

Hypnosis Fact Sheet

(What You Always Wanted to Know About Hypnosis but were too Afraid to Ask)

Fiction: The Hypnotist will be able to control my mind.

Fact: No one can control your mind, unless you let them. Your Hypnotherapist will make suggestions based on the Pre-Hypnotic Interview. If you hear a suggestion that you don't agree with, your subconscious mind will simply reject it.

Fiction: I will be made to do embarrassing acts - bark like a dog, or quack like a duck.

Fact: This belief is based on Stage Hypnotism and Hollywood fiction. See above.

Fiction: If I become Hypnotized, I may not be able to snap out of it.

Fact: Hypnosis is very safe and is actually a state of hyper-awareness. Any time there is an emergency, a person would be able to come out of the Hypnotic state by simply opening their eyes.

Fiction: I have never been Hypnotized before.

Fact: Most people regularly experience 'Environmental Hypnosis' regularly while watching TV, driving on the highway, or reading a good book.

Fiction: When Hypnotized, I will not be aware of my surroundings, and will not remember anything that happens in the session.

Fact: Hypnosis is not an unconscious state of sleep. Many people experience a heightened sense of awareness, concentration and focus, and can even hear more acutely during a session.

Hypnosis is a state of highly focused attention or concentration, often associated with relaxation, and greater suggestibility. While under hypnosis most people are much more open to helpful suggestions than they usually are.

Many people won't accept or respond to up-front, direct suggestions. Under hypnosis, however, suggestions get into the mind indirectly and allow change to occur. While hypnosis doesn't necessarily make change easy – it does make it much easier.

Fiction: I can't be hypnotized because my mind is too strong.

Fact: This is an outdated belief that has been proven untrue. Studies suggest that people of above average intelligence, who are capable of concentrating and are creative with vivid imaginations, usually make the best subjects.

Fiction: Under hypnosis you will always tell the truth and could even reveal personal secrets

Fact: You can lie under hypnosis just as easily as in the waking state. Also, you are in complete control of what you chose to reveal or conceal.

Fiction: I won't remember anything the hypnotist says.

Fact: Everyone experiences hypnosis differently. Some people focus on the hypnotists words and listen attentively, others let their attention wander from one thought to another, and others may not pay any conscious attention to what the hypnotist is saying. Any method you choose will work. It's simply a matter of personal style.

Fiction: Hypnosis doesn't work.

Fact: A Comparison Study Shows: (American Health Magazine)

- *Psychoanalysis: 38% recovery after 600 sessions.*
- *Behavior Therapy: 72% recovery after 22 sessions.*
- *Hypnotherapy: 93% recovery after 6 sessions".*