevant and given heavy medication which were highly addicted.

By the summary of 2015 I could not live like that anymore. I managed to get myself into rehab to get rid of the alcohol issues and all the pills I was on. Once in rehab I was diagnosed with PTSD and major depression disorder. Every since that day I have been struggling with suicidal thoughts and it's literally been poisoning my life cost me my marriage my kids my job.

Even though I have been sober and clean for just over a year the symptoms for my illnesses we're still very much there making my life miserable. Making me wishing I would not be alive anymore.

After Ines show me raising my hand she called me over. She did not even need to ask me what was wrong with me. The whole process it's pretty much a blur for me, but one thing is sure is when emerge from the trance I already felt happiness and Hopethings that I had forgotten how it feels.

It has been 24 hours now and I'm still astonished how well and how efficient her technique is. I mean even today I'm feeling great I'm happy I'm positive I have hope and those

Simpson Protocol- The Book

are the word from a man who's currently going through a nasty divorce because obvious past mistakes.

I can't even put a price or a word on what Ines did for me. This was the best gift I could have ever hoped for. She gave me my life back, she gave me a future something to look forward to.

And on that note the very same night when I got home I met with a good friend of mine who has been struggling with hyperphagia for a very long time. Even though I did not study The Simpsons protocol I used it on her to the best of my abilities from what I remembered and from the rest of the conference and I'm happy to report that my friend is now free from her disorder.

Ines I don't think I could ever thank you enough from the bottom of my heart thank you”

Gabe

Where SP is going

THE HISTORY OF THE ESDAILE STATE AND HOW SP AND THE ESDAILE TECHNIQUE WORK TOGETHER

When James Esdaile, a Scottish surgeon in an Indian prison in the 1800's, first developed this technique, anesthesia was not available and he used this technique to help his patients handle the pain of medical procedures. As he developed the technique, he found that he had to "condition" each patient for as many as 10 days before they could or would go into the deeper states of hypnosis (the Esdaile State). He needed that extensive amount of time in order to lead his patients to that deep hypnotic state. (There is a journal available on line if you are interested)

During the vaudeville acts of the late 1800's and early 1900's, stage hypnotists would periodically encounter volunteers who would naturally go into the Esdaile state. These volunteers would look like they were in a coma to most observers and the stage hypnotists did not have the knowledge to bring them out of the Esdaile state. As a result, hypnotists were often thrown in jail until the person naturally emerged from this Esdaile state. The fear of jail made hypnotists fear bringing clients anywhere near that deep state for decades. (Also where this misconception of getting stuck in hypnosis comes from)

However, during the 1950's Dave Elman, a well-known and admired hypnotist who taught only medical doctors hypnosis, figured out a way to emerge clients who appeared to be "stuck" in that deep state. He then went on to utilize and demonstrate the use of the Esdaile state during surgery and childbirth. However, while Dave Elman always considered the Esdaile state to be a new frontier and thought it would be very worthwhile when used in hypnotic sessions, he could never determine how to utilize it for other uses because he could never interactively communicate with his clients while they were in that deep state.

Ines Simpson changed all of that when she developed a technique that gave hypnotists a means of interactively communicating with their clients while they were in the deeper levels of hypnosis. This led to profound healing opportunities that were directly done by the deepest parts of the clients' minds. After attending a workshop for the Simpson Protocol, Larry Elman, Dave Elman's son, agreed that this was the next level, "a significant advance in our profession," and one where his dad would have liked to go.

However, as SP is always moving forward – to a simpler and more profound process – Esdaile is an option but no longer necessary in the SP process. SP is now exploring Sichort and other states and levels that can be opened up and utilized by SP.

Simpson Protocol Advanced Programs

SP Advanced is an outgrowth from work students, trainers and Ines have been doing in their SP practice. As with SP itself, the Advanced Protocols are continually being added to.

SP Advanced now has Protocols specifically for:

Foundational Birthing – a complete birthing Process from Fertility to the Baby/Toddler/Mother bond with Family.

Pre and Post Op Medical Protocol, including extensive Pain Management.

Surrogacy work with both clients and their animals! Horse owners especially.

Complete Health Program that works at the cellular level

SP Weight and Health management program

Advanced and expanded Spiritual Development and Energy work and a simple process for Entity and all Negative energies removal.

