

HYPNOSIS



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APPLICATIONS OF HYPNOSIS

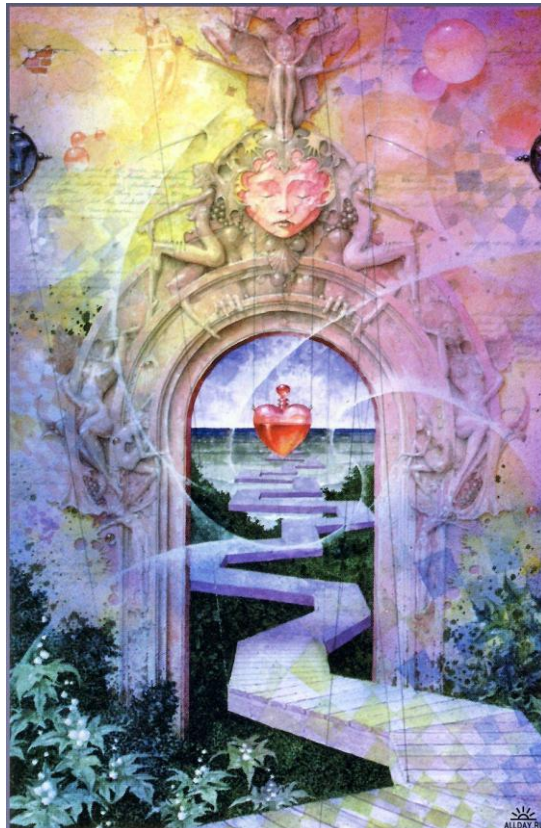
Hypnosis has been **proven by research** to be highly effective in the treatment of depression, anxiety, phobias, panic attacks, Obsessive Compulsive Disorder, addiction, sexual difficulties, relationship problems, and problems with self-esteem, confidence, and motivation. Other problems which may be successfully addressed by hypnotherapy are sport performance, weight-loss, smoking cessation, fear of public speaking, and fear of exams. <http://www.hypnosisnetwork.com/articles/category/hypnosis-research/>

Since our immune system is controlled by our subconscious, psychosomatic illness - for example migraines, arthritis, Irritable Bowel Syndrome, and skin conditions - is another area where hypnotherapy can be of great help, although it is essential that you also consult a medical doctor in these cases.

YOU HAVE A CONSCIOUS AND A SUBCONSCIOUS MIND

Why is it so difficult to change? You want to be a healthier, happier, more relaxed and positive person, but your good intentions often seem to have little effect on the way you actually feel and behave. Indeed it seems like your mind has a mind of its own.

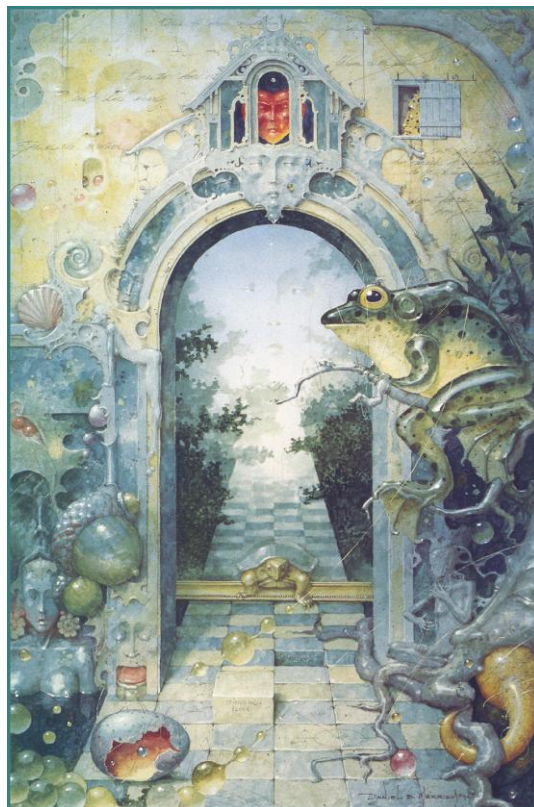
That is when you begin to wonder why you feel and behave the way you do. One of the first questions a therapist asks a client is, "What seems to be the problem?" And one of the most common answers is, "I don't know." Very often that is the real truth. Although we may sometimes think we know why we feel and behave the way we do, in reality we mostly don't know.



