

## Frequently Asked Questions about Hypnosis

### **What is Hypnosis?**

Hypnosis is a mental state of mind characterized by highly focused concentration and Hyper-suggestibility. Hypnosis is similar to doing meditation or visualization. Also, when you watch a movie or read a book, you experience a light trance, because sometimes you concentrate so much that you can block sounds or noises around you or experience emotions as if the story you are watching or reading was real.

### **Can I be hypnotized?**

Yes, everyone with a normal intelligence can experience hypnosis, don't worry if you are reading this, you have at least a normal intelligence.

### **Is Hypnosis similar to Sleep?**

No. During hypnosis you are fully aware of what is happening around you, and you continue to hear everything, so sleep is a different state of the mind.

### **Will I lose control?**

No, during Hypnosis you are always in control. You never do anything you wouldn't do in real life.

### **Is Hypnosis a quick fix?**

No. Hypnosis is also a process. It requires a dedicated team effort, with the client accepting responsibility for his or her own recovery through cooperation and commitment to the process.

### **Will I remember the session?**

Yes. You will also feel fully awake and alert, ready to drive and continue with your daily activities.

### **Does the Hypnotist have mental powers to make me go into hypnosis?**

No, all hypnosis is Self-hypnosis essentially because Hypnotists don't have mental powers to make you go into Hypnosis. Hypnotists have the training and skills to guide you to this state by following the instructions.

### **What does it feel like to be Hypnotized?**

Some people go to a light or medium trance, while others go to a deep state of Hypnosis. This depends on the natural ability of the person to relax and to concentrate. In general, people experience a feeling a nice feeling of relaxation like heaviness or lightness in their bodies, the sensation of not being able to move (even though you can move anytime), time distortion. These are signs of relaxation but at the same time you feel "awake" during the session. Like anything that you do with practice, your ability to go into hypnosis and to enjoy a deeper state will improve with every session.

### **Why do you require a 24 notice for cancellations and changes?**

Hypnotherapy sessions tend to be long lasting from 1 hour to 2 hours. So Hypnotists have a limited number of clients they can see each day. When you book an appointment you are buying the Hypnotist's time to see you. This is the reason we now charge for No shows and changes to appointments with less than 24 hours. Clients who commit to keeping their appointments are always more successful and achieve better results.

### **Is my desire to change important to achieve results?**

Yes, your desire to change is very important and necessary. Because Hypnosis can never make you do something you don't want to do. So we suggest not do to hypnosis if somebody is pushing you to do it but it has to be your own decision.

## WHAT CAN I DO TO PREPARE FOR MY FIRST SESSION?

You should be free of any fears or misconceptions about Hypnosis. Fear could prevent you from going into hypnosis, so it is important that your Hypnotherapist explains everything about Hypnosis and that you ask questions so you have realistic expectations about what hypnosis is and what it feels like. The Hypnotist should also inform you of her training and credentials so you feel confident and comfortable about doing hypnosis.

### What You Can Do To Get The Most Out Of A Hypnosis Session

By Calvin Banyan, Author, Trainer and Certified Hypnotist

The next main factor that will contribute to the success in your first hypnosis session of course is you, and how you mentally approach the session. Presuming that your hypnotherapist has done her job well as discussed above, and you have asked all the questions you feel you need to ask, you should feel comfortable with experiencing hypnosis.

Here is what you need to do, you need to adopt an easy going accepting attitude for following instructions.

Almost all hypnotic inductions contain some suggestions for relaxation. Even the instant and rapid inductions have some kind of suggestion for relaxation. However, contrary to popular opinion, *physical relaxation is not required for hypnosis to occur.* It has become my opinion, after conducting thousands of hypnosis sessions, as well as supervising and training hypnotherapists who have conducted thousands more, that the physical relaxation is only encouraged (through suggestion) so that a kind of *mental relaxation* can occur. This mental relaxation is a major part of what helps you to experience the benefits of hypnosis.

This mental relaxation is sometimes called "contention." This "contention?" does not have anything to do with conflict or tension. In fact it is quite the opposite. This "contention?" is a mental state where, it is as if the person in hypnosis is hanging on the hypn'tist's every word. In the Dave Elman-type inductions, there comes a point where the client is asked to "relax her mind until the numbers fade away." When the numbers have faded away, as a result of relaxing the mind, we have guided our clients into this highly relaxed state of mind, and as a result, they can become highly suggestible, and be able to experience virtually every kind of hypnotic phenomena, from catalepsy to hypnotically induced anesthesia.

The hypnotist or hypnotherapist cannot relax your mind. She is in the role of a coach or teacher. The hypnotic induction is a way of helping you to first (generally), relax your body, and then use that relaxation as a model for relaxing your mind and creating the hypnotic state. When you follow the instructions of the hypnotherapist, your conscious mind become less critical of the instructions and suggestions given. Once this has been accomplished your hypnotherapist can help you become successful for whatever you came in to see a hypnotherapist for. So, it is essential that you do not, over analyze the instructions. Analysis and mental criticism is the opposite of the mental relaxation you want to create. Just as muscle tension is the opposite of physical relaxation, mental work such as rationalization and analysis is the opposite of mental relaxation.

Now we return to the idea of adopting an easy-going accepting mental attitude. Analysis and criticism is equivalent to mental work. If you are doing mental work, you are not relaxing the mind and not relaxing the mind will inhibit you going as deeply into hypnosis as you could otherwise. The deeper you allow yourself to go into hypnosis, the more benefit you will receive from each hypnosis session.