



# Seasonal Affective Disorder

## Professional Hypnotherapy Script

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**About the author:** Dr. Richard K. Nongard is among the most qualified professionals in the Southwest, and has authored many books, videos and professional educational materials, including hypnosis textbooks. He holds advanced degrees on both counseling and transformational leadership, and has been trained in the USA, Canada and Europe.

Dr. Nongard has completed his doctorate in transformational leadership with a concentration in cultural transformation through Bakke Graduate University. BGU is a nationally accredited university, accredited by an accreditor which is recognized by both the United States Department of Education (USDOE) and the Council for Higher Education Accreditation (CHEA).

**Purpose of the script:** This script is a tool for professionals in conducting clinical hypnotherapy sessions. It is meant as a guide and to help you generate treatment ideas and must be adapted to the unique needs of a particular client. It should only be used by certified clinical hypnotists, and should not be shared with others.

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**Additional Resources:** Hypnosis scripts can be found at <http://subliminalscience.com/hypnosis-scripts.html> and in Richard Nongard's Big Book of Hypnosis Scripts (also available at SubliminalScience.com).

For those interested in the full 6 hour ICBCH training in Anger, Anxiety and Depression and additional resources for clients: <http://goo.gl/KdxQxV>

How can hypnosis be helpful in SAD treatment

- 1.) It can be used to create change in physical awareness (Warm autogenic)
- 2.) It can be used to create hope through visualization
- 3.) It can reframe the meaning of metaphysical symptoms
- 4.) It can be used to motivate and train new coping behaviors
- 5.) It can be used to stimulate the pineal gland (yoga)

**Induction:** Utilize any induction you are familiar with and comfortable with. I do like the use of autogenic hypnosis inductions for Seasonal Affective Disorder, as demonstrated in the video that accompanies this course. An induction is not included in this script, as many already have a style and preferred method of induction.

**Deepener:** Any method of deepening can be utilized including visualization, number counts or any other preferred method of deepening and ratifying trance.

**Suggestive Therapy:** Feel free to edit, adapt, add or subtract and to use this resource as a guide to help you plan successful sessions with your clients. You will recognize many elements from the video instruction portion that accompanies this script are utilized in this script.

In this state we call hypnosis, never asleep but deeply relaxed, you will be able to accomplish so much today. First, you will be able to learn how to change your bodies comfort level, in fact during the induction you already learned you have the ability to create warmth simply through thought. Second, you will be able to use that creative part of the mind to implement new solutions where in the past their may have only been frustration with the seasons or even depression. Third, you are going to have opportunity to step into a new chapter of life where seasons might mean change, but no longer have to mean despair.

In fact, by simply committing to this program and by following these instructions to this point, you have already begun a new chapter of your life, and for that you can congratulate yourself. In fact, just by finding a new solutions to seasonal affective disorder, you have probably noticed a new feeling of hope, knowing that from this point forward, by learning new things, the shroud of depression has already been lifted with the warm glimmer of hope being present.

As you relax, each breath deeper and deeper, become aware of that part of the mind where awareness is created. Deep inside each of our minds is a capacity to create, and by simply brining your awareness into this part of the mind, you have begun to create. Many people find that when they begin to create is it in the form of a visualization, seeing new things, almost like a vivid dream but one where you are aware you are creating. Others, find an inner voice is created, guiding you to a new awareness. Either way is fine, there is not a right or a wrong way for you to experience hypnosis, this is your time and your place. Imagine yourself stepping into a new chapter of life, from darkness and cold to that same warmth you create just moments ago, imagining the radiant sunlight in this new chapter of life and a smile on your face as you

realize that what the mind can conceive the body can achieve. Notice how, in just a few seconds you were able to use that creative part of the mind to feel, if even for a moment a lifting of darkness and imagine new light.

That is awesome, isn't it? Just like moments ago, during our induction, you were able to notice or create warmth, you have now if even for a moment used the imagination to create a new chapter of life. The power here is that we have within us the ability to create, and to change and at any time, in every way, gain control over that which to this point we felt powerless.

