

Hypnotherapy Frequently Asked Questions

Q: What is hypnosis?

A: Hypnosis is a state of focused awareness. It's something everyone has experienced countless times from that moment right before you go to sleep or wake up to the trancelike state you feel when absorbed in a good book.

Q: Can anyone be hypnotized?

A: Because hypnosis is a normal state that everybody passes through just before they go to sleep, the answer is yes. However, one can resist hypnosis, just like one can resist sleep (if only temporarily), but with practice the resistance can be overcome.

Q: What is the value of hypnosis?

A: Because the subconscious mind controls the body physically, mentally, and emotionally, we can change how the mind works by giving it new instructions. The subconscious mind is our perfect servant, and when one is in the hypnotic state, the hypnotist speaks to the subconscious and gives it instructions.

Q: Why do some people have doubts about hypnosis?

A: Hypnosis is very much misunderstood. For centuries, it has been affiliated with spiritualism and witchcraft. Some doctors and psychiatrists too doubt the value of hypnosis because of Fred, who gave up on the subject during his career. He was not a good hypnotist.

Q: Is hypnosis dangerous?

A: The hypnotic state is no more dangerous than the sleep state.

Q: What does it feel like to be hypnotized?

A: Everyone has a different experience. Some people often equate being hypnotized with being anesthetized or being asleep or unconscious. When in hypnosis, you can reset suggestions if you so desire. Your attention may wander or you may not even fall asleep. Some remember everything when they wake up from the trance and believe they have failed the hypnosis. If you do enter a sleep state during hypnosis, you may have the feeling of being heavy or that you are floating. At the very most, you might feel that your mind and body are separated.

Q: Is hypnosis actually sleeping?

A: It is not sleep. The participant is thoroughly aware of their surroundings. You cannot get stuck in hypnosis. A hypnotized person will not violate their code of ethics.

Q: How long does hypnotherapy take to achieve results?

A: It is not unusual to see dramatic results in a very short period of time. Treatment may be as short as one or four sessions for such things as specific phobias. Most often results can be obtained in one to two sessions.

When it comes to weight loss help, for many people, especially those who only carry a few extra pounds, a single session of direct-suggestion habit improvement is all that's needed.

Others need multiple sessions to achieve the results they want. There are all kinds of reasons people overeat. Sometimes it's important to understand why they're overeating. Hypnosis provides them

access to the causes of their overeating and the tools to make the changes they wish. Follow-up sessions provide reinforcement where necessary so they deeply ingrain their healthy new patterns.