Advanced SP Self Hypnosis Programs for Clients.

In development: - Fertility, Family Bonding, Coping with Cancer, Alzheimer, working with Asthma and Arthritis, Crones Disease and Fibromyalgia...

HOW and WHERE to LEARN SIMPSON PROTOCOL

The Simpson Protocol is taught live or online. The Class either online or live always consists of Demos, discussion and ample practice so that the students are able and confident in the Protocol and can literally apply it the next day in their practice.

simpsonprotocolonline.com is the website for ongoing training for Simpson Protocol, and is available to any student of SP.

I have just completed the Simpson Protocol Online training program and it was an amazing experience. Ines is a patient instructor who takes the time her students need to understand the material. I really love this holistic program that can help my clients in new and wonderful ways. This is a game-changer for hypnosis and I'm looking forward to taking my hypnosis practice to the next level. If I were giving it a rating on a scale of 1 to 10, my rating would be 11. Thank you Ines!

Julia Wooster

Certified Consulting Hypnotist

<https://yourlondonhypnotist.com>

Simpson Protocol- The Book

Ines, I just wanted to say how outstanding your training session on working in the Esdaile state and beyond was last weekend. It really opened my eyes about an entirely new aspect of hypnosis/hypnotherapy and working with people in those deep states and the results you can get. Plus you were so kind and compassionate with those of us undergoing the experience as well as being trained in using it. The whole thing was really mind expanding – dare I say mind blowing – and I want to thank you again for the fabulous job you did in taking us to new depths – and heights. Looking forward to more training with you in the near future, Ines.”

– Mike Hulme, BA,DC,CHT

SP UPCOMING SEMINARS

You can find a listing of SP trainings at

<https://simpsonprotocol.com/simpson-protocol-seminars>

Why can I not learn Simpson Protocol online, Ines?

INES: Never say never- right!

I once thought that SP could only be taught successfully – Live in person (see Limiting Beliefs!)

Well - I was half right – it needs to be taught LIVE – but that can be online or in person

In 2020 with Covid-19 having an effect – we went to LIVE online with Zoom meetings and using the Zoom Virtual rooms for practice – and the results are – astounding.

The attendees get more info than I could ever do in person and we can cover more questions, more one on one interaction – its amazing

You can see details of LIVE online trainings at <https://simpsonprotocol.com/online-training-for-simpson-protocol>

The reason I want it only taught live - is I really want to make sure the student, recipient , of the training really gets a good grasp and understanding- and be confident in being able to use the protocol in their practice. It is my baby and yes I am a little protective.

But then, I have no desire to be the biggest and most popular protocol.

I want it to be sure that it is always accepted and used - what can I say ' honorably?

Simpson Protocol- The Book

It is not because the Protocol is 'precious' or fragile – exactly the opposite. But for training and to have the correct understanding – it requires a one to one experience. Not a digital process, or learning a script or special deepening technique

Simpson Protocol is used by a Practitioner with a client. One to one – and this combination is part of the process. Both in training and process.

So yes it is only taught LIVE – but it can LIVE online, or LIVE in person

I was one of the fortunate participants of the first-ever Simpson's Protocol LIVE Online Class and it was incredible. It helped to see how we can adapt it to be used online with our clients and still bring the same awesome results. Having learnt it previously in 2013, I felt it was in some ways better than full, 2 or 4 days of it where I would feel overwhelmed with information overload. The online course was staggered over some days which gave us all opportunity to practice with each other on our own as well. For me, it gave me the added confidence I needed to serve clients online. As always Innes is an amazingly patient teacher, making sure we totally understand and are comfortable before moving on. Thank you so much, Ines.

Regards,

Nisreen Mama Foda

www.holisticlifesolutions.ca

Simpson Protocol around the world

There are Certified Simpson Protocol trainers around the world, teaching in German, French, Dutch, Portuguese, and soon Italian, Arabic and Spanish

To find the contact info on trainers go to the simpsonprotocol.com site and look under Certified trainers

<https://simpsonprotocol.com/simpson-protocol-certified-trainers>

Who is Dave Elman of the Elman Induction?

Dave Elman 1900-1967

Dave Elman was born as David Kopelman on 6th May 1900 in Noord Dakota of the United States. He got interested in hypnosis at the age of 8 years. His father died of cancer and a relative of the family treated his father with hypnosis to alleviate the pain which enabled his father to play with his kids in the last days of his life. This made a deep impression upon Dave Elman.

