

Hypno-Quip - Biofeedback Monitor - Operating Instructions

It is a good idea to obtain and record the anxiety level of your client before any therapy is carried out, as this will give you a reference to work from.

At the beginning of the first consultation, connect the monitor sensors to your client's finger print pads, 1st index and 2nd finger on the same hand, left or right hand, it doesn't matter which, as long as you continue taking readings from the same hand from there on. (I do this very matter of fact without making a fuss).

Remember your client is understandably nervous at this first visit so do not record b/feedback reading until a few minutes before the end of this session, by this time your client has settled down and an accurate base reading can be established. (Often 60.0 to 70.0 at this stage!).

NOTE: If your client is taking anti-depressants, tranquillisers etc., you may see an unusually low reading on your monitor display, do not be misled by this, so remember to ask your client about any medication including herbal types that they might be taking. This low reading does not matter to you, as it is a reference point that you are looking for.

ASIDE: Clients will often ask me how will I know when they are in hypnosis? I tell them about all the various physiological changes that are visible in people as they enter trance, then I smile, give my b/feedback monitor a friendly tap and say something to the effect of 'but I don't have to study you, as this little meter will tell me everything I need to know, when you enter hypnosis, how deep you are etc. It will almost tell me what you are thinking'. This being a useful suggestion for later on if using free association!

HYPNOSIS: With client comfortably settled on couch or recliner, connect him/her to b/feedback monitor via the Velcro mounted gold finger sensors, take care to fit sensors correctly to the finger prints. As you begin your induction, note the display reading.

Normally as your client enters hypnosis the display reading will fall, this reading will continue to fall as client's trance deepens. Occasionally some client's display readings will rise, even though they have entered trance, this is usually indicative of a problem synonymous with a subconscious anxiety. I personally continue deepening suggestions until the display reading tends to 'bottom out' or at least until it slows right down, gain experience with your own induction techniques.

ANALYSIS: With your client in hypnosis begin free association, trance will lighten as client begins to talk, this is normal and OK, but as your client enters a 'no-go area' anxious thoughts etc., the display reading will rise, often very quickly even though client appears visibly relaxed, this is the time when you may decide to gently probe! Once you have mastered the use of biofeedback in analysis, you will find its help invaluable. Make sure you record the display reading weekly as this will give you excellent feedback regarding client's improvements, it is good to be able to show your client some proof of improvement in black and white, they like this, and it can help to enhance their improvement.

SUGGESTION: Biofeedback is particularly helpful when dealing with fears and phobias. Monitor client's response to fear before and after hypnosis, you can also track your client's emotional response to your suggestions during hypnosis and pace your suggestions accordingly.

Biofeedback Monitors in Hypnotherapy

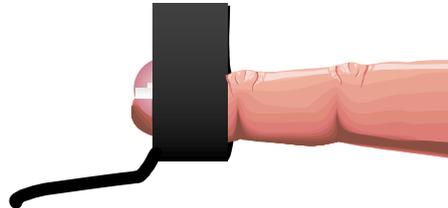
By Kevin Gray. Hypnotherapy Equipment UK. Ltd.

What does biofeedback actually measure

A Skin Resistance biofeedback monitor does just that! It measures the skin's resistance to the flow of electrons. We all know from our school physics lessons that wet or moist objects conduct electricity much easier than dry ones. The principal here is the same.

How does the biofeedback monitor measure this flow of electrons.

The *Hypnoquip* biofeedback monitor is connected to the client via a lightweight flexible lead, at the end of this lead are two very sensitive gold plated sensors that are mounted onto simple Velcro fasteners.



These highly sensitive gold sensors are connected to the finger print pads on the first and second finger of the client's hand. It doesn't matter which hand, as long as the same hand is always used. When the biofeedback monitor is switched on a very small signal is applied to one of the sensors. This signal travels through the skin down the first finger and back up the skin of the second finger to be picked up by the second sensor. This second sensor picks up the signal and measures the minute changes that have occurred in the signal caused by the amount of sweat in the skin. This change in signal is then converted to a number which is projected onto a large digital display on the inclined screen of the biofeedback monitor. This process happens almost instantly and is updated three times per second.

Why does the skin become sweaty and why use the finger print

The surface of the skin becomes sweaty to cool our body down when we are hot, but we, as hypnotherapists are not interested in that process in this case. We are interested in the sweat produced within the skin when our body goes into a 'fight or flight response'

So what we are actually measuring with the biofeedback monitor is the human 'fight or flight response' in miniature. The intensity of this response can be gauged from the rise and fall in the reading on the digital display.

Fight or flight response

I don't think that there is any need for me to describe the whole process of the fight or flight response to the therapist as it should be well known, but during this and any other stressful situation there is a triggering of activity of the sympathetic nervous system. This action driven by the subconscious, increases Palmer perspiration (sweaty palms and fingerprints). This sweat within the surface of the skin decreases the resistances to the flow of electrons between the two sensors mounted on each finger print and this change in flow is converted to a digital readout that can be monitored. This readout rises and falls very quickly in response to this action. The more stressed the client the higher the readout, the more relaxed the lower the read out. Simple!

Need help? 01724 720909

IMPORTANT INFORMATION

Biofeedback Monitor leads. Please **do not** wrap the biofeedback monitor sensor leads around the monitor after use

The above action causes an internal twist in the lead, which will result in premature lead failure.

Simply remove the sensor lead jack plug after use and make a loose coil with the lead of about 12 cms diameter (5 inches) and place this loose coil with your monitor.

Battery. Please use a good quality PP3 type (small oblong) 9-volt battery

Thank you