



www.BethandPreston.com
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Hypnotic Touch: Pairing Touch and Hypnosis for Optimal Enjoyment

We use touch so many ways in our lives: to get someone's attention, to express compassion, to convey anger, to comfort, and so much more. How often are we actually conscious of our intent when we touch?

In this hands-on workshop we will focus on using touch consciously to create connection. Drawing on Beth's background in massage, energy healing, childbirth support, hypnosis and more, we will explore how touch can enhance our connection and communicate on a much deeper level.

You'll leave this class with:

- A renewed appreciation of the role of touch in connection
- Ideas for using touch to facilitate hypnotic trance
- Ideas for using hypnosis to maximize the impact or enjoyment of touch
- Ways to explore how to integrate touch in a way that is optimal for your partner

Touch and Connection

I. Trust

- A. Start with permission
 - 1. Conscious - verbally ask permission
 - 2. Unconscious - demonstrate touch and notice physical response
- B. Trust is paramount for touch to be effective
- C. Touch can deepen the level of trust

II. Physical response*

- A. Skin response
 - 1. Pacinian corpuscles receive pressure stimulus
 - 2. Signal sent to vagus nerve
 - 3. Slows heart rate
 - 4. Reduces blood pressure
 - 5. Decreased stress
- B. Decrease in cortisol - decreased stress
- C. Increase in oxytocin
 - 1. Increases trust
 - 2. Increases bonding and sense of cooperation
 - 3. Increases susceptibility to suggestion
 - 4. Eye contact further enhances oxytocin
- D. Orbital frontal cortex response
 - 1. Same area that responds to chocolate, sweet tastes and pleasant smells
 - 2. Powerful rewarding stimulus

Touch for Trance

I. Types of touch

- A. Tap
- B. Touch, pressure or squeeze
- C. Stroke
- D. Rocking/movement

II. Areas to touch

- A. Shoulders and back
- B. Arms
- C. Legs
- D. Hands
- E. Hair
- F. Head
- G. Neck
- H. Feet
- I. Face
- J. Stomach

III. Making it personal

- A. Intent
- B. Where you touch
 - 1. Favorites
 - 2. Too vulnerable
 - 3. Off limits
- C. How you touch
 - 1. Soft versus firm
 - 2. Pace
 - 3. Other touch characteristics

Trance for Touch

- I. Create triggers
- II. Reprogram vulnerable areas
- III. Enhance enjoyment of what you like

* <http://www.npr.org/templates/story/story.php?storyId=128795325>

*We're adding new workshops and online resources.
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