The reason for this universal dilemma is that you have a conscious mind, and a subconscious mind. Your conscious mind is what you use to focus, act, interact, think intelligently, and function effectively in the world of everyday reality. But because the conscious mind is so helpless when it comes to the emotional and behavioral changes you may desire, it is sometimes called **the impotent genius**. It has all the information about what would be good for you, but very little power when it comes to actually implementing those changes.

That is why the subconscious mind, which is in control in those really important areas that actually shape your emotions and behavior, is then called **the all-powerful idiot**. Well, the subconscious mind is not really an idiot. Your subconscious is really trying the best it can to help you to survive and flourish in life. The problem is that somewhere along the way, perhaps when you were a child, it may have come to some **erroneous conclusion**, like, "I'm not good enough," or "I'm unlovable."

In a difficult situation during your childhood, or when you went through a tough time later in life, your subconscious may have made a **decision that was logical at the time**, but which is now really harmful, for instance, "the only way I can survive, is to never allow anyone to get close enough to me to hurt me," or, "I must never relax," or, "I must eat everything in sight."



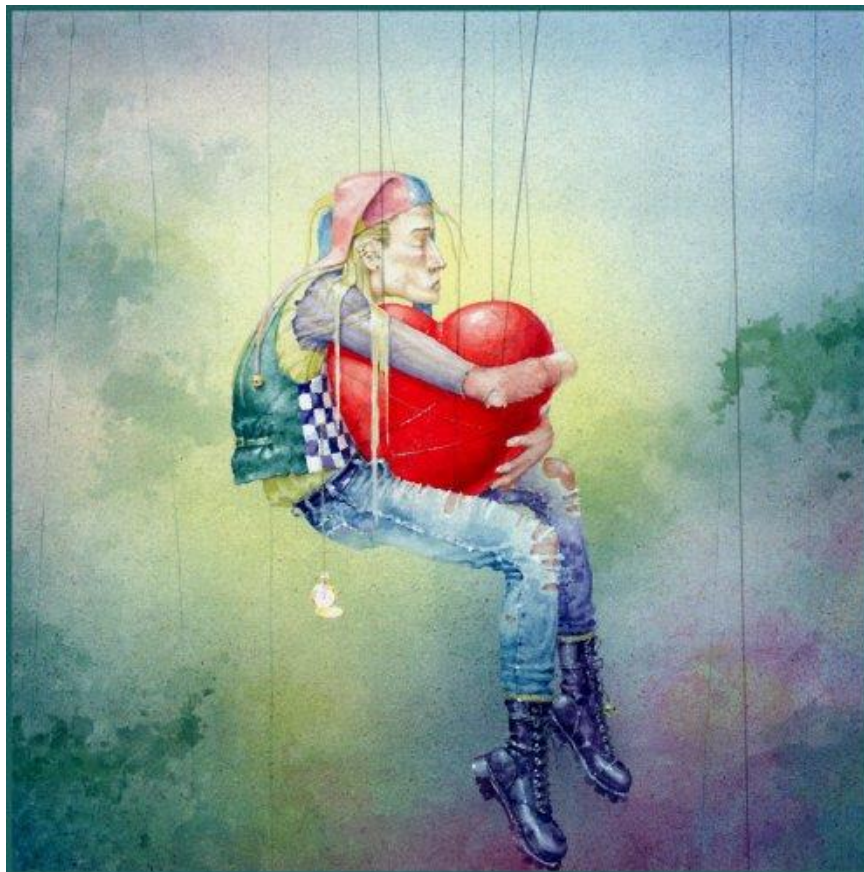
These subconscious erroneous and self-sabotaging beliefs are embedded into **the most primitive part of your mind** - the part responsible for survival, and which controls emotional reactions as well as involuntary body processes. Harmful beliefs and patterns in the subconscious mind can be compared to viruses in the operating system of a computer, and just like in your PC, they need to be tracked down and cleaned up. Hypnosis can help.

DEFINITIONS OF HYPNOSIS

Hypnosis can be defined as an artificially induced state of **relaxation and concentration** in which the deeper parts of the mind become more accessible. It is an altered state of consciousness wherein the subconscious and conscious parts of the mind begin to work on the same concept without conflict.

