

Hypnosis is a skill to be learned with the help of a trained professional.

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# Hypnotherapy

Hypnosis is the focused use of the trance state in order to reprogram self-limiting unconscious thought patterns.

## Hypnosis May Be Used For:

Habit Cessation (weight , smoking)

Depression / Grief

Anger Release

Anxiety / Phobias / Panic Attacks

Low Self-esteem (confidence)

Stress Management

Insomnia

Substance Abuse

Memory Loss

Pain Control

Stimulating The Overall Healing Process

Sports Performance

Stage Fright

To Change Or Improve Behavior

## Frequently Asked Questions

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(Eastern Institute of Hypnotherapy)

### **What is hypnosis?**

A state of relaxation and/or a level of concentration that the average individual reaches daily. Self hypnosis is accomplished most often when one is "absorbed" in a TV program, experiencing repetition (highway driving), or daydreaming.. However, "Hypnotherapy" is guided relaxation and/or concentration where the ideas expressed (suggestions) by the therapist are generally remembered more readily, which in turn creates a new awareness. Depending on the client's motivations, there may be a shift in attitude about specific subject matters (habits and stresses). The only requirement for getting therapeutic results is that the person has a conscious desire to change, or in other words, is in agreement with the suggestions.

### **Can everyone be hypnotized?**

Yes, as long as they are willing and have the ability to concentrate and/or relax. There is a positive correlation between the ability to concentrate and the depth of hypnosis.

### **Do people do things under hypnosis that are against their morals or values?**

No. Hypnosis cannot detach the ego. As a general rule, if a client was given a suggestion he/she did not agree with, he/she would simply refuse, laugh at it, or awaken (regain normal awareness). In stage hypnosis, the volunteers are usually under the influence of alcohol and have come to the show for the purpose of relaxing, acting silly and having a good time, therefore, they are easily encouraged to do so. Because inhibitions are often reduced under hypnosis, the subject is more likely to experience their inner character traits and motivations.

### **Can a person's memory be erased?**

No. If one undergoing hypnosis wants to remember, he/she will. In some cases, amnesia can be produced with a post-hypnotic suggestion, but it wears off as quickly as the subject wishes. However a Certified Hypnotherapist can help a person transform a memory which may be causing problems. The mind contains unconscious memories which generally are responsible for our decisions, attitude, feelings, and behaviors.

### **Do people under hypnosis go to sleep or become unconscious?**

No. One should not expect to go to sleep. Hypnosis is a hyper-state of awareness that feels very relaxing. One is completely aware of everything that is occurring in the surrounding environment as well as that which is happening in the inner mind. Many authors in the field feel that hypnosis is a state of consciousness somewhere between being awake and asleep. Some people may go out of hypnosis by falling into natural sleep, but then they may need to be awakened.

### **What can be treated with hypnotherapy?**

A Qualified, Clinical Hypnotherapist has the capabilities to help alleviate or transform a multitude of symptoms and problems. Many Hypnotherapists carry credentials in other professional fields and therefore utilize hypnosis within the context of their specialty areas. The more qualifying information one requests (such as educational background, specialization, and the content of the treatment program) the better possibility that one seeking the benefits of hypnotherapy will match his/ her needs appropriately.