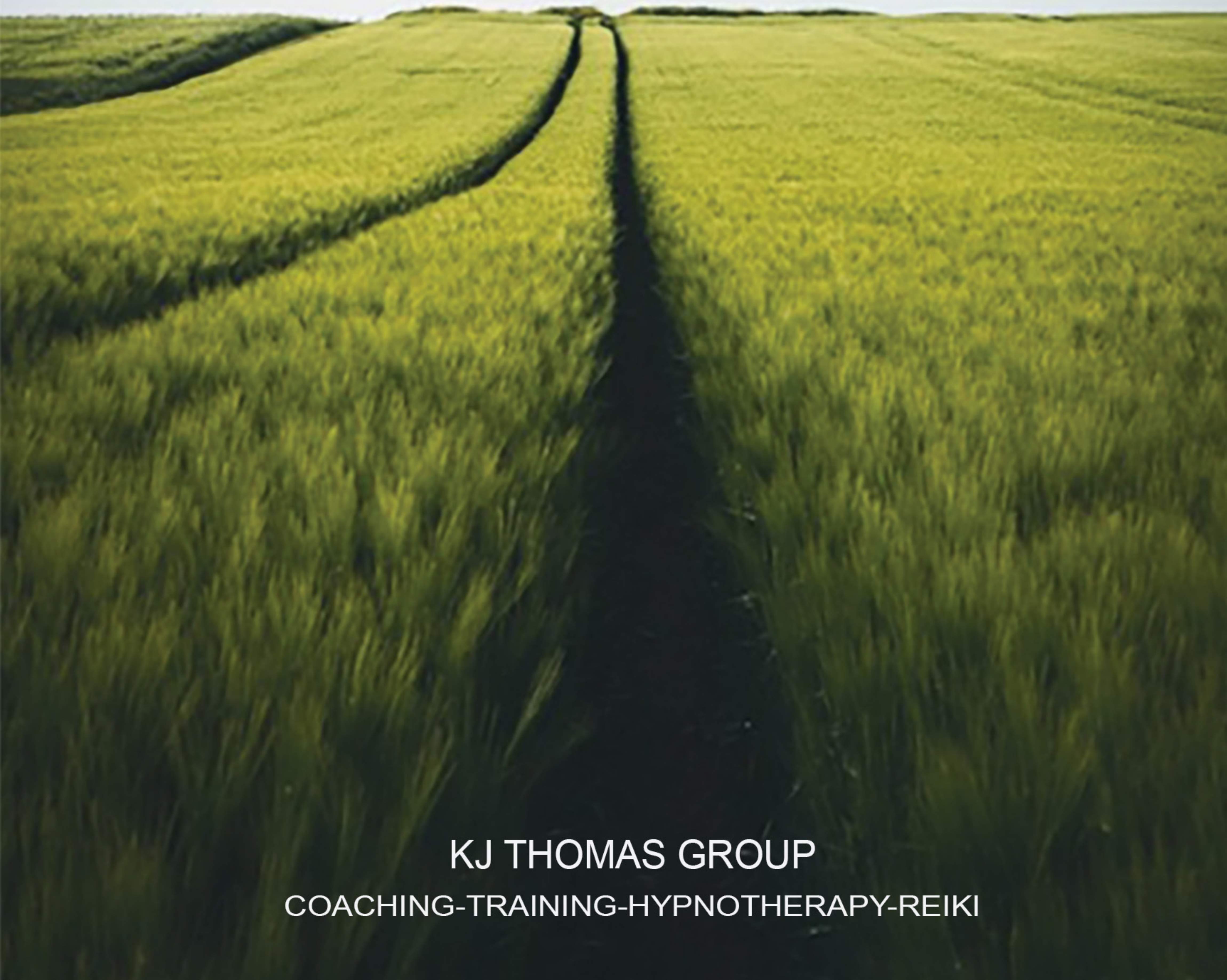


Understanding HYPNOTHERAPY



KJ THOMAS GROUP
COACHING-TRAINING-HYPNOTHERAPY-REIKI

Why Hypnotherapy

Hypnotherapy, or hypnosis, is a therapeutic technique where an individual is guided into a relaxed state. After this, they are presented with suggestions by a hypnotherapist. This allows the subconscious to work on issues that the conscious may not be able to reach due to excess “noise” in one’s life.

