



Calvin D. Banyan

Banyan's Online Supervision

Volume 13: 100+ What-Ifs

- *Skill Building*
- *Confidence Building*
- *Professional Supervision*
- *Practice Building*
- *Relationship Building*
- *Professional Ongoing Support*

The What-Ifs Lists

Phase I “What If” List

1. What if my client comes in and says that she will "just try one session?"
2. What if my client says that she wants me to give her suggestions that she wrote up before the session?
3. What if my client can't get comfortable or starts coughing?
4. What if my client won't give me permission to touch?
5. What if my client has a headache?
6. What if my client opens her eyes during the eye closure part of the Elman-Banyan Induction?
7. What if my client will not go into hypnosis and she has been hypnotized before?
8. What if my client won't lose the numbers?
9. What if my client opens her eyes during the test for eye catalepsy?
10. What if my client has an issue that I don't have a script for?
11. What if my client opens her eyes during the session?
12. What if my client starts snoring or otherwise appear to fall asleep?
13. What if my client starts crying during the first session?
14. What if my client starts laughing during the session?
15. What if my client curls up in a ball or wants to lie on the floor?
16. What if my client has to go to the bathroom during the session?
17. What if my client is doing everything just right and I still have a lot of time left in the session?

18. What if my client doesn't distort time when it is suggested?
19. What if my client says that she doesn't think she was hypnotized?
20. What if my client says that her session was different from her friend's session?

Phase II "What If" List

1. What if my client tells me she does not want to visit her past?
2. What if my client can't get the feeling for the affect bridge?
3. What if my client says "I don't know" when I ask them their first impression, "day time or night time?"
4. What if my client gets upset and emerges?
5. What if my client is not revivifying?
6. What if my client regresses into a past life?
7. What if my client's regression is non-linear and jumps around in time?
8. What if my client says that she can't remember anything before a certain age?
9. What if my client is slow and I run out of time and we have not found the ISE?
10. What if my client is slow and I only have time to find the ISE but don't have time to do informed child?
11. What if my client is slow and I don't have time to go through the SSEs?
12. What if my client has 10 to 50 ISEs, do I have to take her through all of them?
13. What if my client wants to change what happened in the ISE to something that is less painful?
14. What if my client wants to change an SSE?
15. What if my client becomes angry about what they have recovered in the AR?
16. What if my client is revivifying with her eyes open?
17. What if my client starts crying and seems to be unable to proceed?
18. What if my client's session is coming to an end and I can't think of what to do for the direct suggestion wrap up?
19. What if my client calls back and doesn't understand why I did age regression for her problem, maybe even feels a little upset about it, and is thinking about not coming back?

20. What if my client is concerned that I did age regression with her and that I am not a psychologist?

Phase III "What If" List

1. What if my client can't think of anyone to put in the chair?
2. What if my client says that she can't remember being hurt by the person in the chair?
3. What if my client says that she doesn't feel any anger toward that person?
4. What if my client says that she has already forgiven this person?
5. What if my client resists saying that she is angry?
6. What if my client won't hit the pillow?
7. What if my client says that she feels silly doing this?
8. What if my client refuses to be the offender?
9. What if my client's offender refuses to participate?
10. What if my client refuses to forgive that person?
11. What if my client says that she will only forgive part way?
12. What if my client says that she forgives the offender but I don't believe her?
13. What if my client says that the offender does not deserve to be forgiven?
14. What if my client's offender is dead?
15. What if my client's offender who has "passed away" didn't "pass away" and is remaining around client?
16. What if my client, after the session, admits that she didn't really forgive the offender completely?
17. What if my client doesn't do so well with the first forgiveness session with a particular offender, should I still go on to the auto-forgiveness part?
18. What if my client is spending a lot of time during the auto-forgiveness part and I am concerned that she may have fallen asleep?
19. What if my client spends about 30 seconds during the auto-forgiveness part and then tells me that she is done?
20. What if my client comes back for the next session and tells me that she knows someone else that she would like to put into the chair?
21. What if a client gets a panic attack during HT? (Just sent in from Chantal in Singapore. It happened to her last week.)