In his young years he worked in the show business as a comic and as hypnotist. Elman was also a musician who played the saxophone and violin. From 1920 he mainly worked for the radio and changed his name to Dave Elman. One time when a hypnotist cancelled at the last moment his appearance he stepped in gave a spontaneous hypnosis show. Physicians who used hypnosis in their work and who were present at that show were so impressed by the speed and efficiency of the hypnosis of Dave Elman that they asked him to train them, not only for the techniques to bring a person into hypnosis, but also to work with fears, phobias, allergies, doing surgery with hypnosis, regression and many other things. From that moment Dave Elman started to teach physicians, dentists, psychiatrists and

psychologists and he trained more than 10,000 over time.

One of the most reliable and fast inductions ever developed was the Dave Elman induction. He was convinced that physicians would not be interested in a technique if it would take more than 3-5 minutes to bring a person into hypnosis.

In fact, he was the first person who was able to bring a person into the state of somnambulism by design and test the state at the same time.

Next to that he developed a reliable and testable technique to bring a person into the Esdaile state that is a deep state of hypnosis, named after James Esdaile, in which a person can be hypnotized.

Dave Elman is also known for his techniques to eliminate pain. Dave Elman was convinced that every symptom has a cause. The purpose of hypnosis is to uncover the cause and neutralize this.

Today in many cases Dave Elman is often not fully understood in the sense that the core of his work with working with mental problems was using regression to cause in order to resolve the problem.

The doctors trained by Dave Elman performed the first recorded open heart surgery by using hypnosis as the sole tool for anesthesia.

The first birth of a baby with hypnosis as a way to eliminate the pain. Dave Elman wrote about a great

number of techniques that deserve to be used in a modern context.

- Elman was the first to bring people on purpose and regularly to somnambulism (deep hypnosis) demonstrating a clear process with.
- Elman found a way to go into the Esdaile state and out again that worked and could be repeated
- His works in the field of pain management are still used today and amazingly simple.

Ines Simpson's Mentor

Gerald Kein

Already from a very young age Gerald Kein, Jerry as he is called by friends and colleagues was fascinated by hypnosis and read all he could about it. In his studies found that the two greatest Hypnotists alive were Milton Erickson and David Elman. As Dave Elman lived a short bus ride away – he chose him as his mentor.

Dave Elman was not impressed with a 12 year old wanting to be a hypnotist and put him off for as long as he could.

However, one of Gerry's traits is unflagging persistence, and he eventually wore Elman down and was allowed to work the audio tape machine to record Elman's lectures and demonstration with the doctors and dentists. (If you ever hear a recording of Elman , anywhere – Gerry was the one who recorded it)

Gerry was astounded at Elman's demos – the speed – an induction that took anywhere from 1 to 4 minutes and a therapy session (live on stage) that would take maybe half an hour. Gerry decided this Hypnosis was for him.

As a young man he moved to Florida to 'make his fortune' in Hypnosis – with a wife, child and \$30!

With talent and persistence – and taking 10 clients a day – Jerry built up a large practice and learned ‘hands on’ everything he could about Hypnosis and its applications

In 1979 he founded the OMNI hypnosis Training Center, currently one of the most renowned institutes of direct hypnosis in the world. In the course of the years he trained thousands of hypnotherapists in more than 80 countries worldwide. Professionals from all over the world and all kinds of disciplines followed his training. Such as physicians, dentists, psychologists, therapists of all kinds.

Since 2015 Jerry is retired and the OMNI Hypnosis Training Center is now in the hands of Hansruedi Wipf from Switzerland, who is taken care that the legacy of Gerald Kein is well taken care of.

Since that date Jerry is the honorary president of the OMNI Hypnosis Training Center and incidentally teaches a hypnosis class.

Ines Simpson presented Jerry with his Lifetime Achievement award.

Jerry Kein passed away in 2017

A brief history of Modern Hypnosis

From <http://www.historyofhypnosis.org/>

In some ways, talking about the history of hypnosis is a bit like talking about the history of thinking or the history of breathing. Hypnosis is a universal human trait, so its history is the history of humanity itself. We might think of hypnotherapy – the use of hypnosis for healing or therapeutic purposes – as a very recent development, but its roots stretch deep into the past. Ancient Chinese, Hindu and Egyptian texts all mention healing procedures that are hypnotic inductions by any other name.