Transitional deepener 5-4-3-2-1-0

Years ago an anonymous poet wrote this:

Dead branches

White snow

Blue sky

The sun's glow

Red leaves

The wind's blow

Green Grass

The river's flow

This is what makes the year beautiful

The four seasons' slow pace

It makes our lives colorful

And gives us the example of grace

Take the time to contemplate

What nature gave us

Because you never know when it'll end

Because of all our mindlessness.

I have read you this poem because it is an essential reminder to us of the four seasons, and even when we feel stuck or trapped in the frustration of seasonal difficulties nothing, absolutely nothing, stays the same. As surely as the sun will rise tomorrow, each season will transition to a new season.

And so as the poet exhorts us, "take time to contemplate what nature gave us". I know you have been frustrated by the current season, but within each season is a gift, even when it is

hard to see. The poet tells us the seasons change at a slow pace, but they always change, and perhaps the slowness of each season is to give us an opportunity to find that which is beautiful.

It is easy to resist the seasons, to dislike or even judge the season, but right now, right here, you are safe no matter what the season is. Your heart rate is slow, your breath is smooth and rhythmic and you are comfortable taking this hypnotic break from your stress. It feels good doesn't it? And this of course, tells us that no matter what the season, you can create acceptance for its presence, neither liking nor disliking that which is outside, simply focusing inside- on that part of the mind that creates awareness and acceptance and using this time to be still, relaxed and comfortable.

Of course, if you can be comfortable here, you can create this state anywhere and at any time. This is one of the great gifts of our creativity, to be able to experience resource states. A state of comfort, a state of warmth, a state of hope, a state of acceptance.

Do you notice the difference in how you feel already, between when you first started this audio file and what you have created now? The difference in your stress level, comfort level and even your ability to feel hope and happiness?

In fact, you can even amplify that hope and happiness. You have that ability within the creative mind, to activate the pineal gland that third-eye and to benefit from the hormones that regulate our days and nights, and our level of happiness despite external experiences.

Go ahead, try it now, be aware of your level of hope or happiness, or any other resource state that is important to you, and breathe in. As you breathe in, let the breath energize you and amplify that experience of hope or happiness just a bit. Do you notice it? Now breathe in again, another fresh breath, breathing in hope and happiness, even saying to yourself "I am hopeful, I am happy" and amplify it a bit more.

It's pretty awesome to be able to amplify those feelings, and you might even notice the corners of the mouth twitching and becoming a slight smile as you amplify it even further, and further creating right now an awareness of your own ability to be anything at any time that is useful to you!

Transitional deepener- 5-4-3-2-1-0

Direct Suggestions:

Over the next day or two, you will notice an ability within to be mindful of your ability to create, to accept and to embrace the seasons, knowing that nothing ever stays the same.

In the days to follow, seek out opportunity to be in the daylight, knowing the sun is a powerful force for life and even when hidden from view, its radiance is present.

When you are next at the store, the general store, the hardware store or even shopping online, pick up some light bulbs labeled "full spectrum light" and begin to replace all of the bulbs in

your house as they need replacement with these new bulbs. Even if the light in your bedroom and bathroom does not yet need replacement, replace those lights now with the full spectrum bulbs, finding that the radiance of these lights changes your body- which changes your feelings.

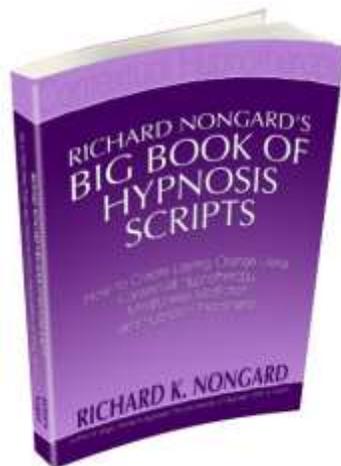
Each day look for opportunities and time to walk, walking just for the sake of walking, increasing your daily activity each day, taking more steps today than yesterday, more steps tomorrow than today and increasing your steps each and every day to 10,000 steps a day.

AWAKENING

**This script is for informational and example purposes only and should be adapted by a professional to the specific needs of individual clients. It is not intended to replace medical diagnosis nor treatment.**

**Do you have Richard Nongard's Big Book of Hypnosis Scripts? Here is a link to get it:**

<http://subliminalscience.com/hypnosis-books.html>



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