

Hypnosis & Hypnotherapy: In a nutshell

What Is Hypnotherapy?

Hypnotherapy is the positive, creative, therapeutic use of a state of mind called hypnosis. Most of us naturally enter hypnotic states of mind every day, sometimes many times.

Describe that "state of mind" called hypnosis?

Some people call it the hypnotic trance, others deep relaxation, others meditation, others see it as any sustained experience of intense focus or absorption. It can also be described as a state of calm transfixity. All are right.

How does hypnosis use this state of mind?

Hypnosis uses this state of mind—a particularly receptive state of mind—to help you achieve desired goals and change. But hypnosis doesn't really do this; *you* do. In other words, when you allow yourself the pleasure of the calm, focused hypnotic state, you simultaneously *open your mind* to the kinds of positive ideas and suggestions that can make a tremendous difference in your life. In the hypnotic state, you can use your imagination creatively and vividly to realize personal goals and *versions of yourself* that appeal to you.

Who makes the suggestions?

Your hypnotherapist will, but with *your* collaboration and input. Your hypnotherapist will discuss with you the kinds of changes that interest you *prior* to doing hypnosis. He/she will then formulate the suggestions in skillful, persuasive language that will make the deepest possible impression on your psyche, optimally supporting your goals. After guiding you into the hypnotic state, he/she will present these suggestions to you verbally, directly or less directly. Using your imagination, you can accept and absorb the suggestions for lasting impact.

What is a hypnotherapist?

A hypnotherapist is a professional with the training to teach and guide you to purposefully enter the hypnotic state and use it to your optimum advantage. He/she can also train you in self-hypnosis, so that, after several sessions together, you can accomplish and/or *sustain* desired self-changes on your own.

For more information on hypnosis and other clinically interesting subjects, please consult my website at **www.powercommunicating.com**
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Will I be in control during hypnosis?

You will be in total control. Hypnotists are sometimes presented, especially in stage performances, as having omnipotent power over their subjects. This is a show, an *act*, a caricature of hypnosis. True hypnosis is about how *you* use the power of *your* mind to effect desired changes.

What kinds of changes can hypnosis help me make?

You name it: quitting smoking and losing weight are two of the most common. Additionally, hypnosis can be used to treat pain, depression and anxiety; and increase confidence, focus, and coping skills. Hypnosis has wide utility, and can enhance your performance in many areas of life.

Can I be successful at hypnosis?

Remember, you enter hypnotic states naturally on a regular basis. For instance, when you funnel your concentration into an engrossing book, movie, or game, you are experiencing a form of hypnotic trance. Similarly, if you've ever found yourself gazing transfixedly and dreamily at something or someone, you know exactly what the hypnotic state is. If, when driving, you've ever been so zoned-out that you've missed a turn or exit, you can ascribe that to your self-hypnotic powers. Generally, whenever you are intensively zoned-*in*, or zoned-*out*, you are in the hypnotic state.

I've heard that some people can't be hypnotized?

Some people don't *want* to be hypnotized, and because you can't hypnotize an unwilling person, such individuals won't be hypnotized. But anyone who seeks the advantages of hypnosis can develop the capacity to use hypnosis purposefully.

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