There are many emotional and physical benefits of hypnotherapy. By utilizing the awareness of the relaxed state to help you explore your subconscious, hypnotherapy can be successfully used to help:

Pain
PTSD
Anxiety
Depression
Stress
IBS
Smoking
Eating disorders
Cancer
Sleep
Performance
& more



Psychoanalysis
38% Recovery after
600 Sessions



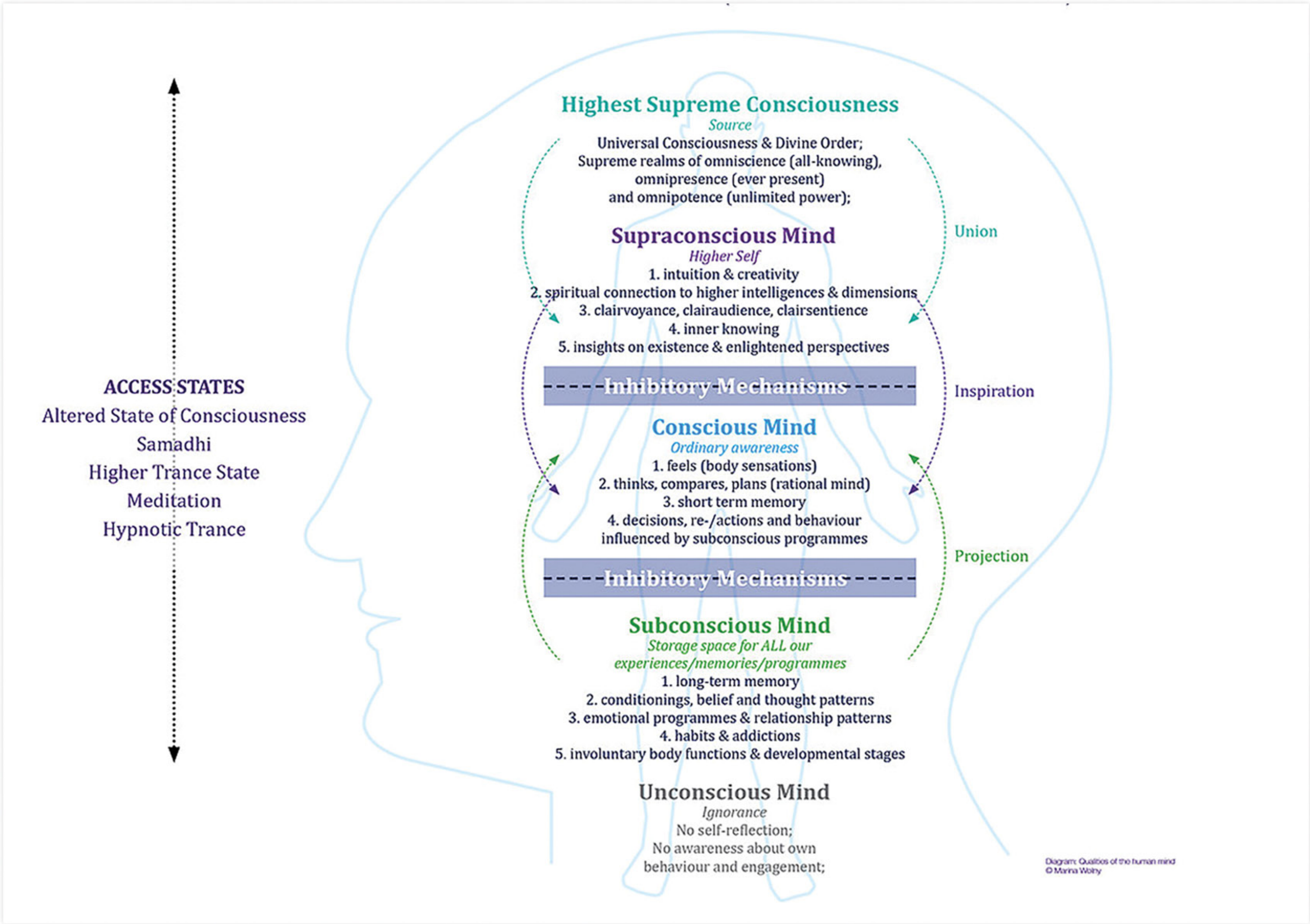
Behavior Therapy
72% Recovery after
22 Sessions



Hypnotherapy
93% Recovery after
6 Sessions

Results of Comparative Study by American Health Magazine - February 12, 2007

The Conscious Mind



How Does Hypnotherapy Help?

