



hypnosis is a normal and focused state of consciousness. It is sometimes referred to as a trance state. It can also be defined as concentrated and directed daydreaming. The word 'sleep' is used often to describe this trance state, as the person who is under hypnosis appears to be asleep, however, the truth is that the person is far from asleep. In fact, they are very aware of their surroundings and will know and remember all that has happened.

There are many misconceptions about hypnosis – most of these myths evolve from our own perception of stage hypnosis performances where people are asked to perform strange and funny acts when in a trance e.g. barking like a dog, quacking like a duck or even speaking like a Martian and so forth. Upon seeing such performances, many people would naturally be worried their mind will be "controlled" by the hypnotist, and they will "lose control" and do or say things against their will. This is far from the truth – a person under hypnosis does not lose control.

Hypnosis explained

Understanding how hypnotherapy helps to resolve problems



When a person is under hypnosis, that person's subconscious mind is so focused that anything important and beneficial that is being mentioned (if acceptable to the person) will be acted upon. These ideas act on their thoughts and hence affect their feelings and result in their behaviour thereafter.

Anyone who wants to be hypnotized can be hypnotized. A person who has been hypnotized will not accept any idea or suggestion that is against his religion, upbringing, morality, or against his "gain". Each person achieves his own hypnotic depth state. All hypnosis is self-hypnosis.

A Hypnotherapist is a guide – like a conductor of an orchestra guides his musicians. The conductor cannot make someone play an instrument if they cannot or will not play it!

Clinical hypnosis recognized by AMA

In 1958, hypnosis was recognized by the American Medical Association as a legitimate and safe approach to medical and psychological problems. Today, most people recognize that the mind and body interact. Our mind and body are fully integrated parts of a whole being – a change in one part affects the other.

Hypnotherapy

Hypnotherapy is a search of the subconscious mind through the use of hypnosis. This helps to identify the origin of the problem and redirect the emotional energy to propel the problem toward a solution. Hypnosis opens the door to the subconscious to connect, realize, discover and therefore understand the root of the problem so

that it can be resolved.

In simple terms, problems we may have can be likened to a computer virus. It is present in the computer (brain) and we may not even know or remember getting it, but it starts to run its programme whenever we encounter (trigger) a certain situation. It sets off or causes a response or behaviour in our life that we often can't explain. Often, these responses and/or

behaviour are not positive (the problem). For example, seeing a lizard sets off a reaction (like a panic attack) to a bad experience we had as a very young child that we may not even remember consciously. The visual experience of the lizard triggers the virus to set off a reaction that we don't want or need – it then becomes a problem. Hypnotherapy is like running anti-virus software to evaluate the brain, find the virus and make the connection so it won't cause the problem, or neutralize it so that we can live a normal life.

Patients are treated individually with hypnotherapy for the following:

- Anxiety
- Low confidence
- Lack of motivation
- Depression
- Low self-esteem
- To quit smoking
- Migraine or tension headache
- Fears or phobias, such as fear of flying, darkness etc
- Eating disorder
- Sleep disorder
- Alcoholism
- Pain management
- Irrational fears
- Dependency
- Stress
- Compulsive behaviour

Additionally, hypnotherapy can also be used for self-improvement, visualization and mental imagery for sports, memory training, and business success. Hypnotherapy and visualization are also used as adjunctive therapies for other diseases such as cancer and chronic pain.

What happens in a hypnotherapy session?

The patient remains aware of all that is going on during the hypnotic sessions. A hypnotherapist will guide the patient into a letting go state – a state of deep relaxation that gives the appearance of sleep. While the patient is under hypnosis, depending on the issue, appropriate therapy processes will be applied to achieve a successful outcome.

The hypnotherapist may have a systematic approach to helping and assisting people achieve wellness. Techniques used may range from positive suggestions, finding the root of the problem by means of age regressions, to using the various Gestalt therapies (focusing on the individual's experience in the present moment). As a result, the hypnotherapist will have greater access to the person's subconscious thoughts, attitudes and feelings that mould their behaviour.

The important aspects in defining the underlying reason of the problem is so that appropriate suggestions and/or therapies can be used to help the person untie the erroneous belief and to free the person so that they may live a healthier and more productive life. The old negative thought patterns are replaced with desired positive ones, which will then allow one to align their desired thoughts, beliefs and behaviour so that one can move on to lead a better and purposeful life. ♥

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