Called yar-phoonk in Hindu, voodoo, magic, incantation, magnetism

That said, it's interesting to examine the development of hypnotherapy as a profession, as it shows an increasingly sophisticated understanding of what hypnosis is, and what it can be used for.

The modern era really begins with the Austrian physician Franz Mesmer (1734-1815). Indeed, for a very long time hypnosis was known as “mesmerism”, a word that's still in use today. Mesmer worked with psychiatric patients, and achieved remarkable results. Perhaps his most famous case was that of Miss Paradis, a concert pianist who suffered from a psychosomatic vision disorder – “hysterical blindness”

in 18th century parlance. Mesmer worked with Miss Paradis for days on end, inducing trance with his “mesmeric pass”, an extraordinarily complex and lengthy set of hand movements across the body, and by encouraging her to follow the movements of a stick reflected in a mirror. With admirable dedication and persistence, he retrained her to perceive motion and distinguish color, and to endure daylight.

The story didn’t end happily, as Miss Paradis’ parents demanded the return of their daughter, on the grounds that her pension would be stopped if she recovered! Her blindness returned once she was back in the bosom of her loving family, and Mesmer was denounced as a charlatan and a quack. Mesmer had always been a controversial figure, and was dogged by accusations of fraud for the rest of his life.

Mesmer’s theories were picked up and developed throughout the 19th century by figures such as John Elliotson (1791-1868) and James Esdaile (1808-1859), British surgeons who used mesmeric techniques to perform surgery, including amputations. James Braid (1795- 1860) is another important figure, often regarded as the “father of hypnosis”, since his investigations established hypnosis as an area of scientific, rather than occult, interest. He also coined the word “hypnosis” itself, taking it from the Greek word for sleep (hypnos), after discarding neurypnology, or “nervous sleep”.

Braid was a physician, and his interest in the phenomenon was aroused when he arrived late for an

appointment and discovered his patient staring in intense fascination at the flickering flames of an oil lamp. The man proved very amenable to suggestions whilst in this state of locked attention. This experience, together with subsequent experiments, demonstrated to Braid that hypnosis is nothing more than a fixation of the attention, and that a number of remarkable things can be achieved whilst in this state

Moving into the 20th Century, practitioners such as Pierre Janet (1859-1947) and Clark L. Hull (1884 – 1952) advanced the scientific and academic study of hypnosis. Sigmund Freud (1856-1939) also used hypnosis in some of his early research, but soon abandoned it in favor of free association techniques. Another significant name is that of Emile Coué (1857-1926), who is best remembered for the phrase “day by day in every way I am getting better and better.” Coué promoted the idea of auto-suggestion, something which we might better understand as self-hypnosis. He also recognized the role of the imagination in solving problems, and was one of the first to realize that hypnosis is something which the client participates in, rather than something which is done to them by a hypnotist.

The two major figures of modern hypnotherapy, however, are **Milton H. Erickson** (1901-1980), and **Dave Elman** (1900-1967). Erickson pioneered “indirect hypnosis”, the subtle language patterns designed to shift a patient’s perception of themselves and their problems, without necessarily resorting to formal, eyes-

closed inductions. More importantly, he understood that for hypnotherapy to be truly effective, it needs to be meaningful to the individual. His whole approach was based on understanding and working with the individual client's view of the world.

Elman's book Hypnotherapy is regarded as a classic in its field. He bridged the gap between stage hypnotism and hypnotherapy, adapting and developing the short, sharp techniques of the stage hypnotists for therapeutic purposes. That which took the early mesmerists hours to achieve could now be done in seconds.

Hypnosis in the 21st century tends to follow the pattern laid down by Erickson and Elman, and the others who followed in their wake. It is a brief, solution-focused practice, using rapid or indirect techniques, and totally guided by the client. In this respect, it is different from the authoritarian and lengthy methods of the 19th century, but it's essentially doing the same thing – bringing about profound healing and change.

Fact or Myth in Hypnosis

Around the subject of hypnosis has accumulated a mass of misinformation.. Here are some of the most common fallacies concerning hypnosis and the facts based on the best medical and psychological authorities and many years of study and practical experience.

