

## **Introduction to Magnetic Fingers** (Also known as The Church and Steeple technique)

A hypnotic induction technique that is quick and easy to do. Relies on elements of levitation, eye fixation and the natural physiology of oppositional muscle fatigue.

Very young children can do this (as young as 3 years of age). This is a great technique to allow children experience something 'amazing and cool'. Allows the child to experience how quickly and effortlessly physiological changes can occur and how powerful their brains are.

**Provides a feeling of control and comfort.**

### **Brief outline of the Magnetic Fingers technique**

#### **Introducing Imaginative Techniques**

- Explain and obtain permission from the parents and child using the GREAT structure from Language and Communication
- Build rapport with the GREAT and LAURS approaches from the Language and Communication
- Encourage the child to give something 'new' and 'fun' a go

#### **An invitation to use your imagination**

- Take them to an internally focussed place

#### **Intensification**

- Use an intensification (deepening) technique if needed after Magnetic Fingers, for example favourite place.

#### **Self-hypnosis**

- This is an excellent technique to do learn to do self-hypnosis quickly and easily

#### **Coming back to the room**

- Congratulate, encourage practice

### **Detailed Instructions for the Magnetic Fingers technique:**

#### **Introducing Imaginative Techniques**

- Explain and obtain permission from the parents and child using the GREAT structure in Lesson 2 from Language and Communication
- Build RAPORT with the GREAT and LAURS approaches from the Language and Communication
- "I'm going to teach you something cool to show you how powerful and clever your mind is. Would you like to give it a go?"

#### **An invitation to use your imagination**

- This is a great technique to allow children to see how powerful their minds are and show them a cool trick!

#### **The Magnetic Fingers technique – detailed description of the script**

- *"Sit up with back straight and arms straight out in front of you"*
- *"Clasp your hands together with your fingers interlocked and your thumbs crossing. Point your two index fingers upwards and spread them out as much as you can to start with"*
- *"Now, stare at the space right between your two fingers and keep staring at that imaginary spot right between the two fingers. Keep staring at that spot" (=focused attention)*

- *“As you stare at the spot between the two fingers, just let them do what they want. Don’t help the fingers”*
- *“While you watch, you will notice something very intriguing happening. Pretty soon the fingers will start to drift towards each other as if they were magnets coming together”*
- Reinforce the fingers behaviour with phrases such as “yes...that’s right...good....they are doing it...don’t help them....great)
- *“And as they come closer and closer together, soon they will want to touch”*
- *“And when they touch, that will be your signal to yourself to let your eyes close, and allow your hands to fall gently onto your lap and let that feeling of relaxation continue, feeling more and more comfortable and relaxed”*

Notes:

- Call the fingers ‘them or they’ rather than ‘your’ fingers – infers the fingers might have a mind of their own
- Use when (not “If”) the fingers – infers the fingers will come closer
- Pacing and leading are helpful to match the instructions with what is happening with the fingers
- The process may happen very quickly in younger children
- Adolescents and adults

**Come back to the room**

- Before re-alerting, provide some positive suggestions .
- When they are done, they can open their eyes and come back to the room.
- Congratulate the child on doing a good job.
- Encourage practice.

**Self-hypnosis and recordings**

- Teach self-hypnosis - this is an easy technique they can do alone after a few practices.