

# Hypnotherapy

## What is Hypnosis?

The hypnotic state is an altered state of consciousness that creates a change in awareness, concentration and perception. It is often associated with alpha and theta activity. In this state, the person experiences a sense of deep physical relaxation and a doorway between the conscious and the subconscious is open. This allows for a dialogue with the subconscious mind, easier access to memories, heightened creativity, and being open to positive suggestion.

During hypnosis, you are not asleep or unconscious. You may appear to be sleeping because your eyes are closed, but you are relaxed and completely aware of what is going on around you. The hypnotherapist assists you with becoming relaxed and serves as a guide on your journey. Oftentimes, you will talk with the hypnotherapist. If you ever feel uncomfortable during the experience, you can open your eyes and stop the session. You are always the one in control.

There are four stages of electrical activity in the brain that are associated with the sleep cycle. These stages are defined by electroencephalogram (EEG) criteria:

1. Beta waves (14-35 Hz) occur when a person is alert and aroused.
2. Alpha waves (8-14 Hz) occur when a person is resting quietly.
3. Theta waves (4-8 Hz) occur when the person is in the dream state.
4. Delta waves (.5-4 Hz) occur when the person is in the sleep state.

## How do I know if I can be hypnotized?

All hypnosis is really self-hypnosis and only requires three things: your cooperation, your imagination, and your full attention. Think about how easy it is to be driving down the highway and miss an exit or not even have to think about the details of how to get somewhere – you are in automatic pilot. The TV is also a great example – you are in a trance. Daydreaming is another example of self-hypnosis.

**Research has found that there are generally three types of people who cannot be hypnotized:**

- A person experiencing psychosis or a thought disorder
- A person with a low IQ
- A person who does not want to be hypnotized

### **How can I tell if I am hypnotized?**

Most people experience a sense of physical relaxation in their body. There may be sensations of heaviness or lightness, tingling or numbness, warmth or coolness, and floating or sinking. Some people experience muscle twitching in their body, the same as when they are falling asleep. The breathing also shifts from the lungs to the diaphragm.

### **Is hypnosis dangerous?**

No! In September of 1958, the Council of Mental Health of the American Medical Association approved hypnosis as a safe practice with no harmful side effects. To date, no one has been seriously hurt by hypnosis. It is best to work with a competent and qualified hypnotherapist. Dr. Tess is a certified clinical hypnotherapist.

### **Are memories revealed under hypnosis real?**

Hypnosis is not a totally reliable way to accurately recall memories. People have been found to lie while under hypnosis.

### **What is Hypnotherapy?**

Hypnotherapy is a therapeutic tool that combines the properties of hypnosis and psychotherapy. While the client is in the hypnotic state, the hypnotherapist "talks" to the client's subconscious mind. Clients gain insight into present difficulties and past events that affect their conscious thoughts, emotions, and behaviors.

### **Will I be made to do silly things?**

No, absolutely not. Hypnotherapy is not stage hypnosis where the only value is in comedic entertainment. Hypnotherapy is a therapeutic tool utilized by ethical and qualified professionals. You can never be made to do anything against your will or contrary to your belief system.

### **What is the value of Hypnotherapy?**

Hypnotherapy can help clients get to the core of a problem so that symptoms decrease and a deeper understanding occurs. It has been used with a variety of physical, emotional, and mental issues. Some of these include depression, low self-esteem, anxiety, trauma, eating disorders, motivation, procrastination, attention, addictive behaviors, study habits, phobias, insomnia, headaches, tension, arthritis, chronic pain, and fibromyalgia.