

# ONE-SESSION ALLERGY

## STEPS IN THE ALLERGY ELIMINATION PROCESS

- 1.) Establish rapport
- 2.) Induce hypnosis
- 3.) Find out how they relate to the allergy
- 4.) Have them experience their reaction to the allergen
- 5.) Recall past experiences with allergy
- 6.) Break the thought pattern
- 7.) Re-educate the subject
- 8.) Check for benefits and secondary gain
- 9.) Obtain a counter example of a non-dangerous substance
- 10.) Recall past experiences with non-dangerous substance

**ANCHOR this FEELING AND MEMORY ..... and HOLD**

- 11.) Reinforce proper response to non-dangerous substance
- 12.) Create a visual dissociation

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- 13.) Reinforce the feeling of being with the non-dangerous substance
- 14.) Create a visualization of the proper response to non-dangerous substance
- 15.) Gradually bring into the visualization the presence of the allergen
- 16.) Ask for verification of subject's desires
- 17.) Reinforce education and proper response
- 18.) Merge the two images of self
- 19.) Create a visualization of appropriate responses to the allergen
- 20.) Continue patterning until you see a physiological shift
- 21.) **RELEASE THE ANCHOR**
- 22.) Break the thought pattern
- 23.) Future projection
- 24.) Closure
- 25.) Hypnotic suggestion
- 26.) Dehypnotize