

Introduction

Each of these questions should be asked to the audience. To make it interactive.

Ask the question on the left and work towards the answer together. Don't let people answer twice.

What is consent?	Informed consent: permission granted in full knowledge of the possible consequences. This means both hypnotist and subject inform themselves and each other about what is going to happen and what is expected.
Why get consent?	To have permission. You should not do anything (intimate) to anyone without permission!
When to get consent?	Before you start trancing. During hypnosis, people are much more amenable and cannot think (as) critically about what they want.
Who gives consent?	Both parties. While the focus is generally on the subject to give consent, the hypnotist should also consent to what is going to happen.
How to get consent?	You ask. Both parties should ask questions about what they want and what they expect. Because of the general dynamic of hypnotist to subject, the hypnotist generally asks most of the questions. One way to make this easier is with a Likes & Limits list. To write down for yourself (regardless of role) what you want and not want. The more experienced you become, the easier this is.

End of intro

Remember, *your* mind is *your* responsibility!

No is no, even when it has an excuse. It should be as easy as possible for anyone to say “no”.

Example session with volunteer

Do an example session with a volunteer to show (briefly) how you could do an introduction and pre-talk very quickly based on what you're planning. If all you do is "put someone in a trance and take them up" you don't need to ask about a lot.

It should cover:

- Introducing
- Asking for permission - Covering basic touch.
- Asking for limits - Give examples, like no sexual touching.
- Asking for "anything else". Physical limitations, etc.
- (and this is where the trance would begin.) Now you try!

Discuss the example session

- What did I miss?
- Why did I do X?

Exercises for the rest

Make people pair up with people they don't know.

Handout (next page)

Exercises

Pick someone you don't know.

Switch roles after one set.

Was it hard to say no?
And to get a no?

Introduce yourself

Hi, I am ... and you are?

Ask for permission twice (first yes, then no)

Can I bring you a glass of water?

Do a yes set (yes, yes, yes, no)

So many people here, right?

It's so silly to do these exercises, isn't it?

Wouldn't it be nice to relax?

Do you want me to hypnotize you?

Discuss one like and one limit

What do you like?

Did they write it down?

Why not?

Likes

You **would** want from **someone**.

Limits

You **don't** want from **anyone**.

Notes

Allergies, aftercare, etc.