Guided by a therapist's words, you slip into a deep, relaxed state.

Physically, the heart rate and blood pressure lowers, while thoughts become more focused. During this relaxed state, the left hemisphere of the brain's cerebral cortex reduces. This is the logical control center of the brain. Conversely, there is an increase in the right hemisphere of the brain, where creativity and subconsciousness reigns.

As the conscious mind becomes less alert, the subconscious becomes more focused and susceptible to influence.

You may be asked to think about your experiences and situations in positive ways. Or gentle suggestions may be made to help you ultimately conquer the way you think and behave. Although you are more receptive to suggestions, it is important to note that you are still under your own control. You will remember the things that occur during your hypnotic state.

Here is the typical pattern of a session:

- Identify your goals
- Relax through a variety of techniques
- Engage with words or guided imagery
- Let go of critical thoughts
- Positive Suggestions
- Return to awareness

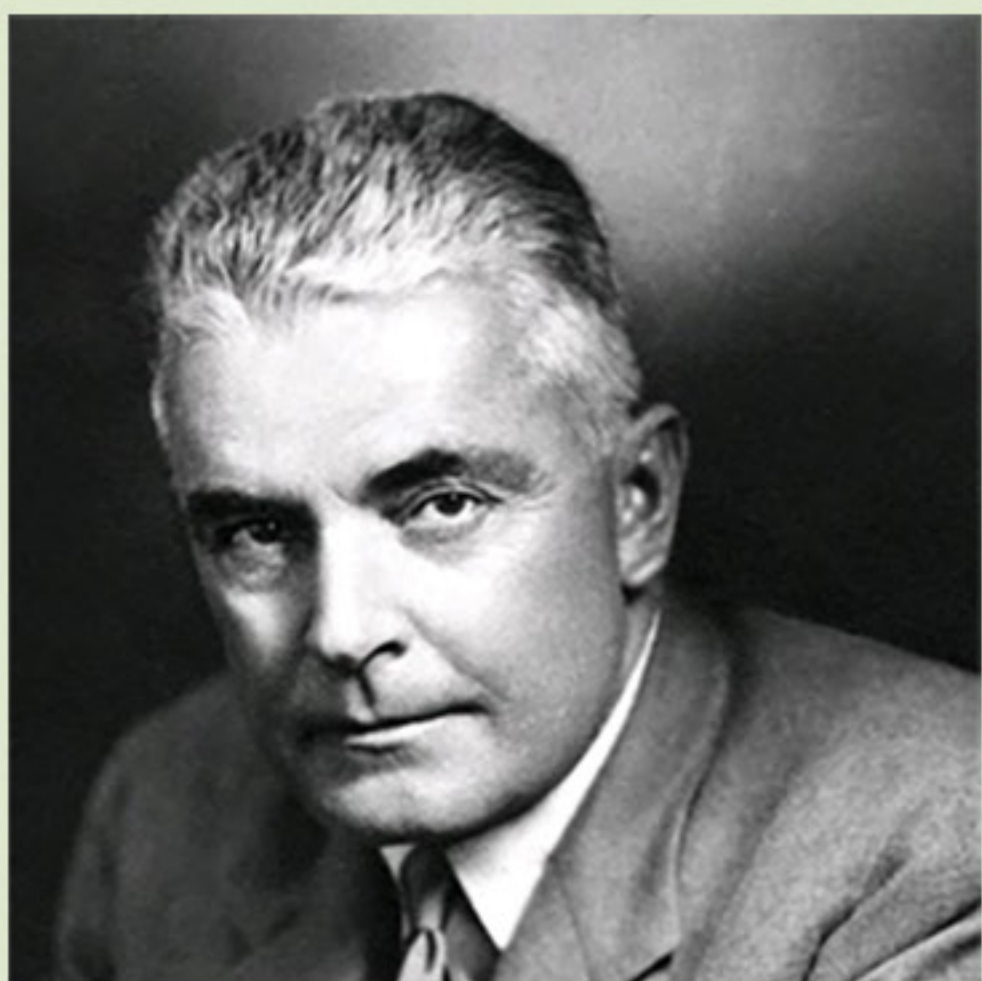
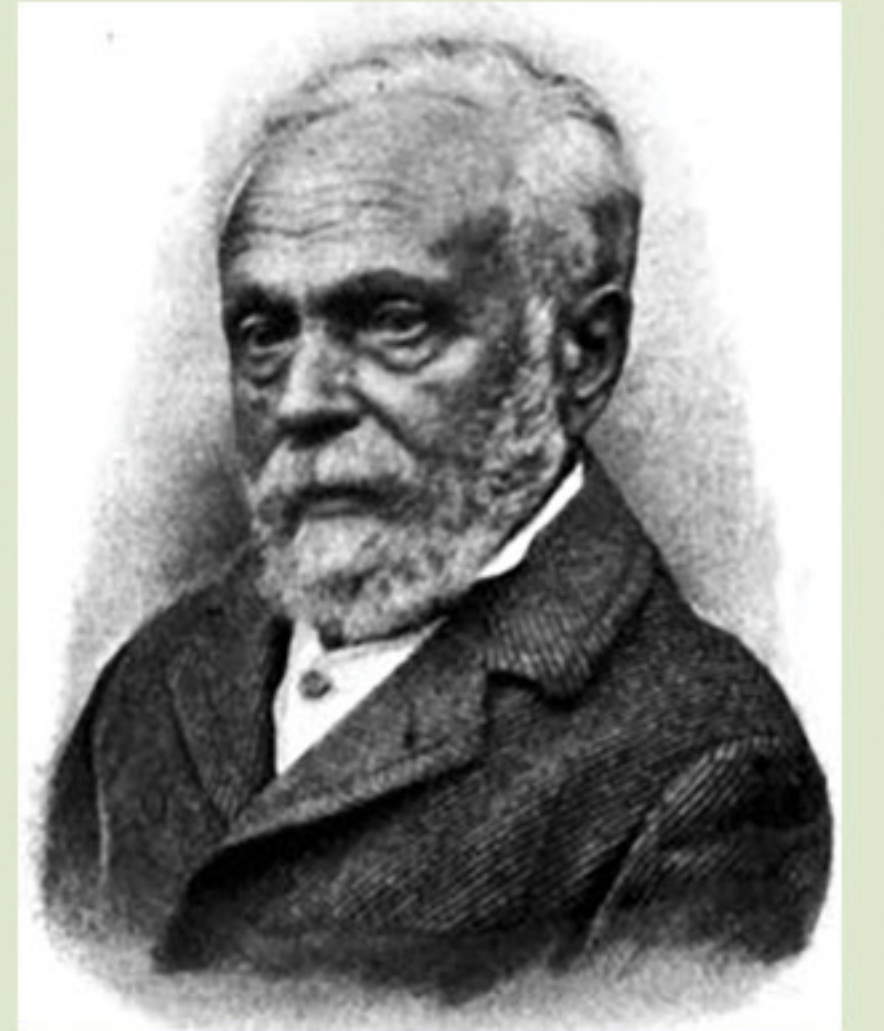


History

Hypnosis has been practiced for thousands of years. In fact, many cultures have practiced it in some form, including the ancient Egyptians, Greeks, Romans, Persians, Chinese and Indians.

Influenced by previous hypnosis research, Auguste Ambrose Liebeault, founded the Nancy School of hypnosis-centered psychotherapy in 1866.

The Nancy school held the belief hypnosis was a normal phenomenon induced by suggestion. Writing books of their practice, the Nancy school claimed 5,000 hypnotic inductions on patients with a 75% success rate.



In following years, the exploration of treating illnesses with hypnosis continued. In 1933, Milton H. Erickson and C.L. Hull published their book, “Hypnothism and Suggestibility”. Dr. Erickson is one of the first doctors to transition the view of hypnotism to a style based on persuasive language. He is considered one of the pioneers of modern day hypnotherapy.

In 1958, hypnotherapy was recognized as a valid medical procedure by the American Medical Association and the American Psychological Association. Today, there are thousands of certified and licensed therapists across the world and the benefits of hypnotherapy continues to expand.

Notes