FALLACY: When Hypnotized – you always tell the truth

FACT: The Subconscious will ALWAYS protect the individual – and can repeat the lie (though there is no truth or lie to the subconscious). However at deeper levels, we believe, – tapping into ‘higher’ levels of mind that are more connected to – lets call it – the source of all energy – truth will be revealed

FALLACY: Hypnotism is of the occult or supernatural

FACT: Hypnotism is scientific. It is not supernatural or of the occult, but a purely natural manifestation of the powers of the mind. People enter hypnosis many times a day, awake or asleep, watching TV, driving, reading or day dreaming.

FALLACY: A hypnotist, with the use of soothing words and soft music -simply lulls clients off to sleep.

FACT: In the state of hypnosis the conscious mind is completely relaxed and rested but not asleep. Whereas

in sleep the conscious mind is to some extent tense and alert.

FALLACY: It's unnatural

FACT: Hypnotism occurs in all humans at all times. The word 'hypnosis' means, in lay terms, when you change your state of mind, or consciousness. You don't change your condition, you change your state. When you are happy, sad, aroused, sad, frightened, tired, hyper alert – all of these are different states of awareness or consciousness. All of these are forms of hypnosis. Hypnotherapy is where hypnosis is used deliberately – either by a practitioner Hypnotist, or by yourself to deliberately use the state change to get a desired result

FALLACY: Weak-willed people make the best clients.

FACT: The best hypnotic clients are people with strong wills and above average intelligence. Hypnosis actually has nothing to do with the will: it depends upon imagination, a faculty that is vastly stronger than the will. Therefore bright imaginative people make by far the best clients.

FALLACY: Only a small portion of the population can be hypnotized.

FACT: 90-95% of adults can be hypnotized to some degree. Some people respond more rapidly than others. In an average group, enjoying their first experience with hypnosis, about 1 in 5 will promptly enter a deep enough trance to get used by a stage hypnotist. There

are two classes of people who cannot be hypnotized 1) the insane and 2) infants that are too young to understand the words of the operator – though up until the age of approximate 7 years kids are in almost permanent hypnosis.

FALLACY: Very few people can hypnotize.

FACT: Any normally intelligent person can learn to hypnotize. BUT this does not mean that everyone should. Just as some make better doctors than others, or better golfers, so some make better hypnotists. Moreover, success in this skill, as in any other, demands intense study and practice.

FALLACY: The essence of hypnotism is that the operator's will "dominates" that of the client.

FACT: There is no "domination" or "submission" in hypnosis. The hypnotist actually helps the client to release and express his or her own latent or hidden abilities. E.G. A man unaccustomed to speaking in public can when hypnotized, speak fluently to an audience of thousands. He already had the ability to do this, but suppressed it with his own doubts and fears; and the hypnotist releases that ability. A teacher of elocution could do the same, but would take months to do it. Hypnosis produces a desired result quickly.

FALLACY: A person can be hypnotized against his will.

FACT: For all practical purposes, a person must consent to do this before he can be induced to enter the state. However, the spoken word does not always

indicate the real desire. A skeptic, loudly denying the possibility of hypnosis might have an unspoken wish to experience it, or vice versa.

FALLACY: The hypnotist has absolute control over the client's mind and body.

FACT: This is the most absurd and injurious of all the fallacies concerning hypnosis. NO hypnotist can make anyone do or say anything contrary to their deep-rooted principles. A girl who perhaps would not normally be seen on the dance floor, in hypnosis, may cast off her inhibitions and dance a vigorous twist. But a normally modest girl certainly could not be made to disrobe completely in front of any person, including the hypnotist. Any suggestion that arouses sincere moral indignation or repugnance immediately causes the client to break the trance, by coming out of it. Thus hypnosis is not an anaesthetic that renders the person helpless. It is a means of releasing and intensifying a person's own powers and abilities.

FALLACY: Hypnotherapy requires a deep trance.

FACT: Hypnosis has many therapeutic uses, but results do not depend on the depth of trance. Some nervous disorders may be completely cured in the lightest state of trance while another client with the same complaint may need a deeper level of trance to receive the same benefits.

FALLACY: A client may not awaken after hypnosis.

