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Living Your Fantasy Through Hypnosis-enhanced Role Play

How do you use role play? Or do you? Is it just a little too artificial and boring?

What if you could take it up a notch? What if you could make it feel a little more real, or even use it as a way to experiment with aspects of yourself that you don't tap into on a regular basis?

Role play can be a fun game or an interesting exploration. In this interactive workshop we will look at how hypnosis and/or hypnotic tools can enhance the game. We'll share some coaching strategies that help people find answers inside themselves that they didn't even know they had. Then we'll investigate how similar strategies can not only be used to get a new perspective on life, but also to find new play partners within yourself.

You'll leave this class with a structure for:

- Coming up with your best hot role play ideas
- Creating a plan to move your fantasy towards reality
- Avoiding pitfalls
- Wrapping up the scene for maximum mutual satisfaction
- Deciding whether to continue developing your characters

Our relevant background

- I. Callie scene for illustrations
- II. What "extra" I bring in
 - A. Life coaching
 - B. Personal beliefs

Background

- I. Role play is a tool used in various psychotherapy modalities.
 - A. While it can be used as a psychotherapy tool, this is not a substitute for proper mental health care.
 - B. We do not recommend delving into areas of deep emotional hurt or pain without the assistance of a qualified therapist.
- II. The mind records its own experience.
 - A. Not good at distinguishing reality from other experience.
 - B. For this reason many physical skills can be improved by visualization of one doing the activity in a skillful manner.
 - C. Makes it possible for us to have the value of experiences that would otherwise be outside of the realm of the possible.
 - D. Why hypnosis can be such a valuable tool.
 - E. Likewise, hypnosis can be used to enhance role play.
- III. Role play releases spontaneity and allows for experimentation and self exploration.
 - A. Psychodrama offers a means to express uncomfortable feelings, shadow aspects of the personality, and primitive impulses.
 - B. The players “get into the action” to the extent that it becomes the foreground reality and the sense of being a spectator recedes.
 - C. Revealing the true self in this way allows a person to continually re-create oneself, thereby promoting the conscious transformation of consciousness.
- IV. Role play seems to take on a life of its own and reveal information not previously in our consciousness.
 - A. From the unconscious
 - B. From a higher being or consciousness
 - C. From our higher self
 - D. From different aspects of our personality
 - E. From past lives
 - F. From universal knowing

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Creating Your Scenario

- I. Sources for hot ideas
 - A. Explore the historical perspective, i.e., the perception of rape in other cultures
 - B. Explore fairy tales and how they may relate to the real world
 - C. Explore dark fetishes and fantasies
 - D. Delve into areas of personal growth
 - E. Seek a different perspective
 - F. Explore (or accidentally discover) reality vs. fantasy
- II. Developing the scene
 - A. Choose a fantasy, archetype, or scenario to play with
 - B. Discuss the idea
 1. Why this scene?
 2. What do you want to get out of it?
 3. What is appealing?
 4. What are the important points?
 5. What can be left to develop on its own?
 6. As long as everyone is willing to let the scene play out, you don't all have to be doing the same thing, i.e., one can simply be acting out a fantasy for the fun of it while the other is exploring deeper aspects.
- III. Set the stage
 - A. Set up enough details that everyone has a direction to go.
 - B. Set the mood.
 1. Clothes
 2. Decor
 3. Scents
 4. Music and/or sounds
 5. Location
 - C. Pay attention to modalities and nuance
- IV. Bring in hypnosis
 - A. Let the subconscious help find the story line
 - B. Link one or more props to the persona you are creating
 - C. Use guided imagery to program the opening scenes - Mr. Taqtiks Guide Imagery is a great set up for this
 - D. Use trance at the beginning of the role play to get deep into the head-space
 - E. Who gets hypnotized

- V. Let the scene play out without undo intervention
 - A. Make a conscious decision to let yourself go where the scene takes you unless there is a significant reason not to go there.
 - B. Intervene if the scene is becoming physically unsafe
 - C. Intervene if the scene is becoming psychologically unsafe for you
 - D. Pay attention to whether the scene is pushing your partner too far, yet don't be too quick to intervene
- VI. Ending the Scene
 - A. Make sure you have a safe word or other exit strategy for scenes gone sideways
 - B. Who decides when the scene is over?
 - C. Congruent exit strategy such as a magical kiss
 - D. Choose an ending that does not inhibit spontaneity
 - E. Follow the scene with appropriate aftercare

Safety

- I. Be aware of phobias and trauma
 - A. Don't play therapist
 - B. Be aware of abreaction responses
 - C. Don't panic
- II. Play with people you trust to take you into the realm you are playing with
 - A. In order for spontaneity to occur, a safe and playful environment must exist.
 - B. It is important that each player knows they will not be judged for anything that happens during the role play.
 - C. As with any scene, have a safe word or other means of exiting if things are going in an unsafe direction.
- III. Make a conscious decision to use your witness or observer mode.
 - A. Looks after your safety
 - B. Gains intellectual awareness
 - C. Engages in self-reflection

What next?

- I. Debrief on the scene at intervals as everyone processes what has happened
 - A. Generally the same day, but after everyone is back in their own head space
 - B. At various points in the future as participants need to or have new insights to share
- II. Consider whether to have “sequels” or whether there are aspects of the scene that you want to further explore
- III. Consider how you want to use what has happened in the scene
 - A. Were there things that came up that you would like to investigate further?
 - B. Was there a personality trait that you want to be able to incorporate into your life? If so, how will you access this personality trait?
 - C. Did you learn something new about yourself or about a situation?