



Hypnotherapy

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Hypnosis is not hypnotherapy. Nor is hypnotherapy about getting people to do silly things on a stage. As

entertaining as that might be, there is a very serious use for hypnosis as part of a therapy, thus: hypnotherapy.

Hypnosis is a natural state that we all experience. It is characterized by slowing of the brain waves, something akin to daydreaming or being engrossed in a book. Contrary to some beliefs, a person cannot be hypnotized to do something against their will.

While hypnosis has a long history, it was not well understood until studies using MRI scans enabled scientists to look at activity in the brain during hypnosis. We now know that slowed brain waves were evident in a variety of situations, brain activity showed that during hypnosis its responses showed that people did not distinguish between real and suggested experience; it looks the same as if the events were actually taking place.

Hypnotherapy combines hypnosis and therapy and is used to treat physical or psychological conditions. It was Sigmund Freud who introduced therapy to the long-used practice of hypnotism. Previously, hypnotic suggestion was the common use of the tool.

Hypnotherapy combines hypnosis and therapeutic intervention, using deep relaxation to open up a person's inner resources. In turn, this can help to change behaviour, emotions, attitude. It can also help to manage pain, fear, anxiety, addictions and weight loss.

The goal of hypnotherapy is not to control a person or give them answers. Rather, it is to help them solve

their own problems. Hypnotherapy is usually considered an aid to counselling rather than a standalone treatment. It helps with counselling because a hypnotic state allows people to explore painful thoughts, feelings and memories they might have hidden from their conscious minds. It also helps them to perceive some things differently such as blocking awareness of pain or anxiety.

Hypnotherapy has been shown to help with many problems, from anxiety and phobias to medical conditions including irritable bowel syndrome. Research has also found that it can reduce pain related to cancer and labour/birth. It can help reduce nausea and vomiting during pregnancy.

With their openness to imagination and creativity, children are especially good candidates for hypnotherapy. It has helped with reducing anxiety and fear of injections, during medical procedures. Nightmares and bedwetting have also been treated with hypnotherapy.

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A hypnotist is not a hypnotherapist. Finding a qualified practitioner may not always be easy, but when you do, make sure they have the C.CHT diploma (Certified

Clinical Hypnotherapist) from the IMDHA (International Medical and Dental Hypnotherapy Association). He or she should also have the skill and techniques for discovering and dealing with root causes of problems.

We have known and used hypnosis for hundreds of years. Today, when used as part of therapy, hypnosis is a valuable and proven tool.