FACT: There is not the slightest danger of this. If the client were left to himself, he would fall into an ordinary sleep and awaken normally.

FALLACY: Hypnosis is dangerous.

FACT: An automobile is not in itself dangerous, food is not dangerous, and tranquilizers are not dangerous. But if misused those things can all be dangerous.

Hypnotism in the hands of an amateur can be dangerous, but when used properly, by a properly trained practitioner is perfectly safe.

FALLACY: A person knows nothing when he is hypnotized.

FACT: In light and medium levels of hypnosis the client is fully aware of what is being said and done. He may actually deny that he was hypnotized at all. Even in deep trance you are able to hear all that is happening.

FALLACY: Orthodox medicine condemns hypnotism.

FACT: The American (June 1958) and Canadian and British ((April 23, 1955) Medical associations accepted the therapeutic value of hypnosis. Hypnosis is used in dentistry and by surgeons to produce a drugless state of anesthesia without anxiety or suffering by the client. Many orthodox psychologists and psychiatrists use hypnosis today. The Mayo clinic has been using hypnosis as an adjunct to anesthesia and has a result have never had a death attributed to the anesthetic.

FALLACY: Hypnotherapy requires many lengthy sessions.

FACT: With many patients, complete relief can be obtained in a very short time. On some occasions only a couple of sessions are needed, most require several.

FALLACY: Hypnotism is a new age cult thing, like crystals and pyramids and all that.

FACT: Hypnotism has been around since humans have had a conscious (and therefore unconscious mind). It has been used deliberately as a therapy of one sort or another since before written history.

INES SIMPSON BIO

I first hypnotized someone at the age of ten. My brother, Johan, decided to get a book on hypnosis and he used me as his “subject.” Johan made me think that I was glued to the wall and convinced me I had purple polka dots on my hands. I was so intrigued by the possibilities that I talked my best friend into spending many fun (and interesting!) afternoons learning and practicing hypnosis. My BIG start on what was to be my Life’s Work, much to my surprise!”

Ines Simpson has worked in many fields from the hospitality industry to commercial fishing on Canada’s west coast. In her 40’s, she started to reevaluate her life and to search for something that would fulfill her and give her life more meaning. Finally, in the late 90s her mother took a hypnotherapy course and a light bulb went on! She pursued a career in hypnosis and became a member of the National Guild of Hypnotists in 2000. By 2005, she was admitted as a faculty member by the National Guild and continues to this day to teach as well as study to add to her vast and growing knowledge of hypnosis.

Ines is now a board certified hypnotist with the National Guild of Hypnotists, the largest hypnosis body in the world. Ines was the very first certified instructor for the NGH in western Canada. She owns and operates Advanced Hypnosis and Training Institute, together with The Esdaile Institute in British Columbia. Both are

Training resource centers that offer individual services as well as advanced Omni and Simpson Protocol training for hypnotists.

Ines is a great instructor because of her body of knowledge, great skill and ability to connect with people. She was also inducted in 2012 to the NGH's Order of Braid in recognition of service to professional hypnotism. Each hypnotist inducted to the Order of Braid have enriched the lives of others and have made a significant contribution to the hypnosis profession.

Ines Simpson also created the Simpson Protocol, the only way known today to effectively communicate with hypnosis clients in the Esdaile State and beyond. For the first time, the hypnotist can converse with the client's deepest mind to learn what the true issues are and to direct it to do what is needed to achieve the best results possible. The Esdaile State is also the launching pad into higher and deeper states of hypnosis.

I am very fortunate to live in an area of the world that has a hypnotherapist instructor of Ines Simpson`s caliber. I am still awed at the depth of her commitment to furthering the profession of Hypnotherapy” **Dave Bartlett, Campbell River, British Columbia**

WEBSITES:

esdaileinstitute.com: Hypnosis on-line Hub

simpsonprotocolonline.com – teaching site

simpsonprotocol.com – Simpson Protocol Info

inessimpsonehypnosis.com- Personal Hypnosis site.

selfhypnosis.esdaileinstitute.com - FREE self hypnosis site

simpsonprotocolonline.com/an-intro-to-hypnosis-video-1 - FREE Into to Hypnosis Video Series

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historyofhypnosis.org for History info and updates.

Gerry Kein for his teaching and mentorship.

All hypnotists everywhere who are creating a better place, client by client.

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