

About the Elman Induction:

The reason I like to use the Elman induction is that it lets me know when the client has reached Somnambulism. Dave Elman created it to have covert testing and know what level the client was at. It is important not to miss any part of the induction. The Elman is a process to allow you to attain Somnambulism easily and quickly. These are the original 4 points:

1. When you have eye closure-(small muscle catalepsy)
2. Deepeners /Fractionation
3. Picking up hand (large muscle catalepsy(flaccidity))
4. Letting go of the numbers

Once these are accomplished you have somnambulism and must continue with some deepening to assure you have profound somnambulism.

You may notice I have one of my versions of the Elman that does not use fractionation.

Fractionation has always been considered the best deepening tool but I have found that the triple deepening, visual, kinesthetic, and auditory to work as well.

Elman also said the shorter this induction is done the better. He considered 4 minutes the maximum and suggested the doctors to accomplish it in 1 minute or so.

I also use a rapid induction when I so choose but follow it up with the back portion of the Elman (letting go of the numbers)

NOTE:

Talk in your normal voice and tonality same speed as normally you would use with a good friend.

Remember relaxation is not hypnosis so do not attempt to make this into a relaxation induction as it will hinder depth.

This induction shouldn't go over 4 minutes as it loses the effect, it should be between 2-4 minutes.

Just use it as written –no embellishments needed.

Less is better!