This connection allows a fluid interchange of thoughts, ideas, and information in both directions - from the conscious mind into the subconscious, so that we can help beneficial change to occur, and from the subconscious to the conscious, so that we might be able to more easily recall things that are relevant to our state at the time, or find a way to resolve conflict that may be made suddenly visible.

It could be said that hypnotic suggestion is explicitly intended to make use of **the placebo effect**. One definition of hypnosis is that it is a “non-deceptive mega-placebo.” that is, a method which openly makes use of suggestion and employs methods to amplify its effects.



Hypnosis is indeed often employed in the alleviation of physical pain, as demonstrated by James Esdaile in India, where he was able to perform amputations without anaesthetic. While such dramatic results are only achievable in a relatively small percentage of people, it is a very valuable treatment for those undergoing surgery, where post-operative pain may also be greatly reduced. Hypnosis can be used during childbirth, to minimize discomfort to the mother. Similarly, hypnosis is sometimes employed in dentistry, allowing some patients to undergo treatment without anaesthetic.

TRANCE IS A NATURAL PHENOMENON

While many people report that they find hypnosis to be extremely relaxing, relaxation is not an essential part of hypnotic work. The subject is **not “asleep”** at any time. In fact, people are often surprised to find that when using hypnosis, they **remember everything** that was said, as well as everything that happens.

If you choose to use hypnosis in your treatment **you will be in control at all times**, and cannot be induced to do or say anything that you would not otherwise do or say. Perhaps the best definition of hypnosis is that it is a **heightened state of focal awareness and absorption**. When we use hypnosis, we are inducing what is called a trance - a naturally occurring phenomenon that many people experience frequently.

Common examples of **everyday trances** include:

- Allowing one’s mind to become absorbed in thought while driving
- Feeling so engaged by a movie or conversation that the passing of time goes unnoticed
- Daydreaming or fantasizing



THREE WAYS OF USING CLINICAL HYPNOSIS

Practitioners use clinical hypnosis in three main ways:

First, hypnosis may be used for **unconscious exploration**, to better understand underlying motivations or identify whether past events or experiences are associated with causing a problem.

Second, hypnotherapy often encourages the use of **imagination**. Mental imagery is very powerful, especially in a focused state of attention. The mind seems capable of using imagery, even if it is only symbolic, to assist us in bringing about the things we are imagining. For example, a person with ulcerative colitis may be asked to imagine what his/her distressed colon looks like. If it is imagined as being like a tunnel, with very red, inflamed walls that are rough in texture, the person may be encouraged in hypnosis (and self-hypnosis) to imagine this image changing to a healthy one.

A third basic hypnotic method is to present ideas or **suggestions** to the person in a hypnotic state. In a state of concentrated attention, ideas and suggestions that are compatible with what the person wants have a more powerful impact on the mind.



It is necessary to distinguish between **hypnosis** and **hypnotherapy**: whilst all hypnotherapy employs the use of hypnosis, not all hypnosis employs the use of hypnotherapy.

Far from the clinical setting is the application of **hypnosis used on the stage**, whereby the hypnotist's main aim is to provide maximum entertainment for the audience. In such instances, the hypnotist will carefully select the “best” participants, who will be willing and extroverted individuals, and often, especially if the stage hypnotist is very well known, individuals may go into hypnosis with very little effort.

INNER ABSORPTION AND FOCUSED ATTENTION

Simply put, according to the American Society of Clinical Hypnosis, hypnosis is a state of **inner absorption, concentration, and focused attention**. It is like using a magnifying glass to focus the rays of the sun and make them more powerful. When our minds are concentrated and focused, we are able to use our minds more powerfully.

Because hypnosis allows people to use more of their potential, learning **self-hypnosis** is the ultimate act of self-control. Research supports the view that hypnotic communication and suggestions effectively change aspects of psychological and neurological functioning.



REGISTERED AND CERTIFIED PRACTITIONERS

One final thought: because of the power of hypnosis, prior to choosing a hypnosis specialist, it is always best to **check their credentials**. Verify that the person you've chosen is an accredited and certified hypnotherapy practitioner, as well as being a registered psychologist.