A normal doctor’s office is used. The patient is normally lying on a couch, or may be seated in a good chair. The therapist is seated on the side, and partly behind the patient. Normally the door is locked, the light dimmed and the telephone shut off. The patient is instructed about the routines of hypnosis, and specifically about the principle that the therapist is just giving suggestions, not commands. The patient is then asked to listen to the therapists’ voice, and let other noises or sensations just float around and fade away. The session after this will normally last about half an hour, consisting of an induction, a theme and a termination. The therapist talks slowly, evenly, often trying to follow the rhythm of the patient’s breath. In the induction, several techniques can be used to make the patient comfortable and relaxed, and focused on the therapist’s suggestions. In the thematic part, suggestions and visualizations are made in accordance to the goal of the therapy, e.g. relaxation, pain reduction etc. In the termination, the patient is prepared to wake up, and allowed enough time to absorb the experience and get ready for normal aware state of mind. Experienced therapists may improvise during the therapy, others often use prewritten scripts which can be devised individually, or collected from books or numerous internet sites.