

The Truth About Hypnosis: Dispelling The Myths

Hypnosis is one of the most effective forms of therapy in use today. With a wide range of applications, hypnosis is frequently used to help individuals achieve freedom from addictive habits, greater self-esteem and greater control of their lives. However, because it is not as widely practiced as other forms of psychotherapy and has often been portrayed in a negative light by the media, the general public is largely misinformed about both the use and effectiveness of hypnosis. The result: They will tend to shy away from a tool that could quickly bring them great benefit.

One source of misinformation about hypnosis comes from how it is depicted on t,v, and in the movies. Over the years the silver screen has portrayed the hypnotist as a Svengali type of individual. You know, the dark looking character with the wild look about him who says, "Look into my eyes and I *will* hypnotize you." Of course, this is only a Hollywood character. However, as we all know, characters can and do leave a lasting impression on those who have seen certain films and tv shows. Unfortunately, when it comes to hypnosis, this impression is most often negative and communicates the idea that hypnosis is used to brainwash and control hapless victims. In reality, this is a figment of some writer's imagination.

An additional source of erroneous information comes from stage hypnotists. Even though these individuals can be enormously entertaining and quite skilled at putting individuals into a trance, they, too, leave their audiences with an inaccurate impression of what hypnosis is really about.

Many of the misconceptions, such as the above, have actually evolved into modern myths. In order to dispel these myths, it is helpful to examine the most commonly asked questions about hypnosis. They are probably the same questions you have, but haven't known whom to ask!

The Myths

- **Will you be able to gain power or control over me?**

This is one of the most frequently asked questions. The truth is that no one can have any control over you other than what you allow them to have. In hypnosis you are conscious, aware and in complete control at all times. *Hypnosis actually helps you gain greater control of your body and mind.*

A major contributing factor to this myth comes from volunteers at hypnosis stage shows. Even though volunteers at these shows look and act like they are being controlled by the hypnotist – they are not. In reality, they are responding to some level of their personality that is willing to let go of their inhibitions because they want to be entertaining.

- **Can I be made to do things I wouldn't normally do?**

No, you can never be made to do anything you wouldn't normally do in a non-hypnotic state. In addition to this, as a trained and licensed mental health professional I am required to strictly adhere to a professional code of ethics. Most importantly, the first code of the ethical standards is "to do no harm." In other words, I only work in my client's best interest. *The result is that you are more powerfully focused on those things you most want to do.*

- **Is hypnosis like a truth serum?**

Hypnosis is not a "truth serum". You can not be made to say anything you don't want to say. And you will not find yourself losing control and blurting out your deepest thoughts and secrets. *In fact, the only truths that will be revealed are those that you most want to find out.*

- **Can I get stuck in hypnosis and not come out?**

I don't know – it's never happened to anyone in the history of the world. However, I can assure you that if you do you will become very famous.

In reality, if I were to pass out while you were in trance and you didn't notice, *you would come out of hypnosis on your own within a few minutes*, not unlike waking up from a nap.

Other Common Questions

- **How does hypnosis work?**

When you are in hypnosis, you are in a relaxed, yet altered state of mind, where your attention becomes much more internally focused. In this altered state, your mind develops a more heightened level of awareness, greater concentration and increased receptivity. This allows you to become much more open to suggestions. Some everyday examples of common hypnotic trance states are: the football fan who is so fixated on the Monday night game that he doesn't hear his wife talking to him; driving in the car and not remembering how you got from one point to another; and becoming so absorbed while reading a book that you lose track of your surroundings.

- **How will I feel when I am hypnotized?**

You can find out by closing your eyes for a minute or two and focusing on how your body feels. Many people claim that this is what hypnosis feels like. Other people notice different bodily sensations such as feeling as though they are lighter and floating. Some will feel as though their limbs feel heavy and more difficult to move. You might feel any or all of these feelings. Whatever you feel will be comfortable and enjoyable for you. Almost all my clients tell me that hypnosis helps them feel more relaxed than they have ever felt. Everyone I have worked with looks forward to experiencing hypnosis again.

- **What can hypnosis do for me?**

- Help you achieve your goals.
- Change unwanted habits.
- Allow you to gain greater happiness in your life.
- Enhance your ability to have better health and well-being.

- Support you in overcoming obstacles and challenges.
- And, most of all, to “Live the Reality of Your Dreams.”

▼ To schedule your first hypnosis session and begin transforming your life and outcomes today, call us at (505) 720-9394. ▼

Deleted: ¶

Deleted: