



HYPNOTHERAPY

Hypnosis is a relaxed state of awareness, in which you are relaxed and focused.

The attention may be focused either internally (on thoughts--- internal self-talk or images or both) or externally (on a task, a book, or a movie, for example). The focus of attention is so narrow that other stimuli in the environment are ignored or blocked out of conscious awareness for a time. Such as daydreaming and some forms of meditation.

As an adjunct to psychotherapy or **cognitive behavioural therapy**, hypnosis can strategically help people enter a relaxed, comfortable, trance state for obtaining specific therapeutic outcomes. With clinical hypnosis, the therapist can make suggestions designed to help the client formulate specific internal processes (feelings, memories, images and internal self-talk) that will lead to mutually-agreed-upon outcomes.

Hypnosis is not mind control or brainwashing; and you are not immobilized either. People change their minds and actions throughout their lives. When such changes occur as a result of exposure to specific information, it is because this information has been presented through persuasion and influence. A hypnotherapist uses communicative methods of persuasion and influence; so

do people who advertise and market goods and services; so do teachers, politicians, lawyers, entertainers, parents, and ministers.

Hypnosis cannot cause anyone to do something against their will or that contradicts their values.

Remember: Hypnosis cannot solve every problem. Even with hypnosis, it may still be necessary for you to do some conscientious planning and research about the types of changes you want to achieve. You must still take action to get results. Hypnosis is not a cure-all. Hypnosis can be effective in many cases, but there are no guarantees that hypnosis will work for you.

The kind of hypnotherapy most frequently practiced in psychotherapy today is "Ericksonian Hypnosis," named after the late Milton H. Erickson, M.D. From the 1930's to the 1980's Dr. Erickson was very influential in bringing the use of clinical hypnosis into the fields of medicine and psychotherapy.

Hypnosis has many applications in therapeutic settings:

- Building Confidence
- Relaxation During Childbirth
- Treating Phobias, Fears and Anxiety
- Sleep Disorders and Disturbances

- Interpersonal Problems
- Depression
- Sexual Difficulties
- Psychosomatic Complaints
- Post Trauma Relief
- Pain Management
- Stress Management
- Habit Control
- Academic Performance
- Athletic Performance
- Help with Life Transitions
- Preparation for Medical/ Dental Procedures
- Blocks to Motivation and Creativity
- Treatment of Grief and Loss
- Weight Management
- Smoking Cessation

IMPORTANT: A clinical hypnotherapist is a licensed or certified **mental health professional** who has obtained specialized, post graduate training and certification in the use of clinical hypnosis within the context of counseling, psychotherapy or other medical specialties.

Reference:

'The Nature Of Hypnosis'. The British Psychological Society. March 2001. Retrieved 2009-06-09.

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