Phase IV "What If" List

1. What if my client resists the idea that she may have done something wrong?
2. What if my client says she doesn't know what I mean by them having a Mistake-Making part?
3. What if my client won't confront the Mistake-Making Part?
4. What if my client can't think of a time when she may have hurt someone, or themselves?
5. What if my client can't/won't feel that anger?
6. What if my client cries while talking to the Mistake-Making Part and becomes overcome by guilt?
7. What if my client won't become the Mistake-Making Part?
8. What if my client's Mistake-Making Part says that its purpose is to hurt the Self?
9. What if my client's Mistake-Making Part says, "I didn't do anything wrong."
10. What if my client does not immediately see that the Mistake-Making Part's job was to protect the Self?
11. What if my client's Protective Part doesn't want to help the Self?
12. What if my client's Protective Part or Mistake-Making Part just wants to blame someone else?
13. What if my client's Protective Part says that she doesn't have to forgive her?
14. What if my client's Self doesn't want to forgive the Protective Part?
15. What if my client's Self only forgives part way?
16. What if my client says that Self has completely forgiven the Protective part, but I don't believe her?
17. What if my client's Protective Part refuses to go into the background and serve as a "body guard"?
18. What if my client's Self refuses to let the Protective Part pull back?
19. What if my client doesn't believe either the Protective Part or the Self when they say that they will keep to their end of the agreement?
20. What if my client has completed the forgiveness and I want to check to make sure that the forgiveness is complete?
21. What if my client is slow and I run out of time and the forgiveness process has not been completed?

Phase V “What If” List

1. What if my client still has a problem and I am not sure whether to do PMT or go back and do more age regression?
2. What if my client doesn't understand what I mean by her having different parts?
3. What if my client has trouble getting the parts to participate in the process?
4. What if my client's not-wanting-to-change part says that the reason that it doesn't want to change is because it will cease to exist?
5. What if my client's not-wanting-to-change part says that the reason that it doesn't want to change is because it will not be able to do its job of tormenting the Self?
6. What if my client's not-wanting-to-change part says that it doesn't believe that we care why it wants to do the old behavior?
7. What if my client has a part that gets into an argument with the other part?
8. What if my client's not-wanting-to-change part says that the reason that she wants to do the thing is just because she likes doing it?
9. What if my client has a part whose list of reasons for doing the old thing, or not doing the old thing is really short?
10. What if my client has two parts that need help? Is it alright to bring in another part?
11. What if my client's not-wanting-to-change part says that he just doesn't understand what we are trying to do (i.e., the still-wanting-to-smoke-pot part is usually not the smartest part of client).
12. What if my client's parts are not participating in equal amounts?
13. What if my client's not-wanting-to-change part benefits from the new behavior (the agreed upon new list of behaviors) but that list does not provide all of the benefits of the old behavior?
14. What if my client's parts find that the agreement is not 100% acceptable and we are running out of time?
15. What if my client has a part that refuses to meld back into one another?

Other “What If” List

1. What if my client needs more AR and FOO, can we do both in one session?
2. What if my client does not see the benefit of the work that was done in hypnosis?
3. What if my client doesn't come back for a second, third or fourth session?

4. What if my client doesn't feel comfortable working with me?
5. What if my client wants a refund?
6. What if my client starts calling me every week?
7. What if my client insists on having my home telephone number?
8. What if my client is suicidal?
9. What if my client wants to be my friend?
10. What if my client wants to work on more than one issue in a session?
11. What if my client wants advice for getting a friend or family member to come in and see me?
12. What if my client needs to vomit during a session?
13. What if I have to leave the room suddenly because of a cough or having to go to the bathroom?
14. What if I need advice on what to do during a session?
15. What if I am uncomfortable with the issue that my client wants to work on?
16. What if I cry during a session?
17. What if I can't handle what I am hearing during an age regression?
18. What if I do an instant induction and it doesn't work?
19. What if my client never relaxes and is twitchy, moving all the time or kicking her legs during the session?
20. What if there is a loud noise next door and I think that my client may have emerged or lost somnambulism?